



St Paul Regional High School

4701 – 44 STREET ST. PAUL, AB T0A 3A3

PH. 645-4491 FAX 645-3279

OCTOBER 2019

School Calendar 2020-21

- Oct 9—Local ATA PD Day
- Oct 12—Thanksgiving day
- Oct 13—Picture retakes—Music Room
- Oct 19 to 23 —Parent Teacher Interviews VIRTUAL
- Oct 29—School Council Meeting 7 pm Rm 115
- Oct 30—Cycle One Ends

- Nov 2—Cycle Two Begins
- Nov 11—Remembrance Day
- Nov 12—PD day
- Nov 13—In Lieu of Reporting
- Nov 16—PD Day
- Nov 25—School Council Meeting Rm 115 @7 pm
- Nov 26—School Council Meeting

- Dec 18—Christmas Luncheon / Dismiss at 2 pm

- Jan 4—School Begins
- Jan 15—Last Day of Regular classes
- Jan 18—Final Core Exams Begin
- Jan 28—School Council Meeting
- Jan 29—PD Day

- Feb 1—Semester Two Begins
- Feb 2—Second Semester Pictures
- Feb 5—Last Day for Course Changes
- Feb 10—PD Day
- Feb 11—12—Teachers' Convention
- Feb 15—Family Day
- Feb 25—School Council Meeting

- Mar 3-5 —Graduation Pictures
- Mar 8—PD Day
- Mar 9—Parent Teacher Interviews
- Mar 11—Grade 9 Orientation Night @ 6:30 pm
- Mar 11—SAINTS SHOWCASE @7 pm
- Mar 25—School Council Meeting
- Mar 29—Spring Break Begins

- Apr 6—School Begins
- Apr 12- 20 — April diploma exams
- Apr 9—Graduation picture retakes
- Apr 13—Cycle one ends
- Apr 14—Cycle two begins
- Apr 23—Professional Development Day
- Apr 29—School Council Meeting

- May 5—Report Cards Issued
- May 21—PD Day
- May 24—Victoria Day
- May 27—School Council Meeting

- Jun 4—PD Day
- Jun 15—Last Day of Regular Classes
- Jun 16—Final Core Exams Begin
- Jun 26—Graduation
- June 28—PD Day



Parent Teacher Interviews

Please go to our website at www.sprhs.ca and follow the link to book your **Virtual Parent/Teacher Interview Appointments.**

Appointments will take place as follows:

- **October 19th - 23rd**
- **6 pm - 9 pm**
- **Phone or Google Meet**



PLEASE RETURN YOUR REGISTRATION FORMS!

If you have not already done so, please return your forms for the 2020-2021 school year as soon as possible.

*** SCHOOL FEES WILL BE REVIEWED IN NOVEMBER ***





École Régionale St. Paul Regional School

4701 – 44 Street
St. Paul, Alberta
T0A 3A0



Phone: (780)645-4491
Fax: (780)645-3279



Mark Tichkowsky, Principal

Message from the Principal:

It has certainly been exciting to see students walking our hallways at Regional High School as near normal as possible. It's hard to believe that October is already here. Though the weather is starting to reach cooler temperatures, I hope that student academic studies are starting to heat up!

Students have engaged in both synchronous and asynchronous learning this year. Regional students need to continue to work hard and keep up with their studies, as the semester system seems to move at a fast pace.

Parents, please be sure to check your child's progress on PowerSchool. If you are having difficulty logging into PowerSchool, please contact the main office at 780-645-4491 for assistance.

Our sports practice program has begun with cross country running training, as well as senior girls' volleyball practicing on Mondays and Wednesdays and boys volleyball practicing on Tuesdays and Thursdays.

Parent-Teacher Interviews will be conducted via phone call or Google Meet throughout the week of **October 19th to 23th from 6 pm to 9 pm**. In the near future, more information will be released about how the parent-teacher interview sign-up process will occur. I want to thank you for your continued support and wish you and your family good health.



Cafeteria Menu Oct 2020

MON	TUES	WED	THURS	FRI
			1 8 Perogies in Cream	2 Chicken on a Cloud
5 Ginger Beef on Noodles	6 Chicken Pita	7 Roast Ham, Mashed Spuds, Gravy, Peas & Carrots	8 Chicken Strip Wrap	9 PD Day
12 Thanksgiving Day	13 Rib on a bun	14 Lasagna with garlic stick	15 8" Pizza Sub	16 Burger Special Fries
19 Sweet and Sour meatballs, rice with vegetables	20 Hot Dog Special	21 Pulled Pork on Bun	22 Stuffed Manicotti with Caesar Salad	23 Taco Salad
26 Honey Garlic Pork, Rice, California Vegetables	27 Chicken Bacon Ranch Sub	28 Beef Ravioli in Sauce	29 Grilled Ham and Cheese Sandwich	30 Spaghetti with Meat Sauce



PICTURE RETAKES

➤ **Tuesday, Oct 13th**
@ Music Room

VIRTUAL PARENT-TEACHER INTERVIEWS

➤ **Oct 19th—23rd,**
6 pm—9 pm
Online/ Phone

SCHOOL COUNCIL MEETING

➤ **Thursday Oct 29**
7 pm F.A.T.



