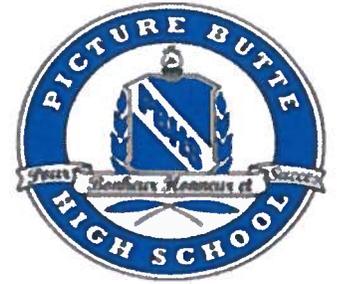



March



On **WEDNESDAY, MARCH 18** - We are excited to have Toby Boulet speak about his son, Logan Boulet, The Boulet Effect and Organ Donation. The event begins at 10:40 am in the school gym.

We will also be hearing from others that are waiting to receive an organ donation and from someone that has been on the receiving end of organ donation.

We are opening this event up to the public for those in the community whom which to hear him speak. Donations will be accepted at the door for the Canadian Transplant Association.

SCHOOL WIDE FUNDRAISER

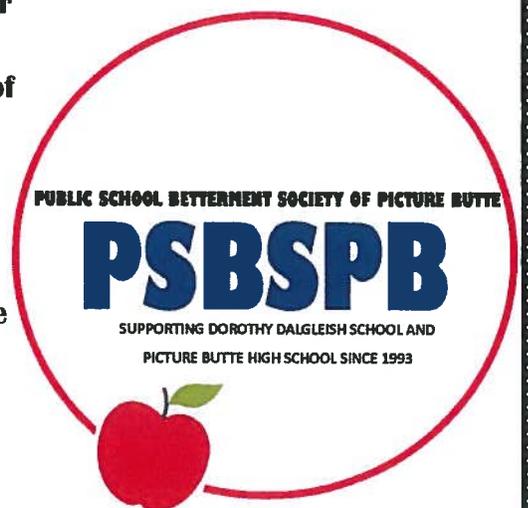
6th ANNUAL GOLF BALL DROP & TOURNAMENT

This is the one fundraiser that PBHS does every year in order to be able to supply students with everything needed to have a fun, successful school year. Each family is to sell a book of only 10 golf balls for the drop. Nothing could be easier!! All families will receive a booklet by March 6. Please take the 10 minutes it will take to sell. Every student in the school benefits from this, so all families are asked to sell.

It's a fun day! Enter a team!! If you know golfers, encourage them to enter a team. Lots of prizes, lots of fun! Good food and great company!

Tournament Day: June 19, 2020

Picture Butte Golf Club



Student Of The Month

DECEMBER



Grade 7	Blake Tokai
Grade 8	Alyssa Stonge
Grade 9	Taylor Hanna
Grade 10	Carolina Sanchez Rodriguez
Grade 11	Lauren Fremstad
Grade 12	Monsterrat Cerva Pena



Citizen of the Month: Mrs. Garrett

JANUARY

Grade 7	Cody Johnson
Grade 8	Kenny MacKenzie
Grade 9	Kaleb Cobb
Grade 10	Echoe Genereaux
Grade 11	Angie Wiebe
Grade 12	Alisha Yanke



Citizen of the Month: Ms. Ward



UPCOMING EVENTS.....

March 9	PD Day—No School
March 18	Toby Boulet—Guest Speaker
March 20	PD Day—No School
March 25	Community Cribbage Tournament



ScholarTree

Visit their website:

www.scholartree.ca

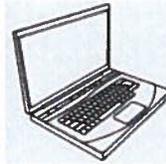
February to June is peak scholarship period for Grads. It is the time of year that there is the most amount of scholarships available to students. This makes a great time to find & apply for scholarships. New ones are added every week. **CHECK IT OUT!!!**

PINK SHIRT DAY

HOME OF THE



HACK-A-THON. We hosted Palliser's first ever hackathon. Over 150 students/staff from around southern AB attended.



Thank
you!

PBHS THANKS YOU!!!

We are so lucky to live in the community that acknowledges the importance of students in our school. Over the past months, we have generously received donations from the following organizations.....

North County Health Foundation — Donation toward stocking our sport med kits, first aid stations in the school, and a basketball stand for our Achieve Program.

PB Elks Hall — Donation to the Achieve Program for their breakfast and snack program.

