



Pigeon Lake Regional School

“Home of the Panthers”

Principal: Dr. Melissa Humby
Vice Principal: Mr. Adam Stewart

melissa.humby@wrps11.ca
adam.stewart@wrps11.ca

October 2022

Newsletter

Principal's Message

Wow! Here we are into October already! We have settled into classes and routines, while at the same time breaking routines to practice emergency drills, taking part in Terry Fox Day, having some fun at our back to school BBQ, acknowledging our first ever National Day for Truth and Reconciliation, and cheering on the runners of our cross-country meets and volleyball teams. Additionally, staff have been working hard to bring the best practices to the students. It has been an amazing few weeks.

Don't forget we have our open house this week on Thursday from 4-6 pm. I hope you can all make it. Teachers have a PLC Day on Friday, where they will be working on well being and continuums of support for students. Lastly, at the end of the month, we have Halloween to look forward to.

A principal's message wouldn't be complete without a reminder to please get onto PowerSchool.

Have a wonderful Thanksgiving long weekend.

Your Partner in Education,

Dr. Humby



PLRS

Stay Connected

Box 60, Falun, AB T0C 1H0

Telephone: 780-352-4916



Access student schedules, attendance and grades online at any time with PowerSchool. *Also available as an app for smart phones.

To create an account, please contact us to receive your individual username and password.

Pay school fees, sport activities, permission forms and more!



Report your child's absence



Like our page on Facebook @ Pigeon Lake Regional School



Follow us on Twitter @plrs_wrps

Visit Website

View our website at: www.plrs.ca



Read our monthly newsletters online at www.plrs.ca and emailed through school messenger .



Contact us directly at (780) 352-4916 or email: pl@wrps11.ca

Mrs. Heilman Administrative Assistant: nicole.heilman@wrps11.ca

Mrs. Cleland; Administrative Assistant: jennifer.cleland@wrps11.ca

PLEASE RETURN TEXTBOOKS you may still have from the 2021-2022 school year.



Attention Parents

All student courses, assignments, grades and attendance are available live on PowerSchool and can be viewed at any time. If you have not signed up for PowerSchool, or are having difficulty signing in, please contact our office and we will help you get started at 780-352-4916. PowerSchool is also available as an app for smart phones. District code: **QMZX**



School Fees

Our fee management and online payment system is an easy and secure way to pay school fees from the comfort of your home or office. Payments can be made by Visa, Mastercard, Visa Debit, Mastercard Debit or Interac Online.

Click on the **Pay Now** button below and login to your Parent PowerSchool Account.

Please contact us at 780-352-4916 for assistance with login information or if you have any questions.

<https://wrps11.powerschool.com/public/home.html>

Pay Now /
Form Submission



Important Dates

October 5/22

Picture Day

October 6/22

Open House 4-6pm

Bake Sale 4-6pm

Grad Meeting 5pm

October 7/22

PLC Day

No School

October 10/22

Thanksgiving

No School

October 17/22

Parent Advisory Meeting @5pm

October 31/22

Halloween dress-up

ATTENDANCE

All students must report to the office before leaving school. A parent or guardian must call for the absence to be excused. It is imperative that we know who has left the building to ensure we are able to efficiently account for all persons in case of an emergency.



Sign Up for SafeArrival

To sign up for SafeArrival:



1. Using your mobile device, download and install the **SchoolMessenger app** from the Apple App Store or the Google Play Store (or from the links at go.schoolmessenger.ca). The first time you use the app, select **Sign Up** to create your account (you will need to verify via your email).
2. Use the SafeArrival website, go.schoolmessenger.ca. The first time you use the website, select **Sign Up** to create your account (you will need to verify via your email).

NOTE: your email address MUST match what is in PowerSchool.

Reporting an Absence



With **SafeArrival**, you are asked to report your child's absence in advance using any of these 3 convenient methods:

1. Using your mobile device, log into the **SchoolMessenger app**. Then select **Attendance** then **Report an Absence**.
2. Use the SafeArrival website, log into your account at go.schoolmessenger.ca. Select **Attendance** then **Report an Absence**.
3. Call the toll-free number **1-833-525-9071** to report an absence using the automated phone system.

NOTE: your email address MUST match what is in PowerSchool.

