

Park West Publisher

December 2019

LEARNERS TODAY, LEADERS TOMORROW

IN THIS ISSUE

Budget Process.....	2
The Rights of Youth.....	2
May Planning Day.....	2
Vaping : What Youth and Parents need to know.....	3
Celebrating Students.....	4



RBC Future Launch Challenge Grant Recipients



On behalf of the Board of Trustees and Divisional Administration, we would like to extend season's greetings to staff, students, parents/guardians, and community members. Have a safe and relaxing holiday season. Merry Christmas and Happy New Year.



The Birtle Collegiate Peer Counsellors are the successful recipients of the Royal Bank of Canada's Future Launch Challenge. They received a grant of \$15,000 to promote mental health and wellness in their school community. This grant is geared towards youth ages 15 and older and was available through the Birtle and Area District Foundation.

The grant application process allowed for five youth to apply stating an urgent need within a community. Cole Stainer, Janessa Sandstrom, Madison Barteaux, Josh Simard and Jessica Young submitted the application titled: BCI Wellness - Head, Heart and Hands. In the application, these students worked on a budget to determine where they could best use these funds to address both mental and physical health needs in their school. The goals that these students submitted are:

- Provide a free, healthy breakfast to all students at BCI.
- Have all BCI staff and other community members trained in SafeTALK to further the Division's initiative to have all Grade 11 students trained in SafeTALK.
- Bring in presenters addressing current mental health needs within the school and invite surrounding schools to attend.
- Provide basic personal hygiene items (toothbrushes, toothpaste, soap, feminine hygiene products, deodorants) free to students to be placed in bathrooms for easy and private access for those who need them.
- Purchase and display motivational and informational posters and decor to create a safe and caring environment for all staff and students.

The BCI Peer Counsellors were thrilled to hear that they had been chosen to receive this grant and were even more excited to know that the RBC Future Launch Challenge board recognized that mental health and wellness is such an important topic that needs to be talked about and addressed. With this grant money, the Peer Counsellors can continue to do the good work they have been doing promoting mental and physical health and wellness, and look forward to working together to meet all of their goals by the end of June, 2020.

-Submitted by Josie Simard

Change in May Planning Day

The divisional calendar has been updated with the following revision...the school planning day originally scheduled for May 8 is now May 15. This will enable families to have an additional day off during the May long weekend. A digital version of the calendar

Budget Process

The local School Board has an annual responsibility of developing a divisional operating budget consistent with the priorities defined in Board policies and the Board's Strategic Plan.

The following timeline is used for annual divisional budget development:

December:

During the month of December departments will prepare a draft budget. The draft will be reviewed by the Superintendent.

Principals will be asked to provide student enrolment projections for each grade to the Superintendent.

Pre-budget consultation will occur with the public via an online survey.

January:

Senior Administration will prepare a draft staffing plan per school. Senior Administration will meet with each school principal to review the draft school staffing plan.

Senior Administration develops draft budget framework.

February:

An overall draft budget is prepared by the Secretary-Treasurer and presented to the Board.

March:

Final budget is prepared and passed by the Board. By March 15, the Secretary-Treasurer submits the special levy request to the Public Schools Finance Branch.



Park West School Division invites stakeholders (staff, students, parents/guardians, community members) to complete a short survey to help inform our budget planning. The survey is available at www.pwsd.ca and will be open until December 31, 2019.

The Rights of Youth: You and School

Each newsletter will feature a couple of topics that occasionally come up in conversations between school and home.

Must I participate in religious ceremonies and patriotic observances at school?

If your school provides O Canada and God Save the Queen, you have to take part unless you are excused by the School Board. If you go to a public school, which has a period of prayer or religious instruction, you can take part if your parent or guardian wants you to. If you are over 18, you can make that decision yourself. With the exception of our two Hutterian Schools, Park West School Division has no schools which have religious exercises or religious instruction.

When may I leave school?

In November 2010, the Province proposed changes to when you can leave school without your parent's or guardian's approval. With these changes, you cannot leave school until you are 18 or have graduated, whichever comes first.

What if I want to go back to school?

If you have left school before graduating, you have the right to return up to June 30 of the year that you turn 21. You might be able to return if you are over 21, but this is no longer a right. It is up to the school to decide if you can come back.



Student Citizenship

Do you know an outstanding student or group of students in Park West? Someone who is a community volunteer, or a group that motivates others to benefit their community?

The Manitoba School Boards Association's Student Citizenship award recognizes individual and groups of students that demonstrate their commitment to the values of citizenship through various activities. Students, staff or community members may nominate a student or group for these awards. Nomination forms are available from your school office. Deadline for submission to the division office is January 7, 2020.



We will bring the world to our **Students**

to prepare our students for the **world.**



Vaping: What Youth and Parents Need to Know

Numerous studies across North America show that vaping is on the rise among teenage students. There is a good chance that your child has been or will be exposed to vaping and e-cigarette products. As a parent/guardian, you play an important role in helping your child make informed decisions. This resource will provide you with need-to-know information about vaping so that you are better prepared to talk with your child.

What is Vaping?

Vaping is the act of inhaling and exhaling an aerosol produced by a vaping product, such as an electronic cigarette. Vaping doesn't require burning like cigarette smoking. The device heats a liquid into a vapour, which then turns into an aerosol. This vapour is often flavoured and may contain nicotine. Cannabis can also be consumed by vaping (breathing in dried cannabis or liquid cannabis vapours).

