



Kinkora Blazers

October Newsletter

*There is no pillow so soft
as a good conscience.*
~ French proverb ~

*Always be on the lookout
for the presence of wonder.*
~ E.B. White ~

DATES TO REMEMBER

Oct. 2 - National Truth & Reconciliation Day.
No Classes.

Oct. 4 - P.E.I.S.A.A. Zone Two Cross Country Meet

Oct. 6 - School photos

Oct. 9 - Happy Thanksgiving! No classes.

Oct. 10 - The Atlantic Association of Registrars and Admissions Officers (AARAO) Post-Secondary Opportunities Expo for Gr. 11 & 12 students in the p.m.

Oct. 14 - Annual Blazer Beef Supper

Oct. 19 - Dalhousie Faculty of Agriculture Tour for the Gr. 11 & 12 ADP students

Oct. 23 - Canadian School Library Day

Oct. 27 - Professional Learning Day. No classes.

Oct. 31 - Halloween Dress-Up Day!

Nov. 11 - Remembrance Day.

Nov. 13 - Statutory Holiday. No classes.

Nov. 16 & 17 - Annual P.E.I.T.F. Convention. No classes.

Nov. 17 - Grad photos at Heckberts in Summerside

Nov. 23 - Parent/Teacher Interviews from 3:30-8 p.m.

Nov. 24 - Parent/Teacher Interviews from 9 a.m.-12 noon. No classes.

Dec. 22 - Last day of classes for 2023

STUDENT OF THE WEEK

Congratulations to our most recent *Student of the Week* ~ **Mya Beaulieu**. Special thanks to the *Consolidated Credit Union & the K.R.H.S. Student Council* for sponsoring this award.

K.R.H.S. 'Student of the Week' is now under way. Each week one student's name is drawn. Teachers and students can fill out ballots and nominate students for good deeds and kindness towards others, or great efforts that students are showing in their classes and in the school. Teachers can find ballots in the staff room and students can go to Stew's room. Students who get their name chosen will get some treats and a drawstring bag from the Credit Union.

2024 GRAD NEWS

- *Grad photos* will take place on **Fri., Nov. 17, 2023** at *Heckbert's Photography* in Summerside. A \$20 sitting fee is due that day. A sign-up sheet will be posted outside Room 205. If that date does not suit, just call 902-436-4241 and make another appointment.

- Remember to check out the *K.R.H.S. Grads 2024 Google Classroom* and *K.R.H.S. school website* regularly for updates.

- Please submit your baby pictures for the yearbook to Mrs. McCarthy.

- The Grad Executive members are responsible for planning & organizing all grad activities throughout the year. Meetings most often take place at lunch once a month in Ms. Paynter's room. **There are 21 potential Grads for 2024.**

- Thank you to all Grade 12 students who put their names forward for the *2022/23 Grad Executive*. The following students will help organize Safe Grad events this year: **Kate Bell, Liam Duffy, Heidi Eggert, William Keough, and Owen Longuepee.**

CLASS OF
2024

2022-2023 UNDERGRAD AWARDS FOR BLAZER BLITZ

GRADE NINE

The prize for the highest average in Gr. 9 and prizes for the highest marks in English 300, History 300, and Science 300 are awarded to **Griffin Sherry**.

The prize for the second highest average in Gr. 9 and prizes for the highest marks in Math 300, History 300, and French 300, as well as The Bev Burns Memorial Award for having the highest mark in Health/Physical Education 300 are awarded to **Kimberly Destreza**.

The prize for the third highest average in Gr. 9 and the prize for the highest mark in Music 300 are awarded to **Charlee Norring**.

The prize for the highest mark in Exploratory Arts 300 is awarded to **Mason Muttart**.

Awards for consistent effort in Gr. 9 are presented to **Addison Baldwin, Trey Hughes, Maura Mulligan, Luke Stewart, and Michael Wood**.

The Principal's Attendance Award for the Gr. 9 student with the best attendance record is presented to **Drew Sutherland**.