Bell Schedule

Day 1	Day 2	Day 3	Day 4
Warning Bell 8:45			
Period 1 8:45-9:15 (30 min)	Period 1 8:45-9:15 (30 min)	Period 1 8:45-9:15 (30 min)	Period 1 8:45-9:15 (30 min)
9:15-9:18			
Period 2 9:18-10:36 (78 min)	Period 2 9:18-10:36 (78 min)	Period 2 9:18-10:36 (78 min)	Period 2 9:18-10:36 (78 min)
10:36-10:40			
Period 3 10:40-11:58 (78 min)	Period 3 10:40-11:58 (78 min)	Period 3 10:40-11:58 (78 min)	Period 3 10:40-11:58 (78 min)
Lunch 11:58-12:38 (40 min)	Lunch 11:58-12:38 (40 min)	Lunch 11:58-12:38 (40 min)	Lunch 11:58-12:38 (40 min)
Period 4 12:38-1:56 (78 min)	Period 4 12:38-1:56 (78 min)	Period 4 12:38-1:56 (78 min)	Period 4 12:38-1:56 (78 min)
1:56-2:00			
Period 5 2:00-3:18 (78 min)	Period 5 2:00-3:18 (78 min)	Period 5 2:00-3:18 (78 min)	Period 5 2:00-3:18 (78 min)



Parent Advisory Meeting

Our next meeting will be on

Monday October 17, 2022 @ 5:00pm

October 17 will be an establishment meeting where we will be attempting to establish a school council for PLRS. ASCA will be present to do an information session in regards to the school council so the meeting at 5pm might be quite lengthy.

For more information on school councils, please go to Alberta Education's web site:

[Parent Council Order](#)



Junior High Volleyball

Junior High Volleyball is in full swing. Thanks to Miss Torgerson, Mrs Forster, Miss deKlerk, and Miss Rauser for volunteering your time to coach this season. Junior B games are on Tuesdays and Junior A games are held on Thursdays. Games start anywhere from 4 to 4:30. Congratulations to all the athletes that came out and made the teams. Our seasons goes until the third week in November approximately. Have a great season!



-Miss Rauser

Open House

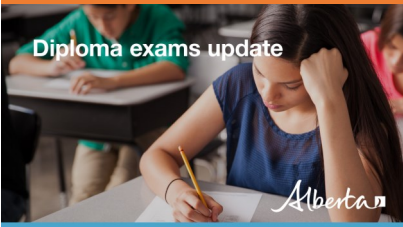
Pigeon Lake Regional School's OPEN HOUSE

Oct 6/22 from 4pm-6pm

- Meet the teachers
- Grad Parent Meeting @ 5pm
- Extra Life Fundraiser- Bake Sale
- How to log into PowerSchool and access your student(s) account



Diploma Exams



For the 2022-2023 school year, diploma exams will only count towards 20% of students final grades.

Terry Fox

Students and staff participated in in the Terry Fox Run/Walk on Friday, September 23, 2022

\$900 was collected and will go to the Terry Fox Cancer Research organization.



Welcome Back BBQ

We started off the school year with our Welcome Back BBQ which was a huge success with our free lunch, interactive dunk tank, mini golf, and carnival games.

2021-2022 YEAR BOOKS



We currently have 8 yearbooks left from 2021-2022. They cost \$25 each

Addiction & Mental Health News

Addiction & Mental Health News

October 2022

Parents promoting positive mental health

Parents play an important role in supporting a child's mental health.

Mental health affects the way you think, feel and act.

You can promote good mental health by the things you do, say, and the environment you create at home.

Focus on strengths

When your child brings home a test, talk first about what they did well instead of focusing on mistakes.

If improvement is needed, ask your child what they could do better next time.

Have suggestions ready if they ask you.

Ask questions about feelings

Help your child name and calm feelings; start by asking how they feel.

Let them know that it's OK to talk about feelings.

Feelings are not right or wrong, and you can't control how you feel.

You can control how to act when you have strong feelings.

Listen and show empathy

Stop what you are doing and look at your child when you talk to them.

Listen to what your child is saying about their feelings without judgement.

Put yourself in their place.

Acknowledge what your child is feeling.

MORE RESOURCES

[Parents Promoting Positive Mental Health \(alberta.ca\)](#)

[Helpful Tips and Strategies \(alberta.ca\)](#)

[Parent Information Series | Alberta](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



Congratulations to all for making this years teams!

Junior A Boys Volleyball—Coach: Miss. Rauser

- Owen W.
- Cruz H.
- Gage N.
- Micah Z.
- Tayvin Y.
- Gavin K.
- Blake P.
- Gabriel P.
- Jackson L.
- Memphis W.

Junior A Girls Volleyball—Coach: Miss. De Klerk

- Brooklyn H.
- Taija S.
- Lilah V.
- Michelle C.
- Lexi P.
- Blakely F.
- Mya Z.
- Milaya S.
- Peyton C.
- Gracie H.
- Denaya S.
- Taylor H.
- Kalli R.
- Ava B.



