



# St Paul Regional High School

## SCHOOL NEWSLETTER

### SEPTEMBER - OCTOBER 2022

#### School Calendar 2022-2023

- **Sept 29**—School Council Meeting @7pm
- **Sept 29**—PD Day
- **Sept 30**— Nat. Day for Truth & Reconciliation
- **Oct 7**— Local ATA PD Day
- **Oct 10**—Thanksgiving day
- **Oct 14**—Picture RETAKE Day
- **Oct 20**—Parent Teacher Interviews
- **Oct 27**—School Council Meeting @7pm
- **Nov 4**— Academic Awards 9am & Virtual (Grade 12)
- **Nov 10**—PD day
- **Nov 11**—Remembrance Day
- **Nov 14**—PD Day
- **Nov 23**—Report Cards Issued
- **Nov 24**—School Council Meeting @7pm
- **Dec 23**—Christmas Luncheon / Dismiss @2 pm
- **Dec 26-Jan 8**—Christmas Break
- **Jan 9**—School Begins
- **Jan 18**—Last Day of Regular classes
- **Jan 19**—Final Core Exams Begin
- **Jan 26**—School Council Meeting @7pm
- **Jan 31**—PD Day (Semester Change)
- **Feb 1**—Semester Two Begins
- **Feb 3**—Last Day for Course Changes
- **Feb 7**—Second Semester Pictures
- **Feb 15**—PD Day
- **Feb 16&17**—Teachers' Convention
- **Feb 20**—Family Day
- **Feb 23**— School Council Meeting @7pm
- **Mar 1-3**—Graduation Pictures
- **Mar 7**—Parent Teacher Interviews
- **Mar 13**—PD Day
- **Mar 16**— Grade 9 Orientation Night @6:30 pm
- **Mar 23**—School Council Meeting @7pm
- **Mar 27-31**—Spring Break
- **Apr 3**—School Begins
- **Apr 6**—Graduation picture retakes
- **Apr 7-10**— Easter Break
- **Apr 11**—PD Day
- **Apr 19**—Report Cards Issued
- **Apr 27**—School Council Meeting @7pm
- **May 19**—PD Day
- **May 22**—Victoria Day—No School
- **May 25**—School Council Meeting @7pm
- **Jun 14**—Last Day of Regular Classes
- **Jun 15**—Final Core Exams Begin
- **Jun 24**—Graduation
- **Jun 28**—PD Day

## POWERSCHOOL APP

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

*Create your PowerSchool Parent Portal today!*

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

- Click on the 'create account' tab
- Choose the blue 'create account button' - Enter the required information. (A working email address is important.)
- **Add your children**—scroll down to the section called "Link Students to Account" - Enter your child's first & last name.
- The ACCESS ID is your child's **AB Health Care #** without any dashes or spaces in it. The ACCESS PASSWORD is your **child's birthdate** in the format year/month/day (ie: 20020416) Choose your relationship to your child from the drop down list.  
*Repeat for all of your children.*
- Scroll down to the bottom of the screen & click 'enter'.

## SCHOOL FEES

School fees are being calculated and will be posted

**beginning of October.**

Updated fees will appear in your  
Parent/Student Portal.

Fees are payable online through  
**SCHOOL CASH ONLINE.**

**\*\*See page 6 for more information\*\***



*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.



## Principal's Message

Mark Tichkowsky, Principal

Friday Night Lights, the Tasmania Volleyball Tournament, and National Day for Truth and Reconciliation.

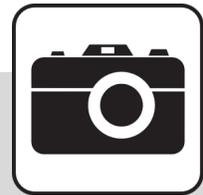
TEAM XV will start back up on September 21 and will meet every Wednesday from 10:05 to 10:40. Groups of students have been matched with a teacher that will follow and guide them throughout their time in high school. During this time students can go for

Welcome back to all of our returning Saints and a warm welcome to our new students. September is a busy month with many activities including Week of Welcome, a hiking trip in Banff, Orange Shirt Day, Lion's

enrichment activities, finish homework or take a mental break in the gymnasium. This mentorship will help students create attainable goals. We aim to build strong relationships between staff and students and have a more goal-oriented high school.

In sports, our Lions football team is off to play the Bonnyville Voyageurs this Friday. The girls' and boys' golf teams will be heading to Lloydminster for the North East Zones tournament on Monday, September 19th. In volleyball, our home tournament Tasmania will be hosting 32 teams on September 23rd and 24th. The Cross country team will be competing at Ross Lake on September 28. Thanks to all the volunteers, coaches, and players for your hard work.