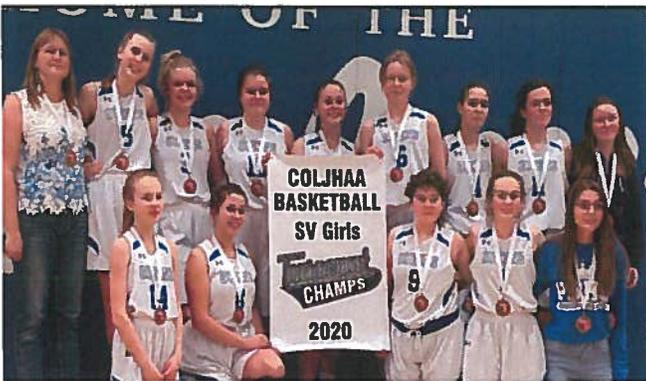
EDF Renewables — Donation towards our Learning Commons Area.

Thank
you!

BASKETBALL WRAP UP!!



The JV Mini Kings had a great season. Not only was there significant improvement, but they ended the season 2nd in the league. The boys had 2 top three tournament finishes and one tournament win in Pincher Creek. They took home Silver in their League Finals.



The Mini-Queens have had a successful season thus far. They were first place in their league, and captured the League Banner. They are off to 3J Zones on March 6 & 7 that we are hosting here at PBHS. Come out & show support!!!



The SV Mini Kings had another successful season. They placed 3rd at FP Walshe and placed second in their league. At the League Finals, they took home Bronze.



The Queens have been having an exciting season of basketball. While mixing our players with Grade 9 floaters, they are staying competitive with their opponents and rising to the occasion. They are heading into zone playoffs at the college on March 10.



The Kings had a successful year. They are currently 3 wins—4 losses in league and placed 2nd in the Coalhurst Tournament. They are a young squad of 6 grade 11 players and 3 players in grade 9! Their league tourney is March 3 & 4 in Stirling and playing Zones at Lethbridge College on March 10.

DAILY DEALS
\$5.00

CANTEEN ~ MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Hamburger With Fries	3 Taco In a Bag	4 Baked Spaghetti with Garlic Toast	5 Shake N Bake Chicken With Rice	6	7
8	9 No School	10 Chicken Caesar Salad with Cheese Stick	11 Homemade Pizza	12 Chicken Fingers with Tater Tots	13	14
15	16 Chicken Wings with Soup	17 Fish & Chips	18 Perogies & Sausage	19 Chicken Burgers with Fries	20	21
22	23 Poutine	24 Breakfast!! Pancakes and Sausages	25 Ham with Hashbrown Casserole	26 Grilled Cheese with Soup	27	28
29	30 Hot Dog With Fries	31 Enchiladas With Rice				

Lunch cards can be purchased online through your SchoolCash account!! No need to send cash!! Check it out!!

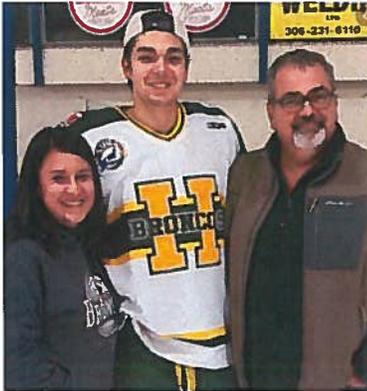
Other Items Available:

Chocolate Milk	\$2.00	Assorted Subs	\$3.00
Ice Water	\$2.00	Mr. Noodles	\$1.50
Bottled Water	\$1.00	Noodle Bowl	\$1.50
		Mini Pizza	\$2.00
		Taquitos (2)	\$3.00



FACES OF ORGAN DONATION

KEYNOTE SPEAKER: TOBY BOULET



Date: March 18, 2020

Start Time: 10:40 am

Location: PBHS School Gym

Please join us in welcoming Toby as he shares his son Logan's story and the "Logan Boulet Effect" on organ donation.

Donations will be accepted at the door in support of the Canadian Transplant Association.



