

APRIL



2019

APRIL 8th ~ GREEN SHIRT DAY

On April 8, we are asking our students to wear green and to pledge to have the “table talk” with their families about organ donation.

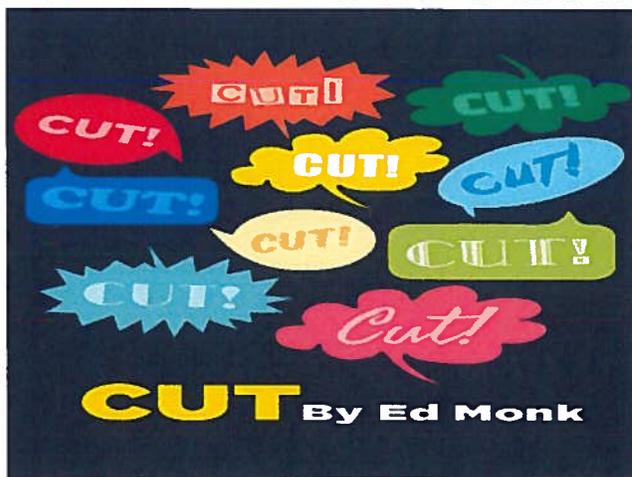


On April 6, 2018 Canadians were heartbroken to hear the news of the Humboldt Broncos bus crash. Of the 29 passengers, 16 lost their lives and 13 bear physical and emotional scars for life.

One player, Logan Boulet, succumbed to his injuries. His parents offered to donate his organs as part of Logan’s wishes. In doing so, 6 lives live on. Logan was inspired to donate his organs by his coach and mentor, Ric Suggitt. Ric passed away June 2017 and was also an organ donor. Ric also saved 6 lives, by signing up to be an donor prior to his passing.

After word got out about Logan donating his organs, Canadians stepped up and supported the cause. Over 100 000 people registered to become organ donors in the weeks that followed, and to date it is now almost 200 000. This is now known as the “Logan Boulet Effect”.

School Production



Come on out and see the 2019 PBHS Fine Arts Production!

“A group of actors rehearses a play within a play within a play. As the plot complications multiply, the actors begin to forget who is playing whom and who is the real director, or who they really are. Then things start to get confusing...”

April 9th - 11th, one show a night, starting at 7pm.

PBHS Gathering Area

Admission: Pay What You Can

PARENT TEACHER INTERVIEWS...

APRIL 18

4:00-8:00 PM

Important Dates.....

April 9-11 ~ School Play

April 12 ~Report Cards Mailed

April 18 ~ Travel Club Leaves

Easter Break.....

April 19 ~ Good Friday

April 22-26 ~ No School



Student Of The Month

- Grade 7 Evan McLeod
 - Grade 8 Taylor Hanna
 - Grade 9 Cassandra Mack
 - Grade 10 Tyler Quinn
 - Grade 11 Monterrat Cervera
 - Grade 12 Jordan Quinn
- Citizen of the Month:** Mr. Lowe



DEEP SOUTH ALL STARS!!



Congratulation to Laryette Kellett, Taia Middleton and Jayme Velthuis for representing PBHS at League Basketball Allstars game. Taia was named Second Team All Star.

CRIB WITH THE SENIORS



HOME ABOUT CALENDAR SERVICES CAREERS *The Next Generation* GET INVOLVED CONTACT DONATE



2019

health sciences CAREERS ACADEMY

- + CALGARY
- + EDMONTON
- + FORT MCMURRAY
- + RED DEER
- + LETHBRIDGE
- + EDMONTON - INDIGENOUS



REGISTER AT THIS WEBSITE: www.careersnextgen.ca/health-camps/



For students in Gr 10-12 (as of Sept 2018)

Interested in a career in health care? Here's a great opportunity to explore a variety of careers through the Health Sciences CAREERS Academy.

