



St Paul Regional High School

SCHOOL NEWSLETTER

JUNE 2024

School Calendar 2023-2024

- Jun 13— Last Day of Regular Classes
- Jun 14— PLC Day
- Jun 17— Final Core Exams Begin
- Jun 27— PD Day
- Jun 28— Graduation

DIPLOMA / FINAL EXAMS

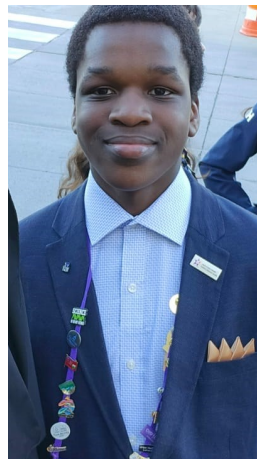
June 17 - June 25, 2024

Please see the exam schedule on page 11 for exact times and locations.

**LAST DAY
OF CLASS: June 13**

**EXAM WEEK
June 17 - 25**

CWSF Ottawa



Congratulations to Regional SAINT Abdul Qudoos Abdulsalam on his recent success in the Regional Science Fair which provided him the opportunity to join Team Alberta at the National Canada-Wide Science Fair in Ottawa, ON from May 26-31, 2024 along with 4 other students from the Lakeland.

Abdul's project involved creating augmented reality goggles which, when paired with an app, are able to display subtitles and translations in real time for those who are hearing impaired.

Also, congratulations to Ryan Noel - son of our own Mrs. Noel - who likewise earned a spot on Team Alberta and whose project about the increase of vaping in youth earned him a national bronze medal.

**Have you paid
your school fees?**

****See page 8 for more information****

Regional GRAD Info

Please continue to monitor the grad section of our website or the Grad Google Classroom (for Students) for the latest information.

Convocation fee due: \$62.75*

**Pay to the Office or on SchoolCash*

This fee covers cap/gown, banners, etc.



Attendance Phone

text

780 - 614 - 3731

It is the responsibility of the parent or guardian to contact the office to report any absences for a student.



SPRING Hiking Trip JASPER

31 Students and 4 supervisors braved the elements in Jasper and conquered **40km in 3 days** by hiking the Pocahontas Mine, Sulphur Skyline (complete with snow), Valley of the 5 Lakes via Old Fort Road, and Pyramid Lake trails. Hiking - it's INTENTS!



REGISTRATION FORMS

2024-2025

Online registration for the 2024-2025 school year is now open.

ALL RETURNING STUDENTS NEED TO BE REGISTERED.

Login in at:
<https://powerschool.sperd.ca/public/>

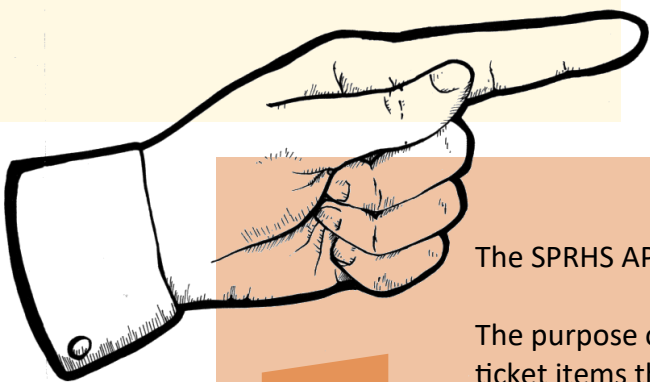
June 2024				
MON	TUES	WED	THURS	FRI
3 Mac * Cheese with an Ice Cream Cup	4 Taco in a Bag	5 Chicken Bacon Cheeseburger w/ Fries	6 Perogies w/ Sausage	7 Chicken Strips (3) w/ Fries
10 Belgian Waffles, Strawberries & Whip'd Cream	11 Chicken on a Cloud	12 Pizza Sub w/ Ice Cream Cone	13 Bacon Cheeseburger w/ Curly Fries	14
17	18	19	20	21
24	25	26	27	28

SPORTS HIGHLIGHTS

SAINTS Track & Field



May 22: 67 athletes competed at SPAA in St. Paul
May 29: Roughly 50 athletes moved on to Zones in Bonnyville and **brought home the NE 3A Banner!**
June 7 & 8: 30 athletes have qualified for Provincial Track & Field in Edmonton.



