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## ROCK STARS REVIEW

### ADMINISTRATOR'S MESSAGE — Mr. Turcotte, Principal

On February 6 and 7, Percy Baxter teachers attended the annual North Central Teachers' Convention. This two day professional development conference is attended by over 6,800 teachers from 18 different locals, and provides an opportunity for teachers to attend chosen sessions hosted by a variety of presenters. Each year we look forward to seeing how the sessions attended pro-actively support teachers in meeting the diverse learning needs of the students in our care.

Thank you to all parents who were able to join us for the second round of Parent-Teacher Interviews on February 26 and 27. For those parents who were unable to attend and would like more information regarding their child's progress, please contact your child's homeroom teacher. For those requiring assistance with accessing or navigating Parent Portal, please contact the school as we would be more than happy to assist you with using the program to keep up to date with your child's assessments. We would also like to extend a huge thank you to Constable Kowal of the Whitecourt RCMP for hosting Social Media presentations for parents and students on both of these evenings.

On February 26, PBS students celebrated PINK SHIRT DAY in support of anti-bullying! The theme of PINK SHIRT DAY this year was "Lift each other up" a simple but powerful message encouraging us to look beyond our differences and celebrate the things that make us unique! A special shout out to Baker Hughes, New Venture Safety Services, and Secure Energy Services for preparing pink pancakes and serving them to staff and students! Thank you for supporting us in spreading kindness and the important message of taking a stand against bullying!

As we near the end of Term 2, we wish to remind parents that our Renaissance Term 2 Assembly will be taking place on Tuesday, March 24 at 2:00PM. It is our hope you are able to join us in celebrating those students who have attained Citizenship, Academic, and/or Ambassador status for the second semester. A reminder to students that as we move into the remainder of the school year, strive to achieve your goals and to ensure you are working to the best of your ability!



Northern Gateway  
Public Schools



Wanting to stay connected to Percy Baxter school? Look for updates and school news via the PBS Facebook page!



Our Twitter feed  
can be found on our  
webpage  
or  
[@ngpspbs](https://twitter.com/ngpspbs)

# Attendance Matters!



Every Student, Every School, Every Day

## Every Day Counts

If your child misses...	That equals...	Which is...	And over 13 years of schooling that is...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

How about 10 minutes late a day? Surely, that won't affect my child?

He/She is only missing...	That equals...	Which is...	And over 13 years of schooling that is...
10 minutes per day	50 minutes per week	Nearly 1 ½ weeks per year	Nearly ½ a year
20 minutes per day	1 hr 40 min per week	Over 2 ½ weeks per year	Nearly 1 year
30 minutes per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

If you want your child to be successful at school then YES, attendance does matter!

# IN THE SPOTLIGHT.....

## STUDENTS OF THE MONTH



GRADE 6



AKSHILA AMARASINGHE

GRADE 7



SARA PASHKO

GRADE 8



JULIE BISSON

## ATHLETES OF THE MONTH

GRADE 6



KENNEDY DICKSON

GRADE 7



KAMI DE JONG

GRADE 8



MARLIE KENNEDY



KYLE MERRIFIELD



RILEY FURLONG



SOREN HILL



## Tether Yourself: Advice for Youth (and adults too!) on Devices

Being a kid is tough no matter the era, and it is no surprise that our kids today are facing challenging experiences these days. Smartphones, iPads, tablets, etc are everywhere and along with them is a constant bombardment of marketing tactics and psychological tricks. Between Instagram sending messages to wear the right clothes and look a specific way, social media algorithms that have our brains craving more comments, followers and likes, and the constant comparison of other people's lives, it's tough to be a young person right now.

*It's also tough to be a parent these days!*

This type of technology and social media is relatively new for all of us, and there's a pretty intimidating learning curve for parents everywhere. Because the previous generation did not have the internet exposure we have now, parents today have nowhere to turn to for help. We are relying on each other for tips on how to protect their children from issues with mental health, self-image, relationships, on-line predators and more that stem from the age of technology.

Rachel Macy Stafford is a best-selling author, public speaker, and parent. As part of her commitment to conscious parenting, she decided to tell the world about a unique turning point she had with her 14-year-old daughter. She (like many of us) felt an uneasiness about her child and her screen time consumption, particularly after finding a number of articles on youth suicide related to online bullying and social media use.

