



St Paul Regional High School

SCHOOL NEWSLETTER

APRIL 2023

POWERSCHOOL

Stay informed of students' progress -
Login to your

PowerSchool Parent Portal today!

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



School Calendar 2022-2023

- 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

EASTER BREAK
April 7 - 10
PD DAY: Apr. 11

Please

**PAY YOUR FEES
ONLINE**

(Course fees, Convocation fees, etc.)

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

Grad Information

Grad Photos RETAKES will take place April 6, 2023

Parent-Grad MEETING:

WEDNESDAY April 5 @ 7:00pm Fine Arts Theatre

Re: Costs, Questions, & Purdy's Pick-Up!

Grads should expect to hear about a meeting or two during March -
Please be sure you regularly check your student emails -
and parents/guardians, too!

Please check the 'Grad' section of our website for updates as
available. www.sprhs.ca/grad



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

Regional had a jam-packed March with Numerous activities. We started with Graduation pictures on March 1 to the 3. We hosted provincial curling from March 2 to the 4, coming away with a gold medal for the boy's team. On March 7, we held parent-teacher interviews, where parents had the opportunity to meet with teachers and discuss their child's progress. The outdoor club traveled to Jasper to ski and snowboard from March 9th to the 11th and the boys' and girls' basketball teams traveled to Cold Lake for the North East Zones tournament on March 17th and 18th.

On March 16, we organized an orientation and tour night for grade 9 students and parents. I would like to express my gratitude to our volunteer students who did an outstanding job leading tours and supporting teachers in both the academic and CTS fields.

Furthermore, after spring break some of our students will be writing Diploma exams starting on Monday, April 17th with English 30-2 part A and part B on April 20th. All the best to those who are writing!

Finally, I hope you all enjoyed a well-deserved spring break, and appreciate the long Easter weekend coming up.

APRIL 2023				
MON	TUES	WED	THURS	FRI
3 Ginger Beef & Rice	4 Chicken Strips & Wedges	5 Hot Beef Bun & Fries	6 Baked Ham, Scalloped Potatoes & Corn	7 GOOD FRIDAY
10 EASTER MONDAY	11 PD DAY	12 Baked Lasagna & Garlic Stick	13 Nacho Supreme	14 Chicken Caesar Salad
17 Cheeseburger & Fries	18 Grilled Ham & Cheese, Jello	19 Perogies	20 Chicken Bacon Ranch Sub & Ice Cream Sandwich	21 Pulled Pork Sandwich w/ Coleslaw
24 Garlic Ribs & Rice	25 Bacon Cheese Hotdog w/ Fries	26 Meatballs, Gravy, Mashed Potatoes & Veggies	27 Tator Tot Casserole	28 Chicken on a Cloud



REPORT CARDS

APR. 19, 2022

Distributed during Team XV

Curling PROVINCIALS!

Congratulations to the Regional High School Curling team for their performance at the 2023 ASAA Curling Provincial Championship.

Each team played very well and were all contenders for a medal. Our mixed team played some amazing round-robin games with shots that made us hold our breath and cheer. In the end, they placed 3rd in their pool and were unable to advance to the crossover match. Our ladies' team dominated in their pool and played some really tough teams to make it to the bronze medal final and come in 4th place overall in the province. And our boy's team really came together as a team during the championship which led them to win Regional High School's first-ever curling provincial championship.

The Regional High School curling team would like to thank all of our sponsors, volunteers, coaches, and our parents for helping to run such a successful event!

#GOSAINTSGO



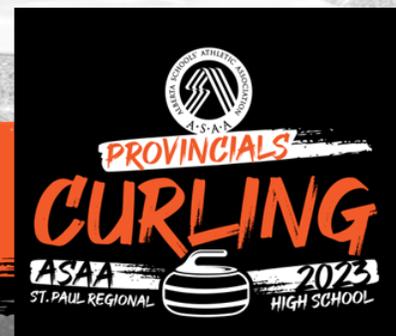
2023 ASAA
Provincial Curling Championship
St. Paul, AB



Thank You to our Generous Sponsors:

