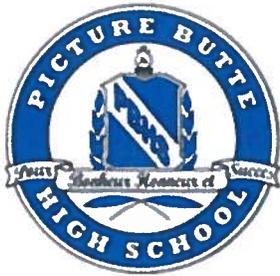


PBHS NEWSLETTER

OCTOBER 2018



WELCOME BACK STUDENTS

Message from Mr. Lowe.....

I would like to start by welcoming everyone back to school for this 2018/2019 school year. It has been a very good start to the year from what we can see so far. There is much desire from the school to continue the improvement that it saw last year. Academically, our students did very well compared to the rest of the province last year. In calculating averages for all of the courses, PBHS performed better than the rest of Alberta. In some cases, we were significantly above average. For example, our English 30-1 and 30-2 students were at least 5% above provincial average while students in Math 30-2 performed a full 17% better than the rest of students in Alberta. Overall, our results were very positive.

Aside from the regular academic pursuits, we have students busy in volleyball, cross-country, leadership, and volunteerism. It is our goal to have every student participate in at least one school multi-day activity this year. Overall, it has been a very busy start up to this year. Last year, our students had special activities or events in 160 out of 180 possible school days. This year is equally busy, and we are operating at the same breakneck speed. Out of the 16 school days so far this year, we have had all 16 days include a practice, game, or other special activity in the day such as our street hockey/ Meet the Staff night. We encourage our parents to encourage your children to take part in something that interests them. Research clearly shows that engaged students are happier and perform better academically.

As some of you may have noticed this fall, we are definitely a multicultural school now. We now have students coming to us from: Mexico, Jamaica, China, Japan, Columbia and Brazil. These students are primarily in senior high but we do have a few students in Grades 7-9. Please help us welcome these students into our school and community culture. It is a great opportunity for all of us to host these families and thank you to the people that are hosting these children in our community.

As always, we appreciate all of the positive support from our parent and student community and we hope that this school year is enjoyable and full of quality learning!!

Welcome new
staff to
P.B.H.S.

Mrs. Annemarie Joesph—Senior High Support

Mrs. Kerry Pontarolo—Junior High Support

Ms. Amanda Burke—Junior High Support

Ms. Ann-Elise Kereliuk—CYCW

Ms. McCallum—Mr. Clark's 2 month leave

Mrs. Annalee Hamilton—Mrs. Barwegen's maternity leave

IMPORTANT DATES . . .

MARK YOUR CALENDAR!!

- OCT 1 ORANGE SHIRT DAY 
- OCT 4 CHILI COOKOFF
ALUMNI VOLLEYBALL GAMES
- OCT 8&9 NO SCHOOL ~ HAPPY THANKSGIVING
- OCT. 11 GRAD PARENT MEETING 
- OCT 19 SR HIGH VOLLEYBALL HOME TOURNEY
- OCT 25 PICTURE RE-TAKE DAY 
JUNIOR HIGH DANCE
- OCT 26 NO SCHOOL FOR STUDENTS & 
REPORT CARDS MAILED OUT
- OCT 31 HALLOWEEN FUN! DRESS UP!! 
- NOV 1 PARENT/TEACHER INTERVIEWS

2018 VOLLEYBALL TEAMS



JV MINI QUEENS

- #1 Leila Batista
- #3 Taylor Hanna *
- #7 Anastasiia Kireieva
- #8 Brooklynn Howe *
- #9 Addisyn Currie
- #10 Jaylyn Koch
- #11 Emma Reurink *
- #13 Tallulah McKelvey
- #14 Madison Dunn
- #15 Rae-Anne Hooper

Coaches: Mrs. Johnson

Mr. Ogle

JV MINI KINGS

- #1 Zach Spanke
- #2 Cohen Mohrmann
- #4 Devon Kelly
- #5 Kolten Bezooeyn
- #6 Aiden Cobb
- #9 Timothy Wiebe *
- #10 Kaleb Cobb *
- #12 Brandt Shantz
- #13 Jacob Penner *
- #15 Evan McLeod
- #20 Julian van Diemen



Coach: Mr. Van Dyk

J U N I O R H I G H

SV MINI QUEENS

- #3 Taylor Hanna *
- #5 Abigail Leusink
- #6 Amber Helle
- #7 Kirsten Fremstad
- #8 Brooklynn Howe *
- #9 Hailey Spanke
- #10 Tessa McLeod
- #11 Emma Reurink *
- #14 Madison Dunn
- #15 Larissa van der Smit

Coaches: Mrs. Johnson

Mr. Ogle

SV MINI KINGS

- #7 Kody Marien
- #8 Kaleb Cobb *
- #9 Timothy Wiebe *
- #11 Jasper van der Smit
- #12 Logan Gainford
- #13 Jacob Penner *
- #14 Chase Kellett
- #15 Jarno van der Smit