Rachel Bigelow

Family School Liaison Worker



St. Paul Regional High School would like to extend a warm welcome as we introduce a new staff member who joined us this school year, as our Family School Liaison Worker, Ms. Rachel Bigelow.

"Hello everyone!

I am the new Family School Liaison Worker (FSLW) at St. Paul Regional High School and I could not be more excited to be here. Before working as the FSLW, I worked for the Dr. Margaret Savage Crisis Centre in Cold Lake with women and their families, with a focus on youth and youth programming. I have been living in the Lakeland Area for just over a year, having previously lived in Calgary where I held the position of Community Club Coordinator with the Boys and Girls Clubs of Calgary. I am really loving the Lakeland Area and have been spending lots of time enjoying the outdoors with my Fiance and my puppy, Lewis.

I am very passionate about mental health and supporting youth to be successful, both personally and professionally, while navigating high school and continuing on to their next chapter, whatever that may be :) I look forward to working with students, as well as parents, to best serve the needs of the St. Paul Regional High School community.

"I've learned that people will forget what you said,
people will forget what you did, but people will
never forget how you made them feel" -Maya
Angelou"

Kindly,
Rachel Bigelow





Volleyball & Cross Country Running Practices have started.

Any students interested should see
Mr. Smid and/or Mr. Penner



Thanksgiving Long Weekend
Friday Oct. 9th (Local ATA PD Day) -
Monday Oct. 12th Thanksgiving Day
Return to school —> Tuesday October 13th, 2020



women in scholarship, engineering, science & technology

Women in Scholarship, Engineering, Science & Technology (WISEST) is a notable program at the University of Alberta that aims on creating effective programs to empower women to pursue, impact, and succeed in the fields of science, engineering, and technology.

One of their recent projects is to discover the prevalence of Imposter Syndrome in minority-identifying students across the province of Alberta. *Imposter Syndrome is a psychological pattern that permits individuals to doubt their accomplishments and skills, due to the internalized fear of being 'exposed' as a fraud.* Ultimately, it can result in the individual to experience anxiety, depression, and a lack of self-confidence. By conducting this project, it will allow WISEST to discover and share methods that will help people who are affected by this syndrome.

WISEST has constructed a team of eight members that will release surveys, which will be completely anonymous, in high schools across Alberta that will aid in obtaining data. Currently, the surveys will only be given to students taking math classes creating the survey to be released once each semester this 2020/21 year. One of the members helping in this research project is Ehlam Iftikhar, a grade 12 student in St. Paul Regional High School, who will release the survey on October 19, 2020. If you have any questions, comments, concerns, or wish to opt out of this survey, please feel free to email Ehlam at iftiehla@students.sperd.ca

Picture Retake Day is October 13th. Order forms are available in the office. Students do not have to purchase a package but **must have photos taken for ID cards and student files.**



On Wednesday September 30th, Regional High School hosted a virtual google meet with all classrooms to honor and remember Indigenous children who experienced the trauma of residential schools through Orange Shirt Day. Our very own Mr. Cardinal did a wonderful job hosting and sharing a glimpse of the events that took place during this tragic time with the rest of our staff and student body. One of our senior students Wade Ledoux also did a great job speaking and sharing the history behind Orange Shirt Day. Emery Denver was another guest throughout the presentation who spoke on behalf of indigenous people in regards to the meaning of Orange Shirt Day and performed a traditional honor song.

Thank you to Mr. Cardinal and guests for organizing a wonderful virtual event for our school to participate in.

October Blowout Sale!

Get your GEAR

**GREAT
Christmas Gifts**

Gift Cards
(any denomination)



***Make a Deal with Demo
the 1st Thursday &
Friday of every month!***

- Grad Hoodies
- Back Packs
- Shorts
- Vests
- Sweats
- T-shirts
- Yoga Pants
- Hats
- Scarves
- Tanks
- Leggings
- Hoodies
- Team Gear

**Available to students &
parents in our
community.**

**We welcome company
orders. Call Corey at
(780)645-4491**

The Store is located by the cafeteria. Open during lunch hour.