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- Burger Baron
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- Pashko Family
- Pet Value
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- PS Homescaping
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- Smiles & Styles by Shelby-Lynn Bailey
- Smitty's
- Sobeyes
- Speedee Lube
- St. Paul & Lakeland Barber
- St. Paul Cornerstone Co-op
- St. Paul FCSS
- St. Paul Legion Branch 100
- St.Paul Auto Care & Detail
- St.Paul Dodge
- St.Paul Eyecare
- St.Paul Glass Lock & Key
- St.Paul Golf Course
- Steeped Tea - Shelley Comfort
- Sunshine Game & Hobby
- Tannas Insurance
- TBS - The Brand Specialists
- Team Homan
- The Water Hole
- Top Grow Agro
- Town of St.Paul
- Twisted Fork
- Two Hills Golf Course
- Val Sweeting
- Webb's Machinery
- Werstiuk Family
- Wrap & Roll
- Xtreme Oilfield Technology
- Xtreme Power Products
- Yakiwchuk Family
- Zarowny Motors

THANK YOU!





Congratulations to all students who participated in Skills and to the nine(9) students advancing to Skills Provincials on May 2- 4 at the Expo Center in Edmonton.

Cosmo

Kammi Feland - Int. Hairstyling, **Advancing**
Megan Pashko - Jr. Hairstyling, **Advancing**
Lexis St. Arnault- Jr. hairstyling, **Advancing**

Culinary Arts:

Izzy Parsons - 1st Place, **Advancing**
Lupita McConvey - 2nd Place, **Advancing**

Mechanics

Owen Siemers, 1st Place, **Advancing**
Liam Siemers, 2nd Place, **Advancing**

Fabrication

Ryan Fochuck - 3rd Place
Porter Dallaire - 2nd Place, **Advancing**

Construction

Logan Peters, 1st Place, **Advancing**
Landon Peters, 3rd Place

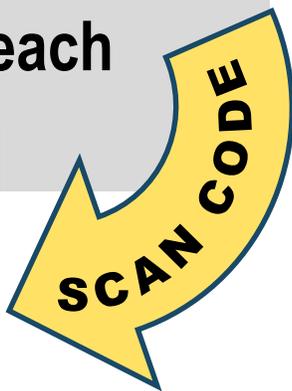


Check out our SCHOOL STORE for amazing Saints Swag and UnderArmour gear. New stock arriving weekly. **Gift Certificates are also available.**

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

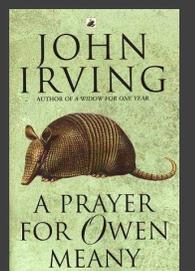
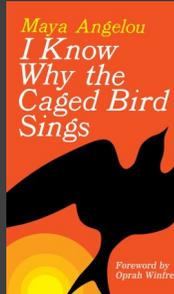
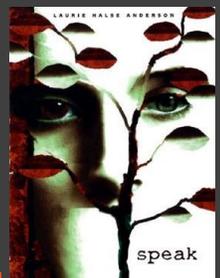
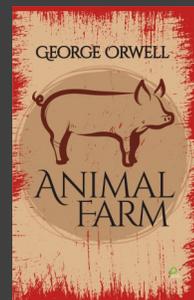
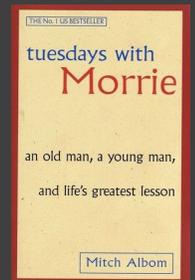
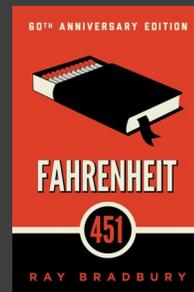
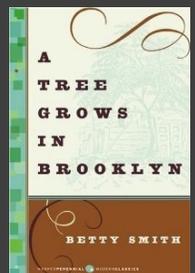
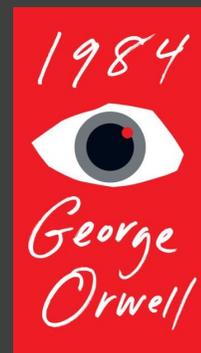
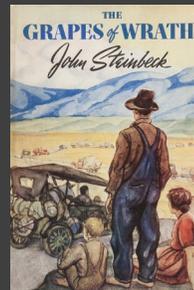
**BUY A
YEAR
BOOK**

\$50.00 each



Did you miss out on the 2021 - 2022 Yearbook? We have a few extras! See Mary Trach in the office to purchase.

