



# St Paul Regional High School

## SCHOOL NEWSLETTER

**JUNE 2025**

### School Calendar 2024-2025

- Jun 09 — PLC Day (No School)
- Jun 13 — Last Day of Classes
- Jun 16 — Final Core Exams Begin
- Jun 26 — PD Day
- Jun 27 — Graduation

**LAST DAY  
OF CLASS: June 13  
EXAM WEEK  
June 16 - 25**

**Have you paid  
your school fees?**

**\*\*See page 9 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.**

## DIPLOMA / FINAL EXAMS

**June 16 - June 25, 2025**

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



**REGISTRATION  
FORMS  
2025-2026**

Online registration for the 2025-2026 school year is now open.

**\*ALL RETURNING  
STUDENTS NEED TO BE REGISTERED.\***

Login in at:

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

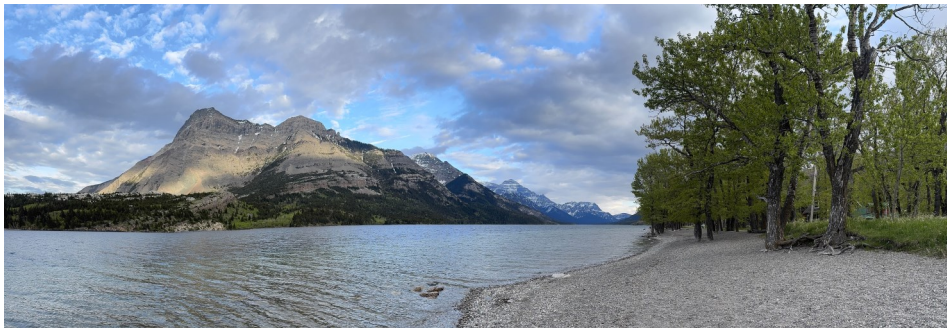


**Attendance**

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.



# SPRING Hiking Trip WATERTON

Between May 22-24, thirty students and four staff members set off to Waterton, AB for our spring hiking trip. Students **hiked over 15km** (much of it in snow!) and took in some beautiful mountain views, waterfalls and, on our way home, marveled at the history of Head Smashed In Buffalo Jump. Well done SAINTS! What an adventure!



## SCHOOL MESSENGER

This app also allows us to send **text/email notifications about upcoming important dates, emergencies, and other communications.**

Please  
**DO NOT block the number**  
or you risk missing important information!

**Text 'Y' to 978338**  
to get notified!

JUNE 2025				
MON	TUES	WED	THURS	FRI
2 Chicken Strips (3) w/ Fries	3 Taco in a Bag	4 Perogies(6) w/ a Smokie	5 Chicken Caesar Salad w/ Garlic Stick	6 Mac & Cheese w/ Wieners
9 NO SCHOOL	10 Nacho Supreme	11 Mushroom Mozza Beef Burger w/ Fries	12 Lasagna w/ Garlic Bread	13 Chicken Cheeseburger w/ Fries
16	17	18	19	20
EXAM WEEK* *Cafeteria OPEN but no specials.				
23	24	25	26	27 GRAD
EXAM WEEK*				
30				

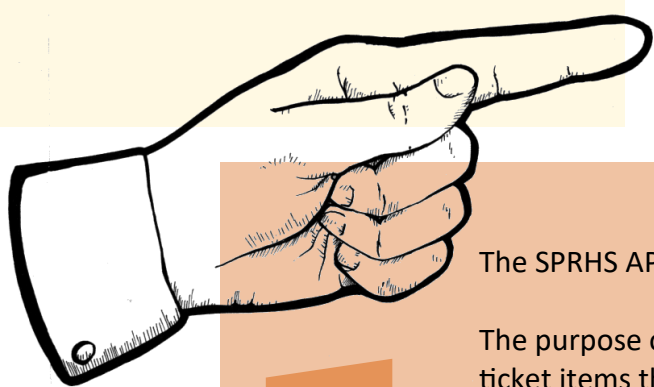
## SPORTS HIGHLIGHTS

# SAINTS Track & Field

**May 21:** Roughly 70 athletes competed at SPAA in St. Paul  
**May 27-28:** Over 60 athletes moved on to Zones in Bonnyville  
 and **brought home the NE 3A Banner!**  
**June 6 & 7:** 25 athletes have qualified for  
 Provincial Track & Field in Calgary.