SEPTEMBER 2022				
MON	TUES	WED	THURS	FRI
			1 Caesar Salad w/ Garlic Bread	2 Pizza Subs
5 NO SCHOOL	6 French Toast w/ Strawberries & Whip'd Cream	7 Cheeseburger & Fries	8 Ginger Beef w/ Rice	9 Chicken Strip Wrap
12 Mac & Cheese	13 Perogies & Sausage	14 Taco Salad	15 Chicken Burger & Fries	16 Grilled Cheese Sandwich & Salad
19 Chicken Strips & Tator Tots	20 Bacon & Cheese Hot Dog & Fries	21 Baked Spa- ghetti w/ Meat Sauce	22 Pulled Pork Sandwich w/ Coleslaw	23 Chicken on a Cloud
26 Sweet & Sour Meatballs w/ Rice	27 BBQ Rib on a Bun w/ Pasta Salad	28 Taco Chicken Nuggets & Wedges	29 PD DAY	30 TRUTH & REC. DAY



# PICTURE RETAKE DAY

OCTOBER 14, 2022

*Proof packages should be arriving soon.*



# Parent/Teacher INTER-VIEWS

OCTOBER 20, 2022

6 - 9 pm in the Gym

Check it Out



View our Library Learning Commons Page by visiting the Regional High School website and clicking on the Library under the Students tab <https://www.sprhs.ca/library-learning-commons>

# YEARBOOK

The 2021 - 2022 Yearbook will be arriving soon.

Watch our website and social media for updates.

This year's 2022-2023 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.

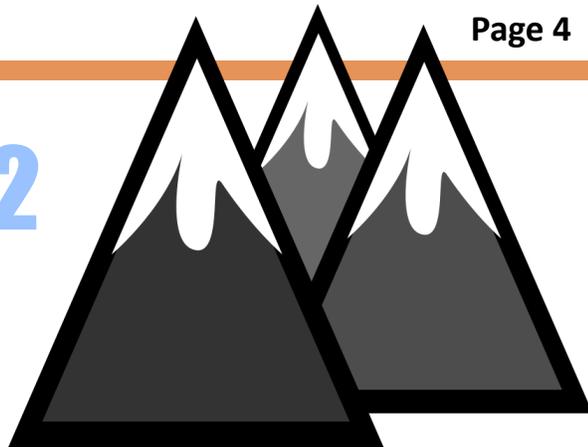


# BUY A BOOK

\$50.00 each

# #banffhikingtrip2022

30 Students and a number of staff are set to brave the elements from September 18 –20, 2022.  
Best of luck!



We are extremely excited to be offering a brand new cheerleading program this year! Our game-day cheer team will be cheering at home games for the season. We are working on perfecting cheers and dances to get the crowd involved. Watch for us on the sidelines!

# #GOSAINTSGO

Sr. Girls Volleyball came 12th out of 27 teams at the University of Alberta FOG Tournament in Edmonton. We placed 2nd in our pool and played a ton of games throughout the weekend.

Next up: September 16/17 Tourn. in Sherwood Park followed by our own Tasmania Tourn. on September 23/24.