WE NEED YOU!

**SPRHS
APA**

The SPRHS APA is the St. Paul Regional High School Athletic Parent Association.

The purpose of our organization is to generate revenue to help purchase the big ticket items that help run our athletic program. The money generated by the APA is not to be used for the running of the day to day operation of athletics. We are hoping to apply for grants and use money that we generate and hours of workers to go towards these grants.

If you are interested in joining the association, have ideas, or know someone—company or business—that would like to contribute to our organization, please contact Shelley Ozga at 780-645-9784.

Annual General Meeting (AGM)
Monday, June 17, 2024
High School Boardroom @ 6:30 pm

Athletic Awards

Thursday, June 13
8:00pm in the GYM



St. Paul RODEO MILE

August 31, 2024*

*BEFORE the Rodeo Parade

U9 (1/4 Mile) begins at 9:45am - \$20

Full 1 Mile begins at 10:00am - \$30


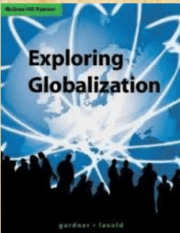
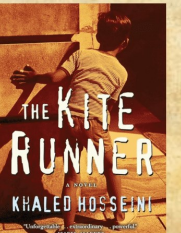
(Cost includes T-Shirt)

Stay tuned for more information on how to register on social media or contact Tim Penner at penntim@sperd.ca



WANTED

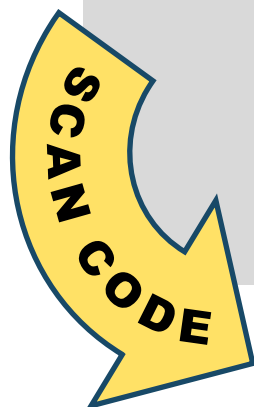
TEXTBOOKS

A reminder to return your textbooks as soon as you no longer need them. If you need them to study, keep them and bring them to the library on the day of your exam. All other items should be returned now. Questions? Come see me,
Mrs. Della
 Learning Commons Librarian

BUY A YEAR BOOK

\$50.00 each



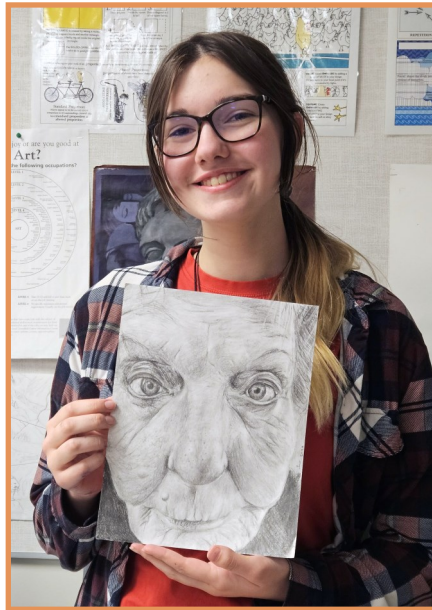
This year's 2023-2024 yearbook can be **ORDERED ONLINE THROUGH LIFETOUCH**. Simply scan the code to the right. There is also a link on our school website under the 'students' tab.

ID# 14790924



Above:
Regional High School Dancers at the
Division Pow Wow in Frog Lake on
May 30, 2024.

Right:
The St. Paul and
District Arts Foundation is preparing to
open a new art gallery and has invited
our division to display the artwork of our
student artists in a special exhibit. This
first-ever exhibit is proposed to run from
June 12 - 20, 2024.



SHOW CASE



MUSIC CONCERT

Thurs. June 6
7:00pm

Fine Arts Theatre



Check out our **SCHOOL STORE** for amazing Saints Gear!
New stock arriving weekly.

