



PBHS NEWSLETTER

NOVEMBER 2019



Parent/Teacher
Conferences

Thursday, November 7th
4:00-8:00 pm

REMEMBRANCE DAY CEREMONY

FRIDAY, NOVEMBER 8th 10:45 AM SCHOOL GYM

EVERYONE WELCOME 

PICTURE BUTTE HIGH SCHOOL

1949 ~ 2019

NOVEMBER 29, 2019

ANNIVERSARY

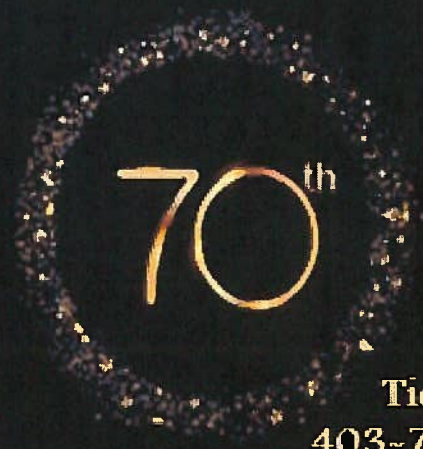
CELEBRATION

6:00 pm ~ Doors Open

7:00 pm ~ Buffet Supper

8:00 pm – Cody Hall Band

Must be 18 & over to attend.



Tickets call:
403-732-4404
\$25/Person
\$175/Table of 8

Purchase Deadline: Nov. 20

JUNIOR HIGH VOLLEYBALL – JV SEASON



The JV Queens had a great season. They were 6-1 in league play and headed into the playoffs in 2nd place. The girls really came together and played tough. They won the COLJHAA League Championship.



The JV Kings had a wonderful season coached by Mr. VanDyk. They went 4-3 in league and headed into the playoffs in 4th spot. The boys played hard at the COLJHAA finals and came away with the silver medal.

VOLLEYBALL ZONES! HERE WE COME!!

The following teams will be heading into zone playoffs this month.

November 1 & 2:

JrHigh Queens: We're hosting

JrHigh Kings: St. Catherine's

November 14-16:

Senior High Queens & Kings

Lethbridge College

COME OUT & SHOW YOUR SUPPORT

IMPORTANT DATES



- Nov. 6 Picture Retakes
- Nov. 7 Parent Teacher Interviews
- Nov. 8 Remembrance Day Ceremony
- Nov. 11/12 No School
- Nov. 18 Operation Christmas Child begins
- Nov. 20 Poinsettia Sales are Due
- Nov. 22 Operation Shoebox are Due
- Nov. 29 70th Celebrations
- Dec. 2 Food Bank Drive Begins
- Dec. 3 Theatre Calgary Trip
- Dec. 13 Food Bank Drive Ends
- Dec. 20 School wide Christmas Lunch

MARK YOUR
CALENDAR!

PBHS HEADS TO THEATRE CALGARY!

A CHRISTMAS CAROL



LUXURY RIDE!

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.

ONLY
\$35!

SOCK IT TO THEM!!

C.U.P.E. LOCAL 290'S



Donate a new pair of socks to help those in need this winter. Place them in the marked box in the office. All donated socks go to our local food bank.

DEADLINE: DECEMBER 13

BASKETBALL

JUNIOR HIGH: GIRLS on NOVEMBER 13 3:30 pm
BOYS on NOVEMBER 14 3:30 pm

SENIOR HIGH: GIRLS on NOVEMBER 18 3:30 pm
BOYS on NOVEMBER 18 5:30 pm

Depends on provincial success of the volleyball teams.

