



# FEBRUARY

## No School during Reading Week: February 18–22

### Junior High Ski Trip—February 14!

All parents of Junior High students have been emailed the information & payment options. The trip is currently full. If interested, please contact the school to get on the waiting list.



### PINK SHIRT DAY—WEDNESDAY, FEBRUARY 27

On Wednesday, February 27th, 2019, schools from across Canada will wear pink to support bully prevention awareness, education and programs. This year's Pink Shirt Day Alberta 2019 theme is centered around making an effort to "CHOOSE KINDNESS" as a way to support bullying prevention programs in schools and our community.

**Please support the cause and wear PINK. Everyone deserves to be in a kind, caring school environment!!**

## Student Of The Month



**DECEMBER**

- Grade 7      Brooke Ylioja
- Grade 8      Kolten Bezooeyen
- Grade 9      Thomas Ekkel
- Grade 10     Angie Wiebe
- Grade 11     Danielle VanDiemen
- Grade 12     Mekailla McGowen

**Citizen of the Month: Ms. Karly Larson**

# MASTERCHEF CHALLENGE



Sloppy Joes with Caesar Salad.  
Chefs: Chase & Merrick

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Chicken Pasta Salad  
Chefs: Austin, Shelby & Echoe



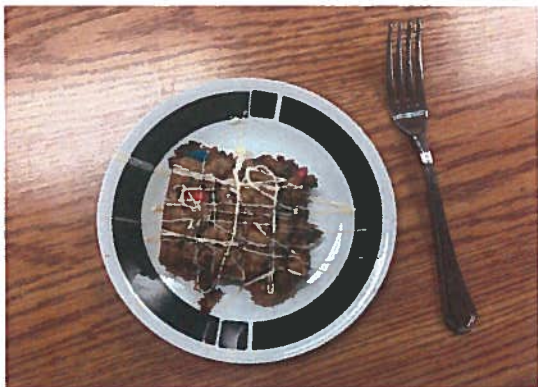
The Judges!!



Chocolate Volcano Cake with  
Ice Cream & Raspberries  
Chefs: Cassandra, Nick & Jeni



Mr. Ogle's big bite!!



Monster Cookie Bars  
Chefs: Dakota, Amber & Hailey

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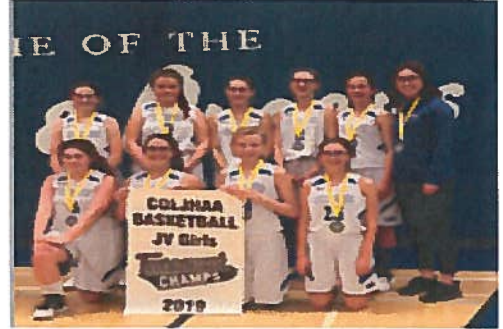
Oreo Cookie Sandwich  
Chefs: Thomas, Frank & Barry



# BASKETBALL



Mini Kings place 3rd in League Finals



Mini Queens win League Finals!!



Kings place 3rd at Stirling



Queens place 3rd at St. Mary's

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## Another successful Alumni Tournament!

Many thanks to Todd BergenHenengowen and the Alumni Association for putting on a great event & supporting PBHS Athletics.



# CURLING

Congratulations to our mixed team!

Luke Loman, Danielle VanDiemen,  
AJ Dunn & Jessa Groenenboom.

They have won Districts and will be at  
Zones Feb 4&5 in Lethbridge.





# EXPRESS BASKETBALL CLUB TRYOUTS

Hosted by LMBA



## \*\*TRYOUT FEES & REGISTRATION\*\*

[Pre-register @ lethbridgebasketball.ca](http://lethbridgebasketball.ca)

**Feb 1 - Feb 23**

*\*\*Players are expected to attend both tryouts\*\**

### U11 Girls (born 2008/2009)

March 2 @ U of L Gym 4401 University Drive W  
11am-1pm & 3pm-5pm

### U11 Boys (born 2008/2009)

March 2 @ U of L Gym 4401 University Drive W  
9am -11am & 1pm-3pm

### U13 Girls (born 2006/2007)

Feb 25 & Feb 27 6:30-8:30pm  
Mike Mountain Horse School  
155 Jerry Potts Blvd W

### U13 Boys (born 2006-2007)

Feb 26 6:30-8:30pm Mike Mountain Horse School  
155 Jerry Potts Blvd W  
Feb 28 6pm-8pm @ Lethbridge College

### U15 Girls (born 2004/2005)

TBA-Please check lethbridgebasketball.ca  
for dates and times

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TBA—Please check lethbridgebasketball.ca  
for dates and times

Numerous factors will determine the number of teams in each age division (U11, U13 U15) including number of players trying out, number of committed coaches, and availability of gym times allotted to LMBA from the City. The number of teams will be decided after the final tryout on March 7/19. The final rosters will be posted at lethbridgebasketball.ca March 13/18. Practices begin the week of March 18/19.