Gift Certificates are also available.

Open daily over the lunch break— across from the cafeteria.

Need a Dress? Don't Stress!



Did you know that Regional has an impressive dress (and menswear!) collection for students in need. See Ms. Quinton or ask at the office if you are worried about having something to wear to celebrate Graduation. We can help!



Get Instant Results

Tests are instantly marked so you don't need to wait for feedback.



Improve Your Grades

Growth happens by reviewing key concepts. Solidify learning and identify areas for improvement.



Save Time

Study time is efficient when just a few clicks gets you a powerful practice test to dive into.



Get Helpful Explanations

Worked out solutions help you understand the process of arriving at the correct answer.

Be ready.



Study Anywhere

Practice tests at home, school, or anywhere in between. ExamBank works anywhere you have internet.



Build Your Confidence

Say goodbye to test anxiety. Practice and preparation are key to feeling confident about test taking.

ExamBank

exambank.com



Share Results

Email your practice results to a teacher or parent and wow them with your effort and progress.



View Statistics

View up to the minute account usage details, such as which tests were opened, and when.

Username: regional
Password: success

M, E, N, T, A, L,

H, E, A, L, T, H,

M, A, T, T, E, R, S,

Cheryl Quinton

Family School Liaison Worker

quincher@sperd.ca

780 645-4491



CONGRATULATIONS TO ST. PAUL REGIONAL 2024 GRADUATES ON YOUR ACHIEVEMENTS! YOU'VE PUT IN THE HARD WORK. YOU'VE LEARNED AND GROWN SO MUCH. WE COULDN'T BE HAPPIER TO CELEBRATE YOU, AND YOUR INCREDIBLE NEXT STEPS!

National Indigenous Peoples Day! June 21, 2024 is the 28th anniversary of celebrating the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples!

Seven Tips to Handle Stress During Final Exam Week

1. Identify the Stressor

What is causing the most stress? Before you are able to think about how to manage stress, you need to understand and identify the challenge.

2. Write tasks down

By creating a to-do list, you transfer what is pressing on your mind onto a piece of paper. You are then able to physically see all of the tasks you need to complete. This list can help you manage and prioritize tasks. You then can cross each item off as it is finished. Reward yourself for completing each task!

3. Stay Organized!

Create an organizational system that will allow you to remain on top of your assignments. Remember to collect all of your assignments, quizzes and exams for each class and put them each in a separate notebook. This will help you immensely as you study.

4. Go outdoors!

It may sound simple, but going for a walk outdoors can provide a sense of clarity and a necessary brain break! Obtaining sunshine and fresh air can allow you to return to studying with fresh eyes and a clear mind.

5. Set Realistic Goals!

Setting realistic goals, whether you have days or hours before your exam, helps you to put everything into perspective.

6. If you feel like you are struggling, talk to someone!

Talk to friends, family, or a trusted adult about how you are feeling. Don't be afraid to seek professional help and support if necessary.

7. Believe in yourself!!!

Look back and see how far you have come! Recognize what you have already achieved. Because you have prepared and worked hard there is no reason to stress. If a negative thought enters your mind, try to replace it with a positive one. You can do this!

National Indigenous Peoples Day
JUNE 21





SchoolCashOnline

SCHOOL CASH

School fees will be accepted using School Cash Online in an effort to minimize traffic in our schools and increase efficiency.

School Cash Online helps parents and community members pay school-related fees safely, quickly and easily.

The new system puts all of the school fees available to your student online for purchase. You can then choose to pay

these fees online through different methods, including credit cards, credit/debit cards and eCheck. You can also stay informed and keep track of which school fees require your attention.

You are able to register – a simple task that takes less than five minutes – by visiting :

<https://sperd.schoolcashonline.com>

(If you do not receive an email verification please check your spam folder.)

Please note: You do not need your child's student number. For security purposes St. Paul Education is not using unique student identification numbers. Please ensure "I do not have the student number" is selected when registering.

