

# PBHS NEWSLETTER

## DECEMBER



### IMPORTANT JANUARY DATES:

**January 17**— Last day of regular classes for SENIOR HIGH.

**January 21**—Last day of regular class for JUNIOR HIGH

**January 13-28** Check online for the dates you write your exams!

**January 30** — First day of semester 2 classes.



### FOOD DRIVE ...DECEMBER 2 to 13

Bring in non-perishable food items into the school. We will forward all donations to our local food bank. If the school collects:

200 kgs = Hot chocolate & candy canes for everyone

400 kgs = Mr. Lowe bakes cookies for everyone

600 kgs = Movie Day for everyone

800 kgs = Bumper balls on the last day of Semester 1.



### 26 SHOEBOXES!!

Thank you PBHS for your generosity in supplying Operation Christmas Child to 26 underprivileged children this year.



# VOLLEYBALL WRAP UP



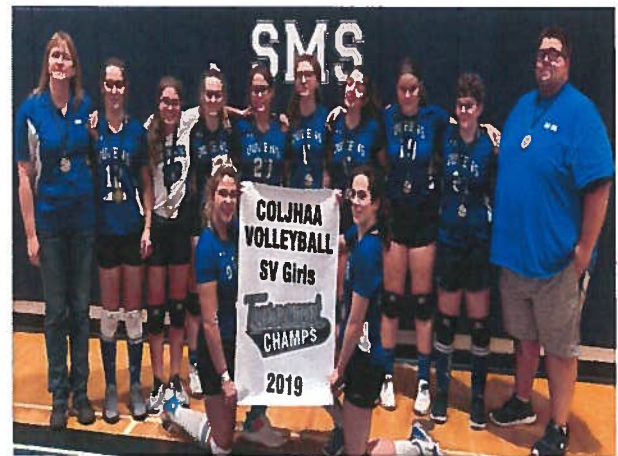
Due to low numbers, the Kings team was comprised of grade 10 & 11 boys from both PBHS and Coalhurst High. Although the team did not play in a league this year, we were able to play games with several high schools in the area. We were also able to attend 6 tournaments as well as Zones, where the team lost in the quarter finals. Despite our small numbers, we were able to compete against all teams and ended with a record above .500. We wish to thank everyone for their support



This year's team was an amazing group of young men that showed great skill right from the first set, had solid improvement week after week, and were always a treat to coach. One of the biggest highlights was winning gold in Vulcan, and we went undefeated in COLJHAA league. The biggest highlight for coaching staff was seeing these boys have so much fun in all practices and games. This was a great group of boys that represented PBHS very well. The season almost ended in a storybook ending at Zones. We entered into zones ranked 4th and the boys played well but came up finishing 2nd. Congrats!!



The Queens had a successful season this year taking the bronze medal in zones. We had some great league games this year and were able to move into Tier 2 for part of our season. We also were able to win the Nobleford tournament! The girls really gelled as a group this year and were a pleasure to coach! This year we say goodbye to our 4 grade 12's: Danielle van Diemen, Jessa Groenenboom, Taia Middleton, and Laryette Kellett. Thanks for all your hard work and dedication to our volleyball program!



The SV Mini Queens had a very successful season. They went 5-1 in league play. They won consolation and at the Vulcan tournament and gold at Matthew Halton. The girls went into COLJHAA finals ranked 2nd, and played exceptionally well. They won Gold and the Banner for the league. We proudly hosted Zones and the girls placed 4th. They had an amazing season of success, fun and friendship. We wish them all well as they head into senior high sports next year.



# Student Of The Month



|          |                   |
|----------|-------------------|
| Grade 7  | Jessica Fehr      |
| Grade 8  | Missy Velthuis    |
| Grade 9  | Tessa McLeod      |
| Grade 10 | Angie Garcia      |
| Grade 11 | Ruby Kress        |
| Grade 12 | Jessa Groenenboom |

Citizen of the Month: Mrs. Reurink

## BASKETBALL



### JUNIOR HIGH QUEENS

Abigail Leusink\*  
Tessa McLeod\*  
Kirsten Fremstad\*  
Leila Batista\*  
Chloe Goodwin  
Taylor Hanna  
Meeya Arneson  
Anastasiia Kiereiva  
Kally Groenenboom  
Ella Slomp

