

Fairview & Area Learning Store



Bridging Gaps

Building Futures

Notes From the Underground

PRINCIPAL'S MESSAGE

To all FHS and Hines Creek Graduates

On behalf of the students and staff of Fairview and Area Learning Store I would like to say congratulations on your graduation and best wishes for your next adventure! I am sure today will be one of many proud, and successful moments for you.

Moses Garaba, Principal

Grades 7-12

Last day of scheduled classes for 2020-2021 school year

The last day of scheduled classes for students in grades 7-12 is June 22, 2021. Please be aware that June 23, 24 and 25, 2021 are days set aside for grades 7-12 students to complete unfinished assignments and seek help from teaching staff.



Peace River School Division
Learning Together - Success for All

Online Registration for the 2021-22 school year is open! Simply log into prsd.ab.ca and choose Registration.

The Fairview and Area Learning Store is an outreach school offering a complete high school program with an emphasis upon flexibility and addressing individual needs in a caring and supportive environment.

We have continuous intake so students may begin their program at any time throughout the school year. Our program allows students to complete course work at their own pace. Individualized programming, on-site instruction, marking and final exam writings for all courses occurs whenever a student completes course work, rather than on an institutional timeline, thus giving students greater freedom to chart their own path.

At FALS we are working to maintain a healthy, safe and welcoming environment for all our students.

We look forward to welcoming new and returning students. Online registration is in effect, please contact the school for details.

IMPORTANT DATES:

- ♦ MAY 28: Grad Ceremony livestream begins at 7:00 pm
- ♦ MAY 29: Grad Motorcade begins at 3:00 pm From the Super A Parking Lot
- ♦ MAY 31: World No Tobacco Day
- JUNE 7: PD Day, No School

SUPERINTENDENT'S MESSAGE

Education and Mental Health Awareness Week

Paul Bennett
Superintendent of Schools



May 3 – 9, 2021 marks Education Week and Mental Health Awareness Week – a celebration of education and recognition of the importance of positive mental health.

In Peace River School Division we are committed to teach, support and nurture the whole student - through engaging classrooms, qualified and caring staff, focus on emotional, social and physical wellness, leadership and mentorship programs, positive behaviour and character programs, and the support of Youth Education Workers and Success Coaches. We are proud of the dynamic learning communities within our schools and we strive to support our students in any way we possibly can. By incorporating wellness into classrooms and curriculum we acknowledge the link between education and mental health which better enables our students to reach their full potential.


We understand it takes a village to raise a child and both the educational and mental health needs are crucial aspects of learning, well-being and success. We are very thankful for the various partnerships we share with agencies, community members and organizations in our school communities. These community partnerships not only provide increased supports for students, they demonstrate that their school communities care, and it also shows what can be achieved when we work together.

During Education Week and Mental Health Awareness Week, our students and staff will participate in activities and learning opportunities that highlight the importance of education and mental health in our lives, families, schools, community and the world.

Thank you to students, parents, staff, community members and organizations for your support - the work you do makes a difference and we appreciate you.



**Access your
 child's marks and
 attendance online**

Through the
 **PowerSchool** app

Learn more at
prsd.ab.ca



Sign up to use the Powerschool Parent Portal and have instant access to your child's assignment and test marks, attendance, report card history, and more!

Sign up by clicking the waffle button (square button with 9 boxes inside) on the top right-hand side of the divisional website, or any of our school websites, and choose "Powerschool Student and Parent Portal"

