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Yearbook Committee

YEARBOOK/

NEWSLETTER MESSAGE

We have been working hard to capture moments from the year. If you have appropriate photos, send to nmartens@hpsd.ca

AWARDS

On February 24th, E.W Pratt held their first successful formal event of the first semester; The Principal's Honor Roll Awards Night. This event took place from 5:00pm to 7:00pm. The night was smooth heading. From dinner to achievements. Ms. Martens' hot dogs were off the hook.. It was a night to be at. Parents and students from all grade levels attended this gathering to celebrate each other's successes in academics to recognition in leadership, skill development, and citizenship.

E.W Pratt is encouraging more traditional events such as this to create a better bond with the



H. Bouakir presenting at the awards night

students and the parents to create a stronger enriched community. Parents' attendance and students' presence were very much appreciated. This event was a celebration of the students' hard work and dedication to furthering their skills.

STORYTELLING AND GAME TEACHINGS

Indigenous Games Teachings with Connie Sabo for Larkin Stokes EWP P.E classes 2026. Indigenous games promote physical fitness, teamwork, and are passed down through generations. They teach skill, agility, co-operation, speed, and endurance.



Students partaking in indigenous games

Traditional storytelling are oral based educational stories that were and are passed down through generations of Elders and Knowledge Keepers. These stories transmit history, culture values, spirituality, and social lessons and are told by using voice, emotion, and gestures.

The stories Joyce Hunt spoke about and told were about Wesakechak the Trickster.

*MS. CONNIE CUNNINGHAM,
INDIGENOUS COACH*



Students listening to Indigenous stories



Students taking a picture with Joyce Hunt

SPORTS

E.W. Pratt hosted Senior High Basketball Divisionals this past Friday & Saturday. We have nine teams at the tournament, 4 ladies and 5 mens teams. The Ladies went undefeated and captured gold. The boys won three games, lost one and got silver. The basketball teams are now off to zones March 13/14th.



E.W Pratt Ladies Basket ball divisional 2026

The boys tournament is in La Crete, the Ladies tournament is in Peace River. Charger teams are trying to qualify for provincials by winning zones. There are four grade 12's playing in their upcoming final basketball tournaments as a Charger, Zaida Auger, J'lyn Clubb, Gillian Balckhurst, Leland Potvin.



E.W Pratt boys Basket ball divisional 2026

LARKIN STOKES, GYM TEACHER

MARCH IS NUTRITION MONTH!

Nutrition month is an annual campaign to highlight the importance of nutrition and its benefits. "Nourish to Flourish" highlights the connection between food and our overall well-being. The Canada food guide's suggestions on making healthy choices are: 1. Be Mindful of Your Eating Habits. 2. Cook More Often. 3. Enjoy Your Food. 4. Eat Meals with Others.

It's important to remember how nutrition and healthy eating can positively affect our mental health. Try to limit, or avoid heavily processed foods as they can be detrimental to your overall well-being. Use this month to make healthy choices for yourself and see if you notice the benefits. Don't forget to drink plenty of water and exercise. For more information visit unlockfood.ca for expert guidance and everyday eating topics.

TRENT LIZZIE, WELLNESS COACH

LUNCH

KARA BINNEMAN, FOODS TEACHER

Monday 9 - Stuffed Peppers. Water or Juice.

Tuesday 10 - Wonton soup. Water or juice.

Wednesday 11 - Chicken Quesadillas. Water or Juice.

Thursday 12 - Chicken Quinoa Avocado Salad. Water or Juice.

Friday 13 - 2 hot dogs & Fruit Cup. Water or Juice.

Monday 16 to Friday 20 - no school

Tuesday 23 - Charcuterie box. Water or Juice.

Wednesday 24 - Thai Chicken Wrap. Water or Juice.

Thursday 25 - Beef burgers & Caesar salad. Water or Juice.

Friday 26 - Pizza bagels & Fruit Cup. or Juice.

*Menu is subject to change on short notice.

EASY FOCACCIA RECIPE

This quick and easy focaccia recipe is fun to make, smells delicious and tastes amazing. The crispy crunch on the outside and pillowy center is just so good! This easy and foolproof focaccia is ready in about an hour and a half!

Total Time: 1 hour 20 minutes

Yield: 4-6 servings

INGREDIENTS

- 1 package of active dry yeast (1/4 oz.)
- 2 tsp sugar
- 1 cup warm water
- 2 cups All purpose flour, plus extra for dusting
- olive oil
- flaky sea salt

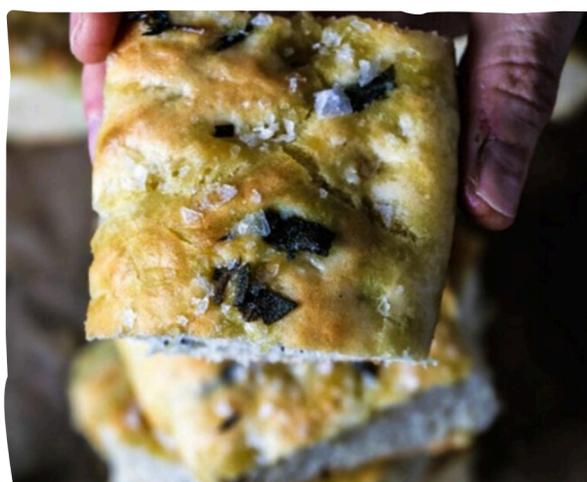
optional:

