



April 6, 2023

# The Raider's Report

The Official Paul Rowe Jr./Sr. High School Newsletter

## Paul Rowe Celebrates Nutrition Month

*Healthy Bodies, Healthy Minds*



*Thank you to our amazing Food for Thought volunteers who arrive early to cook hot breakfasts for our students!*

March was Nutrition Month, however nourishing our students' bodies and minds is a priority at Paul Rowe throughout the school year. Thanks to our local Food for Thought Breakfast Program and a nutrition grant sponsored by the Government of Alberta, there are a number of ways that we are able to do this:

### **Food for Thought Breakfast Program**

Thanks to fundraising and community donations, breakfast is served every Tuesday and Thursday morning at all three Manning schools. Breakfast is also served daily during final exams.

### **Free Monthly Hot Lunch**

Each month students are treated to a free hot lunch organized by School Council and prepared by parent volunteers. This is in addition to our weekly paid hot lunch program.

### **Special Events:**

Our spirit days and special events often have a nutrition aspect incorporated. For example, barbeques, veggie days, Christmas Dinner, etc.

### **Lunch Pantry**

A pantry stocked with a variety of lunch foods is accessible to any students who find themselves in need of a lunch.

### Also in this issue:

- ★ April Parent/Teacher Interview Booking Info.
- ★ 2023-2024 PRSD School Calendar Approved
- ★ School Event & Athletics Updates

### Important Dates:

#### April:

- ★ 7-14 No School (Easter Break)
- ★ 17 Diploma Exam Rewrites Begin
- ★ 19 School Council Meeting
- ★ 21 Term 3 Report Cards Available
- ★ 26 Parent/Teacher Interviews

#### May

- ★ 1-6 Mental Health Awareness Week & Education Week

### School Safety Definitions from PRSD:

**Muster Point:** The location that students and staff evacuate to in the event of an emergency. This will ensure everyone inside has a safe area they can reach quickly during an emergency.

To view the full **Emergency Procedure Guide for Parents & Guardians** visit the [PRSD website](https://www.paulrowehigh.ca).

better together

**PARENTS & GUARDIANS OF PAUL ROWE STUDENTS**

*We are better together!*

**SCHOOL COUNCIL MEETING**

**Wed. April 19  
at 7 PM**

in the School Library  
Learning Commons



**PARENT/TEACHER INTERVIEWS**

**Wed. April 26  
4 PM to 7 PM**

Book online at:

[www.paulrowehigh.ca/bookings](http://www.paulrowehigh.ca/bookings)

**MAY 1 to 6 is Mental Health Awareness Week and Education Week!**

*Watch our Facebook page and website for event announcements!*



**SAVE THE DATE: CLASS OF 2023 GRADUATION  
is Sat. June 24 at 1 PM at the Jack McAvoy Arena**



**THE PRSD 2023-2024  
SCHOOL YEAR CALENDAR  
HAS BEEN APPROVED**

[View the approved  
2023-2024 Calendar here](#)



Special thanks go out  
to our March Food for  
Thought Breakfast  
Program Volunteers:



- Advantage North
- STAT Energy Services
- Richardson Pioneer
- Manning RCMP
- Lynette Stone
- Paul Rowe Coordinator Terra Goodzeck

# MARCH SCHOOL FIELD TRIPS

## SCIENCE OLYMPICS



Xander, Bob, Axel and Marshall recently competed in the APEGA Science Olympics. They used problem solving skills to develop solutions to a series of challenges, demonstrating how engineering and geoscience impact our day to day lives. Thank you to Mr. Taylor for organizing.

## CAREER FAIR



Students in grades 10-12 had a chance to travel off campus to Peace High to learn more about life after high school. They were able to interact with several post secondary institutions, trades, and business people. Thank you to Peace River High School for hosting!

## MUSIC FESTIVAL



Our Northern Lights Ensemble only had to travel across town to Manning Elementary School but that does not make their achievement at the Music Festival any less exciting! Congratulations to this group of students for achieving the highest level, superior, for both of their Musical Theatre performances: "Love is an Open Door" and "Under the Sea"! Special thanks to guest drummer Ian Federowicz!