Jr. B Boys Volleyball—Coach: Miss. Torgerson

- Fletcher T.
- Chase V.
- Gabriel W.
- Zayne C.
- Marcus G.
- Reggie W.
- Kingston S.
- Porter D.



Jr. B Girls Volleyball - Coach: Mrs. Forster

- Makenna B.
- Myla K.
- Chloe L.
- Blaze S.
- Eveline B.
- Anna B.
- Taylor N.
- Gabrielle H.
- Addison H.
- Shyla F.
- Tianna M.
- Keiza W.
- Kadence S.
- Kaleigh C.

Congratulations to our Senior High Volleyball, Golf & Cross Country Teams!

Senior Girls—Coaches : Mr. Stewart & Kristen Schmidt

- Kalei C.
- Jayla F.
- Janaya M.
- Cadence P.
- Brooke D.
- Emlyn H.
- Kaylie M.
- Dellaney P.
- Joelle D.
- Maya H.
- Kallie O.
- Raeanna S.



Senior Boys—Coach: Mr. Bearisto

- Joseph B.
- Kris M.
- Judah P.
- Lucas W.
- Chase C.
- Eddy M.
- Elliott P.
- Tristan W.
- Jerelus F.
- Spencer P.
- William V.

Cross Country Team—Mr. Heggerud

- Evan G.
- Owen W.
- Keiza W.
- Christina S.
- Mya Z.
- Luke S.
- Owen W.



Golf Team—Mr. Brooks



- Gage N.
- Gavin K.
- Kaleigh C.
- Tantyn M.
- Jackson L.
- Fletcher T.
- Milaya S.
- Tate A.
- Nash M.
- Blaze S.
- Caleb S.
- Spencer P.
- JR G

DUNGEON & DRAGONS

- Dungeons & Dragons night will be hosted throughout the school year! Wednesday's we play Dungeons and Dragons afterschool until 5pm. If you would like to join please connect with Mr. Bengert.



Halloween



Grade 7-12 Halloween celebrations will take place on Friday October 31st.

Students and staff are invited to dress up in Halloween costumes. Please make sure the students are not wearing masks that cover their entire face or have any weapons as part of their costume.

Please listen to announcements, look for posters, and check out the SRC bulletin board for upcoming activities!

Parent Grad Meeting

- October 6/22 from 5-6pmin room 2.
- Please come to hear the directed plan for grad, approximate fees/ ticket prices, fundraising ideas and parent question session
- All grad parents/guardians and grads are welcome to attend.



Teen Wellness Retreat



A fun sampler day to introduce girls to natural wellness

October 14/22 4pm-9pm

Crystal healing, plant medicine, equine connections, creating, crafting, energy work and more.

Snacks/beverages included

95\$/person

Megan 780-312-6978

FREE PARENT WORKSHOP



**There are 40...how many does your child have?
Learn about the 40 Developmental Assets!
When your child has more assets, it can help them grow up caring, healthy and responsible.**

DATE: October 4, 2022

TIME: 6:00pm to 7:00pm

LOCATION: Virtual Zoom Session



REGISTER by October 3rd
www.sparcreddeer.ca

Café schedule—October

The Menu

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Pizza \$2.00, Cookie \$0.50	4 Grilled Cheese \$3.00 with Ham \$3.00	5 Fries \$2.50, with gravy \$3.00, Poutine \$4.00, Buffalo Chicken Poutine \$5.00	6 Ginger Beef and rice \$4.00 12:00 am	7 No School - PLC Day	8
9	10 No School - Thanksgiving	11 Pizza \$2.00, Cookie \$0.50	12 Chicken Caesar Wraps \$4.00	13 Perogies and Sausage \$4.00	14 Fries \$2.50, with gravy \$3.00, Poutine \$4.00, Big Mac Poutine \$5.00	15
16	17 Pizza \$2.00, Cookie \$0.50	18 Taco in a bag \$5.00	19 Chicken Teriyaki Rice Bowl \$4.00	20 Pizza Subs \$4.00	21 Chicken Fingers with Fries \$5.00	22
23	24 Pizza \$2.00, Cookie \$0.50	25 Hamburger \$3.50, Cheeseburger \$4.00, Bacon Cheese \$5.00	26 Chicken wings with veggies and ranch (hot, teriyaki, BBQ, dill pickle, salt and pepper, hot dill, hot BBQ)	27 Penne Alfredo with Garlic Toast \$4.00	28 Fries \$2.50, with gravy \$3.00, Poutine \$4.00, Donair Poutine \$5.00	29
30	31 Pizza \$2.00, Cookie \$0.50					