Rachel started a conversation with her daughter that she realized several weeks later would actually help her be noticeably *more relaxed, more interested in family time, more physically active, and more diligent with homework and chores* almost instantly.

Rachel explained to her daughter her own fears as a parent; with bullying, online pressures, etc. She told her what science actually says about kids and technology (that children's brains aren't fully developed, and so are especially susceptible to isolation, hopelessness, and more). And then she gave her a special letter. Here are just a few powerful snippets that encompass this mother's love for her child:

*"Each time the phone notifies you, you stop what you are doing—whether it's homework or a job you have to do. What might take you one hour to do, will take you several, and it won't be completed as well. The inability to focus will reflect in your grades and impact the job*

opportunities you have as you grow. Spending quality time with friends and family will be impacted by the need to check the phone, making you believe what is most important is on your phone when it is really the person in front of you.

"Awareness is your weapon against the hidden influences and damaging behaviors. While you are online, your mind, your thoughts, your core values are drifting to wherever tech companies want you to go. The remedy is to limit the time you spend drifting in the online world and **tether** yourself to real life."

*"Tether yourself; To real people, real conversations, and real scenery.*

*Tether yourself; To furry animals, interesting books, good music, the great outdoors.*

*Tether yourself; To spatulas, hammers, cameras, paintbrushes, and yoga mats."*

"When you feel your worth is in question, when you feel lost and alone, when you feel sad and you can't explain why. **TETHER YOURSELF TO REAL LIFE AND REAL PEOPLE.**"

**ESTABLISH GROUND RULES FOR SCREEN TIME** Rachel followed up with a few ground rules (*which she recommends for parents too!*), I have added a few of my own:


- Don't charge your phone in your room overnight
- Let your friends know you won't respond to texts after 9pm
- Use a real alarm clock instead of your phone
- Hourly limits to cell phone time at home
- Dare your friends to have a sleepover with no screen time
- Set a timer for when they are on a device
- For younger kids, put all the devices away: out of sight, out of mind
- Use screen time as a reward: 30 minutes extra for completed chores and homework (without arguing!)
- Chose a day (or evening) a week with NO SCREEN time for the household
- Utilize parental controls on your Wi-Fi, modem, and devices
- Be a good role model, put down your devices and tether yourself

(Rachel's parenting tips and advice for life can be found in her book *Hands-Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters.*)

*This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She advocates for students and parents, providing a link to other supports within the community. Tammy has been a social worker for over 20 years and is a mother to 4 teenagers*



# MARCH 2020 Spring

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11 SCHOOL COUNCIL MEETING 7pm	12 MARMOT SKI TRIP	13 TERM 2 ENDS	14
15	16 TERM 3 STARTS	17 	18	19	20 PD DAY NO SCHOOL	21
22	23 TOWNHALL MEETING Grade 6	24 TERM 2 ASSEMBLY 2 p.m.	25 PIZZA LUNCH \$2.50/SLICE	26	27 MUKLUK DAYS	28
29	30	31	1	2	3 NO SCHOOL SPRING BREAK	

# LEARNING COMMONS NEWS

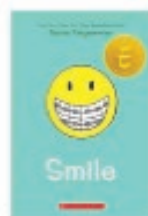
## March Madness



VS



16 Books Enter



VS



VS



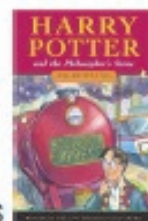
1 Book Leaves  
Victorious



VS



VS



?



VS



Which One Will Win?  
You Decide!



