

February 2022

Cobra Chronicles



Be
KIND

Important Dates

February

21st- Family Day
22nd- PD Day No School
23rd- Pink Shirt Day

March

10-11th- Teachers
Convention No School
17th- St. Patrick's Day
18-27th- Spring Break
28th- PD Day No School

Fairview High School
Bag 2792
Fairview, AB
T0H1L0

PH: 780-835-5421
WEBSITE: www.fairviewhigh.ca
EMAIL: fairviewhs@prsd.ab.ca
FACEBOOK: Fairview High School



The new year has been a busy one at FHS. February has had many tournaments, random acts of kindness day, and Pink Shirt Day, to name a few. We started the month with a lifting of mask mandates for students and it has been nice to see the smiles on our students' faces these past few weeks. With the lifting of restrictions we have also been able to watch school sports again and have an assembly with our students, which felt so great to have us all together, cheering on our students, and building our school community together.

We have seen great success with our lunch program on Monday and Wednesday. Our parent volunteers are absolutely invaluable in making this happen. They do the preparation of vegetables and cookies, as well as the cooking and serving of the meals. We are trying out a variety of different options at lunch to see what students enjoy most. Some options have included pasta, hot dogs, grilled cheese, pancakes, smoothies, and soup. It is great to see so many hungry students coming through the line on these days. Our hope is to find more volunteers (parent or community) that can allow us to add another day or two to our lunch program in the future. Please contact the school if this is something you are interested in.

Parent Teacher Interviews are coming up on Wednesday, March 2nd. These will be held IN PERSON this time in our gymnasium. Teachers are looking forward to meeting with parents and guardians to discuss students and share in the academic journey with you. Please sign up for a time slot and we look forward to seeing you that day!

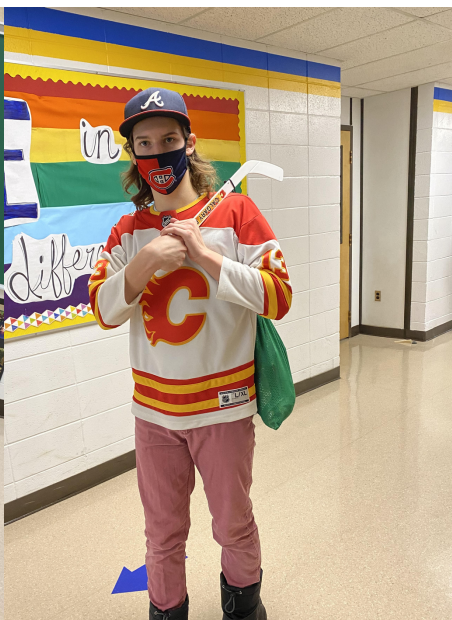
Looking forward to longer and hopefully warmer days as we head into March!