Also, upon registration you will be asked if you would like to receive notifications via email. **We strongly encourage you to say yes to this request in order to receive future notification of items available to purchase online.**

1 Create an account

2 Add students

3 Make a payment or complete a form

How to create an account

- Go to <https://sperd.schoolcashonline.com> and click **Register**. You can set a default language at the bottom of the SchoolCash Online site.
 - Type your first name, last name, and email address, and create a password.
 - Select a security question.
 - Select YES to receive email notifications. You will **not** receive any marketing emails. Selecting YES enables the system to send you notifications about school fees and items.
- SchoolCash Online will send you a registration confirmation email. If you do not receive it, check your Spam folder.
- Use your email address and password to log in.

1 Create an account

2 Add students

3 Make a payment or complete a form

How to add a student to your account

- Sign in to SchoolCash Online through <https://sperd.schoolcashonline.com>.
- From the menu at the top of the page, navigate to MY ACCOUNT.
- From the dropdown menu, select My Students.
- Click to add a student.
 - Type in your School Board Name.
 - Select your school name from the list.
 - Enter student details. The system is fully secure, with [PCI certification](#).
 - Click Confirm.

1 Create an account

2 Add students

3 Make a payment or complete a form

How to make a payment or complete a form

- You will be able to view any available items or forms attached to your students that are set up on your account.
- Select the item which you would like to purchase/complete and click "Add to Cart."
- Once you have finished adding items to your cart, click "Continue".

You can pay or submit a form for multiple students' items in one checkout.



**WE ARE SO EXCITED TO BE OFFERING
GOOGLE PRODUCTIVITY PRO
AGAIN THIS SUMMER SCHOOL YEAR**

ARE YOU IN GRADES 9-11?
COMPLETE OUR 6-CREDIT COURSE DURING
SUMMER SCHOOL AND RECEIVE A
CHROMEBOOK FOR NEXT YEAR.

NOTE: IN ORDER TO GET THE CHROMEBOOK YOU MUST
COMPLETE ALL 6 CREDITS OF WORK

**MORE INFO? SOUND INTERESTING?
QUESTIONS?**

MALCBREA@SPERD.CA

ST. PAUL REGIONAL HIGH SCHOOL

GRAD ITINERARY 2024



THURSDAY, JUNE 27 GRAD BARBECUE

- 12:00 pm BBQ *Grads ONLY to attend*
- Convocation Practice to follow BBQ @ School
- Grand March Rehearsal to follow @ Rec Centre

FRIDAY, JUNE 28 CONVOCATION

\$62.75 Convocation Fee

**Extended deadline June 1*

**Payable through SchoolCash,
or by cash/debit in the office.*

5 SEATS / GRAD (no charge)

- 12:30pm - 1:15 pm Yearbook Photo Booth
**Have some fun and take photos with your friends!*
- 1:15 pm Group Picture in the Courtyard
**Arrive by 12:45 pm*
**All students will receive an 8x10 copy of photo*
- 2:00 - 4:00 pm Convocation Ceremonies
**Regional High School Gymnasium*
**Assigned Seating - doors open at 12:45 pm*
**Please arrive early to allow time to seat everyone.*
*****Guests will NOT be seated after 1:50 pm/during the procession.*****

Convocation Ceremonies will be LIVE-STREAMED. Link will be available at www.sprhs.ca on June 28, 2024

FRIDAY, JUNE 28 BANQUET / SAFE GRAD

- 5:00 pm Banquet Seating @ St. Paul Rec Centre
- 6:00 pm Dinner
**Grand March will begin after dinner ~8:00pm*
**Dance to follow*
- 11:00 pm Late Lunch

See you there!