VS



VS





# Percy Baxter School Band



**We will be performing at the Term 2 assembly!!**

**March 24th at 2:00**

**\*\*Please wear your Percy Baxter T-Shirt\*\***



**TERM 2  
ASSEMBLY  
TUES MARCH 24  
2 PM**





# ALLAN & JEAN MILLAR CENTRE PROGRAMS & EVENTS



## KIDS IMPROV FUN

Join our awesome leaders for five weeks of improvisation fun. Jump on the party bus, make a human machine, guess who is coming to dinner, and lots more! Learn to work as a team, gain confidence, communicate, and have a great time! Min. 8/Max. 12

**MONDAYS 5:00-6:00PM**

March 2-March 30 (5 classes)

**AGES:** 8-12 years

**LOCATION:** Allan & Jean Millar Centre

**MEMBERS:** \$38.00

**RETAIL:** \$43.70

**COURSE ID#:** 6174



## Tim Hortons Community Fun Night

Everyone is welcome to join in! Check out our fun and FREE JR's Pressure Service Fieldhouse activities at the Allan & Jean Millar Centre. Our inflatable obstacle course "The Tim Hortons Double" will be up and ready to go for all Tim Hortons Community Fun Nights!

**Children under 8 must be accompanied by an adult.**

**TIME: 5:30-8:30PM**

**FEBRUARY 22**  
**ROCK IT OUT DANCE NIGHT**

We'll be dancing the night away in our fieldhouse with music, games and grooves for everyone!

**MARCH 7**  
**DINOSAURS AND MORE!**

Let's take it back a few years for some prehistoric fun! Join us for some dinosaur themed activities!

**MAY 2**  
**BOARD GAME EXTRAVAGANZA!**

Reveal your way through giant board games, build a tower, check mate with your life size queen, Snakes & Ladders and more!

**APRIL 4**  
**NERF MANIA**

Don't miss out on this epic battle! Bring your own gear or borrow one of ours.



**FREE**

## MISSION IMPOSSIBLE

Choose your secret identity and get ready for mission impossible! Scavenger Hunt around the centre, solving clues and testing your agility and balance. Can your team work together to find the ultimate prize? This is your mission, should you choose to accept it... Min. 8/Max. 12

**SATURDAY, MARCH 28**  
**1:00-4:00PM**

**AGES:** 6-10 years

**LOCATION:** Allan & Jean Millar Centre

**MEMBERS:** \$28.50

**RETAIL:** \$32.80

**COURSE ID#:** 6175



## WRENCH N' RIDE

HOSTED BY WHITECOURT MOUNTAIN BIKE ASSOCIATION

Want to learn some basics of mountain bike maintenance and check out the trails on your tuned up ride? Join the Whitecourt Mountain Bike Association for an afternoon of bike maintenance, skills games, and trail riding. The whole family is invited to this free event! Please bring your mountain bike. Helmets are mandatory for games and ride. All ages are welcome, but you must have trail riding experience or completed the Sprockids course for the trail ride. Youth under 16 years require adult supervision. Min. 4/Max. 20

**SATURDAY, MAY 23 • 1:00PM**

**LOCATION:** Forest Interpretive Centre  
**PLEASE REGISTER FOR THIS FREE EVENT AT THE ALLAN & JEAN MILLAR CENTRE!**

**COURSE ID#:** 6177



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# ALLAN & JEAN MILLAR CENTRE PROGRAMS & EVENTS



YELLOWHEAD REGIONAL/WHITECOURT

## GO GIRL Conference! SATURDAY, MAY 2

This conference focuses on getting girls from grade 5-9 active by increasing confidence to try new things, make new friends, and learn new skills! A large variety of sessions focused on physical activity, fitness, and health will be offered throughout the day.

REGISTRATION  
OPENS:  
April 1, 2020  
Register EARLY to avoid  
disappointment!  
Course ID#: 6170

Location: Fox Creek  
Grades: 5-9  
Time: 9:30am-4:30pm  
Cost: \$20.00-includes  
lunch, snacks, and  
transportation.



## MILLAR CENTRE SPRING BREAK Discovery Camp

Join our awesome leaders for a Spring Break full of discovery. We will explore a different theme every day through games, crafts, activities, and outdoor adventures, so sign up for individual days or all four. It's up to you! Just get ready for loads of adventures! Min. 15/Max. 20

### DAILY RATE

MEMBERS: \$40.00/DAY RETAIL: \$46.00/DAY

Monday	Mythical Creatures	Course ID#: 6173
Tuesday	Nature	Course ID#: 6170
Wednesday	Outer Space	Course ID#: 6171
Thursday	Human Body	Course ID#: 6172

### WEEKLY RATE

MEMBERS: \$135.00/WEEK RETAIL: \$155.25/WEEK  
COURSE ID#: 6169

Monday, April 6 - Thursday, April 9  
9:00am-4:00pm  
(supervision available until 5:00pm)

Ages: 6-12 years  
Location: Allan & Jean Millar Centre

PLEASE MAKE SURE  
TO PACK YOUR OWN LUNCH!

