

PBHS NEWSLETTER



Welcome Back!

A Message from Mr. Lowe....

Hello PBHS community. It is hard to believe that one month of school has already passed. We hope that you have found school startup to be smooth and satisfying. I have to say that I am extremely happy with the general vibe in the school. Our students and staff come and go with smiles and good attitudes and it makes the environment of this school always feel so much more welcoming and inviting to all. Further to that, over the next few months you should start to see a few changes at the school as we have some students and staff sprucing up the look of the school a bit.

Teachers are finishing up their first units of study and PowerSchool is starting to get populated with assessments. Please know that as marks get entered into PowerSchool, marks have the tendency to fluctuate wildly and the mark may not be an accurate reflection of each student's capacity. You should see marks start to stabilize and be more reflective towards the middle/end of October.

We do have one major exciting announcement to make. On **November 29, PBHS will be hosting a 70th birthday party** at the school. Over 1500 students have graduated from PBHS over the last 70 years and we are inviting everyone (past and present) to the school on the evening of November 29 to celebrate the great traditions and accomplishments of this school. We are hopeful to fill our gym in an evening of entertainment and memories and hope that you might be able to find the time to join us at this event. Tickets for the celebration can be purchased at the school.

As always, we invite all of our community to come into the school if you would like to share your thoughts on how the year is going. It is through these conversations that we move the school forward. Speaking of which, our **first Parent Advisory Council meeting will be October 8**, which is a great forum to give feedback and help the school plan future initiatives. Overall, we are thankful to have such a supportive community behind this school as we try to help every student maximize their potential and we look forward to working with every family to make this school the best place it can be.

PICTURE BUTTE HIGH SCHOOL

1949 ~ 2019

A N N I V E R S A R Y

C E L E B R A T I O N

Join us on November 29, 2019

An evening of good food, spirits,
entertainment & reminiscing!

70th

Contact the school for tickets.
\$25/person
\$175/table of 8

2019 VOLLEYBALL TEAMS

QUEENS

- # 2 Laryette Kellett
- # 3 Jessa Groenenboom
- #6/22 Amber Helle
- # 7 Taia Middleton
- # 8 Giselle Del Valle
- # 9 Hailey Spanke
- #10 Angie Wiebe
- #12 Danielle Van Diemen
- #13 Lauren Fremstad
- #19 Vanessa Cervera

Coaches: Mr. VandeGriend
Ms. McCallum



S E N I O R H I G H

KINGS

- # 3 Tyler Quinn
 - # 6 Kristopher Kotzian
 - # 8 Eli Roth
 - #11 Joey Richards
 - #13 Evan Weekes
 - #14 Tyson Johnson
 - #15 Seth Gainford
 - #16 Arturo De La Vega
- Coach: Mr. G. Thompson



To see all team's
schedules & tournaments,
visit the school's
webpage:
www.pbhs.ca
Click on the
Athletics Tab!!

**ROYAL RUMBLE
HOME
VOLLEYBALL
TOURNAMENT
October 25 & 26**



2019 VOLLEYBALL TEAMS



JV MINI QUEENS

- # 1 Addisyn Currie
- # 2 Alyssa Stronge
- # 3 Tallulah McKelvey
- # 5 Jadeyn Bates
- #10 Larissa van der Smit
- #18 Nevaeh Grafton
- #24 Addisyn Elder
- #25 Cassie Spanke
- #26 Fiel Del Valle

Coaches: Mrs. Johnson
Mr. Ogle

JV MINI KINGS

- # 3 Paddie McKelvey
- # 5 Brant Shantz
- # 6 Aiden Cobb *
- # 8 Quinton Rook
- #14 Cody Johnson
- #21 Julian Van Diemen
- #22 JC Heyns
- #23 Ben Kress
- #24 Blake Tokai
- #25 Cohen Morhmann *

Coach: Mr. Van Dyk

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SV MINI QUEENS

- # 6 Emma Reurink
- # 7 Kristen Fremstad
- # 8 Brooklynn Howe
- # 9 Madison Dunn
- #11 Chloe Goodwin
- #12 Tessa McLeod
- #13 Abigail Leusink
- #19 Anastasiia Kiereiva
- #20 Leila Batista
- #21 Taylor Hanna

Coaches: Mrs. Johnson
Mr. Ogle

SV MINI KINGS

- # 1 Zach Spanke
- # 2 Evan McLeod
- # 6 Aiden Cobb *
- #11 Tim Wiebe
- #13 Jacob Penner
- #16 Kolten Bezoooyen
- #17 Jasper van der Smit
- #25 Cohen Morhmann *

Coach: Mr. Lowe
Assistant: Mrs. Pontarolo



* Designated Floater

PBHS HEADS TO THEATRE CALGARY!



A CHRISTMAS CAROL

AN AMAZING SHOW!

When: Tuesday, December 3rd, 2019.
Time: Leave at 8:30am, Back by 4:00pm
First Come, First Serve. Money can be given to Mrs. Secrist starting October 1st! Only 47 tickets available!
See Mr. Ogle for more details.



