



Kinkora Regional High School

Home of the Blazers

Kinkora Blazers

September Newsletter

*Tomorrow is always fresh,
with no mistakes in it.
~ L.M. Montgomery ~*

*One learns by doing a thing:
for though you think you know it,
you have no certainty until you try.
~ Sophocles ~*

DATES TO REMEMBER

- Sept. 7** - *First day of classes for students*
Sept. 14 - *K.R.H.S. Open House @ 6 p.m.*
Sept. 15 - *Peer Helping Training*
- *Blue & Gold Day and Annual Blazer Blitz Pep Rally (Block D)*
Sept. 17 - *P.E.I. Open Farm Day*
Sept. 19 - *Cavendish Farms Research Tour for the Gr. 11 & 12 ADP students.*
Sept. 20 - *Annual Terry Fox Run (in the p.m.)*
Sept. 22 - *The Gr. 10 ADP students will be participating in Safe Animal Handling Training with the P.E.I. Federation of Agriculture at Orwell Corner.*
Sept. 25 - *Grad meeting & group grad photo in grad gowns during Block C*
Sept. 26 - *Annual Pie Fundraiser begins*
Sept. 28 - *Orange Shirt Day*
Sept. 29 - *Professional Learning Day. No classes.*
Oct. 2 - *National Truth & Reconciliation Day. No Classes.*
Oct. 4 - *School photos*
- *Cross Country Zone Meet*
Oct. 9 - *Happy Thanksgiving! No classes.*
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.*
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*

WELCOME!

Welcome to all K.R.H.S. students, especially our new Gr. 9 students. We have 133 students plus 14

teachers, 3 educational assistants, 1 youth service worker, 3 support staff, 3 chefs, and 6 bus drivers. Here are all our staff members and their contact information:

Sandra Albert (smalbert@edu.pe.ca) ~ Custodian
Lori Allen (laallen@edu.pe.ca) ~ Youth Service Worker

Leanne Arsenault (leannearsenault@edu.pe.ca) ~ Educational Assistant

Traci Campbell (tdcampbell@edu.pe.ca) ~ Educational Assistant

Lesley Cousins (ldcousins@edu.pe.ca) ~ Peer Helping, Resource, ESAP

Elmer Croken (ecroken@edu.pe.ca) ~ Custodian

Matt Killeen (makilleen@edu.pe.ca) ~ Vice-Principal, Math, Leadership, Chemistry, and Biology

Jill Parker (jparker@edu.pe.ca) ~ Math, Foods & Nutrition, and Career Explorations & Opportunities

Ryan McAleer (rmcaleer@edu.pe.ca) ~ Principal, Physics, and Calculus

Jessica McCarthy (jlmccarthy@edu.pe.ca) ~ School Counselor

Amanda Moffatt (almoffatt@edu.pe.ca) ~ Resource, English, and Global Issues

Rebecca Paynter (rjpaynter@edu.pe.ca) ~ Math and Robotics

Norah Pendergast (nependergast@edu.pe.ca) ~ Law, Core French, Exploratory Arts, Writing, and English

Trent Ranahan (tjranahan@edu.pe.ca) ~ Athletic Director, Physical Education, Math, and Site Technology Contact

Jessica Reeves (jsreeves@edu.pe.ca) ~ Agri-Science/Animal Science, Math, Culinary, and ADP in Agriculture & Bioscience

Kevin Stewart (kpstewart@edu.pe.ca) ~ Entrepreneurship, Social Studies, English, Civics, and Ancient History

Tracy Thomson (ttthomson@edu.pe.ca) ~ Administrative Assistant

Shelley Tremere (sdtrere@edu.pe.ca) ~ Library, P.E.I. History, Co-op Work Studies, and Distance Education

Jennifer Vaughan (jvaughan@edu.pe.ca) ~ Educational Assistant

Dylan Voth (dlvoth@edu.pe.ca) ~ Science, Biology, and Chemistry

Kirk White (kdwhite@edu.pe.ca) ~ Music and English

Bus Drivers:

Ron Drummond ~ Bus Driver

Pat Flood ~ Bus Driver

Kenny Lawless ~ Bus Driver

Victor Martin ~ Bus Driver

Bethany Smith ~ Bus Driver

Pat McIver ~ Bus Driver

Debbie McIver ~ Bus Driver (on leave)

Food Service Team:

Michelle Gibson ~ Kitchen Manager

Michelle MacPhee ~ Kitchen Assistant

Bridgid Cole ~ Kitchen Cook

The following T.O.S.H. & Holland College staff also teach some of our students:

Richard Beaulieu (rxbeaulieu@edu.pe.ca) ~
Welding

Rob Corkum (rtcorkum@edu.pe.ca) ~ Carpentry
Nathanial Croken

(njcroken@hollandcollege.com) ~ Transitions
Coordinator

Steve Tessier (sttessier@hollandcollege.com) ~
Transitions

Mike MacKinnon (mtmackinnon@edu.pe.ca) ~
Automotive Technology

WARM BLAZER WELCOME!!

A warm Blazer welcome to all K.R.H.S. students, and a very special welcome to our newest staff member, **Jill Parker**, who will be teaching Math, Foods & Nutrition, and Career Explorations & Opportunities.

K.R.H.S. OPEN HOUSE

The **K.R.H.S. Open House** will be held on Sept. 14 @ 6 p.m. All parents/guardians are encouraged to attend. Great chance to meet the teachers, find out about courses & school goals, and tour the school.



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.

NATIONAL DAY

FOR TRUTH AND RECONCILIATION

Our school will honor the National Day for Truth and Reconciliation, formerly known as Orange Shirt Day – Every Child Matters, on Thursday, September 28. Students and staff are **encouraged to wear orange on this day in school to show support for the healing journey of the survivors of the residential school experience**, and to show our support of the National Day for Truth and Reconciliation.

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 has been planned for the members of the Gr. 11 & 12 ADP program for Tuesday, September 19. Our students have been invited to the **Cavendish Research Centre** for a hands-on morning learning about their plant breeding program, and in the afternoon they are tentatively planning on touring the **Cavendish Farms Processing Plant**.

Our first activity has been planned for the members of the Gr. 10 ADP program for Friday, September 22. **The P.E.I. Federation of Agriculture** is excited to host **'Animal Safe Handling Day'** at **Orwell Corner Historic Village**. Students will learn about the importance of farm and animal safety by participating in a hands-on training day and will obtain their **Animal Safe Handling certificate**.

Other Important Upcoming ADP Dates:

September 17 – **P.E.I. Open Farm Day** (all students are encouraged to participate with their family and friends.) Check out the website for more details: www.peiagsc.ca/openfarmday

FROM STUDENT SERVICES...

The Student Services team at K.R.H.S. would like to welcome back all students and would like to especially welcome our Grade 9 students to our school. We hope that you all have an awesome school year. Our team consists of many people within the school, but the two that you will see most often are **Lori Allen and Jessica McCarthy**. Let us introduce ourselves.

Jessica McCarthy is the School Counsellor at KRHS. She can help students talk about issues happening with friends, family or internally. She is also here to help students plan for their futures, so if you are looking for information on jobs, post secondary institutes or programs send her an email, or visit her in her office upstairs by the library. Mrs. McCarthy can accommodate students all blocks of the day, both semesters.

Lori Allen is the Youth Service Worker at KRHS. She can help students with many of the same personal issues as Mrs. McCarthy. She can also be found in classrooms supporting students. Lori can be found in her office, in the downstairs hallway, Blocks B and C & D first semester.