**EVERYONE IS
WELCOME TO
ATTEND**

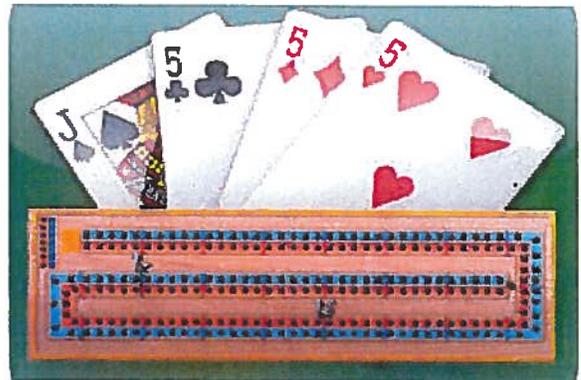
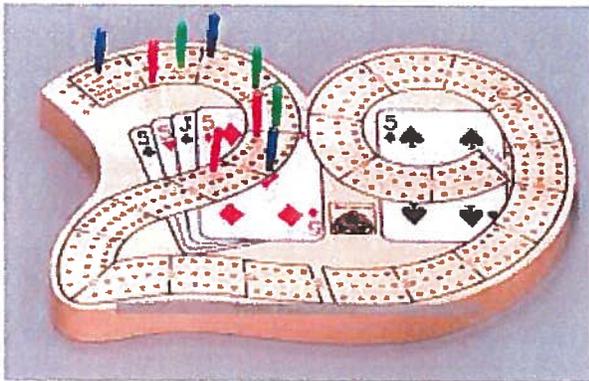


PBHS MARCH COMMUNITY EVENT

ON MARCH 25TH, 2020
PICTURE BUTTE HIGH SCHOOL
PRESENTS...

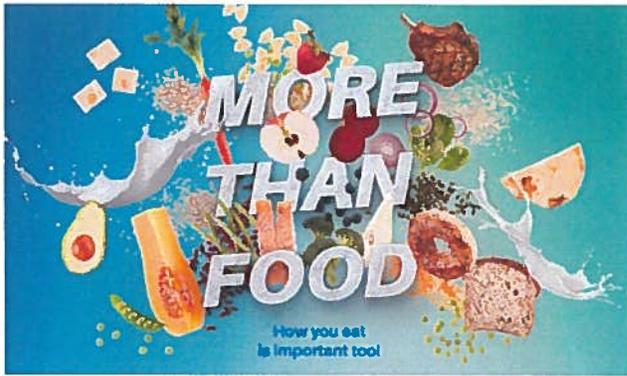
CRIBBAGE TOURNAMENT (7:00 - 8:30 PM)

TO BE HELD IN THE GYMNASIUM



- SNACKS + BEVERAGES WILL BE AVAILABLE FOR PURCHASE

Nutrition Times



March is Nutrition Month

The theme for Nutrition Month 2020 is "More Than Food." Healthy eating is not only *what* you eat, but *how* you eat. This theme highlights messages from the new Canada's Food Guide including: Be mindful of your eating habits, cook more often, enjoy your food and eat meals with others. Visit www.canada.ca/foodguide to view the complete food guide.

Be mindful of your eating habits

Being mindful of your eating habits means being aware of how, why, what, when, where, and how much you eat. Being mindful can help you make healthier choices more often and make positive changes to routine eating behaviors. Use these ideas to help you be more mindful of your eating habits:

- **Create a healthy eating environment:** Make the healthy choice the easy choice at home by stocking your fridge and pantry with nutritious food, and leaving the less healthy options at the grocery store.
- **Use your senses:** Pay attention to the aromas, textures, flavours and taste of food. This can help you be more conscious of the food you are eating.

Cook more often

Cooking more often can help you develop healthy eating habits. Cooking allows you to choose healthy ingredients and learn new skills. Visit www.nutritionmonth2020.ca or www.healthyeatingstartshere.ca for dietitian approved recipes.

Enjoy your food

Enjoying your food includes growing food, shopping for food and preparing your food. It also includes preparing food with others and socializing at meal times. Ideas to add enjoyment to healthy eating include:

- Share your culture and food traditions with others.
- Choose healthy foods and flavours that you like.
- Try new foods.

March 2020 Nutrition Services

Eat meals with others

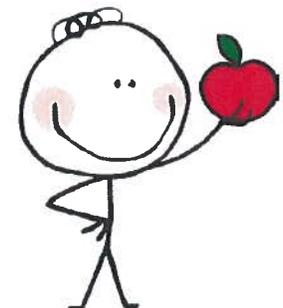
Eating together allows you to enjoy time together, share traditions across generations and cultures and try new foods that you otherwise might not have chosen. Making time to eat meals with others requires effort.

- Plan a weekly dinner with extended family or friends.
- Have lunch with a co-worker.
- Plan a breakfast date with friends.

What is a dietitian?

Nutrition Month celebrates dietitians, but what do dietitians do?