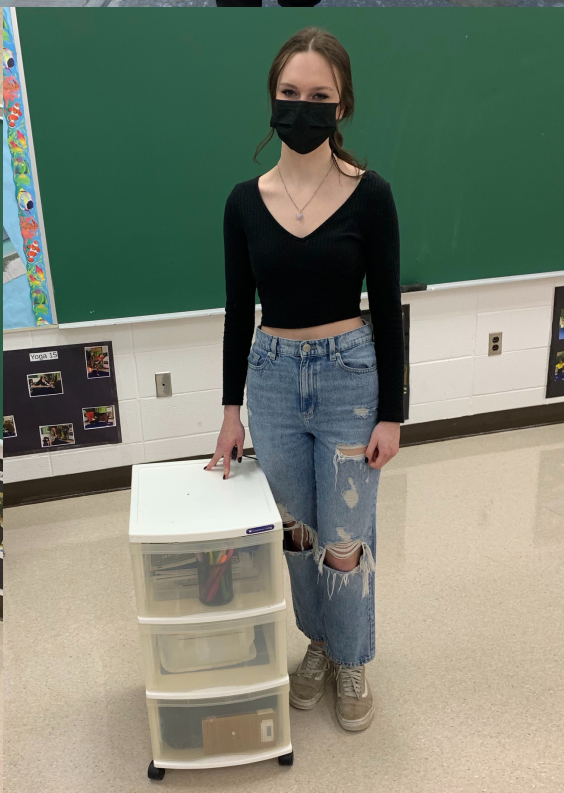
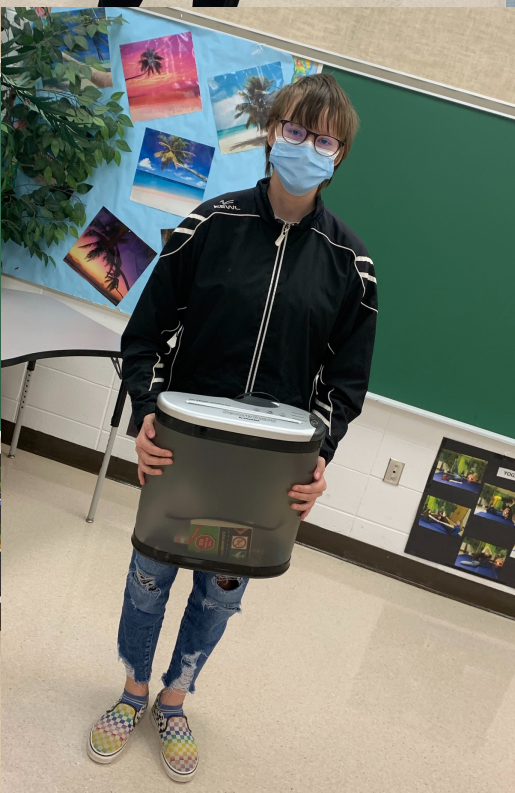
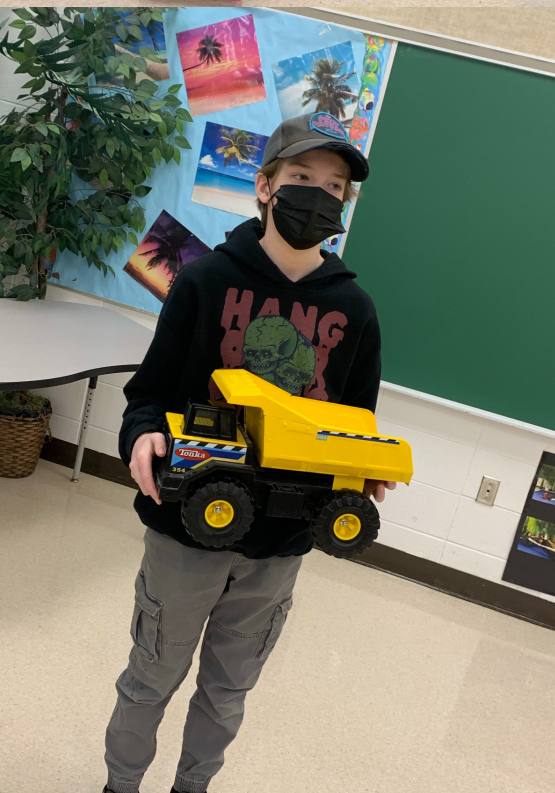
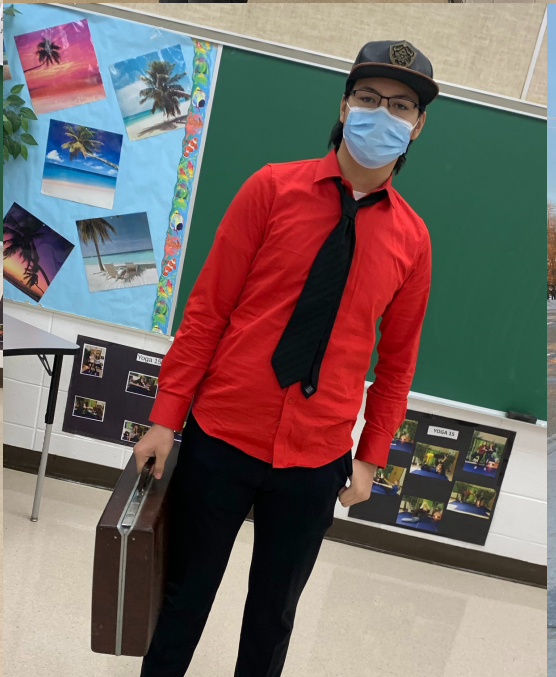


