



St Paul Regional High School

SCHOOL NEWSLETTER

OCTOBER 2024

School Calendar 2024-2025

- **Oct 08**— Post-Secondary Night 7- 8:30pm
- **Oct 09**— Picture RETAKE Day
- **Oct 11**— PLC Day (No School)
- **Oct 14**— Thanksgiving Day
- **Oct 24**— Student Led Conferences 5-7pm
- **Oct 25**— Marks Update
- **Nov 01**— Academic Awards 9am & Virtual (Grade 12)
- **Nov 07**— Sports Pictures (Golf, Volleyball, Cheer)
- **Nov 11**— No School in lieu of Remembrance Day
- **Nov 11 - 15** — Fall Break (No School)
- **Nov 28**— Parent Advisory Meeting @7pm
- **Nov 29**— Marks Update
- **Dec 19**— Marks Update
- **Dec 20**— Christmas Luncheon / Dismiss @2 pm
- **Dec 23 - Jan 03**— Christmas Break
- **Jan 06**— School Begins
- **Jan 17**— Last Day of Regular classes
- **Jan 17**— Marks Update
- **Jan 20**— Final Core Exams Begin
- **Jan 28**— Semester Two(2) Begins
- **Jan 30**— Parent Advisory Meeting @7pm
- **Jan 31**— PLC Day (No School)
- **Feb 06**— Second Semester Pictures & Sports Photos
- **Feb 07**— Last Day for Course Changes
- **Feb 12**— Early Dismissal @2pm
- **Feb 13 & 14**— Teachers' Convention
- **Feb 17**— Family Day
- **Feb 18**— PLC Day (No School)
- **Feb 27**— Parent Advisory Meeting @7pm
- **Feb 28**— Marks Update
- **Mar 04**— Grade 9 Orientation Night @6:30 pm
- **Mar 5 - 7**— Graduation Pictures
- **Mar 10**— PLC Day (No School)
- **Mar 11 - 14**— Student Progress Meetings (Phone Appts)
- **Mar 20**— Parent Advisory Meeting @7pm
- **Mar 21**— Marks Update
- **Mar 24 - 28**— Spring Break
- **Apr 03**— Graduation Picture Retakes
- **Apr 17**— PLC Day (No School)
- **Apr 18**— Good Friday (No School)
- **Apr 21**— Easter Monday (No School)
- **Apr 24**— Parent Advisory Meeting @7pm
- **Apr 25**— Marks Update
- **May 14**— Sports Photos
- **May 15**— PLC Day (No School)
- **May 16**— No School
- **May 19**— Victoria Day—No School
- **May 29**— Parent Advisory Meeting @7pm
- **May 30**— Marks Update
- **Jun 27**— Graduation

POWERSCHOOL APP

Looking for access to your students marks, attendance & more?

Log In to your PowerSchool Parent Portal today!

Visit <https://powerschool.sperd.ca/public/>

Call Erin at 780-645-4491 in the office if you are unable to log in for any reason.

SCHOOL FEES

School fees have been calculated and posted online.

Updated fees will appear in your Parent/Student Portal.

Fees are payable online through SCHOOL CASH ONLINE.

****See page 7 for more information****

MARKS UPDATE

*You will notice on the dates listed to the left, and in various other places such as our website, that every month you can expect a 'Marks Update'. On these days **students will be given printed reports of their marks** and you are encouraged to view marks at any time in Powerschool.*



Attendance

Safe Arrival App or call

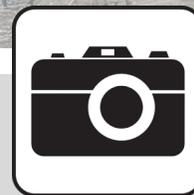
1-844-502-5088

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

Students' Union

- Oct 4 - Country vs Country Club
- Oct 10 - Grade Colour Wars
- Oct 18 - Karaoke
- Oct 25 - Bingo in the Cafeteria
- Oct 31 - Halloween Costume Contest

From September 15-17, a group of 26 students and 4 supervisors set out for Kananaskis to take on Lusk Creek Trail, Ribbon Creek Falls, and Ptarmigan Cirque while tenting in sub-zero temperatures with no access to warm showers... and loved every second!