CAREERS The Next Generation and Alberta Health Services have partnered with local post-secondary institutions to offer an interactive, educational and unique summer camp opportunity for students interested in a health care career.

Not convinced yet?

[Check out the video from last year's camp!](#)

Upcoming Events.....

May 6, 20 & 21 ~ No School
 May 25 ~ Graduation





2019 BANFF BAND TRIP



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*COSMO
CLASS*



FOODS 10 CLASS - CAKE DECORATING



ASSEMBLIES AND MORE!!



APRIL 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hamburger w/FF	2 pancakes w/ sausage	3 Chicken Caesar salad w/ garlic toast	4 Hot Dog with a Bag of chips or veggie bag & drink	5
8 Chicken Fingers w/ French Fries	9 honey garlic and sweet and sour pork and pot stickers w/ Rice	10 Pulled pork on bun w/ potato salad	11 Sloppy Joes	12
15 Sweet and Sour Meatballs w/ Rice	16 Poutine w/ Dessert	17 corn chowder soup w/bun	18 Ham dinner	19 Good Friday
Happy Easter				
29 Perogies and Sausage	30 Enchaladas W/ side	NOTES:		

Item	Price
Ice Cream Treats	\$1.00
Gum	\$1.00
Halls	\$1.50
Cliff Bars	\$1.50
Pop Corn	\$1.50
Bear Paws	\$1.50
Oreos	\$1.50
Bits and Bites	\$1.50
Mini Pizza	\$2.00
Kraft Dinner	\$2.50
Taquitos	2 for \$2.00
Subs Small	\$3.00
Subs Large	\$5.00
Special of the Day	\$5.00
500ml chocolate milk	\$2.00

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Healthy Children

April 2019 Parent Newsletter



Articles

Avoiding Common Allergies

What You Need to Know about Your Child's Sexual Development

Avoiding Common Allergies

Sending your child to school can bring new parenting challenges. One of these can be food – especially if your child has an allergy.

There are 3.4% of Canadians who have an allergy to food. According to Health Canada, the number of children with allergies is closer to six percent. Most food allergies come from these ten products:

- Peanuts
- Dairy
- Wheat
- Soy
- Mustard
- Tree nuts
- Eggs
- Sesame
- Sulfites
- Fish and shellfish

People can have allergies to just about anything, including chocolate! A school can be a tough challenge for a child with allergies. Some suggestions to help along the way include:

- Make sure the administration is aware and knows if your child needs an auto injector
- Have your child wear a medic alert bracelet
- Find out what the school policy is on common allergens for lunches, snacks and special events

As your child gets older they can start to read food labels to check for allergens. Encourage them to ask about ingredients and cooking methods, because the allergen may not be in the food, but used as a part of cooking.

➔ For more information about food safety, visit <https://www.canada.ca/en/health-canada/services/seasonal-food-safety/safe-school-lunches.html>

Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>



Alberta Health
Services

What You Need to Know about Your Child's Sexual Development

You may think that sexual development happens in the teen years, but it actually starts at birth and continues throughout childhood. By learning about your child's development, you'll be better prepared to talk with your child about the changes they'll go through as they get older. Talking about sexual health and sexuality together now will help to start the conversation and keep it going.

To encourage healthy sexuality and development, in elementary, children should know:

- That their body is their own and no one can touch it without their permission.
- The correct names for body parts including genitals and reproductive organs (knowing the correct names for body parts promotes positive body image, self-confidence and parent-child communication).



- How reproduction happens. For example, you could say, "when a sperm joins an egg, a baby grows in the uterus, and is born through the vagina".
- Not to pick up things such as condoms or syringes. Now is a good time to teach them not to pick up anything if they don't know what it is or if they think it's dangerous.
- Basic information about body changes during puberty.
- Other body parts and body functions: urine, stool, bladder and urethra.
- About how important hygiene and self-care are when they start puberty.

➤ To learn more about development from birth up to 18 years of age, please visit [Alberta Health Services www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)