GRADE TEN

The prize for the highest average in Gr. 10 and prizes for the highest marks in Science 421, Math 421, History 421, Foods 421, and Career Explorations & Opportunities 401 are awarded to **Cole Schofield**.

The prize for the second highest average in Gr. 10 and prizes for the highest marks in Math 421, Geography 421, and Physical Education 401 are awarded to **Oliver Murphy**.

A prize for the third highest average in Gr. 10 and prizes for the highest marks in English 421, Math 421, and Music 421 are awarded to **Madison Trainor**.

Prizes for the highest marks in Resource 401 and Career Explorations & Opportunities 401 are awarded to **Feb Reyes**.

Prizes for the highest mark in Foods 421 and Robotics 701 are awarded to **Hayden McGuire**.

Prizes for the highest marks in Math 421K and Art 501 are awarded to **Mya Beaulieu**.

The prize for the highest mark in Resource 401 is awarded to **Haven Green**.

Awards for consistent effort in Gr. 10 are presented to **Carly Affleck, Clarisse Caldon, Hannah Estabrooks, Morgan MacLellan, and Jacob MacLeod**.

The Principal's Attendance Award for the Gr. 10 student with the best attendance record is presented to **Feb Reyes**.

GRADE ELEVEN

The prize for the highest average in Gr. 11 and prizes for the highest marks in Chemistry 521, Math 521B, and Co-op Work Studies 502 are awarded to **Evan Smith**.

The prize for the second highest average in Gr. 11 and prizes for the highest marks in P.E.I. History 621 and Peer Helping 501 are awarded to **Heidi Eggert**.

The prize for the third highest average in Gr. 11 and prizes for the highest marks in Biology 521 and English 521 are awarded to **Liam Duffy**.

The prize for the highest mark in Math 521A is awarded to **Owen Longuepee**.

The prize for the highest mark in Physics 521 is awarded to **Jack Affleck**.

The prize for the highest mark in Music 521 is awarded to **Noah Woolner**.

The prize for the highest mark in Biology 801 is awarded to **Kloe Robinson**.

The prize for the highest mark in Culinary 801 is awarded to **Bethany Rogers**.

Prizes for the highest marks in Resource 501 are awarded to **Raelyn Wood & Alyssa Nimer**.

Awards for consistent effort in Gr. 11 are presented to **Kate Bell, William Keough, and Denika Lefurgey**.

The Principal's Attendance Award for the Gr. 11 student with the best attendance record is presented to **Noah Woolner**.

SPECIAL AWARDS

The Donna Lee Mulligan Memorial Award is given to the Gr. 10 student who, in the opinion of the staff, best combines academic performance and extra-curricular activities while exhibiting an enthusiastic and positive attitude. This year the recipient of the Donna Lee Mulligan Memorial Award is **Madison Trainor**.

The Sherry McGuire Memorial Award is awarded to the Gr. 11 student who, in the opinion of the staff, best combines academic performance and extra-curricular activities while exhibiting an enthusiastic and positive attitude. This year the Sherry McGuire Memorial Award is being presented to **Heidi Eggert**.

ENRICHMENT

~ Norah Pendergast's *Law 521 class* exercised their *Right to Peaceful Assembly* under *Section 2(c) of the Canadian Charter of Rights & Freedoms* on Sept. 15. #globalclimatestrike #fridaysforfuture

~ Norah Pendergast's Law 521 class will welcome the *Member of Parliament for Malpeque, the Honorable Heath MacDonald*, on October 10 to discuss Parliamentary processes in Ottawa and the responsibilities of his role as our federal representative. Also, the process for a Bill to get passed into law.

K.R.H.S. TECHSPORATIONS TEAM

The 2023 K.R.H.S. Techsplorations Team went to Holland College for the day on Sept. 20. The team consists of *Keira Duffy, Charlee Norring, Maura Mulligan, Addison Baldwin, Kimberly Destreza, and Lovelyn Pacatcatin*. Many thanks to Staff Advisors Rebecca Paynter, Amanda Moffatt, and Jessica McCarthy.