## STAY SAFE

CANADIAN RED CROSS

Real world scenarios often call on children to respond to challenges. The Stay Safe program teaches applicable and age-appropriate skills while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given tools to Stay Safe in a variety of different situations.  
Lunch is not provided.

Friday, March 20  
10:00am-4:00pm

Registration deadline:  
Friday, March 13  
Course ID#: 6325

Saturday, May 9  
10:00am-4:00pm

Registration deadline:  
Saturday, May 2  
Course ID#: 6326

Ages: 9-13 years  
Location: Allan & Jean Millar Centre

Members: \$45.00  
Retail: \$51.75



Training  
Partner



## CANADIAN RED CROSS BABYSITTING COURSE

The Babysitting Course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting Course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promotes to design and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new scenarios, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Ages: 11+ years  
Location: Allan & Jean Millar Centre

May 23 & 24  
Saturday & Sunday 1:00-5:30pm

Registration deadline: May 15  
Course ID#: 6324

Members: \$55.00  
Retail: \$61.25



Training  
Partner

Visit us on our website [www.whitecourt.ca](http://www.whitecourt.ca) or check us out on Facebook [www.facebook.com/MillarCentre](http://www.facebook.com/MillarCentre)





Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
CLOSED	Mindful Monday (3:20 - 4:00pm) French Homework Help (4-5 pm) A.S.L. #2 (6-7 pm) A.S.L. #1 (7-8 pm)	Beginner French (6-7 pm) Sassy Stitches (6:30-8 pm)	Adventure Time with Cat & Ali (3:45-4:30 pm) L2D Program (6-7 pm)	Soapstone Carving Club (5:30-7:30) A.S.L. #1 (6-7 pm)	Read & Roll (10:30-11:30 am) - Register at AJMC	Storytime (10:30-11:30 am)  Family Movie (1-3 pm)
8	9	10	11	12	13	14
CLOSED	Mindful Monday (3:20 - 4:00pm) French Homework Help (4-5 pm) A.S.L. #2 (6-7 pm) A.S.L. #1 (7-8 pm)	Beginner French (6-7 pm) Drum Circle (6:30-8 pm) Sassy Stitches (6:30-8 pm)	Adventure Time with Cat & Ali (3:45-4:30 pm) L2D Program (6-7 pm)	Teen Book Club (6 pm) A.S.L. #1 (6-7 pm)	Read & Roll (10:30-11:30 am) - Register at AJMC Homeschool Group (1-2 pm)	Storytime (10:30-11:30 am)  Family Movie (1-3 pm)
15	16	17	18	19	20	21
CLOSED	Mindful Monday (3:20 - 4:00pm)  Death Café (6-7:30 pm) A.S.L. #1 (7-8 pm)	Happy St. Patrick's Day		Adventure Time with Cat & Ali (3:45-4:30 pm) L2D Program (6-7 pm)	Read & Roll (10:30-11:30 am) - Register @ AJMC	Storytime (10:30-11:30 am)  Family Movie (1-3 pm)
22	23	24	25	26	27	28
CLOSED	Mindful Monday (3:20 - 4:00pm) A.S.L. #1 (7-8 pm)	Family Craft Night (6-7 pm) Sassy Stitches (6:30-8 pm)	Adventure Time with Cat & Ali (3:45-4:30 pm) L2D Program (6-7 pm)	French Homework Help (4-5 pm) Teen Night - (5:30 - 7:30 pm) A.S.L. #1 (6-7 pm)	Read & Roll (10:30-11:30 am) - Register at AJMC Homeschool Group (1-2 pm)	French Storytime (10:30-11:30 am) Family Movie (1-3 pm) Adult Art Therapy (1-4 pm)
29	30	31				
CLOSED	Mindful Monday (3:20 - 4:00pm) French Homework Help (4-5 pm)	Beginner French (6-7 pm) Sassy Stitches (6:30-8 pm)				