\* denotes floater status

### SENIOR HIGH KINGS

Tyson Johnson  
Jakie Enns  
Frankie Enns  
Blake Morin  
Kristopher Kotzian  
Ryan Holm\*  
Dylon McDonnell\*  
Timothy Wiebe\*

### JH HIGH JV KINGS

Aiden Cobb  
Cohen Mohrmann  
Micah Nykamp  
Derek Genereaux  
Landon Gerard-Wilson  
Johnny Bergen  
Blake Tokai  
Paddie McKelvey  
Cody Johnson

### SENIOR HIGH QUEENS

Laryette Kellett  
Montse Cervera  
Angie Wiebe  
Abigail Leusink\*  
Tessa McLeod\*  
Kirsten Fremstad\*  
Leila Batista\*

### JR HIGH SV KINGS

Jasper van der Smit  
Kaleb Cobb  
Tradyn Nykamp  
Timothy Wiebe\*  
Ryan Holm\*  
Dylon McDonnell\*  
Jacob Penner  
Evan McLeod  
Ayden Swartzenburger

For a list of home games and tournament draws, please visit  
[www.pbhs.ca](http://www.pbhs.ca) and click the athletics tab.





On Saturday November 30th, the Picture Butte High School robotics club attended a tournament in Airdrie. There were 24 teams from all over the province competing for the grand championship. Being that this was our first tournament of the year, the kids were excited, but also nervous at the same time. Once our robot passed inspection, the kids were ready to roll. Each match is made up of an autonomous stage and a driver stage. During the autonomous stage, the robot is preprogrammed to do some particular movement. Points are awarded to how well the task is completed. After the autonomous stage, each team competes against each other to score points by stacking and moving objects around. Each team is made up of an alliance of two teams. Each alliance collaborates to defeat the other team. Our kids had a great showing, making it all the way to the semi finals. Unfortunately, our robot had a malfunction, and our alliance team's robot fell over. This ended our day.

Overall, the kids really did have a great experience. Not only did they do something novel, but they also had a chance to see other like minded students in action, They also saw the effort and commitment it takes to compete, and the importance of working with and collaborating with others to solve a problem. In addition, the kids have a vision as to how they see their robotics program moving forward.

# ROBOTICS

# 70 YEAR CELEBRATION



We would like to thank everyone who came out to help celebrate PBHS 70th Anniversary!! The day began with students all receiving a cupcake made by our Foods Club, with the stand being built by Grade 8 Construction. The meal was also prepared by our Foods Club, with the Brisket being overseen by Mr. Bramfield. The video presentation, with well wishes from former staff was completed by the Media Class. The staff did an excellent job making sure everything ran smoothly.

Congratulations to James Middleton for winning the 50/50 and to Nancie Molenaar winning the flowers and gift certificate donated by Scotiabank!!