## 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 Krankowski at 780-645-9784.

**Annual General Meeting (AGM)**  
**Monday, June 16, 2025**  
 High School Boardroom @ 6:30 pm

# Athletic Awards

**Thursday, June 12**

**8:00pm in the FINE ARTS THEATRE**







## Great Reads Available now!

Also enjoy eBooks from the school, ask Mrs. Della for more info.

# St. Paul RODEO MILE



**August 30, 2025\***

\*BEFORE the Rodeo Parade

**U9 (1/4 Mile)**

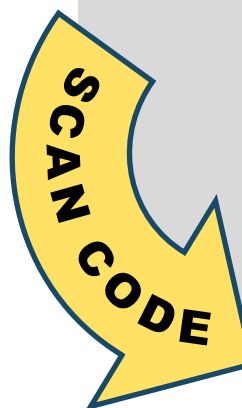
**Full 1 Mile**

**(T-Shirts for all participants)**

Stay tuned for more information  
on how to register on  
Facebook (St. Paul Rodeo Mile) or  
contact Tim Penner at  
penntim@sperd.ca

# BUY A YEAR BOOK

**\$50.00 each**



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

**ID# 14790925**





# MUSIC CONCERT

**Thurs. June 5**  
**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!



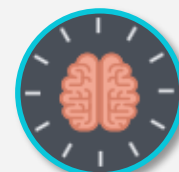
## Get Instant Results

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.



## 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.



## 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.

**Be ready.**

**ExamBank**

[exambank.com](https://exambank.com)

*Login in info  
available from the  
school office or  
library.*

**Above:**

On May 26, some RHS students and staff went to University nuhelot'ine thaiyots'j nistameyimâkanak Blue Quills to participate in the first day of activities at their annual Cultural Camp. Participants got to learn about soap stone carving, beading, hand games, indigenous crafts and other teachings.

**Right:**

A few ceramics projects after being glazed and fired.



# SHOWCASE



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 2025 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, 2025 is the 29th  
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**





ST. PAUL REGIONAL HIGH SCHOOL

# GRAD ITINERARY 2025



## THURSDAY, JUNE 26 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 27 CONVOCATION

\$62.75 Convocation Fee

*\*Deadline June 9, 2025*

*\*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 (location TBD)  
*\*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](http://www.sprhs.ca) on June 27, 2025

## FRIDAY, JUNE 27 BANQUET / SAFE GRAD

- 4:00 pm Doors Open @ St. Paul Rec Centre
- 6:00 pm Dinner  
*\*Grand March will begin after dinner ~7:30pm*  
*\*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.



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

1. 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.
2. SchoolCash Online will send you a registration confirmation email. If you do not receive it, check your Spam folder.
3. 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

1. Sign in to SchoolCash Online through <https://sperd.schoolcashionline.com>.
2. From the menu at the top of the page, navigate to MY ACCOUNT.
3. From the dropdown menu, select My Students.
4. 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

1. You will be able to view any available items or forms attached to your students that are set up on your account.
2. Select the item which you would like to purchase/complete and click "Add to Cart."
3. 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.

## JUNE 2025 EXAM SCHEDULE

Wednesday, June 11 9:00 - 12:00 pm	English 30-1 Part A (46) English 30-2 Part A (26)	Room 39, 33, 29
Thursday, June 12 9:00 - 12:00 pm	Social St. 30-1 Part A (12) Social St. 30-2 Part A (47)	Room 39, 33, 29
Monday, June 16 9:00 - 12:00	English 20-1 (22) English 20-1 (3)	Gym
Monday, June 16 1:00 - 3:30	English 10-1 (48) English 10-2 (19)	Gym
Tuesday, June 17 9:00 – 12:00 pm	Math 30-1 (10) Math 30-2 (21) Social 20-1(23)	Room 230 Gym
Tuesday, June 17 1:00 - 3:30 pm	Social 10-1 (20) Social 10-2 (27)	GYM
Wednesday, June 18 9:00 - 12:00 am	English 30-1 Part B (46) English 30-2 Part B (26)	GYM
Wednesday, June 18 1:00 – 3:30 pm	Science 10 (58)	GYM
Thursday, June 19 9:00 - 12:00 pm	Social Studies 30-1 Part B(12) Social Studies 30-2 Part B(47)	GYM
Thursday, June 19 12:00 - 3:30 pm	Math 10-3 (22) Math 20-3 (21) Math 30-3 (16)	Gym
Friday, June 20 9:00 - 12:00 am	Biology 30 (29) Biology 20 (16)	GYM
Friday, June 20 1:00 - 3:30 pm	Social 20-2 (33)	GYM
Monday, June 23 9:00 – 12:00	Chemistry 30 (26) Chemistry 20 (20)	GYM
Monday, June 23 12:00 - 3:30	Math 20-2 (17) Math 10C (46)	GYM
Tuesday, June 24 9:00 – 12:00 pm	Math 20-1 (31)	Room 230
Wednesday, June 25 9:00 – 12:00 pm	Science 30 (13)	Room 230