OCTOBER 2024

MON	TUES	WED	THURS	FRI
	1 Bacon Cheeseburger w/ Fries	2 Mac & Cheese w/ Hotdogs	3 Chicken Caesar Salad w/ Garlic Stick	4 Belgian Waffles w/ whip'd Cream
7 Hot Dog w/ Curly Fries	8 Taco in a Bag	9 Chicken Caesar Wrap w/ Ice Cream	10 Roast Turkey w/ veggies & msh'd potatoes	11 PLC Day
14 THANKS- GIVING	15 Taco Salad	16 Chicken Bacon Cheeseburger w/ Fries	17 Penne Alfredo w/ Caesar Salad	18 Honey Garlic Chicken, Rice & Veggies
21 Chicken Nuggets w/ Wedges	22 Nacho Supreme	23 Spaghetti w/ Meat Sauce	24 Ginger Beef, Rice & Veggies	25 Grilled Ham & Cheese w/ Fries
28 Chicken Strips (3) & Fries	29 Chili on a Bun	30 Pizza Sub w/ Wedges	31 Perogies w/ Sour Cream & Sausage	

PICTURE RETAKE DAY

OCTOBER 9, 2024

All students are required to sit for a photo for identification purposes. Purchasing packages is optional.

SPORTS HIGHLIGHTS



Our golf teams placed 1st (Girls) and 2nd (Boys) at Zones in Fort McMurray which sent our girls to the ASAA Golf Provincials in Grand Prairie.

GOLF

#GOSAINTSGO

VOLLEYBALL

JV VOLLEYBALL

Sept 18 - SPAA game at Frog Lake against Frog Lake and Ashmont

Sept 25 - SPAA game against Mallaig & Saddle Lake

Sept 27 & 28 - Mallaig Tournament * Girls only*

Oct 16 - SPAA game against Two Hills & Kehewin

Oct 30 - SPAA game against Glendon & FG Miller

Nov 6 - SPAA Finals in St. Paul



SR. VOLLEYBALL

Sept 13 & 14 - Sherwood Park Vball Tournament

Sept 20 & 21 - Hosted SPRHS Vball Tournament

Oct 4 & 5 - Barrhead Tournament

Oct 26 & 26 - Stony Plain Tournament

Nov 1 & 2: Camrose Tournament

Nov 15 & 16 - Zones in Lac La Biche

CROSS COUNTRY



Won the Sr. High SPAA Banner @
Ross Lake

ZONES—Wednesday, October 09 (Muriel Lake)

PROVINCIALS—Saturday, October 19 (Grand Prairie)



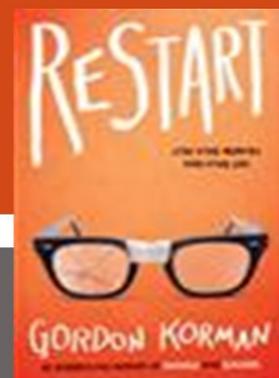
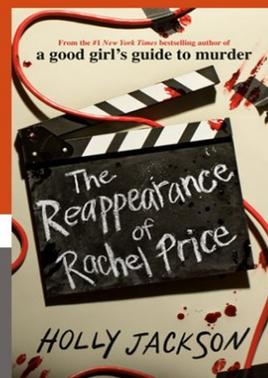
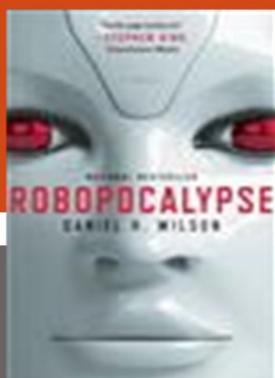
SAINTS Curling

The Curling Season is about to begin. Please check in asap with Mrs. Noel if you are interested in curling for the 2024-25 season.

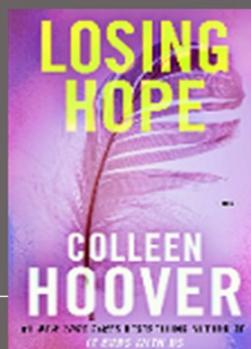
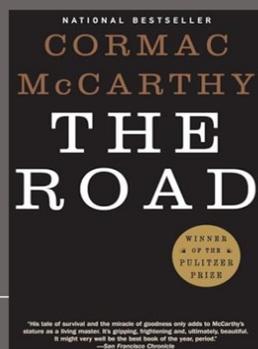
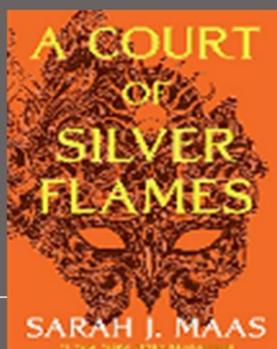
CHEERTEAM

Sideline Cheerleading is in full swing! We are excited to be performing at the home football games this year. Go Lions!

NEW Teen Books



Can't find what you like... Come see me. I'm always looking for suggestions!