Student Of The Month



Grade 7	Braxton Hanna
Grade 8	Gael Becerril
Grade 9	Jasper van der Smit
Grade 10	Hailey Spanke
Grade 11	Giselle Del Valle
Grade 12	Laryette Kellett

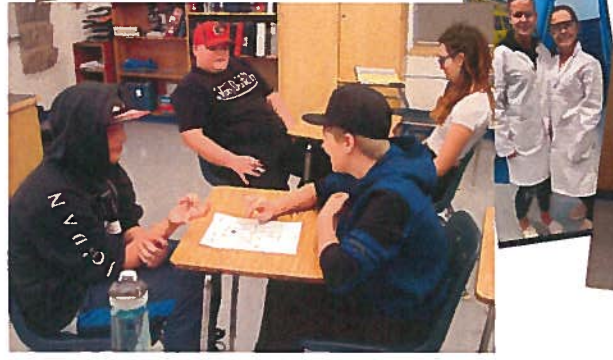
Citizen of the Month:

Mrs. Secrist



Picture Butte High School

NEW SCHOOL YEAR NEW SHIRTS FOR ALL



CANTEEN ~ November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Chicken Fingers with Tater Tots	5 Taco Salad	6 Build your own Nachos!	7 Sweet & Sour Meatballs with Rice	DAILY DEALS \$5.00	
10	11 No School	12 No School	13 Chicken Noodle Soup & Chicken Wings	14 Hamburger with Fries	15	16
17	18 Build your own Baked Potatoe	19 Spaghetti with Garlic Toast	20 Chicken Caesar Salad	21 Poutine	22	23
24	25 Homemade Pizza	26 Enchiladas with Rice	27 Fish & Chips	28 Grilled Cheese with Soup	29	30

**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

2019 Winter Order Form



Public School Betterment Society of Picture Butte - PBHS Grad 2020

Orders Due: November 20, 2019

Plant Pick-up: December 4, 2019 @PBHS time TBA

\$ 13.00



6.5" Premium Poinsettias

A holiday favourite! Brighten up any room this winter with a vibrant poinsettia. They arrive ready to display and include a colour-coordinated pot cover. Available in red, white, and pink, the 6.5" poinsettias are perfect for the holidays.

\$ 35.00



Tropical Indoor Planter

Add a festive look to your table with a mixed tropical planter. There are four different, live plant varieties included with a decorative pinecone or novelty pick. Planter container designs do vary and cannot be requested.

\$ 35.00



Holiday Wreath

This "berries and bows" wreath is made with the highest quality greens available. They are hand-tied and dipped for extended freshness. Hang outside on your door during the holiday season to welcome guests!

\$ 45.00



Outdoor Greenery Arrangement

Welcome guests to your home in-style this holiday season with a deluxe greenery planter arrangement. This outdoor arrangement includes premium holiday greens, red ilex berry branches and an array of novelty ribbons and decorations.



THE 2019 SHOEBOXES HAVE ARRIVED!!!

Once again, this year Picture Butte High School is encouraging students to pack a shoebox full of toys, clothing, school supplies, hygiene items and candy to bring a bit of Christmas Cheer to children who are victims of war, poverty, natural disasters, disease, and famine. Shoeboxes are available in front of the office and need to be filled and returned to the Mrs. Townshend in the ACHIEVE room by noon on **Friday, November 22nd** for delivery to the collection centre in Calgary.

Ways that you can contribute:

- Pack a shoebox as a family, an individual or a class!
- Donate money to cover the \$10 shipping that each box needs
- Donate items that can be used to fill shoeboxes in the classrooms
- Host a Shoebox Packing Party and bring your completed boxes to the school

For further information on any of these ideas, please contact
Mrs. Townshend at PBHS 403-732-4404

Healthy Teens

November 2019 Parent Newsletter

Is Your Teen Considering Body Art?



Did you know that Alberta has health regulations to prevent the customers who get body art from getting sick? Since the 1990's the provincial government has had regulations that artists have to follow. If your teen is considering getting a piece of body art or piercing here are some things to ask:

- Is the shop clean?
- Is there hot and cold running water?
- Is the shop separate from where people live?
- Are the tools single service or reusable?

