



Happy New Decade everyone!

It is hard to believe that we have entered into the third decade of the 21st century. It is equally hard to believe that we are already in the home stretch of Semester one. Our teachers are busily wrapping up courses and preparing their students for the upcoming final exams. Classes are wrapping up for senior high on January 17 and the junior high will follow with classes ending on January 20. We wish everyone great success as we enter exams!

Second semester will begin on January 30 and we have a few modifications to inform you about. The biggest difference will be that we have created a full option block that spans Grades 7-12. This has allowed us to offer up to nine options in one particular block of time. We hope that the students appreciate having so many options to choose from. Our second modification is that we have been able to squeeze in a modified band program for any students that are interested. We have been able to start up this music option based on some creative timetabling and efficient use of our resources. If interested, please contact the office for more information.

Overall, we wish everyone a great start to this new calendar year and we hope everyone continues to build on this strong start to the school year. Please let us know if there is anything else we can do to improve on how we are trying to meet the needs of all of our students!

Take care everyone,  
Mr. Lowe

## EXAM SCHEDULE JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13 <b>Senior High:</b> English 30-2 Part A	14 <b>Senior High:</b> Social 30-1 and 30-2 Part A	15	16	17 <b>Senior High Last Day Regular Classes</b>
20 Junior High AM Regular Classes <b>Junior High:</b> Social  <b>Senior High:</b> Social 10-1 and 10-2  English 20-1 and 20-2	21	22 <b>Senior High Math Finals</b> 30-1 and 30-2 Grade 10 all Grade 11 all  <b>Junior High:</b> LA & Math	23 <b>Senior High:</b> English 30-2 Part B  Chemistry 20	24 <b>Senior High:</b> Social 30-1 and 30-2 Part B  <b>Junior High:</b> Science
27 <b>Senior High:</b> Biology 30	28	29	30 <b>First Day of Semester 2</b>	31

# Student Of The Month



Grade 7	Ashley Tompkins
Grade 8	Addisyn Currie
Grade 9	Anastasiia Kireieva
Grade 10	Austin Henenger
Grade 11	Keelyn Currie
Grade 12	Joey Reimer

**Citizens of the Month:** Mrs. Johnson  
Mrs. Fremstad  
Mrs. McLeod



**School Canteen**



**PLEASE NOTE:**

**The canteen will be CLOSED  
January 22-29.**



## BABYSITTER COURSE

Be Prepared.



Register today!

St. John Ambulance  
**BABYSITTING  
COURSE**

**Picture Butte**

This course is intended for youths 11 - 17 years of age who want to look after infants and young children. Participants will learn basic skills which will prepare them to deal with emergency situations plus general principles of caring for infants and young children. Students will receive a manual and a certificate. *\*Please bring a bagged lunch, paper & pen\**

**Saturday, February 29 • Picture Butte Library • 9 am - 4 pm**

Please contact **The County of Lethbridge Community Learning Council** to register by **February 20** Cost \$60

403-345-6009 • [communityclasses.ca](http://communityclasses.ca) • 2014 - 18 Street, Coaldale

## County of Lethbridge Community Learning Council



Lifelong Learning.....It's our business

403-345-6009

2014 - 18 Street, Coaldale, AB

### Adult Learning Opportunities in Lethbridge County:

- FREE English language tutor program
- English classes
- Computer classes
- Safe Food Handling courses
- First Aid courses
- Sign language basics class
- Resume, job search and application assistance



COMMUNITY ADULT  
LEARNING PROGRAM

funded by



Check out our brochure of classes which can be found at your local library and on our website: [communityclasses.ca](http://communityclasses.ca)

[f @countyclasses](https://www.facebook.com/countyclasses)

[@countyclasses](https://www.instagram.com/countyclasses)



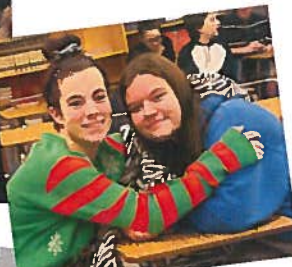
## FOOD BANK DRIVE.....

Well done PBHS. This year we collected a total of **301.2 kg** worth of food for hampers that were put together by our local foodbank.

# LAST DAY FUN!!



**On December 20, all students enjoyed a morning of free skating, movies, games and a full turkey meal!!**



# CANTEEN ~ JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
<b>DAILY DEALS \$5.00</b>				<b>Lunch cards can be purchased online through your SchoolCash account!! No need to send cash!! Check it out!!</b>		
5	6	7	8	9	10	11
	Poutine	Turkey Pot Pie With Bun	Chicken Caesar Salad with Cheese Stick	Burger with Fries		
12	13	14	15	16	17	18
	Fish & Chips	Grilled Cheese with Soup	Taco In A Bag	Hot Turkey Sandwich with mashed potato		
19	20	21	22	23	24	25
	Chicken Fingers with Tots	Hot Dog Fries	Exam Week – Canteen Closed.			
26	27	28	29	30	31	
	Exam Week – Canteen Closed.			Spaghetti & Garlic Toast		

**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

January 2020 Parent Newsletter



## Protecting Your Teen's Teeth

By now your teen has most of their adult teeth so keeping them healthy is important. They do not get another chance with these jewels, but they can protect them with these easy tips:

- **Limit sugar intake.** Sweetened snacks and drinks can cause tooth decay, especially when the sugar stays in the mouth.
  - **Choose healthy snacks.** Even when on the go, be sure to choose nutritious and tooth-friendly snacks like apples, carrot sticks and cheese.
  - **Learn quick tricks.** Small efforts can go a long way to keeping teeth healthy.
- Encourage your teen to:
- Keep a toothbrush in their locker or backpack and brush when they have time
  - Rinse with water after sugary treats
  - Chew sugarless gum with xylitol (a natural sweetener) after meals and snacks
  - Drink water to quench thirst
- **Avoid injury to teeth.** Mouth guards, seatbelts and face shields can help protect teeth. Dental piercings, using teeth to open items, and chewing on hard objects can cause injury and should be avoided.

## Articles

Protecting Your Teen's Teeth

Being Mentally Healthy

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit:

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>



# Healthy Teens

January 2020 Parent Newsletter

## Being Mentally Healthy

The terms mental health and mental illness are often used to mean the same thing, but in reality, they are different. Everyone has mental health; not everyone has a mental illness like depression. Having good mental health helps us manage our emotions, care about others and cope with problems. It's important for kids and adults alike.



The importance of learning social and emotional skills that help keep us mentally healthy are sometimes overlooked at school because of the emphasis on academic success. However, research shows a strong link between having social emotional skills, being resilient and having school success. Children who have developed social and emotional skills find it easier to manage themselves related to others, resolve conflict, do better in school and feel positive about themselves and the world around them. Family life is our first “classroom” for social and

emotional learning. As a parent, you can be a strong positive influence on your teen’s social and emotional growth and you can reflect and build on your own skills, helping you and your teen in the process. Here are 5 areas you and your teen can learn more about and work to improve.

**Self-awareness:** Know your emotions and recognize their impact on your behaviour.

**Self-management:** Know how to control your emotions and behaviours in challenging times and how to set and work towards goals.

**Social awareness:** Understand, respect and have empathy for all people and their perspectives.

**Relationship skills:** Know how to establish healthy relationships with others by communicating clearly, listening, cooperating, managing conflict, resisting peer pressure and seeking and offering help.

**Responsible decision making:** Understand how your choices impact you and others.

Adapted from [www.parenttoolkit.com](http://www.parenttoolkit.com) and [www.casel.org](http://www.casel.org)