SPRHS

## CAREER CORNER

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

## IMPORTANT DATES



**\*\*Student Loan applications will be released on June 2nd. Students will be able to access the application by visiting the [studentaid.alberta.ca](https://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 and for some MacEwan U programs for Fall 2025

August 15: Deadline for the CNRL Building Futures Scholarship

Mid August: ATCO Indigenous Education Awards Program deadline

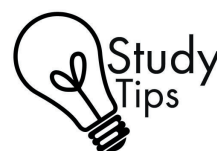
August 1: Alexander Rutherford Scholarship applications are open

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.



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. Also a reminder to grade 12's to make sure these accounts are under your personal email, NOT your school email address! 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 starting on 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](mailto:morange@sperd.ca)

## BOARD MEETING

# HIGHLIGHTS



### Heinsburg School Presentation

A delegation of staff and students from Heinsburg School presented their learning using VEX robots, demonstrating how they have coded the robots to perform specific tasks and follow directions. This is the school's first year working with VEX coding and robotics systems. We look forward to seeing the program grow as students continue to build their skills in this area!

### 2026-27 School Learning Calendar

Trustees approved Calendar B of the 2026-27 School Learning Calendar, along with a separate version for the Two Hills Mennonite and Colony schools. The calendar includes a week-long Fall Break, with the school year starting on August 31, 2026. Both calendars are now available on the Division [website](#), allowing families to plan ahead for the next two school years.

### Saddle Lake Trustee Invitation

The Board will follow up with Saddle Lake Cree Nation regarding the invitation to submit a nomination to fill the FNMI trustee position, with the goal of a trustee commencing following the October general election.

### Science Fair

Eighteen students from St. Paul Education participated in the 2025 Lakeland Regional Science Fair on April 12. Congratulations to Ryan Noel from Ecole Racette School and Harper Matthews and Shyanne Klatt from New Myrnam School, who qualified for the Canada-Wide Science Fair in Fredericton in June. We wish them all the best!

### Excellence in Catholic Education Award

Congratulations to Ginette Plante, a teacher at Ecole St. Paul Elementary School, for being the recipient of this award. The award was presented at the annual Sharing Purpose in Catholic Education (SPICE) conference in Kananaskis at the beginning of May.

### Election Bylaw

Trustees passed the first reading of a bylaw to adopt a modified voting procedure under the Local Authorities Election Act. This would allow the Returning Officer to designate multiple voting stations per subdivision and align election logistics, such as locations and hours, with local municipalities. The Bylaw will come into full effect upon the third and final reading by June 30.



## Summer School

Registration is now open for the Division's Summer School Program, which will run from July 2 to 29. This is a great opportunity for students to complete a course before the new school year begins, retake a class, or upgrade their marks. A variety of courses are available, including Google Productivity Pro, where students will receive a new Chromebook upon completion. The program also offers several dual credit courses that allow students to earn college credit. For more information, visit the Division [website](#).



## Mental Health & Counselling Supports

Bridget Severin, Division Counselling and Communications Coordinator, presented an overview of the Division's mental health and counselling supports. The Family School Liaison Worker (FSLW) program provides supportive informal individual counselling to students. The Together Were Better Mental Health Capacity Building Program, a provincially funded initiative, promotes mental health in schools and communities through universal and targeted programming. The Integrated Student Support Program, funded through an external research grant, focuses on mental health, nutrition, and physical education supports at Ecole St. Paul Elementary School.

Thank you to all partners who contribute financially to these supports, including our local Family School Liaison Worker program municipal sponsors: the County of St. Paul, Town of St. Paul, County of Two Hills, and Town of Two Hills FCSS.



## Financial Report

The Division has received its funding profile for the upcoming school year, which includes a new mental health grant of \$148,000 to support student wellness initiatives. A budget planning review meeting is scheduled for May 28.

## June Board Meeting Date

The next Board meeting is scheduled for June 11, 2025, at 12:30 p.m. at the Division Office. A livestream will be available on the Division's [YouTube page](#).

**For more information,  
contact:**

**Dr. Peter Barron**  
**Superintendent of Schools**  
**[barrpete@sperd.ca](mailto:barrpete@sperd.ca)**



**St. Paul Education**

*Learning Together, Growing Together*

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