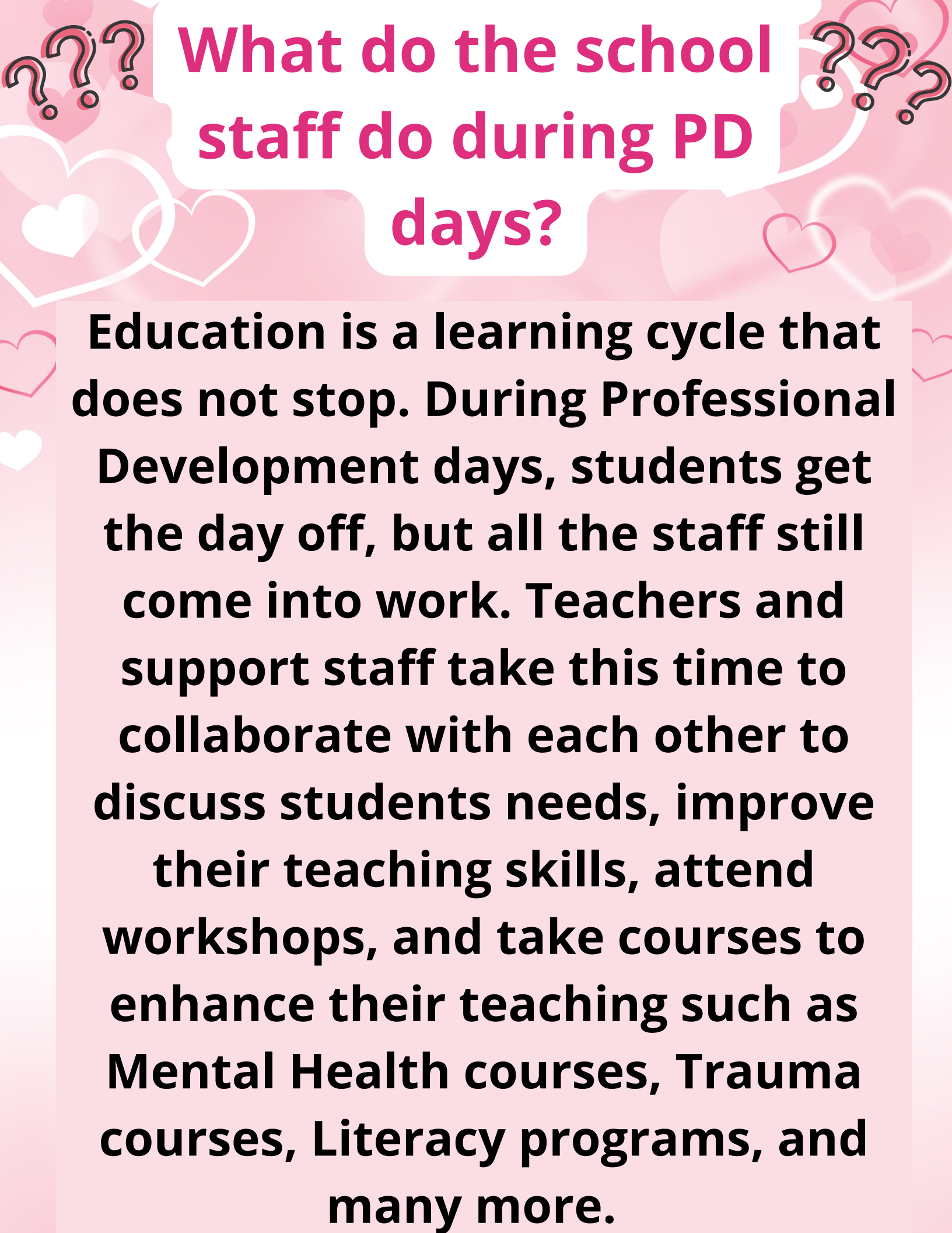
Anything But A Backpack Day!



Students were encouraged to bring their school supplies in anything but a backpack for the day. Students showed up with some interesting items.







What do the school staff do during PD days?

Education is a learning cycle that does not stop. During Professional Development days, students get the day off, but all the staff still come into work. Teachers and support staff take this time to collaborate with each other to discuss students needs, improve their teaching skills, attend workshops, and take courses to enhance their teaching such as Mental Health courses, Trauma courses, Literacy programs, and many more.

Superintendent's Message

Safe and Caring Learning Environments and Celebrating Pink Shirt Day



At Peace River School Division (PRSD) we pride ourselves in our ability to create and foster safe and caring learning environments for our students. There are many people who play a role in this process, and I would like to take this opportunity to celebrate their efforts and thank all the students, staff, parents, local partners, and community members who contribute to creating a culture of kindness and respect in our schools.

We share in the success of our work in this regard with our school communities as our latest survey results show that 87.5% of our students, staff, and parents feel that PRSD schools provide safe and caring learning environments for students. On top of that, our 3-year high school completion rate had a significant jump from 67.8% to 77.6% which tells us that students feel confident, respected, supported and safe in our schools throughout the completion of their education.

The work we do in this regard is on-going through various programs, initiatives and presentations focused on healthy relationships, anti-racism and personal well-being. Examples of such programs and initiatives include the work of our school-based Youth Education Support Workers, Success Coaches, Divisional Social Workers, PRSD Anti-Racism Committee, student leadership groups, mentorship programs, behaviour support programs, wellness programs, the focus on citizenship division-wide, daily learning incorporated into the curriculum and the meaningful support that comes from community involvement and various agencies.