TECHSPORATION[®]

REMEMBRANCE DAY CONTEST

The *Royal Canadian Legion Borden-Carleton Branch #10* is inviting students to enter the *Annual Remembrance Day Poster & Literary Contest*. Gr. 9 falls under the intermediate category while Gr. 10-12 is senior. Students may submit *poetry, essays, black & white posters and colour posters*.

Royal Canadian Legion 

PEER TUTORS

Any Gr. 11 or 12 students interested in being a *Peer Tutor*, please see Mrs. Cousins. Peer Tutors must be able to commit to one day a week after school for tutoring. Tutors can earn Community Service Bursary hours.

K.R.H.S. PARENT COUNCIL

Our most recent *Parent Council meeting* was on Sept. 21 at 6 p.m. Parents/guardians are always welcome and encouraged to attend!

ANNUAL K.R.H.S. HOCKEY POOLS

Back by popular demand, the annual KRHS Hockey Pool will be available in mid-October. All the proceeds go right back to K.R.H.S. Athletics (to purchase uniforms, equipment, official costs). Ask a student for a form or print one off from our school website. Pool picks and money can be e-mailed to K.R.H.S. Athletic Director, Trent Ranahan @ tjranahan@edu.pe.ca. Log on to officepools.com for results. ID is kinkora & password is guest. *Cost: \$20 per entry or \$30 for 2 entries.*

1st prize \$250, 2nd prize \$150, 3rd prize \$50

**Hockey
Pool**

ALUMNI UPDATE...

Where are those K.R.H.S. grads now?

~ **K.R.H.S. Grad of 2023 Ryder Howatt** is playing hockey for the *Summerside D. Alex MacDonald Ford Western Capitals* of the Maritime Junior Hockey League (MHL). He scored a *hat trick* in their home opener against the *Pictou County Crushers* on Sept. 23 and was named 1st Game Star. Ryder is currently enrolled in the *Construction Electrical program* at *Holland College*.

~ **K.R.H.S. Grad of 2022 Lydia Hamill** is currently enrolled in her second year at the *University of Prince Edward Island* where she plays *AUS Soccer* for the *U.P.E.I. Panthers*. Lydia won '*Rookie of the Year*' in her inaugural season.

~ **K.R.H.S. Grad of 2021 Emma Clow** is currently the *Events and Membership Manager* at *The Greater Summerside Chamber of Commerce*. Prior to this she was a web writer for *CBC P.E.I.* Emma recently graduated from the

Journalism and Communications Program at *Holland College*.

~ **K.R.H.S. Grad of 1996 Andrew Smith** was recently named the *Food & Farming Champion for 2023*. The champion award is presented to a *person working in agriculture who uses their passion, skills, and knowledge to provide accurate information about farming and food production on P.E.I. in creative and exciting ways*. During tough times for the potato industry, Andrew answered the call to share how farmers were impacted by border closures. Andrew made time during his busy days to speak with reporters from the *Globe & Mail* and *Washington Post*, and appeared on the *Marilyn Denis* show. Since then, Andrew has often shared about the joys and struggles of farming, including the commitment he and other farmers have made to researching sustainable practices.

AARAO TOUR OCTOBER 10

The *Atlantic Association of Registrars and Admissions Officers (AARAO) Post-Secondary Opportunities Expo* offers Gr. 11 & 12 students and their supporters opportunities to learn about multiple educational options in one convenient location. Students will have access to *booths from 50 universities, colleges, and complimentary educational programs and resources*.

Exhibiting institutions and programs are located in the Canadian provinces of Newfoundland and Labrador, New Brunswick, Nova Scotia, Ontario, Quebec, and Prince Edward Island.

All are welcome to participate. We encourage you to explore widely and consider deeply. You may just make the best biggest decision of your life...

College and University Day @ TOSH

Grade 11 and 12 students will have the opportunity to attend a post-secondary school fair Tuesday, October 10 from 1-2pm at Three Oaks Senior High School. Representatives from various post-secondary schools will be set up in the gym and will be available to answer questions and provide information to students. This is a great opportunity for students to start planning their life after high school. We will be travelling by bus to TOSH, departing KRHS at 12:30pm and will be returning to the school by 2:30pm.