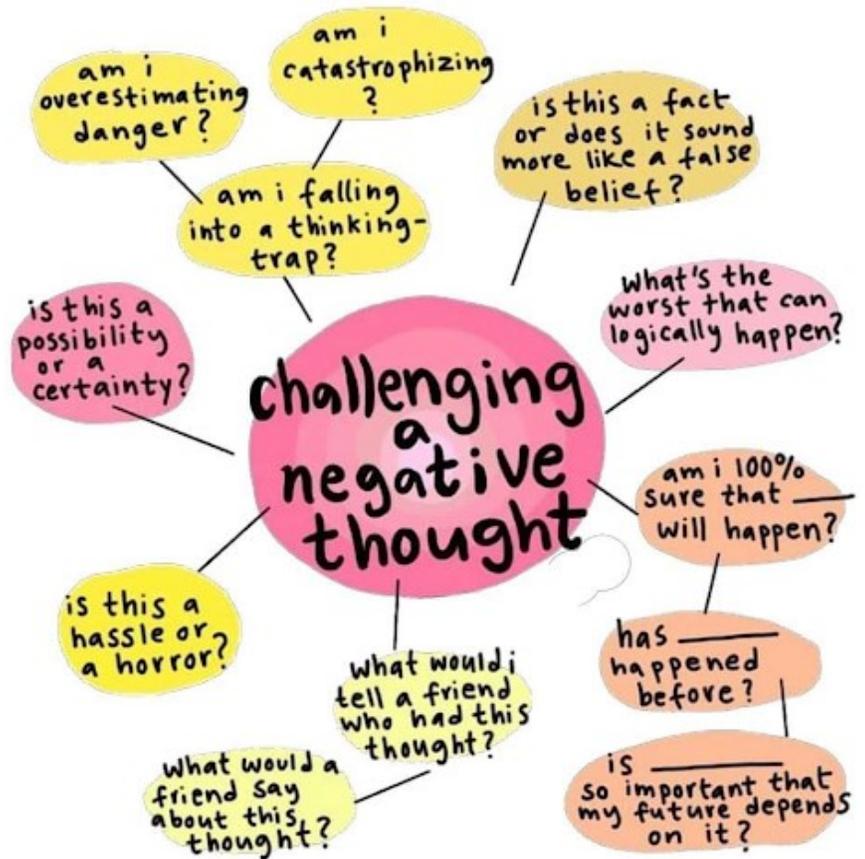
12 Most Influential Books for High School Students, According To Teachers



Come to the library to see these, and many more, great reads, or visit our website. [Library World](#) (login: regional, no password)

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



April Affirmations!

Most people use self-talk everyday, but unfortunately it is usually negative. Please consider that thought stopping and reframing is an effective strategy to reduce anxiety and create a more positive mindset when dealing with challenges. Step 1. Recognize the negative thought and what caused it. Step 2. Stop the thought and start to reframe it into something positive. Step 3. Practice this and become aware of the reframing of negative thoughts to positive and soon your brain will do it automatically.



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!



#YUM!