Pink Shirt Day is one day per year where we wear pink in a united stand to support healthy relationships, wellness, and diversity. Providing safe and caring learning environments for students is incredibly important to us. We understand that for students to learn, flourish and reach their full potential, they need to feel safe, happy and cared for.

Thank you so much for your involvement and support. We invite you to join us on February 23, 2022, for Pink Shirt Day when PRSD students and staff will wear pink in support of healthy relationships, wellness, and diversity.

**Adam Murray
Superintendent of Schools
Peace River School Division**

DREAMING OF **OWNING** A HOME?



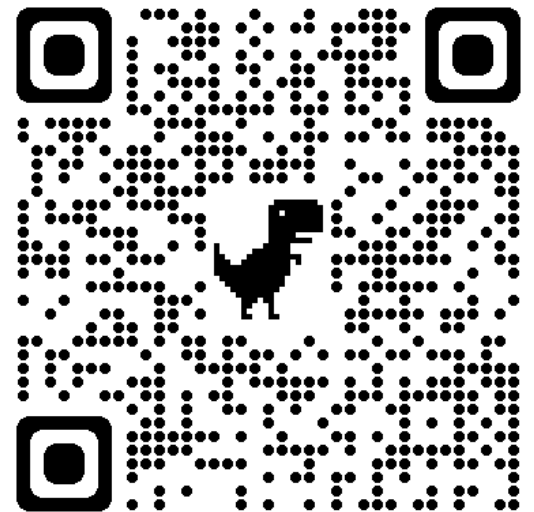
We have an affordable home available in Fairview!

Is your family eligible?
Read more and view house photos at HFH.org

- ✔ *No down payment.*
- ✔ *Affordable monthly payments include mortgage, insurance, and taxes.*
- ✔ *Mortgage payments are based on half of value of the home.*



Do you know a local family who would benefit from affordable home ownership?



Healthy Recipe's from our PRSD wellness team!



BRAIN BOOST SMOOTHIE

INGREDIENTS

- 1 1/2 cups fresh spinach
- 1 cup unsweetened coconut water or just water
- 1 ripe pear, cored
- 1 banana frozen is ideal
- 1/2 cup mango, frozen
- 1/4 avocado
- 2 tablespoons hemp hearts
- (Makes approx. 4 large cups)

DIRECTIONS

1. Wash Spinach and pear
2. Peel the mango and avocado
3. Put all ingredients into the blender and blend.
4. Enjoy!



QUICK BRAIN QUESADILLA

INGREDIENTS

- 2 Cups chopped butternut squash
- 2 cups feta, crumbled or Swiss cheese grated
- 1 can black beans
- 1 cup spinach
- 8 small flour tortillas
- (Makes 8 small quesadillas or 3 large)

DIRECTIONS

1. Prepare ingredients ahead of time by peeling, chopping and steaming the butternut squash. An option is frozen squash and then microwave it.
2. Wash your spinach
3. Rinse your beans well.
4. Lay out each tortilla on a pan with parchment paper.
5. Cover each tortilla with smashed squash
6. Continue to sprinkle the rest of the ingredients on over top.
7. Bake in your prepared oven at 350 Degrees until cheese is melted, approx 10 minutes.





Volunteers are an integral part of the AHS healthcare team, supporting and enhancing the work of our healthcare professionals, and we need volunteers now more than ever.

Volunteering with AHS is a great way to learn about careers in healthcare, gain valuable life and work experience and forge lifelong friendships.

Our volunteer programs and initiatives have been adapted to support patients and residents while following public health orders and COVID-19 protocols. Volunteer safety is a priority, and we work with every volunteer to ensure their well-being regardless of the role or setting.

For more information and to view volunteer opportunities in your area, visit [AHS.ca](https://www.ahs.ca).

School Calendar



MARCH 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1	2 FREE Hot Lunch	3 Pizza	4	5
6	7 FREE Hot Lunch	8	9 FREE Hot Lunch	10 Teacher's Convention No School	11 Teacher's Convention No School	12
13	14 FREE Hot Lunch	15	16 FREE Hot Lunch	17 Happy St. Patrick's Day!	18	19
20	Spring Break					
27	28 PD Day No School	29	30 FREE Hot Lunch	31 Pizza	1	2

APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4 FREE Hot Lunch	5	6 FREE Hot Lunch	7 Pizza	8	9
10	11 FREE Hot Lunch	12	13 FREE Hot Lunch	14 Pizza	15	16
17 Easter Sunday	18 Easter Monday	19	20 FREE Hot Lunch	21 Pizza	22	23
24	25 FREE Hot Lunch	26	27 FREE Hot Lunch	28 Pizza	29	30