Parents and guardians will also have an opportunity to visit this fair with your student the evening of October 10. The gym will be open for visit between 5:30-7pm. There is often more time to explore schools more in depth during this time period. Should you have any questions please feel free to contact Jessica McCarthy, jlmcCarthy@edu.pe.ca.

SCHOLARSHIP OPPORTUNITIES!!

October Deadlines:

October 12 - Loran Scholarship - First Scholarship of the Year - The *Loran Scholarship* is valued at \$100,000 over 4 years, but there are various levels of this award to be given out. Deadline for applications is **Oct. 11**. Have a look at the attached website:

<https://loranscholar.ca/becoming-a-scholar/>

The selection of a Loran Scholar is unique in its attention to a young person's character. They believe that *integrity, courage, grit and personal autonomy* are better indicators of overall potential than standard academic measures.

- Be in your final year of uninterrupted full-time studies in high school.
- Present a minimum cumulative average of 85%.
- Hold Canadian citizenship or permanent resident status.
- Be at least 16 years of age by September 1st of the following year.

October 31 - Horatio Alger Canadian Scholarship - To be eligible to apply for the Horatio Alger Canadian Scholarship, applicants must meet the following criteria:

- Exhibit a strong commitment to pursue and complete a bachelor's degree program at an accredited university
- Demonstrate critical financial need (\$65,000 or less annual net income per family is required)
- Be involved in co-curricular and community service activities
- Display integrity and perseverance in overcoming adversity
- Maintain a minimum grade percentage of 65
- Attend high school (or CEGEP) and reside in Canada
- Be Canadian citizens

See the school website or the Grad Google Classroom for the links to the applications.



BLAZER BUDS BAKING CLUB

Blazer Buds Baking Club is going to be held on Mondays after school from 3-4 p.m. in the **Foods Lab**. Everyone is welcome! See Lori for more information.

K.R.H.S. CAFETERIA

We are happy to announce that K.R.H.S. will continue to participate in the **PEI School Food Program** with the *'pay what you can' model* to a maximum of \$5.75 per meal.

Food Service Team:

Michelle Gibson ~ Kitchen Manager
Michelle MacPhee ~ Kitchen Assistant
Bridgid Cole ~ Kitchen Cook

K.R.H.S. STUDENT COUNCIL NEWS

The Student Council Executive for this year:

President ~ **Bethany Rogers**
Vice-President ~ **Owen Longuepee**
Executive Members ~ **Morgan MacLellan and Heidi Eggert**
Teacher Advisor ~ **Kevin Stewart**.

Thanks to all of you for undertaking these leadership roles for the school.

ACADEMY DIPLOMA PROGRAM IN AGRICULTURE & BIOSCIENCE

Jessica Reeves is in charge of the **Academy Diploma Program in Agriculture & Bioscience** here at K.R.H.S.

Our first activity for the members of the Gr. 11 & 12 ADP program was on Sept. 19. Our students were invited to the **Cavendish Research Centre** for a hands-on morning learning about their plant breeding program, and in the afternoon, students toured the **Cavendish Farms Processing Plant**.

Our first activity for the Gr. 10 ADP was on Sept. 22. **The P.E.I. Federation of Agriculture** was excited to host **'Animal Safe Handling Day'** at **Orwell Corner Historic Village**. Students learned about the importance of farm and animal safety by participating in a hands-on training day and obtained their **Animal Safe Handling certificate**.

Congratulations to Gr. 12 students **Owen Longuepee & Raelyn Wood** on being named this year's ADP Co-Presidents. We are looking forward to a great year with **Morgan MacLellan & Vance Lawless** holding VP positions, **Charleigh Webster & Keira Duffy** being Grade Level Reps, and **Maura Mulligan** in the new role as Media Manager.

FROM STUDENT SERVICES...