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

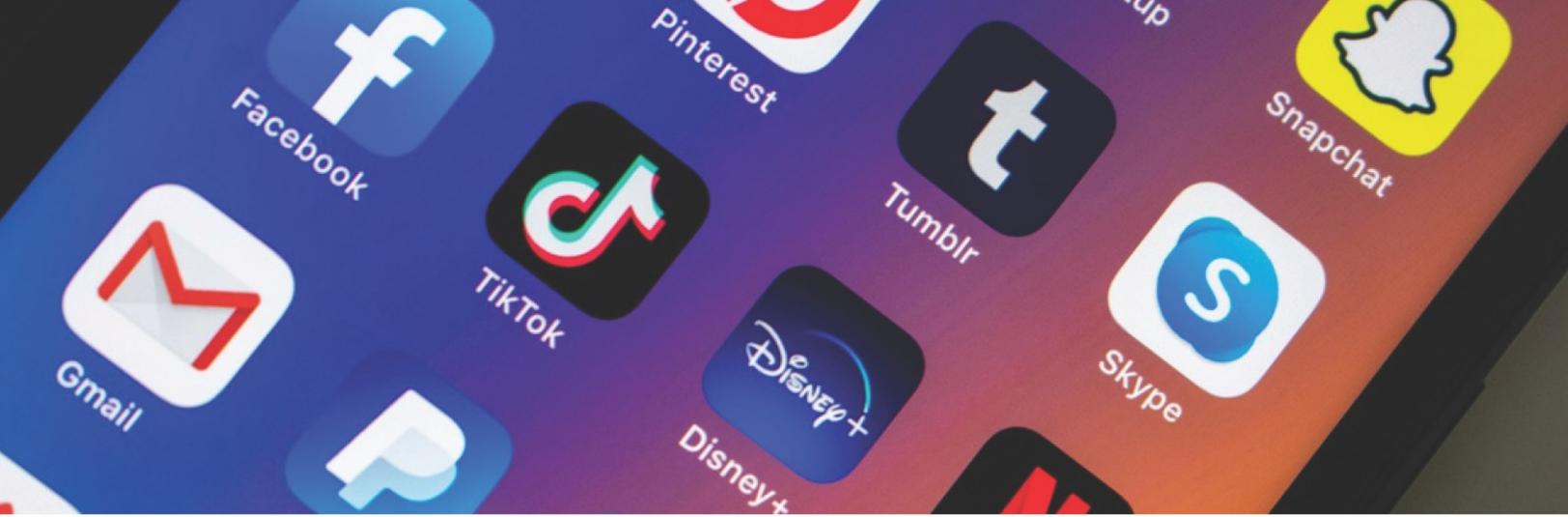
2 Add students

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.



SOCIAL MEDIA AWARENESS, DIGITAL CITIZENSHIP AND CYBERBULLYING

For parents/caregivers of school-aged children

As a parent/caregiver, you can help your child develop a strong digital citizenship foundation while reminding them that their digital tattoo reflects their real and online selves.

DO NOT MISS THIS FREE EVENT!

Family
prize pack
draw!

**APRIL 18,
2023**

Time:

6:30 - 8:00 PM

Location:

Portage College
5205-50 Ave, St. Paul

*Light refreshments
will be available

Social Media Update - The most current apps and trends in your children's social media lives.

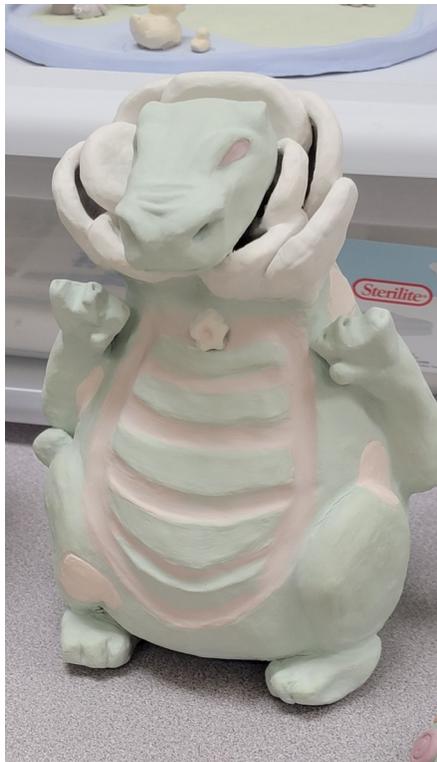
Digital Parenting Strategy - How to have important conversations with your child around social media safety.

Digital Footprint - With their future approaching, recruiters and employers are taking note. What will they find?

Family Tech Plan - Recommendations for family guidelines and parental controls.

**Please note this session is intended for an adult audience. All St. Paul Education students in Grades 4-12 will participate in a school-based session from April 17-19.*





CERA- MICS

SPRHS

CAREER CORNER

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

IMPORTANT DATES

Apr 1: Admitted Student Day at UAlberta (9am - 3pm). If you can't attend in person, you can join the virtual event on April 5th

Apr 4: Portage College St. Paul Campus Open House @ 6-8pm (FREE applications)

Apr 5: University Blue Quills Open House @ 10am - 2pm

Apr 12: Flight Attendant @ 5pm through NorQuest College

Apr 13: UAlberta webinar about how Grade 11 Matters (also happening on April 26)

Apr 27: Red Deer Polytechnic Education and Career Expo

Apr 30: Deadline for guaranteed housing at University of Alberta

Apr 30: Bold Eagle application deadline

Apr 30: Deadline to pay the tuition deposit at Red Deer Polytechnic

May 1: Deadline to pay the tuition deposit @ UAlberta

May 10: Olds College Discovery Day

Stay in the loop by joining our Remind messages to get text messages or emails about important dates and upcoming events. Download the **REMIND** app and join our class using this code: @sprhs12

SCHOLARSHIPS

We have several scholarships available for students to apply for.