LUXURY RIDE!

ONLY
\$35!

Welcome International Students

COLUMBIA



Carlos Andres Albor Duque
Jose Alejandro Benito Arevalo
David Santiago Barajas
Veronica Rivera Cisneros
Valerie Arias Perdigon

FRANCE



Kristopher Kotzian

CHINA

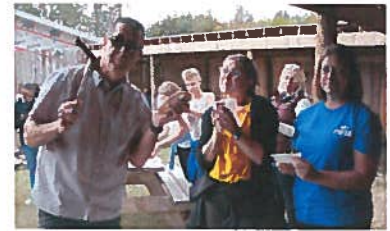


Wayne Bai

TERRY FOX RUN—SEPTEMBER 25TH



CORN MAZE VISIT ~ SEPTEMBER 18



October 11 & 14 ~ No School. Thanksgiving Break

October 25 & 26 ~ Senior High Home Tournament

~ Junior High Volleyball Finals

October 28 ~ Grad Parent Meeting at 6:00 pm

October 31 ~ Halloween. Dress Up!! Have some fun.

NEW STAFF

@ PBHS

Jamie Sullivan

University PSIII Student

Barb Graham

Achieve Program

CANTEEN - October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SEPT 30 Chicken Fingers Tater Tots	1 Hamburger & Fries	2 Taco Salad	3 Spaghetti & Garlic Toast	4	5
6	7 Fresh Pizza	8 Chicken Caesar Salad & Cheese Stick	9 Hot Dog Potatoe Wedges	10 Enchiladas & Rice	11 No School	12
13	14 No School	15 Poutine	16 Pulled Pork & Hashrowns	17 Grilled Cheese & Soup	18	19
20	21 Chicken Burger & Spirals	22 Perogies & Sausage	23 Lasagna & Garlic Toast	24 Pancakes & Sausages	25	26
27	28 Fresh Pizza	29 Chicken Caesar Salad & Cheese stick	30 Hot Dogs with Side	31 Dry Garlic Pork Bites with Rice		

**DAILY DEALS
\$5.00**

**Lunch cards can be purchased online through
your SchoolCash account!!
No need to send cash!! Check it out!!**

Other Items Available:

Chocolate Milk	\$2.00	Assorted Subs	\$3.00
Ice Water	\$2.00	Mr. Noodles	\$1.50
Bottled Water	\$1.00	Noodle Bowl	\$1.50
		Mini Pizza	\$2.00
		Taquitos (2)	\$3.00

Healthy Teens

October 2019 Parent Newsletter

Nurture with Nature

Reconnecting teens with nature has been shown to help them focus in school, boost a positive attitude and increase physical activity. Youth are certainly losing touch with outdoors – a Canadian study shows that the number of children and youth who play outside at school decreases from 87% to 17% between grades 3 and 11. Seventy percent of youth spend an hour or less outdoors daily.

The effects of exposing and connecting teens to nature are widespread and valuable. Older children who spend more time outside are not only more physically active but also have healthier body weights. Physical activity in outdoor environments improves mental health even more than in other settings and this makes less irritable teenagers.

These improvements in mood and outlook can contribute to better body image and self-esteem. Consistent, positive relationships also exist between students' exposure to nature, test scores and graduation rates.

How parents can help:

- Involve your teen in planning—hikes, kayaking, snowshoeing, cross country skiing, camping.



A personal investment is a powerful way to help connect teens to the natural world around them.

- A garden of their own can help provide youth with structure as they compete with pressures from all areas of their lives. Control over what gets cultivated and maintenance of the fruits of their labor offers both physical and mental outlets.
- Advocate for more time outside for your teens at school, be it through extra gym classes outside or making outdoor learning a part of other class lessons.



For more information and ideas, visit the Children and Nature Network at www.childrenandnature.org

Articles

Nurture with Nature

5 Tips on Talking About Sexual Health with Your Teen

World Mental Health Day

October 10th is World Mental Health Day. You can use this day as an opportunity to check in with your teen and see how they are doing. Asking every day questions can help such as: “How was your day?” or “What was the most challenging thing you did today?”

To learn more about mental health, visit <http://www.sickkidscmh.ca/ABC/Parent-Resource/Welcome>



Healthy Teens

September 2019 Parent Newsletter



Family Communication

Healthy communication sets a positive tone for family interactions. When you talk with your children openly and with respect, leaving room for listening too, you are saying that you care and they are important to you. Knowing how to talk to one another and solve problems together lowers stress and will help your family cope with conflict. Here are some things to think about when communicating with your family:

- **Be clear** – Fill family members in on important information and on what they can expect. This promotes healing, closeness, trust and security.
- **Be open** – Talk with each other regularly about what's happening in your lives. Express your feelings and concerns and invite others to do the same.
- **Care for one another** – Practice

listening without judging. Even when you may be struggling with your emotions or are disappointed in someone's behaviour, speak calmly, avoid abusive language and blame, and focus on the positive rather than criticizing.