Applications to post-secondary schools generally open up in October/ November for early admissions. Many students choose this option to allow lots of time to decide where they want to attend. Pop in to see Mrs. McCarthy if you have any questions!



K.R.H.S. YEARBOOK

The yearbook committee is excited to get started on the 2023-24 yearbook. To gather as many photos as possible of each grade they are looking for **1-2 people per grade to be a yearbook photographer**. Here are the responsibilities:

- during school events and breaks take pictures of your grade participating in an event or hanging out in hallways
- upload these photos to the yearbook folder on Google drive

This is a great opportunity to get involved in the school and see what yearbook is all about. Plus there are some perks like getting a free yearbook at the end of the year! Please see Mrs. McCarthy if you are interested.



BLAZER SPORTING NEWS

Intermediate Girls Soccer - Congratulations to the ACC/KRHS/Somerset Girls' Soccer team on winning their season opener against SIS Team #2, 1-0.

Intermediate Boys Soccer - Coach is Jonathan Nicholson.

Senior Women's Volleyball - Coaches are Rachel Paynter & Trinity Somers.

Cross Country Team - Coach is Norah Pendergast. Zones are Oct. 4.

Senior Women's Soccer - Coaches are Donald Mulligan & Lorne Pidgeon. KISHora defeated Charlottetown Rural 2-1 on Sept. 27 in Kensington.

Senior Men's Soccer - Coach is Kirk White. The team defeated Evangeline 8-0 on Sept. 20.

Senior Men's Baseball - Coaches are Chris Keough & Adam Gaudet.

Power Lifting - Coach is Trent Ranahan.

Blazers Golf - Coach is Matt Killeen.

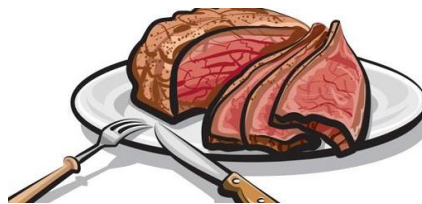


BLAZER BEEF SUPPER

The *Annual Blazer Beef Supper*, a major K.R.H.S. fundraising event, will be held *at the school on Saturday, October 14 from 4-6 p.m.* Cost is \$20 for adults & \$10 for children under 12. **Take-out ONLY.**

This is a joint initiative involving parents, students, staff & the community. The supper is one of the major fundraisers carried out by the students of K.R.H.S. and all funds generated from this activity will be used in support of school activities throughout the year.

For the supper to be a success, we anticipate the same cooperation and generosity that we have received over the past years. **Parent volunteers are a huge part in the success of the supper!!!** If you are interested in lending a helping hand, please call Tracy Thomson or Ryan McAleer at 902-887-2424. We thank you for your continued support.



K.R.H.S. STUDENT REPORTER

Any Gr. 12 students interested in being a *Student Reporter* this year, please give your name to Mrs. Tremere. School reporters must be dependable, savvy with e-mail, and able to meet deadlines. Every week a school reporter e-mails our weekly report to the Guardian & Journal newspapers as well as the County Line Courier. These school reports cover upcoming events, recognitions,

important dates to remember, field trips, scholarship opportunities, sports, plus more and are a valuable way to communicate with students, parents & the community. Student reporters also help with the monthly Blazer newsletters.

SCHOOL CLOTHING/ BLAZER SPIRITWEAR

Anyone interested in ordering school clothing can do so at any time using the website: <http://kinkora.entripyshops.com/>

ANNUAL K.R.H.S. FROZEN PIE FUNDRAISER SEPT. 25 TO OCT. 10

The Student Council has started fundraising for the current school year. Just in time to stock your freezer for the holidays - Kinkora Regional High School is once again holding our very popular *frozen pie fundraiser from Sept. 25 to Oct. 10.* All pies come frozen and ready to bake, with the exception of the pumpkin pie, which is thaw and serve. To place an order, contact a K.R.H.S. student or call the school at 887-2424.