- If the tools are reusable then how are they sterilized?
- Did the artist wash his hands before putting gloves on?
- What pre and post skin care are you getting?

Body art does require consent. Removal can be more painful than application, so it is important to talk to your teen about choosing the right shop, the right artist and the right body location.

Articles

Is Your Teen Considering Body Art?

Surviving the Cut: Staying active when your teen doesn't make the school team

As the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit

<http://www.albertahealthservices.ca/influenza.asp>

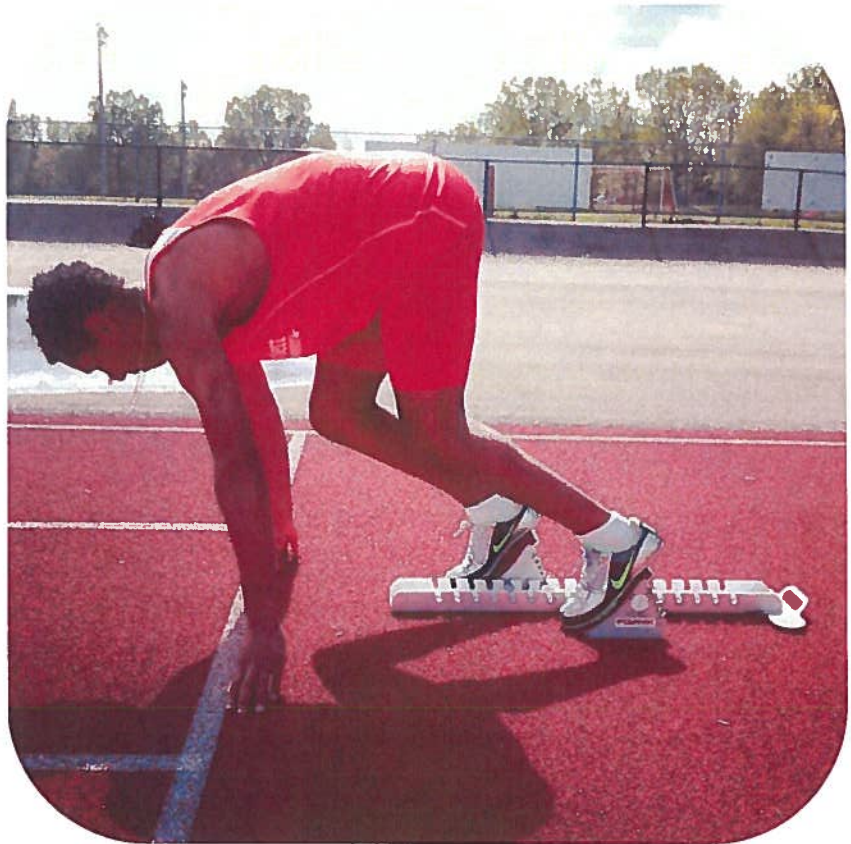


Surviving the Cut: Staying active when your teen doesn't make the school team

Tryouts for school teams are common in junior and senior high, so is the reality of getting cut from one or more of these teams. Not making the team can be a tough experience for teens emotionally, socially and physically, but it doesn't mean an end to their involvement in sport.

There are many opportunities for teens to be active outside school sports. Encourage them to look into community recreation programs in order to develop and practice their skills. Community sport can be a great way for your teen to meet new people, have fun and enjoy being active in a less competitive environment. If competition is what your teen is after, some community leagues may have structured divisions based on recreational or competitive play, which allows a teen to choose a level based on their needs and wants.

You could consider sports development camps in order to



further grow your teen's skills and abilities. When looking into programs, some things to consider are: the ratio of training to playing; how playing time is determined; the presence of the coach; and the emphasis on skill development or competition.

Being supportive of your teen is important for building and maintaining self-esteem and character. If your child gets cut from a school team, talk to them about what their goals are and provide them with options for how they can remain active, develop their skills, and have a positive experience with sport.