



PEACE REGIONAL OUTREACH CAMPUS

Important Dates:

Nov. 11 - No School
Remembrance Day
Nov. 23 - PD Day
No School

Phys Ed Opportunities

Nov. 4 - Rec Center 1:45pm
Nov. 5 - Rec Center 1:45pm
Nov. 12 - Rec Center 1:45pm
Nov. 18 - Swimming 11am
Nov. 19 - Fitness
Nov. 25 - Rec Center 1:45pm
Nov. 26 - Fitness 1:30pm

Newsletter

November 2015

Principal's Message

November is a month when we can 'hunker down' and really progress on our academic goals. There are few holidays to distract us and the weather makes us want to stay inside. I will be contacting you to discuss your progress. It is a time to adjust your plans and commit to your future.

In October we started Aboriginal Studies and Art. There is still time to join the classes, just ask Dave, and we began the Parent Class.

Carol

Remembrance Day Nov. 11th No School



Outreach will be observing a minute of silence and having a small presentation on Nov. 10th at 11am.

DID YOU KNOW...

There is an Alberta Health Services Addictions Counsellor that travels to your school. This Addictions Counsellor is available to provide addictions counseling to students, parents and family member's seeking help in overcoming or coping with problems or concerns resulting from the use of alcohol, tobacco, other drugs or gambling. This service is confidential and free of charge.

Kaitlin Maguire is the Addictions Counsellor for our school.

Please contact us at:
780-624-6193



Learn To Type

Typing is a key skill in today's job market. We have a cool program to help you learn to type and, as a bonus, kill zombies. Don't forget our Fastest Fingers competition (great prize) to find the fastest typist at the Outreach.

See Paul for details.



Morning Walk

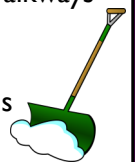
Did you know that as little as 15 minutes of outdoor activity has been proven to increase academic achievement? Our walk is based on scientific evidence! Walking increases blood flow and oxygen to the brain and our other major organs which positively impacts our brain's ability to think well.

Remember to dress for the weather as we walk in most weather. Embrace the walk and feed your brain!



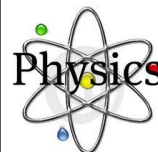
Spotlight on Health and Safety

Before venturing outdoors check the weather and dress appropriately for the temperature and activity. Keep walkways and driveways clear for winter visitors and Emergency Services. Recognize and treat any early signs of hypothermia or frostbite.



CALM w/ Carol

Nov. 18th 1-2pm
Nov. 25th 1-2pm



Physics Help with Cal

Nov. 3 - 8:30-12pm
Nov. 12 - All day
Nov. 17 - 8:30-12pm
Nov. 24 - 8:30 - 12pm