PARENTS' ROLE IN KEEPING SCHOOLS SAFE

Screen for symptoms every morning

Check every morning to see if your child has any of these symptoms.

If yes, they must stay home:

- Fever, cough, shortness of breath/difficulty breathing, sore throat, chills, painful swallowing
- Runny nose/nasal congestion, feeling unwell/fatigued, nausea/vomiting/diarrhea, unexplained loss of appetite
- Loss of sense of taste or smell, muscle/joint aches, headache, Conjunctivitis (Pink Eye)

Use the [Self-Assessment tool](#) to check if your child should be tested for COVID-19.



Stay home when sick or if in contact with someone who is sick

Students, parents or family members must not enter school if they:

- Feel sick or have symptoms of COVID-19
- Had close contact with a confirmed case of COVID-19 in the last 14 days
- Had close contact with a symptomatic close contact of a confirmed case of COVID-19 in the last 14 days
- Have traveled outside of Canada in the last 14 days



For more details: alberta.ca/returntoschool

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Alberta

Stay at Home Guide

When do I keep my child home?



St. Paul Education

Alberta Health Services has recently divided the COVID-19 symptoms into two categories: **CORE** and **OTHER**. There are different instructions for each category.

Core COVID-19 Symptoms

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

Other COVID-19 Symptoms

- Chills
- Painful swallowing
- Stuffy nose
- Loss of sense of smell or taste
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea, or unexplained loss of appetite)
- Headache
- Muscle or joint aches
- Conjunctivitis (pink eye)

AHS recommends testing for any COVID-19 symptom.

Book a testing appointment online with the AHS assessment tool [COVID-19 Self-Assessment](#) or call Health Link 811.

If your child has any of the above **CORE** symptoms, your child is legally required to stay home for a minimum of 10 days from the start of the symptoms, or until symptoms resolve, whichever takes longer.

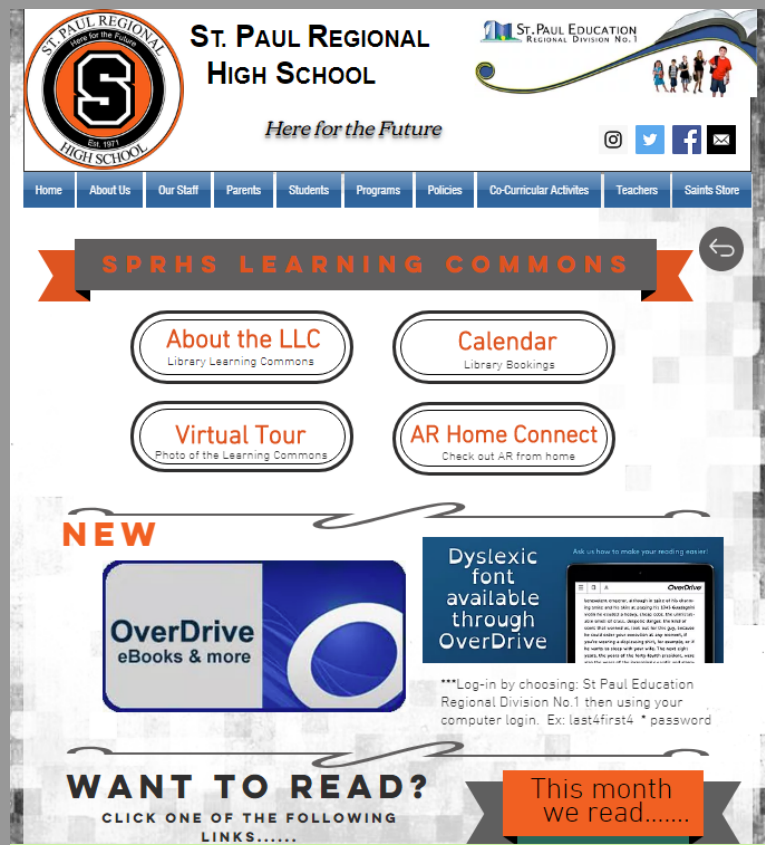
If your child has any of the above **OTHER** symptoms, your child must stay home and minimize contact with others. Your child can return to school when he or she no longer has symptoms.

Isolation Requirements

If you get your child tested for either a **CORE** or **OTHER** symptom, and he/she tested negative and has **NO KNOWN** exposure (and has not been identified as a close contact of a person who tested positive for COVID-19), he or she is not required to isolate. Your child can return to school when he or she no longer has symptoms. This could occur before the minimum 10 days have passed.