<https://prsd.powerschool.com/public/>



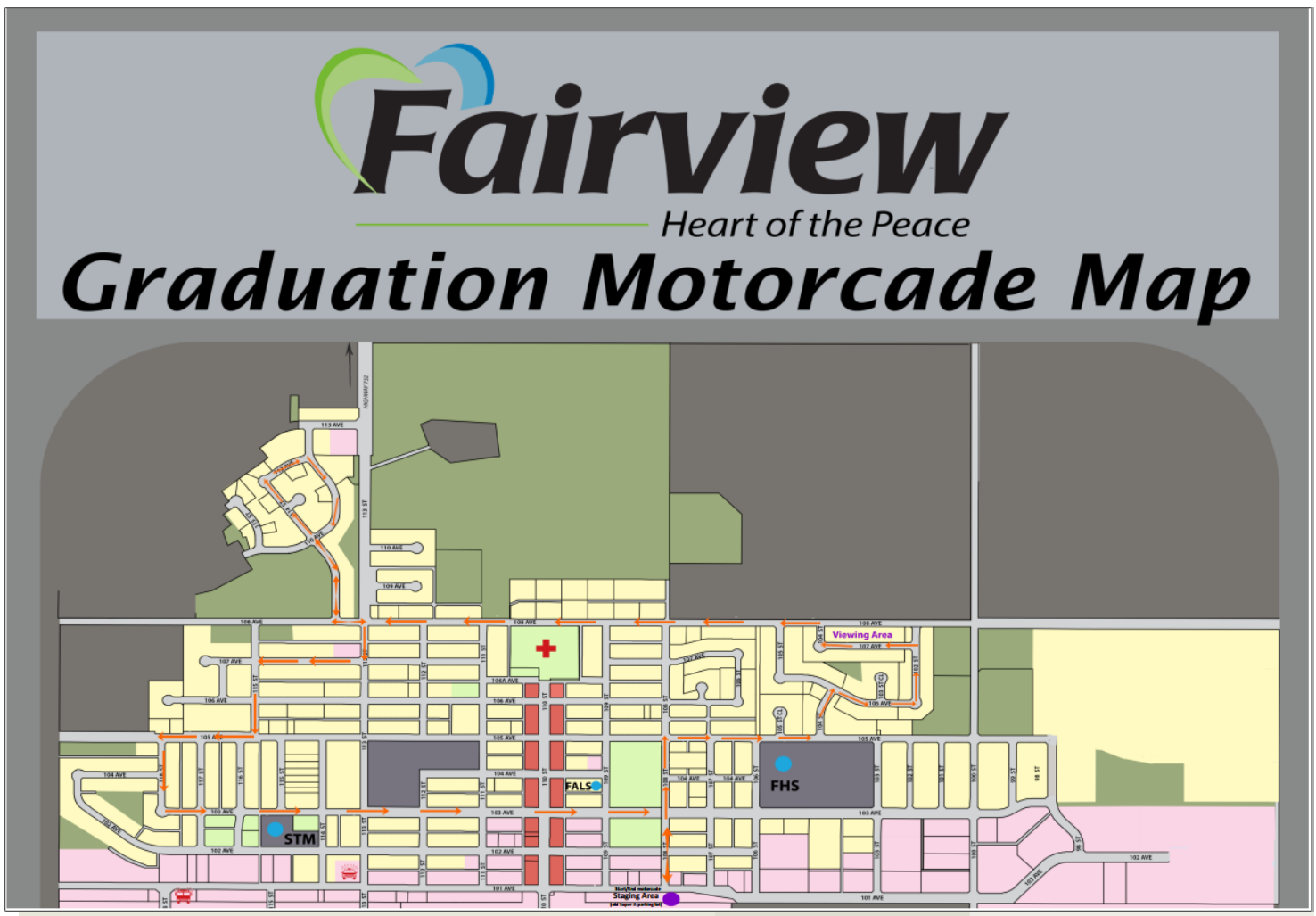
FHS Graduation Ceremony

May 28, 7:00 pm

We are excited for this grad class of 2021—especially because 20 of these amazing young people have come to FALS to take courses over the past two years, and we've gotten to know them and look forward to this momentous occasion to celebrate them!

This year the FHS Graduation is a closed ceremony, but will be lived streamed by ProShow Entertainment for all families to watch live. A link will also be posted afterwards to view for those who miss the live stream. Please check the Fairview High School Facebook page for the link.

On Saturday May 29th beginning at 3:00 pm the graduation motorcade will leave from the former Super A parking lot to showcase the graduates in all of their grad finery. It's a beautiful parade and one not to be missed!



Census 2021

A message from Statistics Canada

"You may have heard that the 2021 Census is under-way. It has been a challenging year for families, and the census might seem like another thing on your busy to-do list. However, I would like to encourage you to complete your census, if you haven't already done so. Census data helps governments at all levels plan for schools, transportation, community centres, libraries and recreational activities. Data from the 2021 Census will be even more crucial, because it will help to evaluate the impact of the pandemic and to better plan for the future. You can quickly and easily complete your census questionnaire at www.census.gc.ca using the access code you received in the mail. If you need assistance, or would like to have a paper (or alternate format) questionnaire, please call the Census Help Line at 1-855-340-2021. Thank you for doing your part to help plan for a better future for all Canadians."



Nods for Mods!

This past month we had two students' names drawn for the Subway gift card. Students' names are put in a draw box when they hand in completed modules. Way to Go!



Jenaye Moffatt

Madison French
(Photo not available)





DISASTER PREPAREDNESS

David Smith
PRSD Safety & Wellness Coordinator

If your family is caught in an emergency or disaster situation, are you prepared? Without any warning a disaster can occur and it may take some time for emergency workers to get to you. It is recommended that you should always be ready to take care of yourselves for a minimum of 72 hours. Your best defence in any emergency is to have a plan and be familiar with what to do.

There are three keys to disaster preparedness.

Know the risks – analyze what hazards you face? In Alberta we face a number of hazards, such as natural emergencies like forest fire and floods, service disruptions like a power failure, or even environmental disasters like a chemical spill.

Make a plan – each household needs an emergency plan. It will assist you and your family to know what to do in case of an emergency. Discuss what you would do in different situations as well as how to meet or contact each other if you're not together when an emergency occurs. Consider what to do if you need to stay put or if you need to leave your home. Include a list of emergency management agencies in your area.