# CANTEEN ~ December 2019

| Sunday  | Monday                                      | Tuesday                                       | Wednesday   | Thursday  | Friday                                   | Saturday |                |        |               |        |           |        |             |        |               |        |             |        |  |  |            |        |  |  |              |        |
|---|---|---|---|---|--|----------|----------------|--------|---------------|--------|-----------|--------|-------------|--------|---------------|--------|-------------|--------|--|--|------------|--------|--|--|--------------|--------|
| 1   | <b>2</b><br>Chicken Burger & Fries          | <b>3</b><br>Roast Beef & Hashbrown Casserole  | <b>4</b><br>Taco In A Bag   | <b>5</b><br>Perogies & Sausage                  | <b>6</b>                                 | 7        |                |        |               |        |           |        |             |        |               |        |             |        |  |  |            |        |  |  |              |        |
| 8   | <b>9</b><br>Chicken Wings & Soup            | <b>10</b><br>Sweet & Sour Meatballs with Rice | <b>11</b><br>Lasagna & Garlic Toast   | <b>12</b><br>Chicken Fingers & Tater Tots       | <b>13</b>                                | 14       |                |        |               |        |           |        |             |        |               |        |             |        |  |  |            |        |  |  |              |        |
| 15  | <b>16</b><br>Turkey/Bacon Croissant & Fries | <b>17</b><br>Pancakes, Sausage & Hashbrowns   | <b>18</b><br>Chicken Caesar Salad   | <b>19</b> Burger, Hotdog or Pulled Pork & Fries | <b>20</b><br><b>Christmas Lunch 11am</b> | 21       |                |        |               |        |           |        |             |        |               |        |             |        |  |  |            |        |  |  |              |        |
| 22  | <b>23</b>                                   | <b>24</b>                                     | <b>25</b>   | <b>26</b>                                       | <b>27</b>                                | 28       |                |        |               |        |           |        |             |        |               |        |             |        |  |  |            |        |  |  |              |        |
| 29  | <b>30</b>                                   | <b>31</b>                                     | <div style="border: 1px solid black; padding: 5px;"> <p><b>Lunch cards can be purchased online through your SchoolCash account!! No need to send cash!! Check it out!!</b></p> </div> |   |  |          |                |        |               |        |           |        |             |        |               |        |             |        |  |  |            |        |  |  |              |        |
| <div style="border: 1px solid black; padding: 5px;"> <p><b>Other Items Available:</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Chocolate Milk</td> <td style="width: 50%;">\$2.00</td> <td style="width: 50%;">Assorted Subs</td> <td style="width: 50%;">\$3.00</td> </tr> <tr> <td>Ice Water</td> <td>\$2.00</td> <td>Mr. Noodles</td> <td>\$1.50</td> </tr> <tr> <td>Bottled Water</td> <td>\$1.00</td> <td>Noodle Bowl</td> <td>\$1.50</td> </tr> <tr> <td></td> <td></td> <td>Mini Pizza</td> <td>\$2.00</td> </tr> <tr> <td></td> <td></td> <td>Taquitos (2)</td> <td>\$3.00</td> </tr> </table> </div> |   |   |   |   |  |          | 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 |
| 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  |   |  |          |                |        |               |        |           |        |             |        |               |        |             |        |  |  |            |        |  |  |              |        |

## North County Interfaith Outreach Society

P.O. Box 326  
Picture Butte, AB  
TOK 1V0  
countynorth@yahoo.ca

It's almost that time of the year again!!

### Christmas Hamper Time!

We love to help and we recognize that Christmas time can be an extra stressful time of the year for many families in our surrounding communities. The colder weather increases utility bills, extra clothing is needed and trying to squeeze out a little bit extra for Christmas celebrations is sometimes just not possible. The North County Interfaith Outreach Society would like to ensure that families in our area are aware that we provide hampers to help with this. We request that you **please include a notice in your next school newsletter notifying families of our Christmas Hamper program.**

**We ask that families requesting a hamper please stop in at the North County Office at 326 Highway Avenue in Picture Butte (beside ATB Financial) Tuesday or Thursday mornings between 10:00 AM and 12:00 noon to register for this program.**

If your school is interested in collecting food or children's toys or gifts for teens on behalf of the NCIOS Christmas Hamper program, as always, your support and assistance is greatly appreciated!

The Christmas hampers will be assembled Saturday, December 21<sup>st</sup>, in the hall at St. Catherine's Catholic Church starting at 9:00 AM. They will be delivered to families from that point. If any of your staff or families associated with your school would like to help with this project, please contact Nancy Nieboer at 403-894-611 or email **countynorth@yahoo.ca**

Sincerely,

North County Interfaith Outreach Society

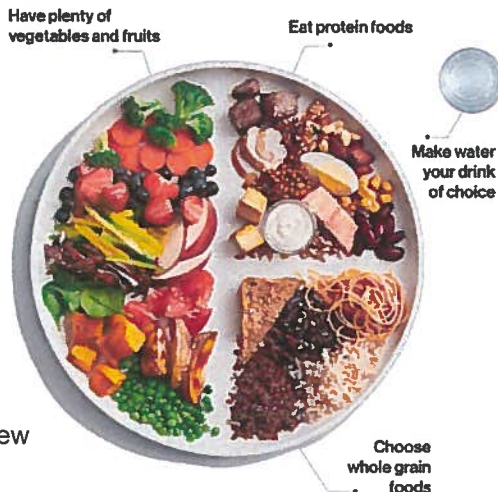
P.S. If you have additional questions about this program or about any other services that we offer, please feel free to contact our office at [countynorth@yahoo.ca](mailto:countynorth@yahoo.ca)

# Healthy Teens

December 2019 Parent Newsletter

## Canada's Food Guide 2019

Canada's Food Guide was released in January of 2019. Instead of only focusing on food choices, the new food guide also talks about where, when, why and how to eat. The areas where you live, learn and play can affect the food choices you make.