Back by popular demand is the 9" meat pie and turkey pot pie made at the Home Place in Kensington for **\$14** each. The 8" fruit pie flavors being sold during this year's campaign include the unbaked apple, cherry, caramel apple, strawberry rhubarb, no sugar added apple, blueberry, classic berry (blueberry, raspberry, and cranberry) and the thaw and serve pumpkin at a cost of **\$8** each. We are also selling pecan pie at a cost of **\$9**.

Pies will be ready for pick up on Wednesday, November 15th from 3:30-6:00 p.m. at the Kinkora Fire Hall. Students will pick up the pies they sold and deliver them to their customers. It is important that orders are picked up on that day as there is no freezer space available at the school to store pies.



ANNUAL K.R.H.S. TERRY FOX RUN

Our *43rd Annual K.R.H.S. Terry Fox Run* was held on Sept. 20 with all funds raised going to *cancer research.* We thank Kevin Stewart & the Student Council for their tremendous efforts in organizing this event. The amount we raised was **\$460.** Congratulations to *Madison Trainor* as she brought in the most donations.



K.R.H.S. LIBRARY

Blazer Book Club meets every Friday from 11:45-12 noon in the K.R.H.S. Library. All are welcome!!

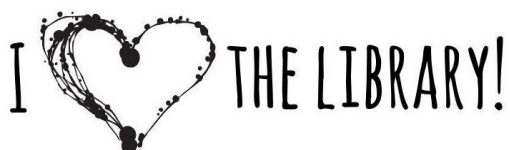
October is *Canadian Library Month!* The K.R.H.S. library is open *every day* before school,

during class, at breaks, at noon, and after school. Special thanks to Teacher Librarian Shelley Tremere.

Did you know...that there are over *seven times as many public libraries in Canada as Tim Hortons franchises?*

...that more Canadians visit libraries than take part in golf, hockey, baseball & swimming combined?

...that 2/3 of Canadians or 24 million people have a public library card?



DUNGEONS & DRAGONS CLUB

Dungeons & Dragons Club will be meeting in Room 205. All are welcome. See Mr. Voht for more information.

PAGE PROGRAM

The P.E.I. Legislative Assembly is once again looking for high school students to participate in the **2023/2024 Legislative Assembly Page Program**. This is an opportunity for a Grade 11 or 12 student from K.R.H.S. to work in the Assembly as a paid **Page**. If you are interested in how government works and want to apply, please give your name to Mr. McAleer.



LIBERATION OF HOLLAND 2025 TRIP

P.E.I. students will travel to Europe in May 2025 to commemorate the **80th Anniversary of the Liberation of the Netherlands**. Over the course of nine days, students will travel to **France, Belgium & Holland**. This is open to students who are currently in Gr. 9 & 10. There was a **Parent Meeting** back in May for any interested parents but feel free to contact Amanda Moffatt anytime for more information.

K.R.H.S. BREAKFAST & SNACK PROGRAM

Lori Allen, our Youth Service Worker, as well as several student volunteers are busy every morning supervising and preparing for our **breakfast/snack program which is offered free for all students daily** from 8:15-8:30 a.m. There are smoothies, yogurt, granola bars, and fresh fruit available every morning. Any student interested in volunteering to help with the **Breakfast Program** are asked to contact Mr. McAleer or Ms. Allen. Breakfast Program volunteer hours can count towards Community Bursary Hours.

NUT BAN

Our school has a **TOTAL NUT BAN** due to students with severe allergic reactions to nuts.



COMMUNITY SERVICE BURSARY PROGRAM

Did you know that you **can earn money towards a bursary at the end of Grade 12 by volunteering in your community?** Students can register with the program after their Grade 9 year and can **collect credit for up to 150 hours of volunteer work**. For more information please visit their website at <https://www.princeedwardisland.ca/en/information/education-and-lifelong-learning/community-service-bursary>

The **Crapaud Curling Club** is looking for **student volunteers**. If any students are in need of volunteer hours, please contact Nadine Wood or e-mail crapaudcurlingclub@gmail.com.

The **Rural Municipality of Kinkora** is looking for **student volunteers** for their Fall Fest weekend on October 27-29. Students can earn Community Service Bursary hours for volunteering. If interested, please come and see Mrs. Cousins in Room 113.