- 1 TB chopped fresh rosemary
- 1 TB chopped fresh sage
- 1 tsp chopped fresh thyme

INSTRUCTIONS

1. Combine the yeast, sugar, and warm water into a bowl. Let sit for 10-15 minutes or until foamy.
2. Place the flour into a large bowl. Create a well in the center and pour in the yeast mixture.
3. Gently stir with a strong spatula until the dough starts to come together. It's ready when it starts to pull cleanly away from the sides. Add a little more flour or a little more water as needed to achieve this result.
4. Dust your countertop with some flour. Knead the dough for about 2 minutes and form into a ball.

5. Oil a clean glass bowl, and place the ball of dough inside. Drizzle more olive oil on top so it's evenly coated.
6. Drape a damp towel over the top and place it into a warm spot for 45 minutes to an hour; it should double in size during this time.
7. Preheat oven to 450.
8. Pull the dough from the container and deflate it by gently punching it down with your fist. Sprinkle with a small amount of fresh herbs if you'd like.
9. Grease a large cast iron skillet with some olive oil. Press the dough into the skillet. Allow it to rest and slightly rise for about 10 minutes.
10. Make indentations by poking your fingers into the dough.
11. Top with more olive oil and a generous amount of flaky sea salt.
12. Bake for 15 minutes. The top should start to develop some color; if that has happened, remove it from the oven. If not, allow to bake for about 5 minutes more.
13. Transfer the focaccia to a cutting board and serve immediately.



KARA BINNEMAN, FOODS TEACHER

TEXTBOOKS

LESLEY BRULE, EDITOR-IN-CHIEF

As the First Semester has ended, it is important to return your textbooks. Please return them to the library to Kristy Boerchets, the librarian.

If you have misplaced your textbooks please seek out the librarian and let her know. Thank you.

UPCOMING EVENTS:

Parent/Teacher Interviews

March 11th: 4PM - 6PM

March 12th: 5PM - 7PM

Location: E.W. Pratt High School (GYM)

Student Social

March 27th: 6PM - 8PM

Location: E.W. Pratt High School (GYM)

*subject to change

OUTDOOR EDUCATION

From endless snow to clear skies, outdoor education promotes this connectivity to nature and brings forth unexpected adventures. Outdoor ED encourages one to step out of their shell and appreciate the open visuals and partake in educational activities.



Students having fun in the snow

In Ms. Dunlop's Class this semester, students partook in outdoor activities in the endless snow this past month. Despite the cold blistering weather this class found the time to have fun in the snow.