- **Problem solve** – Conflict and stressors are inevitable. When they happen, talk as a group, brainstorm solutions together and make decisions as a team.
- **Share appropriately** – While it's important to be open and direct, young children should never feel burdened by secretive or highly personal information. With teenagers, it's important to be open and direct about things like sex, drugs and alcohol. Take time to discuss the pros and cons together rather than simply telling them, "Don't do that".

Articles

Family
Communication

Prevent and Manage
Concussion

Does your teen's school have an AMA Youth Run Club?

The Alberta Medical Association (AMA) and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. They can provide schools with resources and support for new and/or existing run clubs. To learn more visit

www.amayouthrunclub.com/



To find an electronic copy of this newsletter visit www.ahs.ca/csh

Prevent and Manage Concussion

Concussion is a type of traumatic brain injury that occurs when the brain suddenly shifts inside the skull and knocks against the skull's surface. It may be caused by a direct or indirect blow to the head or body. This can happen during sports, a car collision or a fall.

After suffering a concussion, your teen may experience several different symptoms. These may include:

- Headache
- Ringing in the ears
- Nausea and/or vomiting
- Disorientation
- Emotional and personality changes
- Dizziness
- Poor balance and/or coordination
- Poor concentration
- Light sensitivity
- Irritability
- Fatigue
- Sleep complications

In order to reduce the risk of a concussion, encourage your teen to take the **smart risk** approach and **look first** when engaging in a risky activity.

Preparation, good sportsmanship and fair play all help reduce the



risk of injury, including concussion.

Teens should also **wear the gear**, such as a helmet that fits correctly and is secured on the head while playing. In high impact sports such as hockey, teens should wear a face and mouth guard.

Always replace your teen's helmet after impact or as instructed by the manufacturer.

In order to manage a concussion, encourage your teen to take the **smart risk** approach and **seek help** from a coach, teacher or parent

immediately after an injury has occurred. Consult a physician immediately after being notified of an injury in order to determine if a concussion has occurred. Finally, ensure that your teen does not return to activity or play until approved by their doctor.

➤ For more information on how to prevent and manage concussion, visit <http://www.sportmedab.ca/content.php?id=1745>

➤ For more information on how to help your teen prevent injury, visit www.ahs.ca/injuryprevention.asp

Healthy Children

September 2019 Parent Newsletter



Being a Role Model

As a parent you act as a role model for your children every day. It can be a scary thought, but from the time they are babies, your children are watching you and learning from you. They learn from your actions and your conversations. They absorb your attitudes and copy your expressions. Before they even reach school age they've probably learned far more than you ever intended.

Thinking about your behaviour and how it might be understood by your child is an important part of healthy parenting. You can't always be calm and cheerful – nobody is. Those times can be especially useful examples for your children about how to manage feelings in a healthy way. As they grow up, they'll learn by your example and they'll have that example to follow in years to come when coping with life's challenges.

Talk to your child about your own experiences when you were their age. Tell your child about someone who made a big difference in your life, and why you admired that person. Tell stories about family members or friends who showed real courage, kindness or determination in their lives. You could look at sports figures or performers and watch how they behave. Talk with your child about what makes a person a good winner or a good loser. What makes a person a poor winner or a poor loser?

It's not always easy being a role model for someone but it is part of every parent's and caregiver's role. Remember you won't always know the difference you make but know for sure that you are.

Articles

Being a Role Model

Walk Safe

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Walk Safe

The new school year means many of you will be walking with your child to school. Walking has many benefits, like physical activity, quality time together and familiarity with your community and neighbours. Even if you live too far from your school to walk there from your home you can still give your child the walking experience by parking five to ten minutes away from the school.

Walking with your child and negotiating neighbourhood streets with them provides an experience and opportunity to develop traffic safety awareness and to practice safe pedestrian behaviours. Until they are at least 9 years old, most children will need supervision to walk to school. Did you know that 26 judgement skills are required to cross a street safely and that many of these skills have not fully developed in a young child? For example, they may think that a car can stop instantly or that if they can see a car, the driver can see them. Children are also often easily distracted and may



underestimate dangerous situations. Make it a rule to:

- Only cross the street at pedestrian crosswalks or corners, and to cross railway tracks at designated crossings.
- Always walk on the sidewalk or as far away from the street as possible, facing traffic.
- Never play on the street or around or between parked cars.
- Point, Pause and Proceed:
 - **POINT** across the road with your arm to tell drivers that you are ready to cross

- **PAUSE** until all vehicles stop and you have made eye contact with drivers
- **PROCEED** with your arm out, and keep looking both ways as you cross



For more information on pedestrian safety and childhood injury prevention visit:

<https://myhealth.alberta.ca/Alberta/Pages/pedestrian-safety-for-children.aspx> and www.albertahealthservices.ca/injuryprevention.asp