## CROSS COUNTRY DATES

**SPAA— Wednesday, September 20** (Ross Lake)

**ZONES— Thursday, October 6** (Vermillion)

**PROVINCIALS— Saturday, October 15** (Enoch Reserve)

**Clearout!**

# THE KEY

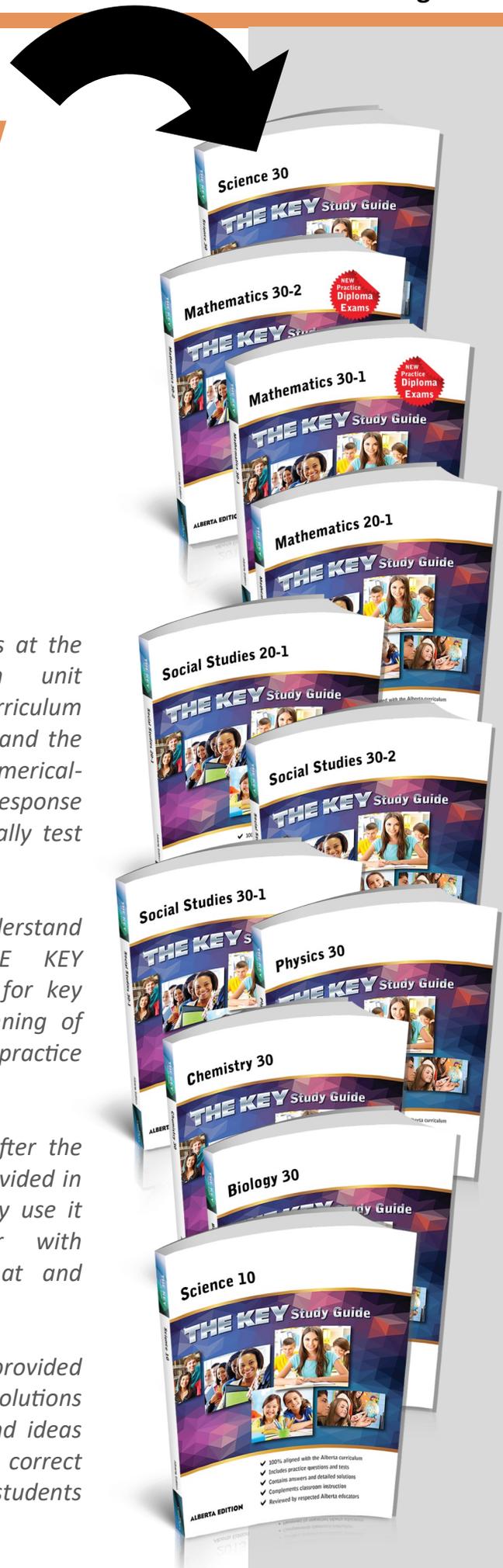
## Study guides\*

**\$15.00 each**

Available in the office.  
\*Not all subjects available

THE KEY Study Guide is specifically designed to assist students prepare for quizzes, unit tests, and final exams throughout the year. It is 100% aligned with the current Alberta curriculum .

- Each unit includes essential teaching pieces, practice questions, unit tests, answers, and detailed solutions.
- Challenger Questions provide students difficult questions that test their depth of knowledge.
- The complete solutions show problem-solving methods, explain key concepts, and highlight potential errors.
- The resource is ideal for yearlong use by students, teachers, and parents at home or at school.
- A Table of Correlations at the beginning of each unit identifies the curriculum outcomes for the unit and the multiple-choice, numerical-response, and written-response questions that specifically test those concepts.
- To help students understand the curriculum, THE KEY provides explanations for key concepts at the beginning of each unit and practice questions.
- Final tests modelled after the diploma exams are provided in THE KEY. Students may use it to become familiar with provincial exam format and rigor.
- Detailed solutions are provided for all questions. Solutions show the processes and ideas used in arriving at the correct answers and may help students





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.schoolcashionline.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.schoolcashionline.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.schoolcashionline.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.

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



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?

September 30  
*national day for*  
**TRUTH AND RECONCILIATION**  
 #EveryChildMatters

National Day for Truth & Reconciliation is Friday, September 30.

This is 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.

Wear your orange shirt and participate in a community event.

**ATTENTION ALL GRAD 2023 FAMILIES:**

*Parent Grad Meeting*  
*September 21, 2022*  
*7:00 pm in Fine Arts Theatre*

All 2023 Grads and Parents/Guardians are encouraged to attend. Stay involved in your graduation celebration.

# SPRHS CAREER CORNER

Mrs. Morrison Ph: 780-614-7458 [morrance@sperd.ca](mailto:morrance@sperd.ca) | Mrs. Kaprowski Ph: 780-645-4491 [kaprmarg@sperd.ca](mailto:kaprmarg@sperd.ca)

## IMPORTANT DATES

In September: Mrs. Morrison will be helping students with ApplyAlberta in room 220 during lunch hour. Stay tuned to announcements for dates

Oct 1: many post-secondary schools open their applications for fall 2023

Oct 12: deadline for Lorain applications (at 6pm)

Oct 14: Olds College open house

Oct 15: Open house for Ambrose, Bow Valley College, King's University and the University of Alberta

Oct 21 - 22: Lakeland College Open House (stay tuned for field trip info)

Oct 22: Augustana Preview Day, open house for Concordia, MacEwan University, NorQuest, Red Deer Polytechnic and UCalgary

Oct 25: Post-Secondary Night @ 7:00 - 8:30pm in the gym of St. Paul Regional High School

Oct 28: SAIT Open House

Oct 29: Open House at NAIT, Mount Royal University, and ULEthbridge

More events listed at [sprhs.ca/career-events-calendar](https://sprhs.ca/career-events-calendar)

Grade 12 Students and Parents



Make sure to join Mrs. Morrison's REMIND messages to stay in the loop with important dates and deadlines. To sign up visit [remind.com/join/sprhs12](https://remind.com/join/sprhs12)

## 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. Kaprowski 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 and she will be available on Mondays, Wednesdays, and Fridays throughout the year. Her office is located upstairs in room 217.

Also stay in the loop through our webpage: [sprhs.ca/career-counselling](https://sprhs.ca/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 25 between 7:00 - 8:30pm. This event will take place in the gymnasium of SPRHS and all of our students and families are welcome. Come visit different post-secondary booths (as well as the Canadian Forces and RCMP) to learn more about their programs and ask questions. It's a great opportunity to explore your options after high school, even if you're not sure what your plans are. We will also have an amazing draw prize so don't forget to enter your name and grab a goodie bag.