Ms. Dunlop enjoying the snow

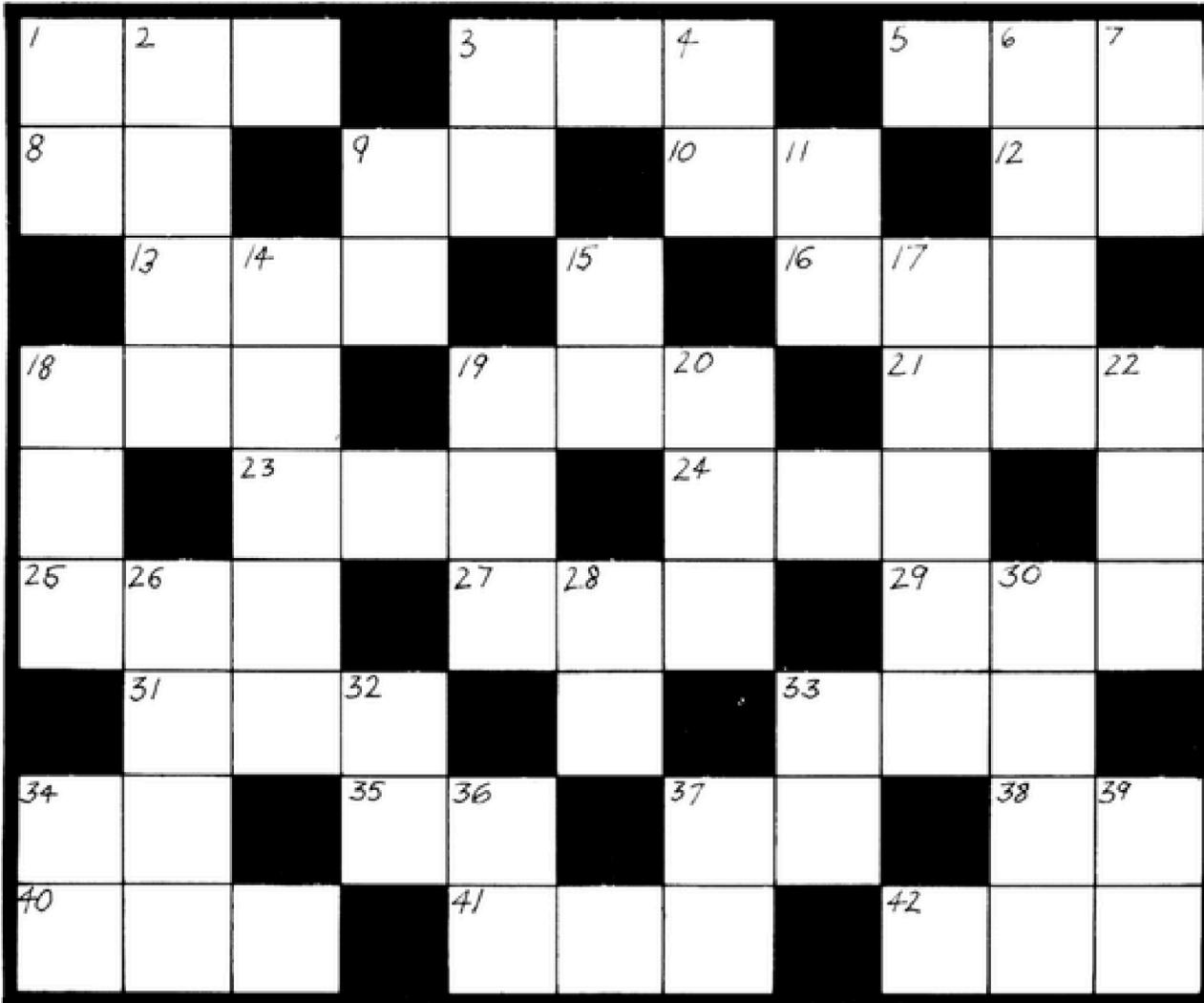
LESLEY BRULE, EDITOR-IN-CHIEF

HAND GAMES

Hand games just begun this semester at E.W Pratt. Students practices are Tuesdays and Thursdays of every week up until the tournament, Thursday April 9th from 9:15am - 1:30 pm.

Student permission slips were handed out in advance. Keep an eye out for slips later on. All supervision will be done by Ms. Dunlop, E.W Pratt teacher and Hand games coach. Remember on April 9th, to bring a water bottle and prepare your own lunch as the High Prairie Elementary school will not preparing your lunch. Prepare in advance.

Date	Time	Location
Tuesday March 3rd	11:30 - 12:00	Room 155
Thursday March 5th	11:30 - 12:00	Gym
Tuesday March 10th	11:30 - 12:00	Room 155
Thursday March 12th	11:30 - 12:00	Gym
Tuesday March 24th	11:30 - 12:00	Room 155
Thursday March 26th	11:30 - 12:00	Gym
Tuesday March 31st	11:30 - 12:00	Room 155
Thursday April 2nd	11:30 - 12:00	Gym
Tuesday April 7th	11:30 - 12:00	Room 155
Tournament Day		
Thursday April 9th	9:15 - 1:30	HPE - we are walking over, meet in Ms. Dunlop's room



Just for Fun by Ruth H. Smith

HORIZONTAL

- 1. Adult male
- 2. Fruit
- 5. Not difficult
- 8. Large monkey
- 9. Long fish
- 10. Past tense of *is*
- 12. Man's title
- 13. Narrow passage
- 16. Breezy
- 18. Possessive pronoun
- 19. Small barrel
- 21. Hearing organs
- 23. Winter precipitation
- 24. Resourceful
- 25. Large woody plant
- 27. Yellowish-brown

- 29. Recedes
- 31. Not late
- 33. Wicked
- 34. Unusual
- 35. Bind
- 37. Not on
- 38. Source of acorns
- 40. Require
- 41. Traveled on water
- 42. Solely

VERTICAL

- 1. Spring month
- 2. To put to use
- 3. Be in poor health
- 4. Not high
- 6. Daub
- 7. Make a mistake

- 9. Wayfarer's hotel
- 11. To utter
- 14. Reply
- 15. Leg joint
- 17. To ease or free from pain
- 18. Small rug
- 19. Garment
- 20. Profit
- 22. Take forcibly
- 26. Prepared
- 28. Years one has lived
- 30. Tossed by the wind
- 32. Dine
- 33. On condition that
- 34. To possess
- 36. Frozen water
- 37. Aged
- 39. Instrument for locking

**CONTACT
DETAILS**

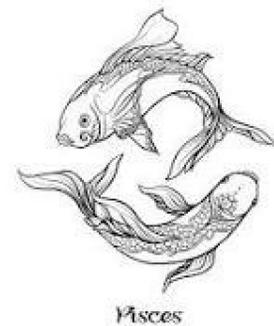
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 E.W. Pratt High School



Horoscopes
 DISCOVER YOUR PATH

**PISCES - February 19th -
 March 20th**

This is your month Pisces. Pisces (through March 19) focuses on healing, emotional release, and rest, particularly around the March 18 New Moon.



**ARIES- March 20th -
 April 19th**

Aries starts the month managing energy drains but explodes with confidence and romance after March 6, with a major "reset" at the Spring Equinox on March 20