Both Lori and Jessica might be pulling students from classrooms throughout the year. This happens for many different reasons such as giving the student a message, answering a question about university to chatting about a personal issue. We ask that other students not make a big deal about this and not to tease any student who is pulled from class. Of course, if you don't feel comfortable with either Lori or Jessica coming to

your classroom, please let them know and they will find alternate arrangements.

Finally, Lori and Jessica want to be there to support students and keep things as confidential as possible, but they always like to remind students of their limits to confidentiality. If you tell them something that meets any of these criteria, they have a legal duty to inform someone else: a) you are thinking of hurting yourself or someone else, b) you talk about someone hurting you or c) if they are legally required to share information.

Grade 12 News

Welcome to your final year of high school! An exciting and scary time for many students. Mrs. McCarthy will be with you this whole year to help you find your right path, apply for your schools and find as many scholarships as possible!

To get started, make sure you have joined the Grad Class Google Classroom

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. Looking for Grade 12 students who can demonstrate *'integrity, courage, grit and personal autonomy'*. Deadline for applications is **Oct. 11**. Have a look at the attached website:

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

A grad meeting is usually held in the fall to help you get started on your planning for life after high school. At this meeting, students will sign up for an individual appointment with Mrs. McCarthy so she can hear more about your plans and give you more information to help you along the way. On Sept. 25, there will be a **Grad meeting & group grad photo** in grad gowns out on the front step during Block C.

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 -

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. Provincials are ??

Senior Women's Soccer - Coaches are Donald Mulligan & Lorne Pidgeon.

Senior Men's Soccer - Coach is Kirk White.

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.

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. There are 21 potential Grads for 2024.

CLASS OF
2024

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.

SCHOOL CLOTHING/ BLAZER SPIRITWEAR

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

ALUMNI UPDATE...

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

~ **K.R.H.S. Grad of 2017 Meghan Morrell** recently graduated from the **University of Prince Edward Island** with a **Bachelor of Science degree**, majoring in **Kinesiology** and minoring in **Biomedical Physics**.

~ **K.R.H.S. Grad of 2018 Callie Thomson** is one of only twenty-two post-graduate students to join the **Consortium on Analytics for Data-Driven Decision making (CAnD3) training program** as a **Fellow** of the 2023/2024 cohort. CAnD3's primary goal is to collaboratively develop, implement, and deliver an innovative

training program – Population Analytics in an Aging Society – to equip the next generation of academic and applied population researchers with the knowledge, skills, and networks to support data-driven decision-making in aging societies. This fellowship award is valued at \$5,000 from **CAnD3/McGill University** and \$5,000 from **Mount Saint Vincent University**. Callie is a Masters degree student at **Mount Saint Vincent University**, where she is currently entering her second year in the **Department of Family Studies and Gerontology**. Previously, she graduated from the **University of Prince Edward Island** with a **Bachelor of Science** degree in **Biology, Specialization in Life Sciences**, and Minors in **Biomedical Physics** and **Psychology**. Currently, Callie holds a **Research Assistant position** at the **Nova Scotia Centre on Aging**, where she is involved with projects surrounding a systematic review of caregivers within the province.



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** will be 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. **Last year we raised \$514**. Home room teachers will hand out pledge sheets

in the week prior to the event and students can return their pledge sheets and donations to their home room teacher. Any donations by cheque are to be made out to The Terry Fox Foundation. The student in the school who raises the most in pledge money will also receive a \$25 prize gift card.



K.R.H.S. LIBRARY

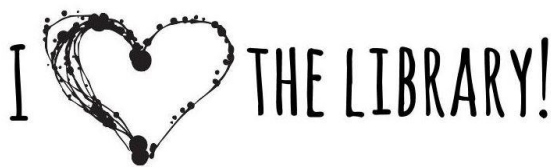
Blazer Book Club meets every Friday from 11:45- 12 noon in the K.R.H.S. Library. All are welcome!!

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?



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*.



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 before September 29.



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.