Please see more information regarding Covid-19 on our School and/or Division Website

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>

SPRHS CAREER CORNER

Mrs. Morrison Ph: 780-614-7458 morrange@sperd.ca | Mrs. Kaprowski Ph: 780-645-4491 kaprmarg@sperd.ca

IMPORTANT DATES

Oct 1: First day to apply to many post-secondary schools. Some entrance scholarships are open (ex. RDC and UCalgary)

Oct 1: UAlberta Bachelor of Education -Ask & Answer @ 6-7pm

Oct 3: University of Calgary Virtual Open House @ 10am - 3pm

Oct 8: UAlberta How to Apply for Indigenous Students Online Presentation@ 4-5pm

Oct 15-17: UAlberta Virtual Open House

Oct 16: Olds College Open House

Oct 16 & 17: NAIT Virtual Open House

Oct 17: Concordia University of Edmonton Virtual Open House * FREE APPLICATIONS & Bow Valley College Open House

Oct 21: UCalgary Undergrad Awards Webinar @ 10-11am & Lethbridge College Virtual Open House

Oct 23 & 24: Lakeland College Open House * FREE APPLICATIONS & SAIT Open House

Oct 24: Mount Royal U Open House & NorQuest College & The King's University * FREE APPLICATIONS

Nov 7: MacEwan University Virtual Open House

More events listed at
sprhs.ca/career-events-calendar

VIRTUAL OPEN HOUSE

October is a busy month for Open Houses at post-secondary schools across Alberta. An Open House is a day or two each year, where everyone is welcome to visit a college or university campus to learn more about the programs and services they offer. However, this year due to Covid, many schools are hosting a VIRTUAL open house and various other online presentations throughout the year. With so many virtual events happening this year, we wanted to simplify the information, all on one document. Check out the Upcoming Career & Post-Secondary Virtual Events document by visiting sprhs.ca/career-events-calendar

SCHOLARSHIP 101

Are you planning to go to post-secondary next fall but not sure how to pay for it? Do you know the difference between scholarships, bursaries, and loans? Did you know we have over \$75,000 worth of scholarships and awards listed in our Local Scholarship Booklet? Find out these answers and why Mrs. Morrison loves scholarships so much! This month, we will be posting a recording of a Scholarship 101 presentation on our school website at www.sprhs.ca/scholarships so students and parents can view it anytime.

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

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 will be helping students individually with setting up their Apply Alberta account. Please stop by her office to book a date/time to meet. Starting Oct 1st (first day to apply for most schools), students will be able to complete their post-secondary applications. For out of province schools, please arrange a meeting with Mrs. Morrison to discuss your specific program and school.

SchoolCashOnline

For safety and efficiency reasons, St. Paul Education School Division would like to reduce the amount of cash & cheques coming into our school. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE! It takes less than 5 minutes to register. Please follow these step-by-step instructions, so you will begin to receive email notifications regarding upcoming events involving your child(ren).

NOTE: If you require assistance, select the *SUPPORT* option in the bottom right hand corner of the screen.

Step 1: Register

- If you have not registered, please go to the *School Cash Online* home page <https://sperd.schoolcashonline.com>
- Complete each of the three Registration Steps
*For Security Reasons your password, requires *8 characters*,
one uppercase letter, one lowercase letter and a number.

Step 2: Confirmation Email

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and *School Cash Online* account. The confirmation link will open the *School Cash Online* site prompting you to sign into your account. Use your email address and password just created with your account.

Step 3: Find Student


This step will connect your child to your account.

- Enter the School Board Name.
- Enter the School Name.
- Ensure "I do not have the student number" box is selected
- Enter Your Child's Last Name and Birth Date.
- Select *Continue*.
- On the next page confirm that you are related to the child, check in the Agree box and select *Continue*.
- Your child has been added to your account.

Step 4: View Items or Add Another Student

If you have more children, select "*Add Another Student*" and repeat the step 3 above. Up to 8 children can be added to one parent account. If you do not wish to add additional children, select "*View Items For Students*" option. A listing of available items for purchase will be displayed.

Paying for school items just got easier!
Sign up to get started today.



What is School Cash Online?
School Cash Online is an easy to use and safe way to pay for your children's school fees.
[Learn more](#)

Register **Sign In**

SchoolCashOnline.com
Hello Parent,
Please click the link below to confirm your email address.
<http://district.schoolcash.net/Registration/ConfirmConfirmationEmail/f5e4ba72-2852-4e87-b502-b3e48645ace9>
If the link doesn't work, copy the link and paste it into your web browser.
Contact support at 1.866.961.1803 or email parenthelp@schoolcashonline.com.
Thank you,
Your School Cash Online Support Team

3. Enter student information

Student Number 

☒ I don't have the student number.

First Name *

Last Name *