- NADC Bursary (Apr 30)
- TransCanada Scholarships (for Indigenous students or any students going into the Trades or STEM field) (due May 5)
- Mary Poirier Young Leaders Scholarship (May 31)
- June 1st is a BIG deadline for many of our other local scholarships

More scholarship info at www.sprhs.ca/scholarships and in our 2023 Local Scholarship Booklet.

JOB RESUME

Take this time to update your resume. We can help! Our Career Counsellors can guide you through writing a resume and cover letter and can give you some suggestions.

SCHOLARSHIP ESSAY

Want someone to look over your scholarship essay and give you some feedback. Email your rough draft to Mrs. Morrison or share it with morrance@sperd.ca

COURSE REGISTRATION FOR POST-SEC

For those grade 12 students who are post-secondary bound, we need to start making some decisions. April/May/June is a busy time of the year because it's time to register for your 1st year university classes!! Many schools will offer registration online workshops and we

encourage students to sign up and learn about how to register for classes and plan with your post-secondary Academic Advisor. My advice: register EARLY for your classes! They are first come, first serve and so, it's important to plan your schedule ahead of time.

March 8, 2023

BOARD MEETING HIGHLIGHTS



St. Paul Education

Board Priorities

The Board has created four priority pillars to guide its planning. The Board is excited about the possibilities and opportunities for the future. The four main priorities for the next year are: Building Relationships, Foundational & Innovative Learning, Cultural and Community Awareness and Mental Health Supports.

THMS and Colony Schools Calendar

The regular calendar was approved on February 8, 2023. Superintendent Barron has created an alternative calendar for Two Hills Mennonite and the Colony schools. The Board of Trustees approved the recommended calendar. The 2023-24 calendar for Two Hills Mennonite and the Colony schools can be viewed [here](#).

Budget Announcement

The Province announced its 2023 budget on February 28, 2023. While the budget does provide an increase to overall provincial education funding much of it is to support enrolment growth which does apply to our district. Among the areas which will see increases include: Learning Supports and Classroom Complexity, Nutrition, O&M and Transportation, Fuel contingency assistance, and MELT driver training program.

Other funding changes are related to the funding formula including the treatment of previous mitigation/bridge funding and as a result we cannot provide an accurate assessment of what this means for our school division until we see our local funding profile which is expected before March 15th.

Ashmont School Consolidation

Ashmont used to operate as two separate schools and we still have two separate school codes; 2800 Ashmont Elementary and 2801 Ashmont Secondary. The school now functions as a K-12 with one administration. To streamline reporting in areas such as the PASI and Annual Education Results Reports it is recommended to consolidate the two school codes into one. Operationally, there is little impact to the school however it will create some efficiencies when it comes to reporting to Alberta Education. The Board agreed to move forward with consolidating into one school code.

Mallaig School Design Approval Announcement

The Division is excited to hear that Mallaig has been approved to begin the design process. This is not a confirmed school build but the next step which is typically followed by construction approval in a future budget cycle. The province typically hires a design consultant as well as sets the timelines and budget. Design funding activities include the preparation of drawings and specifications as well as construction tender documents.

Compass Survey

St. Paul Regional High School has participated in a survey on student wellness since 2013 in partnership with University of Waterloo and U of A. The survey gathers data on student wellness and habits over time. There has been some concern that information was shared with a third party and it has been confirmed that this is not the case. The process for notifying parents will be adjusted to ensure that information is shared in a efficient manner. A consent box will also be included in the registration package at the beginning of the year for parents to complete. The survey used to be done in person and now it has moved online.

For more information, contact:

Mr. Peter Barron

Superintendent of Schools

barrpete@sperd.ca

Learning Together, Growing Together