NUT BAN

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



OHS LEADERSHIP PROGRAM

The Workers Compensation Board is seeking *two Gr. 11 or 12 students* for its *Occupational Health and Safety Leadership Program*. Students, in teams of two, who are selected and complete all program requirements will receive \$500 at the end of the school year. For more information, see www.wcb.pe.ca/Workplace/Programs.



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.

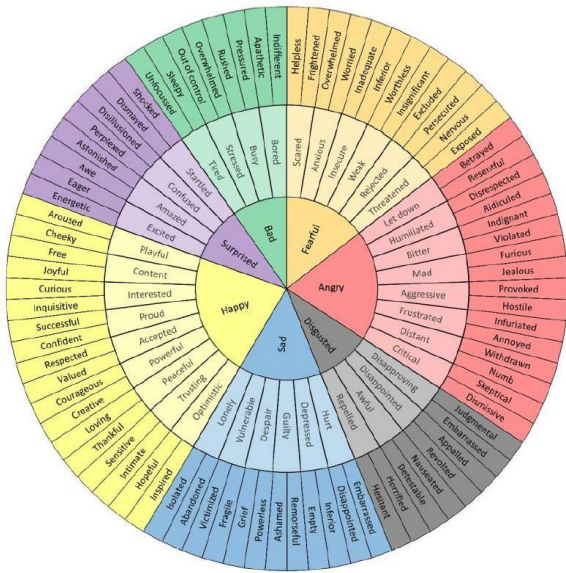
VOLUNTEER



SOCIAL EMOTIONAL LEARNING MINUTE FOR SEPTEMBER

Identifying Your Feelings

Did you know that one way to help control your feelings is being able to use the right language to describe what you feel? In the counselling world we call it “name it to tame it”. Often, we can identify the basic emotion of sad, mad, scared or happy, but emotions words can be much more descriptive and therefore better able to identify the feeling. The **feelings wheel** is a great way to help you find the more descriptive feeling word. Start with your basic emotion and work out towards the edge of the wheel to find your more descriptive word. Once you know it, you will interact with that feeling in a much different way and will hopefully “tame” your reaction to it.



ALBANY CENTENNIAL 4-H CLUB

Albany Centennial 4-H Club invites interested youth between the ages of 8 - 21 (as of Jan. 1st, 2024) to join our club. As a club, youth participate in social activities, community service, agriculture awareness and communications (public speaking) activities as well as individually chosen specific projects. **Registration Brunch for 4-H members and volunteer leaders will be**

- **Saturday, September 23rd**
- **10:00 - 11:00 a.m.**
- **Albany Hall**
- **Refreshments & drinks served**

For more information, please call or text Brenda Larsen at 902-439-0544.

*Life is not meant to be easy, my child;
but take courage: it can be delightful.*

~ George Bernard Shaw ~

*The fight is won or lost far away from witnesses -
behind the lines, in the gym, and out there on the
road, long before I dance under those lights.*

~ Muhammad Ali ~

Three rules of work:

*Out of clutter, find simplicity;
from discord, find harmony;*

in the midst of difficulty lies opportunity.

~ Albert Einstein ~

The past can't see you, but the future is listening.

~ Destin Figuiier ~

I am still learning.

~ Michelangelo ~

Smooth seas do not make skillful sailors.

~ African proverb ~

A day without laughter is a day wasted.

~ Charlie Chaplin ~

*To accomplish great things,
we must not only act, but also dream;
not only plan, but also believe.*

~ Anatole France ~

The wisest mind has something yet to learn.

~ George Santayana ~

Time is the coin of your life.

*It is the only coin you have
and only you can determine
how it will be spent.*

~ Carl Sandberg ~

*Twenty years from now you will be more
disappointed by the things you didn't do than by
the ones you did do. So throw off the bowlines.
Sail away from the safe harbor. Catch the trade
winds in your sails. Explore. Dream. Discover.*

~ Mark Twain ~