Mrs. Della Laschowski, Learning Commons Librarian



STUDENT - LED INTER- VIEWS

OCTOBER 24, 2024

5-7pm in the Gym



STUDENT NEWSPAPER

The school newspaper will be starting up Oct. 9 during Team XV in Ms. Ozga's room for anyone interested!

YEARBOOK

The 2023 - 2024 Yearbook
is IN!

Come to the office to pick up.

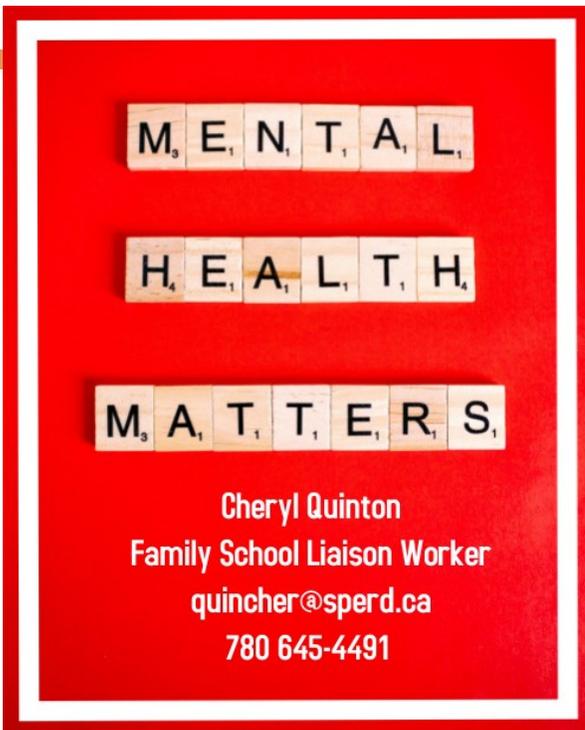
This year's 2024-2025 yearbook can be **ORDERED ONLINE THROUGH LIFETOUCH**. Simply scan the code to the right. There is also a link on our school website under the 'students' tab.

BUY A BOOK

\$50.00 each



ID# 14790925



Out-of-the-box self care can and will look differently for everyone. Make a mental note of all the ways you can take care of you! Try something new!

New school year, new you—right?



National Day for Truth & Reconciliation

An opportunity to support the reconciliation process and to recognize and commemorate the tragic history and ongoing legacy of residential school, and to honor their survivors, families, and communities.

On September, SPRHS students gathered in the gym and listened to the experiences of Mrs. Gloria Half and Kim Quinney. Following the presentations, everyone present joined hands in a round dance.





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.

SPRHS CAREER CORNER

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

IMPORTANT DATES

Sept 16 - Nov 4: MacEwan U is offering free applications for Indigenous students

Sept 30-Oct 9: the University of Alberta is waiving the application fee for Indigenous Students

Oct 1: many post-secondary schools open their applications for fall 2025

Oct 1: How do I become a Combined Lab & Xray Tech webinar @ 6pm

Oct 2: SAIT opens their applications for fall 2025

Oct 4 & 5: Olds College Open House

Oct 8: Post-Secondary Night @ 7 - 8:30pm at St. Paul Regional HS

Oct 15: deadline for Loran applications (at 6pm)

Oct 17: Regional Job Fair @ 12:30pm

Oct 18 & 19: Lakeland College Open House

Oct 19: University of Alberta Open House

Oct 26: Open House at Concordia University of Edm, NAIT, & Red Deer Polytechnic

Nov 2: MacEwan University Open House



OUR CAREER COUNSELLORS

Welcome back students! We are excited to work individually with students to ensure they are successful during high school and to further develop their post-high school plans. Similar to previous years, Mrs. Kotowich-Dubrulle will be meeting with our grade 10 & 11 students. Her office is located downstairs in the main office. Mrs. Morrison will be working with our grade 12 students and she will be available on Mondays, Wednesdays, and Fridays throughout the year. Her office is located upstairs in room 217. Our counsellors will be communicating with students through their school emails, so please check them regularly. We will also keep our webpage updated at sprhs.ca/students/career-counselling

POST-SECONDARY NIGHT

There are some GREAT upcoming events and we are particular excited for the ELAA Post-Secondary Night happening on Tuesday, October 8 between 7:00 - 8:30pm. This event is open to ALL students and families in our school division/area. We are encouraging students and families to enter through the gym doors. Come visit different post-secondary booths (as well as the Canadian Forces and RCMP) to learn more about their programs and ask questions. We will also have an amazing draw prize (College Essentials Prize Pack!) so don't forget to enter your name. The winner will be announced on Wed October 9th.