# MARCH SCOER EVENTS



March 21st was World Down Syndrome Day! We “rocked our socks” and enjoyed a special treat of homemade cookies and iced tea! Thanks Shayne, you are a light in our school!



St. Patrick's day was a filled with lots of spirit and fun! We started the morning with shamrock shakes from SCOER. Throughout the day students searched for prize winning shamrocks and gold coins left around the school by leprechauns Mrs. Schmidt and Mrs. Goddard. 🍀



On March 29th, we took the #GreatBigCrunch to celebrate #HealthySchoolFood! Thank you to SCOER for helping to prep the veggies & dip and to Mrs. Presakarchuk & Mrs. Schmidt for organizing!

## SCOER ANNOUNCEMENTS

### **FRUIT SALES UPDATE:**

Thank you to everyone who supported our Spring Fruit Sales Fundraiser by selling or buying fruit!

Congratulations to our prize winners:

- Top seller: Kayton
- Draw winner: Chas

**SAVE THE DATE FOR THE SPRING FORMAL DANCE: Friday, May 26 7 PM-11 PM**



Huge thanks to Sarah Henitiuk for the delicious baked goods delivered to the staff room!! These sweet treats made our day!

# ATHLETICS

## BADMINTON



Our senior badminton team played hard at their first tournament! Special shout outs to Macy and Manny for their doubles Gold medal finish, Carter for his singles Silver medal finish, and Leland and Kathleen for their doubles Bronze medal finish! Thanks to coach Grant Gulka! Way to Raiders! 🎉



Congratulations to our junior high badminton players for their hard work at their first tournament! Rheyra brought home gold in senior girls singles and Bob brought home gold in junior boys singles. Everyone battled hard and had a fun day! Thanks to coach Cleo Pawluski! Way to go Raiders!

## CURLING



Congratulations to our Senior Boys Curling team of Carter, Chas, Liam and Leland for finishing fourth in the province! You represented us well! Great job! Special thanks to David Hyatt for coaching.

## BASKETBALL

*Basketball season has wrapped up!! Thank you to all of the coaches: Erica Spencer (Sr. Girls); Gerald Eligado & Josh Eligado (Sr. Boys) Erica Bacso (Jr. Girls) Thank you also to our parents, spectators and everyone else who showed support for our players!*





# PAUL ROWE JR./SR. HIGH SCHOOL APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2	3	4 Hot Lunch: Snack Shack	5	6 SCOER Easter Activities PM	7 No School (Good Friday)	8	
9	APRIL 10 - 14 NO SCHOOL (Easter/Spring Break)						15
16	17 April Diploma Exams Begin	18 Hot Lunch: Sings	19 SCHOOL COUNCIL MEETING 7 PM	20 Study Cafe 3:30-4:30 PM	21 TERM 3 REPORT CARDS AVAILABLE <i>Visit our booth at the Trade Fair</i>	22	
23	24	25 Hot Lunch: Subway	26 PARENT/TEACHER INTERVIEWS 4-7 PM	27 Study Cafe 3:30-4:30 PM	28	29	
30	<p><b>IMPORTANT MAY DATES:</b></p> <ul style="list-style-type: none"> <li>★ 1-6 Mental Health Awareness Week and Education Week</li> <li>★ 12 No School for Students (PD Day)</li> <li>★ 22 No School (Victoria Day)</li> <li>★ 26 SCOER Spring Formal Dance</li> </ul>						
<p><b>STAY UP-TO-DATE WITH ANNOUNCEMENTS, INVITATIONS, ETC.</b>            Parents/guardians who have Facebook accounts are encouraged to follow us at <a href="https://www.facebook.com/PaulRoweHigh">https://www.facebook.com/PaulRoweHigh</a>.            Those who do not have Facebook accounts are encouraged to visit our website regularly at <a href="http://www.paulrowehigh.ca/">www.paulrowehigh.ca/</a>.</p>							