Coach: Mr. G. Thompson

* Denotes Floater



2018 VOLLEYBALL TEAMS

JV QUEENS

- #1 Samantha Groten *
- #3 Jessa Groenenboom
- #4 Shelby Van Reeuwijk *
- #6/22 Angie Wiebe *
- #8 Elena Neufeld
- #12 Danielle van Diemen *
- #13 Lauren Fremstad
- #18 Giselle Del Valle

Coaches: Ms. Hamilton
Ms. McCallum



S E N I O R H I G H

SV QUEENS

- #1 Samatha Groten *
- #2 Laryette Kellett
- #4 Shelby Van Reeuwijk *
- #5 Jordan Quinn
- #6/22 Angie Wiebe *
- #7 Taia Middleton
- #11 Reegan Molenaar
- #12 Danielle van Diemen *
- #19 Vanesa Cervera

Coach: Mr. VandeGriend



SV KINGS

- #1 Jayden Richardson
- #2 Casson Stroeve
- #3 Tyler Quinn
- #4/18 Andres Triana
- #5 Luke Loman
- #6 Riley McCloud
- #13 Nick Vaudry
- #14 Tyson Johnson
- #17 Seth Gainford

Coach: Mr. Welford



To see all team's
schedules & tournaments,
visit the school's

webpage:

www.pbhs.ca

Click on the
Athletics Tab!!

* Denotes Floater



Come with Mr.Ogle to Calgary to see a professional theatre production!

When: Thursday, November 1st, 2018

Where: Theatre Calgary,

What show: *Mary and Max - A New Musical*

Time: Bus leaves at 7:45am, show is at 11:30am, will be back by 4pm.

Who: First come, first serve

Why: Theatre is amazing!

How: Reserve your seat on the bus and show ticket by giving Mrs. Secrist \$50.
Payment either by cash or cheque (made out to PBHS).



OH! Did I mention we are taking a charter bus? That's right, we're riding in style!

There are 45 open seats, don't miss out on your chance to see an amazing show with friends.

Call or email Mr. Ogle for more details 403-732-4404 or mark.ogle@pallisersd.ab.ca

PBHS Junior High Dance!

When: Thursday, October 25th, 2018

Where: PBHS Gym

Time: 7-9pm

Theme: Halloween!

Who: Grade 7-9 students



This fun spook-tacular dance will have an amazing DJ, fun games and activities, food, and different prizes available to be won such as King & Queen of Best Costume! Dress up in your Halloween costume and come dance your heart out! For more information, watch for posts around the school, or ask Mr. Ogle or Ms. Mills!



CANTEEN MENU

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 honey garlic pork w/ rice and dumpling	2 Hamburger w/ French Fries	3 Taco in a bag	4 hot dog w/ bag of chips	5	6	7
8 Thanksgiving	9	10 Taco in a bag	11 hot dog w/ bag of chips	12	13	14
15 Pizza w/ fresh vegetables	16 Perogies and Sausage	17 Taco in a bag	18 hot dog w/ bag of chips	19	20	21
22 Chicken Caesar Salad w/ Dessert	23 chicken Bacon Ranch Casserole	24 Taco in a bag	25 hot dog w/ bag of chips	26 no school	27	28
29 Pancakes and Sausage	30 Baked Mac and Cheese w/ Garlic Toast	31 Taco in a bag				
		NOTES: Everyday items are available: Sub sandwiches, veggie bags, noodle soup, chocolate milk, vitamin water, pizza, burritos, etc.				

Did you know...??? You can purchase prepaid lunch cards for your child? No need to send money to school. Login to your schoolcash account and select the Lunch Card item.

Healthy Teens

October 2018 Parent Newsletter



Hand Hygiene

Anytime is hand hygiene time. Studies done by the Centre for Disease Control have shown that if children and youth wash their hands as few as four times during the school day they have as much as 50% less colds, flu and sore throats.

There are five important steps for effective hand washing:

1. Wet hands with warm water
2. Apply enough soap
3. Scrub for 20 seconds focusing on the thumb and fingertips
4. Rinse off the soap and dirt
5. Dry hands well

The first four steps remove 60% of the germs. The last 40% of the germs come off when hands are dried. Keeping skin in good condition also keeps the germs away, so use a lotion if skin gets dry.

What about waterless hand gels?

If the dirt is visible, waterless hand gels do not work. The best way to keep the microbes away is to use plain soap and water, spend time and get good friction.

Hand hygiene continues to be one of the best and simplest ways to stay healthy all year round.

Articles

Hand Hygiene

Food in the Media

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 part of your day?"

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