APPLY ALBERTA

For most Alberta post-secondary institutions, students will apply to the program of their choice using a website called Apply Alberta. This year, Mrs. Morrison is available to help students set up their Alberta.ca accounts and profiles on Apply Alberta. DID YOU KNOW many post-secondary schools open their applications for fall 2025 on October 1st? This is why it's nice to have your Apply Alberta accounts all set up ahead of time. Also work with Mrs. Morrison on developing a plan for post-secondary so that you have a better idea what schools you want to apply to.

Post Secondary Open House Dates 2024-2025

Post Secondary School	Location	Important Dates
Alberta University of the Arts	Calgary	For other events, visit www.auarts.ca/our-campus/campus-tour-and-events
Ambrose University	Calgary	October 19, 2024 @ 10am - 2pm
Augustana Campus (UAlberta)	Camrose	October 26, 2024
University nuhelot'ine thaiyots'i nistameyimâkanak Blue Quills	St. Paul	Call 780-645-4455 or visit their website at http://www.bluequills.ca/
Bow Valley College	Calgary	October 26, 2024 @ 10am - 2pm
Concordia University of Edmonton	Edmonton	October 26, 2024 @ 9:00am - 1:00pm (in person or virtual option)
Keyano College	Fort McMurray	Virtual tours available at https://virtualltour.keyano.ca/keyano/home/campuses/?_mid_=71765
The Kings University	Edmonton	October 19, 2024 @ 10:00am - 2:00pm *application fee will be waived
Lakeland College	Vermilion & Lloydminster	October 18 & 19, 2024
Lethbridge Polytechnic	Lethbridge	November 6, 2024 @ 1pm - 7pm
MacEwan University	Edmonton	November 2, 2024 @ 10am - 3pm
Medicine Hat College	Medicine Hat	Check out ways to visit MHC at https://www.mhc.ab.ca/information-for/future-students/visit-mhc
Mount Royal University	Calgary	October 19, 2024 @ 9:00am - 3:00pm
NAIT	Edmonton	October 26, 2024 @ 9am - 3:30pm
NorQuest College	Edmonton	October 19, 2024 @ 10am - 2pm
Northwestern Polytechnic	Grande Prairie & Fairview	More info at nwpolytech.ca
Olds College of Agriculture & Technology	Olds	October 4 & 5, 2024 @ 10am - 2pm
Portage College	Various Locations	October 21 (Lac La Biche), Oct 22 (St. Paul) and Oct 23 (Cold Lake)
Red Deer Polytechnic	Red Deer	October 26, 2024 @ 9am - 1pm
SAIT	Calgary	October 18 & 19, 2024 @ 10am - 3pm
St. Mary's University	Calgary	October 5, 2024 @ 10am - 2pm
University of Alberta	Edmonton	October 19, 2024 @ 9:00am - 3:00pm
University of Calgary	Calgary	October 26, 2024
University of Lethbridge	Lethbridge	October 26, 2024 @ 10am - 3pm
University of Saskatchewan	Saskatoon	September 20, 2024

Come explore your options after high school at our ELAA Post-Secondary Night on October 8, 2024 @ 7:00 - 8:30pm in the gym of St. Paul Regional High School. Over 20 post-secondary schools will be in attendance, as well as the Canadian Forces and RCMP.

St. Paul Education Introduces SafeArrival

Launching Tuesday, September 3, 2024

SafeArrival is an absence reporting system. Beginning, Tuesday, September 3, families can report an absence in three different ways that is most convenient for you using SafeArrival. Visit stpauleducation.ab.ca/parents/safe-arrival for complete information.



SchoolMessenger App (Free)

Using your mobile device, download and install the “SM Home” app (NOT ‘SchoolMessenger’ app) from the Apple or Google Play Stores: home.schoolmessenger.ca/. Sign in to create an account using your email address we have on file at your child’s school. Select attendance. For more information on the SchoolMessenger app, visit stpauleducation.ab.ca/parents/safe-arrival.

Online

Go to home.schoolmessenger.ca. Sign in or create an account using your email address that we have on file at your child’s school and report your absence. Contact your school if you need to update your email address.



By Phone

Call the toll-free number 1-844-502-5088 to report an absence using the automated phone system and follow the prompts.

If your student is marked absent and the absence hasn’t been explained in advance, our new SafeArrival system will be able to rapidly contact you by automated phone call, text message, email, or mobile app push notification to ensure your child’s safety.



St. Paul Education

Visit stpauleducation.ab.ca/parents/safe-arrival or scan the QR code.