Create an emergency kit – in an emergency basic supplies will be needed. You may be without power or tap water. Always have items ready such as non-perishable food, water, flashlight, first aid kit and seasonally appropriate clothing. Also consider any special needs supplies such as requirements for any infants or elderly family members, remember any medications, and necessities for pets. Make sure the kit is organized and easy to find and that everyone knows where it is.

You may find the following links helpful in preparing your family for emergency situations.

Government of Alberta

<https://www.alberta.ca/emergency-preparedness.aspx>

Alberta Emergency Alert App

<https://emergencyalert.alberta.ca/content/about/signup.html>

Government of Canada Disaster Preparedness Site

(emergency kit contents, preparing a family plan)

<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprrdnssgd/index-en.aspx>



COMMIT TO QUIT

AHS ADDICTION SERVICES NEWSLETTER May 2021

World No Tobacco Day (WNTD) May 31, 2021

Reducing or quitting smoking is a behavior change that requires making a commitment to change, but how does one get there? It's often helpful to identify where you are at and what you need to do to move forward. Here are some things to consider and ask yourself.

- Have you ever tried to reduce or quit smoking before? If you've never tried, why not? If you have tried before, what were your reasons for quitting then and what went well? If you returned to smoking, what contributed to your relapse(s) and how might you deal with the situation(s) differently in the future?
- If you are not ready to quit now, then what needs to happen before you decide it's time to make a change? And how will you know when it is a problem? What could be preventing you from quitting now?
- Try focusing on the fact that you want to quit—never mind if it's your first time trying or you've lost count. Concentrate your efforts on developing a quit plan that addresses your feelings now and as you make changes.
- By identifying your benefits of quitting and your risks of not quitting, you can increase your motivation and commitment to change. These personal reasons can help you challenge thoughts that undermine your efforts to reduce or quit tobacco. Put these reasons where you will see them and focus on the positives of being smoke-free!

Peace River Addiction Services

Office hours are
Monday-Friday
8:00am-4:30pm

Addiction & Mental Health
Building
10015-98 St
Peace River, AB
T8S 1T4

Available to all Albertans:
Adults, youth, family, and
friends

Websites:

who.int
albertaquits.ca
ahs.ca

For more information or to
schedule an appointment
with an Addictions
Counsellor call

780-624-6151

Outpatient services are
voluntary, confidential, and
free of charge.

- Talking to someone about quitting can help you use your existing skills as well as learn some new techniques to try. Quitting is often a trial and error process that becomes fine-tuned as you move towards your goal and develop skills and confidence. Checking in with someone can also help you keep accountable to your planned actions. Finding a quitting buddy can also help you quit; having someone to quit with makes you feel less alone and you can support each other.
- The thought of committing to quitting forever can be intimidating. It may be beneficial to approach a quit by experimenting with different techniques and strategies to change your smoking behaviour first. For example, some people start to cut back on smoking or change where they smoke. Others may experiment with a “practice quit” to help them get an idea of what to expect. Sometimes the thought of “quitting” is actually more difficult than taking those first steps. “Testing the water” provides you with some valuable information about making that desired change and can help you fine tune your quit plans.
- Continuing to explore and learn about different options for quitting can be very valuable to supporting you to quit. This may include utilizing quitting services and resources such as websites, telephone counselling, consulting with local health professionals and counselling services. Finding support is important as it will offer you guidance, encouragement, and motivation.

Tobacco cessation counselling is available through your local addictions office in Peace River and surrounding regions. Phone **780-624-6151** and ask to speak with an addictions counsellor.

You can also get information and support from AlbertaQuits Services. Phone **1-866-710-7848** for free and confidential telephone support, available from 8 a.m. to 8 p.m., 7 days a week or visit www.albertaquits.ca. For information on virtual Quitcore groups (6 session adult quit smoking groups) visit the AlbertaQuits website or contact your local addictions office.

In recognition of World No Tobacco Day (WNTD) taking place on May 31, 2021, the World Health Organization (WHO) is encouraging you to take the plunge and pledge a quit.

Pledge to Quit Today

<https://www.who.int/teams/health-promotion/tobacco-control/i-pledge-to-quit-tobacco>

#CommitToQuit

“Commit to Quit Tobacco” WHO You Tube Video (1min, 44sec): <https://youtu.be/Ebtn5lx8xms>

100 Reasons to Quit Tobacco

<https://www.who.int/news-room/spotlight/more-than-100-reasons-to-quit-tobacco>

Benefits of Quitting

<https://www.who.int/news-room/q-a-detail/tobacco-health-benefits-of-smoking-cessation>

Quitting Toolkit

<https://www.who.int/campaigns/world-no-tobacco-day/world-no-tobacco-day-2021/quitting-toolkit>