Vaping devices are usually battery-powered and may have removable parts. Vaping products have many names: mods, vapes, sub-ohms, vape pens, e-hookahs, tank systems, electronic cigarettes, and e-cigarettes. Most vaping devices consist of a battery, mouth-piece, heating element, and a chamber (tank or reservoir to contain a liquid solution).

Vaping products may be difficult to recognize or detect. Devices come in a variety of shapes and sizes, some resembling a USB flash drive. Vaping may not leave a lingering identifiable smell.



Health Risks of Vaping

Vaping is not safe. According to Health Canada, children and youth are especially susceptible to the harmful effects of nicotine, including addiction. They may become dependent on nicotine with lower levels of exposure than adults.

Nicotine can affect memory, concentration, and is known to alter brain development. Vaping may also result in lung damage. There is no burning during vaping but the vaping process needs the liquid to be heated. This can create new chemicals such as formaldehyde. Some contaminants (e.g. nickel, tin, and aluminum) might also get into the vaping products and then into the vapour.

The ingredients typically found in vaping liquids include glycerol, flavours, and propylene glycol. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed. The Government of Canada is investigating the emergence of severe lung illness related to vaping. Health Canada is advising Canadians who use vaping products to monitor themselves for symptoms of pulmonary illness (e.g., cough, shortness of breath, and chest pain) and to seek medical attention promptly if they have concerns about their health. Youth and persons who are pregnant should not vape.

Vaping and the Law in Canada

The Tobacco and Vaping Products Act (TVPA) became law in Canada on May 23, 2018. Although the federal government now regulates vaping products sold in Canada, it is still illegal for vaping products to be sold or given to anyone under 18 years of age. In Manitoba effective October 1, 2017, The Non-Smokers Health Protection Act (NSHPA) restricts youth access to vapour ("vape") products. The Act also places restrictions on the display, advertising and use of vapour products, similar to the restrictions currently in place for tobacco products.

Vape-Free Schools

Park West School Division recognizes its responsibility to promote a healthy lifestyle and ensure a smoke, tobacco, and vape-free environment for the health and welfare of students, staff, and visitors.



All schools in Park West School Division are vape-free. Vaping is not permitted in schools or on school property. Students caught vaping in the school or on school grounds are in violation of Manitoba law and are in breach of student conduct rules. Consequences of such actions may include but are not limited to; confiscation of the vape and vaping device, disciplinary meeting, and suspension from school.

Scholarship News

On December 2nd, the Macphail/McCormick Memorial Committee and the Lauman Memorial committee held their annual meetings. The committees are pleased to announce the winners of the 2019/2020 Scholarships:

Lauman Memorial 4-5 year category

-Jake Coulter

Lauman Memorial 2-3 year category

-Emily Lints

-Jessilyn Fulcher

-Emma Coulter

-Nancy Kotelniski

Macphail/McCormick Memorial Fund

-Shelby Sawchuk

-Joel Desilets

-Jessilyn Fulcher

-Cody Koloski

-Jim Hyde

-Nicholas Kurchaba

-Heather Waddell

-Jennifer Pawluk

-Mikaela Young

-Dawson Reynolds

Thank you to everyone who applied. The committees look forward to reviewing next year's applications.

SCHOLARSHIPS!



Celebrating Students in Park West

Samuel Bird - Waywayseecappo School Grade 1

Both Grade 1 classes at Waywayseecappo School recently learned all about recycling and recycling electronics. During their exploration, they participated in a poster contest through the Electronic Recycling Association. One lucky student, Samuel Bird, won the contest and will be receiving his very own recycled laptop.



Hamiota Elementary & Inglis School

Several divisional schools did very well with Terry Fox fundraising this year. In the small school category, two Park West schools were noted in the top 5: Hamiota Elementary with \$3,969 raised and Inglis School with \$2,812 raised.

Kylee Peake - Major Pratt School Grade 9

Kylee was selected as an All-Star at the recent MHSAA JV Girls Volleyball Provincials. Congratulations, Kylee.



Lacey Watson – Shoal Lake School Grade 7

Lacey has been giving back to her fellow students and peers at SLS and to the surrounding area. Students are involved with Lacey's afterschool and PD day Craft Days that she organizes and hosts in her spare time. Lacey helps those who attend make various crafts. Participants can create one of a kind pieces such as wreaths and wall hangings to take home for their families to enjoy. What a great way to spend a day off from school.



Brookelynn Chipelski & Isabelle Bustin - Binscarth

PWSD submitted two winning entries this year to represent the division in the bus safety poster contest sponsored by MASBO (Manitoba Association of School Business Officials). Congratulations to Brookelynn (Gr 2) and Isabelle (Gr 5) who each won a free field trip bus ride for their classes. These entries have been sent on for provincial judging. Good Luck.

In November at the Rural Manitoba Football League Awards three students from the Park West Outlaws were honoured with RMFL awards:

Maximus Willmott-Bennion - Most Outstanding Player on Offensive Line

Maximus is a Grade 12 student at Birtle Collegiate. He was awarded Most Outstanding Player on Offensive line. He is also a captain of the team and former All-Star. Congratulations Maximus.

Colbi Turnbull - Norris Aitken Memorial Award

Colbi is a Grade 12 students at Major Pratt who excels as an athlete and academically. Colbi is a natural leader on and off the field. Congratulations Colbi on this great achievement.



Brooks Watson - Parker Guy Memorial Award

Brooks is a Grade 12 student from Strathclair Community School. He was awarded the Parker Guy Memorial Award for outstanding leadership and sportsmanship. Unfortunately Books suffered an injury and was unable to play most of the year. Brooks continued to support and lead his teammates in a positive way, always cheering them on at games and attending practises.



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