Any student interested in volunteering to help with the **Breakfast Program** are asked to contact Mr. McAleer or Ms. Allen. Breakfast Program volunteer hours can count towards Community Bursary Hours.



Dear School District of Prince Edward Island and Community Organizations,

NEW 2SLGBTQIA+ RESOURCES

There is a new resource to support parents and caregivers of 2SLGBTQIA+ (Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and other diverse sexual orientations and gender identities) youth in our community. If you have folks in mind that you think may benefit from this drop-in group, we invite you to please share the following information with them.

Facilitated by Jess Sherman, Our Landing Place is hosting a Drop-In Group for parents who want to connect, share experiences, and learn more about how to provide a safe and affirming environment for their 2SLGBTQIA+ children.

Date: Starting October 1, 2023
Monthly meetings for 6 months
Time: (Sundays) 5:00 pm - 6:30 pm AST

What To Expect:

A safe and confidential space to share thoughts, feelings, and experiences.
Resources and information to better understand and support your child.
Opportunities to connect with other parents who are on similar journeys.
Guidance on navigating school-related issues and advocating for your child's needs.

Who Can Attend:

This group is open to all parents, guardians, and caregivers in the Prince Edward Island school district who have 2SLGBTQIA+ children or want to learn more about supporting 2SLGBTQIA+ youth.

If you have any questions or need further information, please do not hesitate to reach out to us at admin@ourlandingplace.ca

Together, we can create a more supportive and affirming environment for all our youth.

HOME & SCHOOL NEWS

Semi-Annual Meeting

The PEI Home and School Federation's Semi-Annual Meeting will be held on Monday, October 23, 2023, 6:00-8:00 PM at Central Queens Elementary School, 19821 2 Rte, Hunter River, PE C0A 1N0. Light refreshments provided.

"HELP MY CHILD" Panel Discussion topics/speakers will include:

1. What is Home & School? David Schult, Former international school teacher and administrator having worked overseas for over 24 years, in seven countries before returning to Canada in 2021, will provide background and context to what Home and School is and does.
2. COMPASS Student Health Survey! Cody Davenport, PEI COMPASS Research Project Lead, PEI Chief Public Health Officer, will present student health survey results about their health and health behaviours including sedentary behaviours, physical activity, mental health, healthy eating, substance use, bullying, academic outcomes, and sleep.
3. Screens in schools: simple ways to maximize the benefits and minimize the harms! Dr. Travis Saunders, PhD, CSEP CEP, Professional Kinesiologist (he/him), UPEI Associate Professor, Dept. Applied Human Sciences. Screens are an increasingly regular part of the school day bringing both opportunities and challenges for student learning and health. Dr. Saunders will give an overview of research on the

ways that schools can maximize the benefits and minimize the harms of screen use in schools.

REGISTER by Oct. 18/23 using the Online Registration Form linked here:

<https://docs.google.com/forms/d/1jqKPoXSDO1MH9GulZ9Hp3xqXJbtNXtr1dENvPmPmqEM/edit>

Parent Leadership Grants

Funds are available for up to \$500 per Home and School Association to organize parent educational, leadership initiatives in your school community. For more information, go to: <https://peihsf.ca/grants/>

Questions? Contact the Federation office at: 902-620-3186 / 1-800-916-0664 / peihsf@gov.pe.ca

Follow PEIHSF on Twitter @peihsf and Facebook at: PEI Home and School Federation



*I've always made a total effort,
even when the odds seemed entirely against me.
I never quit trying;
I never felt that I didn't have a chance to win.
~ Arnold Palmer ~*

*Education is the most powerful weapon which
you can use to change the world.
~ Nelson Mandela ~*

*Don't let what you cannot do interfere
with what you can do.
~ John Wooden ~*

*My friends, love is better than anger.
Hope is better than fear.
Optimism is better than despair.
So let us be loving, hopeful, and optimistic.
And we'll change the world.
~ Jack Layton ~*