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# FEBRUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Chicken Alfredo w/ Garlic toast	5 Grilled cheese w/tomato soup	6 Chicken Casear salad	7 Hot Dog with a Bag of chips	8
11 Enchaladas W/ Rice	12 Chicken Burger w/ FF	13 Taco Wednesday	14 Hot Dog with a Bag of chips	15
18	19	20	21	22
<b>No School</b>				
25 Hamburger w/ FF	26 Spaghetti w/ Garlic Toast	27 Chili w/ bun	28 Hot Dog with a Bag of chips	
NOTES:				

Item	Price
Ice Cream Treats	\$1.00
Gum	\$1.00
Halls	\$1.50
Cliff Bars	\$1.50
Pop Corn	\$1.50
Bear Paws	\$1.50
Oreos	\$1.50
Bits and Bites	\$1.50
Mini Pizza	\$2.00
Kraft Dinner	\$2.50
Taquitos	2 for \$2.00
Subs Small	\$3.00
Subs Large	\$5.00
Special of the Day	\$5.00
500ml chocolate milk	\$2.00

# Healthy Teens

February 2019 Parent Newsletter



## What if I Think My Teen is Experimenting with Drugs?

Many young people will try alcohol, tobacco, cannabis or other drugs at some point in their lives. Experimentation is a natural part of growing up. However, using any drug is still illegal for minors and is harmful to young brains and bodies. What can you do to support your teen?

**Communicate:** Keep lines of communication open with your teens. Ask questions, make it safe for them to ask you questions, and learn as much as you can about the risks and consequences of using mind-altering substances. Tell your teen the truth about the consequences.

**Know the signs:** Changes in school performance, attitudes

towards sports and other activities, changes in weight, eating or sleeping habits and changes in friends may signal alcohol or drug use or abuse.

**Talk about the changes:** Talk to your teen about the changes you see in them. Use concrete examples of these changes. Explain your concerns in non-judgmental terms. Avoid assumptions; ask them why they think the changes are happening instead of assuming that they are using drugs.

**Stay connected:** By knowing where your kids are, what they are doing and who they are hanging out with, you increase the chances they will not become harmfully involved with drugs.

## Articles

What if I Think My Teen is Experimenting with Drugs?

Parents Matter: Getting involved in your teens school experience

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit





# Healthy Teens

February 2019 Parent Newsletter

## Parents Matter: Getting involved in your teen's school experience

As your teen grows, you may feel like you need to back away from their school experience. Keep in mind there's a fine line between encouraging their independence and separating yourself from the school altogether! Research confirms that it's a good idea for parents to keep an active role in education, even as kids get older. Youth with engaged parents tend to have positive attitudes toward school and learning, earn higher grades and stay motivated.

Here are some examples of how you can get involved in your teen's school experience:

- Stay in the loop – follow classroom blogs, read e-newsletters and subscribe to text-messaging services offered by your school or board. Use online platforms to find information like class schedules, assignments and absences.
- Make time for parent-teacher conferences, school council meetings or school-wide events like student performances.



- Talk about what's going on at school. Sometimes a casual chat in the car or over an evening snack can help everyone feel comfortable. Try creative questions like *tell me about the best part of your day* or *what happened at school that was funny or surprising?*
- Help plan for life after graduation – post-secondary school, career, travel and other adventures that are still to come! Learn how you can support a healthy transition to adulthood.

If your hectic schedule makes it hard to be engaged at the school, reach out! Principals and teachers know that good schools get even better when

parents are involved, and most are looking for new ideas about how to be flexible for families. Some schools offer “coffee and conversation” evening events so that parents can meet with school staff in a casual atmosphere. Others host workshops to help parents understand curriculum, explore post-secondary options or learn about hot topics for youth.

For more information, check out Alberta Education's brief video about family engagement to support mental health in schools. It's the third video in a four-part series:

<https://education.alberta.ca/mental-health/information-and-resources/everyone/videos/>