



PBHS NEWSLETTER



SKI TRIP ~ FEBRUARY 13, 2020

Open to all students. All forms were sent home by email. All wanting to participate must have their forms and payments in by February 7th. Bus leaves at 7:00 AM



PINK SHIRT DAY ~ FEBRUARY 26

Just say no to bullying. Everyone has a right to feel safe where ever they go, including PBHS.

If you want to order a shirt, you can place your order with Mrs. Joseph by February 7. Cost is \$15.00

SHOW YOUR SUPPORT—WEAR PINK!!



**READING WEEK
NO SCHOOL
FEB 17-21**

- March 9 PD Day ~ No School
- March 20 PD Day ~ No School
- March 25 Seniors Night. Supper & Crib
- April 10~17 Easter Break
- April 23 Parent Teacher Interviews
- April 28-30 School Play

CANTEEN - FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		28	29	30		
	DAILY DEALS \$5.00					
2	3 Chicken Wings With Soup	4 Enchiladas With Rice	5 Chicken Burger With Fries	6 Pretzels and Sausage	7	8
9	10 Chicken Alfredo With Garlic toast	11 Turkey Bacon Croissant With Side	12 Chicken Caesar Salad with Cheese Stick	13 Burger and Fries	14	15
16	17	18	19	20	21	22
READING WEEK -- CANTEN CLOSED						
23	24 Poutine	25 Sweet & Sour Meatballs with Rice	26 Turkey Bun with Potato Bacon Soup	27 Taco In A Bag	28	29

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
		Mimi Pizza	\$2.00
		Taquitos (2)	\$3.00

Healthy Teens

February 2020 Parent Newsletter

Developmental Assets

Given the enormous responsibility that parents and caregivers have as major influences in a child's life it's normal to sometimes feel uncertain when it comes to raising your teens. The Search Institute has identified a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. Below are examples of some developmental assets for you as a parent to consider and discuss with your teen.



- Supporting and loving your child – Do you and your teen communicate positively? Does your teen receive support from other non-parent adults?
- Empowering your child – Is your teen given useful roles in the community?
- Setting clear and realistic boundaries – Does your family have clear rules and consequences?
- Helping your teen use her or his time in meaningful, constructive ways – Does

your teen spend 3 or more hours per week in extra-curricular activities?

- Encouraging your teen to develop a lifetime commitment to learning – Does your teen want to do well in school?
- Instilling positive values in your teen – Does your teen place high value on helping other people? Does your teen tell the truth even when it's not easy?
- Developing social competencies in your teen – Does your teen know how

to plan ahead and make choices? Can they resist negative peer pressure and dangerous situations?

- Encouraging your teen to form a positive identity– Does your teen feel good about themselves?

 For the full list of developmental assets and to learn more visit www.search-institute.org

Healthy Teens

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Early Specialization in Sport

Sport is an important aspect of school life. The benefits of being active and participating on a team, or as an individual, are widespread. From increased positive mental and physical health, to greater social skills, athletes can gain a lot from participating in sport. However, even with so many benefits, there can be too much of a good thing. If an athlete spends too much time and energy in one sport, isolating them from friends and other opportunities, it can decrease their social and psychological growth.

In regards to physical health, specializing in one sport too early can limit the range of skills an athlete possesses and their overall motor skill development. This lack of skills and, often, a

lack of confidence, can potentially affect lifelong involvement in physical activity by discouraging the athlete from participating in other activities.

Lastly, early specialization in sport can actually change the way an athlete's body grows and develops because of increased stress on the body and repetitive injuries.

If your teen chooses to specialize early, pay attention to signs of burnout and isolation and talk with your teen and their coach about opportunities for cross training. Remember that having fun is an important factor to being active for life!

➤ For more information visit <http://canadiansportforlife.ca/parents>

Articles

Early Specialization in Sport

Developmental Assets

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 www.AlbertaQuits.ca