## 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, we will be opening up the computer lab upstairs (room 220) at lunch hours to help students set up their myAlberta Digital ID's and profiles on Apply Alberta. Sign up for REMIND messages (see instructions to the left) to stay in the loop. DID YOU KNOW many post-secondary schools open their applications for fall 2023 on October 1st? This is why it's nice to have your Apply Alberta accounts all set up ahead of time.



**New Superintendent:** The Board welcomed our new superintendent Peter Barron.

**Minister Invitation:** Minister LaGrange has invited the Board of Trustees to a half hour meeting on September 29, 2022 in Bonnyville, AB. The Board is invited to bring forth two items of discussion. Proposed topics include staffing shortages in every area including but not limited to teachers, bus drivers, and speech-language pathologists as well as discussions on local governance and autonomy.

**Board Evaluation:** The Board prepared an annual evaluation on August 18, 2022.

**Board Work Plan:** The Board annual work plan includes regular meeting items and events. In order to help inform the trustees about key areas in the division, Superintendent Barron offered to have the administration prepare formal reports as part of this work plan. A draft proposal will be brought back to the next meeting.

**Municipal Communication:** One of the actions arising from the Board evaluation is increasing communication with local municipalities. The Board will explore ideas such as having one annual meeting with a variety of municipalities or separate meetings between the Board and each group.

**Career Training Education Centre (CTEC) Lease:** The division has received confirmation of the renewed lease for the CTEC building in the Village of Myrnam and will be working with the Village on identifying sustainability options.

**ATA Participation:** Trustees approved the continuation of a partnership with the ATA Local and sharing the associated costs of a half day substitute teacher to allow for participation in monthly board meetings.

**Two Hills Day Care Request:** Following a needs assessment in the community of Two Hills, Vermilion Play Development has approached the Board with a request to lease a space in Two Hills School to establish a daycare. Alberta Health and Alberta Early Learning and Child Care requirements include the need for a sink, age appropriate washrooms, fencing and storage. The Board was supportive of the identified need in the community and asked administration to review requirements and prepare a cost estimate.

**Trustee Vacancy:** Longtime St. Paul Education School Board trustee and chairperson Heather Starosielski resigned from her seat Ward D. A decision regarding whether or not a by-election would be held was tabled until the next meeting.

**Trustee Attendance:** Trustees shared information about their meeting schedules for the months of July and August.

### Superintendent's Report

Mr. Peter Barron has toured most of the division schools and will visit the remaining 3 sites in the coming weeks. He has met with administrators, clergy, bus drivers and new teachers.

**Dual Credit:** As part of the Dual Credit Start-Up Grant, the division will be partnering with Portage and Lakeland colleges

**Elders Council:** The Elder's Council is looking forward to attending the Knowing Our Spirits conference.

**Staffing update:** Several schools are experiencing short and long term staffing challenges. Senior Administration has engaged a recruiting agency to find much needed full time teachers. Thank you to a number of retired teachers in our division for stepping into short term positions.

**School Supplies Donation:** Appreciation to Arden's and MyLuvPak for their donations of student backpacks and supplies.

**Registration for the 2022-23 School Year:** Online school and busing transportation registration remains open at all St. Paul Education schools and in-person registration is also available. Feedback about this new initiative will lead to some process improvements for the next school year.

**New Curriculum:** K-3 teachers in the division will be working with the new curriculum in English Language Arts and Math. Over the summer, a number of changes were made to the draft Physical Education and Wellness curriculum. A group of teachers will be meeting later in the month to update documents started last spring. Three K-2 teachers in the division chose to pilot the French Immersion curriculum.

### Financial Report

**2022-23 Budget:** Updates were provided on funding changes over the summer including support for the recent teacher settlement, enhanced federal French funding and approval to use reserves to offset the budgeted deficit.

**Transportation Challenges:** The division continues to have difficulty securing contractors and bus drivers. St. Paul Education will pay for training for any interested individuals.

### Information/Correspondence

**Task Force for Career Education:** The province has established a task force to develop programming that will increase connections between schools and jobs. The aim is to assist students in choosing their field of work earlier and support employers to find the skilled workers they need.

**Mental Health in Schools:** Alberta Education is providing funding for pilot projects that support the mental health of students and school communities. Proposals for this pilot project require a collaborative and innovative approach, bringing together school authorities, mental



# St. Paul Education

## Board Meeting Summary August 31, 2022

health service providers and other organizations to support the well-being of students. Administration is exploring ideas about how to partner with local organizations to support students and school communities.