Dietitians are regulated health professionals who are experts in food and nutrition. They translate scientific, medical and nutrition information into terms you can understand. Dietitians collaborate with individuals and communities to help Canadians enjoy healthy foods. Dietitians work in hospitals, outpatient clinics, community health centres, long-term care and more. To find a dietitian near you, visit www.ahs.ca/nutrition.



Nutrition Month 2020 Recipe E-Book

The Nutrition Month 2020 Recipe e-book contains 12 recipes hand picked by dietitians across Canada. The recipes highlight local products and traditions. Here is an example of one recipe. Visit www.nutritionmonth2020.ca for the full e-book!

Chewy Ginger Pecan Cookies



Ingredients:

- 1 cup ground large flake oats
- 1 cup whole wheat flour
- 2 tbsp. ground flax
- 1 tbsp. each hemp hearts and chia seeds
- 1 ½ tbsp. ground ginger
- 1 tsp. kosher salt
- ¾ cup butter
- 1 cup granulated sugar
- 1 egg
- 1 egg yolk
- ¼ cup fancy molasses
- 2/3 cup chopped pecans
- 2/3 cup sweetened shredded coconut

Directions:

1. In a bowl, whisk together oats, flour, flax, hemp, chia, ginger and salt; set aside.
2. In a large bowl, beat together oil and sugar until fluffy. Beat in egg and egg yolk. Beat in molasses. In three additions add flour mixture. Gently stir in pecans and coconut.
3. Roll heaping tablespoons of dough and place onto parchment paper lined baking sheet. Bake in preheated 350F oven for about 10 minutes or until set.
4. Repeat with remaining dough.

Upcoming Nutrition Classes (most classes are free)

Brooks:

Toddler Nutrition: Information on toddler nutrition and picky eating. **Thurs. April 16, 2020 5:30-7:00pm.** Register at: ahsbrooksnutrition.eventbrite.ca

Medicine Hat:

Infant Nutrition: Information on feeding babies 0 to 12 months. **Mon. March 23, 2020, 2:45 – 4:00 p.m.**
Register: 403-502-1411 or at ahsmedhatnutrition.eventbrite.ca

Lethbridge:

Baby Steps Infant Nutrition Information on feeding babies 0-12 months. Ongoing. Register 403-388-6668.
Grocery Store Tour: Thurs. April 9, 2020 1:30 – 4:00pm at South Superstore. Register 403-388-6654.

Alberta Healthy Living Program: Classes are ongoing throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. For information on sessions available go to: bit.ly/2CAfSnN

To register call: **Lethbridge 403-388-6654: Medicine Hat 403-529-8969: Brooks 403-793-6659**



Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca



Healthy Teens

March 2020 Parent Newsletter

Self-management

Why it's important to you and your teen

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't? We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions.



In addition, learn to accurately name your emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

(Adopted from www.parenttoolkit.com)

Articles

Self-management

Role Modeling a Healthy Relationship with Food

Health advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



Healthy Teens

March 2020 Parent Newsletter

Role Modeling a Healthy Relationship with Food

Teens often model what they see their parents do – and eating is no exception! It's important to know how your own relationship with food can affect teens. By eating a variety of healthy foods, you can set a positive example for your teens.

Tips for healthy role modeling:

- **Eat together.** Enjoy family meals as often as you can as a way to stay connected with your teen. Keep distractions like TVs and phones away from the table.
- **Offer healthy foods.** Keep healthy foods on hand to make healthy choices easy for teens. Involve your teen in making the grocery list so they can pick a few healthy foods that they enjoy.
- **Let them cook.** Help your teens to build skills in the kitchen then let them cook on their own! Teens who cook are more likely to eat well and feel good about themselves.
- **Learn to identify fad diets.** Fad diets usually promise quick health fixes. Avoiding fad diets is positive role modeling for your teen. The eating habits that teens learn can form patterns



that last a lifetime. Avoid diets that:

- **Cut out foods:** Some diets may promise better health by cutting out entire food categories, such as gluten, or dairy products. This can be a problem, as different types of foods provide important nutrients needed for good health.
- **Promise fast weight loss:** Diets that promise weight loss of more than 2 pounds in a week are likely fad diets.

- **Talk positively about bodies.** Focus on health, not size. This can help teens develop positive self-esteem and body image.

➤ **Do you want to know more about helping teens to develop healthy habits and positive body image? Visit [Raising Our Healthy Kids: https://vimeo.com/160413076](https://vimeo.com/160413076)**