*If you are experiencing financial hardship that would prevent you from participating in Grad,
please contact the office.*

JUNE 2024 EXAM SCHEDULE

Tuesday, June 11 9:00-12:00 pm	English 30-1 Part A (46) English 30-2 Part A (15)	Room 39, 33, 29
Wednesday, June 12 9:00-12:00 pm	Social St. 30-1 Part A (21) Social St. 30-2 Part A (34)	Room 39, 33, 29
Monday, June 17 9:00 – 12:00 pm	Math 30-1 (22) Math 30-2 (13) English 20-1 (45) Social 20-2 (11)	Room 230 Gym
Monday, June 17 1:00-3:30 pm	Social 10-1 (28) Social 10-2 (17)	GYM
Tuesday, June 18 9:00-12:00 am	English 30-1 Part B (46) English 30-2 Part B (15) Math 20-1 (20)	GYM
Tuesday, June 18 1:00 – 3:30 pm	English 10-1 (18) English 10-2 (17) English 20-2 (20)	GYM
Wednesday, June 19 9:00-12:00 pm	Social Studies 30-1 Part B(21) Social Studies 30-2 Part B(34) Math 20-2 (21)	GYM
Wednesday, June 19 12:00 to 3:30 pm	Math 10-3 (38) Math 20-3(18) Math 30-3 (18)	Gym
Thursday, June 20 9:00-12:00 am	Biology 30 (32) Biology 20 (21) Science 20 (21)	GYM
Thursday, June 20 1:00-3:30 pm	Science 10 (38) Science 14(15) Science 24(25)	GYM
Friday, June 21	National Indigenous Peoples Day No Exams Scheduled	
Monday, June 24 9:00 – 12:00	Chemistry 30 (22) Chemistry 20 (35)	GYM
Monday, June 24 12:00 - 3:30	Math 10C (51)	GYM
Tuesday, June 25 9:00 – 12:00 pm	Physics 30 (16)	Room 230
Wednesday, June 26 9:00 – 12:00 pm	Science 30 (0)	Room 230

SPRHS

CAREER CORNER

Mrs. Morrison Ph: 780-614-7458 morrange@sperd.ca | Mrs. Kotowich-Dubrulle Ph: 780-645-4491 kotosusa@sperd.ca

IMPORTANT DATES



**Student Loan applications will be released in June (no exact date released

yet) Keep checking the studentaid.alberta.ca website.

June 1: Deadline for many local scholarships, Saddle Lake Post-Secondary Funding application and Imperial Oil Billion Barrel Scholarship .

June 15: Deadline for Freehorse Family Wellness Society Post-Secondary Funding.

June 30: Deadline to apply to Concordia University of Edmonton for Fall 2024.

August 15: Deadline for the CNRL Building Futures Scholarship.

August 16: ATCO Indigenous Education Awards Program deadline.

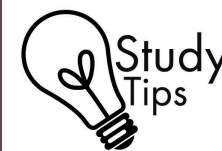
August 1: Alexander Rutherford Scholarship applications are open.

August 31: Deadline for the Cornerstone Co-op Spirit of Youth Scholarship and for the MCSnet Scholarships.

August 31: Deadline for the Greater St. Paul ATA Local #25 Scholarship and the RMA Post-Secondary Scholarship.

CAREER EXPLORATION

Over the summer, we encourage students to enjoy their summer break and take the time to also do some self-reflection. Students will still have access to their myBlueprint accounts if they want to do some planning prior to the start of the new school year. If you are having issues logging into your account, please contact your Career Counsellor for help.



1. Find a study spot. Pick an area at home to study in that is away from distractions.
2. Break up your study time. Try studying for 25 minutes and then take a short 5-8 minute break. Repeat throughout your study time.
3. Exercise! Exercising is a good way to relieve stress and improve memory .
4. Limit Distractions. Turn off the volume on your phone and just study! No TV or social media.
5. Stay Healthy. Eat a well balanced diet. Get lots of sleep.

RUTHERFORD SCHOLARSHIP

Grade 12's - did you get Honour Roll any year of high school? If yes, then you qualify for the Alexander Rutherford Scholarship. This year's applications will only be available August 1st. Students will be able to access the application through Student Aid Alberta at <https://studentaid.alberta.ca/>

Students will log in with their same login information as with Apply Alberta. * Please have your Social Insurance Number on hand for this. If you have any problems applying, please contact Mrs. Morrison at 780-614-7458 or morange@sperd.ca