The key messages of the new food guide:

- Eat a variety of healthy foods each day.
- Have plenty of vegetables and fruits, including fresh, frozen and canned.
- Eat protein foods, and choose plant based proteins more often (e.g., beans, peas, lentils, nuts). Dairy and meat no longer have their own food groups, as they are both a source of protein. Choose lean meats and lower fat milk, yogurt, or cheese products.
- Choose whole grain foods such as oats, brown rice, whole grain bread, pasta and cereals.
- Include healthy fats in your diet daily.
- Make water the drink of choice. Low fat milk and unsweetened soy beverages are also healthy choices to meet calcium, vitamin

D, protein and fluid needs.

- Read food labels, be mindful of eating habits, cook more often, enjoy your food and eat meals with others.
- Visit [Healthy Eating for Teens](#) to learn more about healthy eating habits and a positive eating environment for youth. Learn about healthy eating during the teenage years and how it gives the energy needed to focus, balance moods and perform better.

➤ For more information on Canada's Food Guide, food choices, eating habits, recipes and tips, visit <https://food-guide.canada.ca>

## Articles

Canada's Food Guide 2019

Electronic Cigarettes

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit [www.optometrists.ab.ca](http://www.optometrists.ab.ca)



To find an electronic copy of this newsletter visit [www.ahs.ca/csh](http://www.ahs.ca/csh)



## Electronic Cigarettes

### What are electronic cigarettes?

Electronic cigarettes, also known as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. The e-liquid is heated by the device to turn it into a vapour which is then inhaled. This is called vaping.

### What do electronic cigarettes look like?

Many electronic cigarettes look like regular cigarettes, and come in reusable and disposable varieties. However, some of the newer generation devices look like USB sticks, sharpies, car fobs, remote controls, and smartphones, and have become popular with teens because they are easy to conceal.

### What is in e-liquid?

It is hard to know what is in e-liquid because currently there are no labelling requirements. Health Canada is working on this. Common contents can include glycerol, glycol, propylene, and flavour additives. You can also get e-liquids with or without nicotine. Unfortunately studies have shown that teens are often unaware that e-liquids may contain nicotine. Many flavoured e-liquids are enticing to young people

(e.g., chocolate or cotton candy) and may give the appearance that vaping is less risky or harmful.

### Are e-cigarettes safe?

E-cigarettes are not harmless. Vaping can increase your exposure to potential cancer-causing chemicals. Recent studies have shown links between the chemicals in electronic cigarettes and heart and respiratory disease. In addition, heating of the e-liquid can create new chemicals such as formaldehyde and extract metal contaminants from the device itself. Nicotine use can alter teen brain development, lead to nicotine addiction, and increase the risk of smoking commercial tobacco cigarettes. It is also of note, that the flavour additives, while approved for consumption, have not been tested for safety of inhalation. The long-term consequences of using electronic cigarettes are unknown and continue to be studied.

### Will my teen try electronic cigarettes?

According to a large scale national survey, electronic cigarette use in Alberta is rising at an alarming rate. About 28% (~69,000) of Albertan students in



grades 7-12 have tried an e-cigarette, and 15% (~35,000) use them more regularly. Moreover, 34% of students believe that regular use of electronic cigarettes poses little to no harm to their health.

### What should parents do?

Alberta Health Services recommends talking to your teen about e-cigarettes. Discuss the facts about exposure to chemicals and nicotine and correct any misconceptions your teen may have. Since e-cigarettes do not leave a smell like tobacco, it will be harder to know if your teen is using electronic cigarettes. Watch for signs of use such as dry cough and mouth/throat irritation, as well as look for unusual attachment to items like USB stick, sharpie, car fob etc., as this could be an electronic cigarette.

➤ For more information and support, visit [Albertaquits.ca](http://Albertaquits.ca) or call toll free 1-866-710-QUIT