From Your Admin Team:

On behalf of the entire PGSS administration team I would like to extend a warm welcome to all of our staff, students and parents. As always, we have been hard at work to ensure that our start up is as smooth as possible. The week prior to school start we held our annual Grade 8 camp that saw the vast majority of our incoming grade 8 students take part in activities designed to ease the transition to high school. This camp is run by a group of fantastic teachers who understand that positive relationships are the key to academic success. Behind the scenes, our office staff has worked tirelessly to ensure the flow of new registrants moved quickly and efficiently while our counselling staff was in early to meet students and provide programming options.

We met as a full staff for the first time on September 3. This meeting was led by our teaching staff and we explored the topics of digital wellness and assessment. Our exploration of digital wellness was done in the form of summer book studies. Staff chose between multiple titles that explored the link between screen time and mental/physical wellness in youth. As a school we will be working throughout the year to develop and implement strategies that will enable our learners to manage technology in a way that enables them to thrive. We also look forward to dialoguing with our parent community; to discuss how we can work together to support our kids both in and out of school. On the assessment front our work is teacher led and is centered around the standards based assessment strategies of Tom Schimmer. Good assessment begets good academic outcomes, and to that end all of the educators at PGSS are working to build upon their assessment strategies.

(continued on page 2)
As we all know school is not solely about academics. We ask all of our parents to encourage your children to take part in one of the many athletic/club offerings that we have here at PGSS.

Participation in extracurricular activities is beneficial on many levels; increased connection to school, opportunities to make new friends, increased levels of physical fitness and connections to caring supportive adults are just a few of the benefits that extra-curricular participation can provide.

Again, I would like to thank all of the wonderful people who helped us get off to such a great start this year. I am looking forward to working with all of you to ensure that PGSS remains “The Place To Be”.

Take care,
Conrad Turner

**X Country Running**

X Country Running has started. Practices are Monday/Wednesday after school. All ages welcome. First race is at Cottonwood Island Park on Sept 21.

**Football**

Football Registration is open till Sept.20. Please contact Karen Vohar at 250-613-3688 or e-mail karenvohar@gmail.com for more info.

**Shops**

The shops department would like to welcome all of our students back for what is going to be a great year. We are excited to work with your children and give them the skills that they need to unleash their creativity in the woodshop, metal shop, electronics shop and the automotive class. As always our primary focus in the shops is the safety of our students. To that end we are currently working through safety training in all of our classes. It is imperative that students understand the importance of caring for themselves and their classmates while working in the shops. We encourage all of our parents to take a moment with their child and reinforce the importance of safety and proper conduct when working in the shops.

**Animals at School**

With the start of another school year, it is important for us to review our guidelines and procedures that support safe learning environments.

Unfortunately, last week, a terrible incident occurred, resulting in a young child being bitten across the face by a dog on a leash. We all need to do whatever we can to ensure an incident like this does not happen again.

Please remember that under the School District 57’s Administrative Procedures and Guidelines and Bylaw 2, animals in our school or on our property are not permitted without the pre-approved permission of the school Principal or designate and only for educational purposes. This approval does not supersede the regulations set under the city Bylaws.

We appreciate your cooperation as we work together to support safe spaces at school.
Upcoming Opportunities from the Careers Department:

**Work Experience Conference: September 18th**
If you are registered for Work Experience 12, in either First or Semester, it is mandatory that you attend the WEX 12 Conference on September 18th all morning in the Learning Commons. We will be covering all course work so that you can begin accumulating Work Experience hours as soon as possible.

**Diversity in Media: CKPG, The Drive, The River, CKPGToday**
Apply to attend a morning at Prince George Broadcasting Centre a Division of Jim Pattison Broadcast Group. Attendees will tour the station and be eligible to return for job shadow experience. See Mrs. Hannigan for application form. Applications are Due Friday September 27th.

**P.G. Cougars Game Night Internship**
Like going to hockey games? Want Work Experience hours and an awesome reference on your resume? Help with the mascot, work in the media room, and so much more. See Mrs. Hannigan for more information. Orientation is September 24th at 4 pm at the CN Centre.

**Junior Fire Crew: A Joint Program Between: School District No. 57 and Wildland Fire Service**
This program provides an exciting and challenging opportunity for Grade 12 students. This comprehensive training in forest firefighting techniques is intended to give career training and future employment opportunities. The top three to five candidates who successfully complete all training and fitness testing will be offered valuable summer employment. Training includes: Level One Occupational First Aid, First Aid Transportation Endorsement, Fundamentals of Fire Fighting, Safety and Fire Behaviour, Fire Behaviour Prediction, Fire Entrapment Avoidance, Fire Weather, Helicopter Use and Safety, Portable Pumps & Water Delivery, Bear Awareness, Outdoor Orientation, and WHMIS. See Mrs. Hannigan for more information.

**Youth Work in Trades:**
Youth Work in Trades (formerly the Secondary School Apprenticeship Program) provides skill development through practical, hands-on work experience. Students can earn secondary school graduation credits and begin accumulating work-based training hours required for provincially and nationally recognized industry trades credentials. If you work with/for a person who is Red Seal Certified see Mrs. Hannigan to find out if this program would work for you.

Mrs. Hannigan’s office is located upstairs in the library. Please stop by and see her for information about these or any other programs.

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**Upcoming Events**

- **Sept 19** – PAC Mtg. @ 7pm
- **Sept 25** – Terry Fox Run
- **Sept 25** – Gr. 8 Parent Night
- **Sept 27** – NID School Closed
- **Sept 30** – Orange Shirt Day
- **Oct 2** – T-Block Starts
- **Oct 3** – Quarter 1 Ends
- **Oct 4** – Quarter 2 Begins
- **Oct 14** – STAT (Thanksgiving)
- **Week of Oct 15** – Interims
Bell Schedule

Monday, Tuesday, Thursday, Friday
(6 minutes between classes)

Warning Bell: 8:40
Period 1 8:45 - 10:05 (80)
Period 2 10:11 - 11:30 (79)
Lunch 11:30 - 12:15 (50)

Warning Bell: 12:15
Period 3 12:30 - 1:39 (79)
Period 4 1:45 - 3:04 (79)

Wednesday – effective Oct. 2nd
(6 minutes between classes)

Warning Bell: 8:40
Period 1 8:45 - 9:50 (65)
Period 2 9:56 - 11:00 (64)
Lunch 11:00 - 11:49 (45)

Warning Bell: 11:45
Period 3 11:50 - 12:54 (64)
Period 4 1:00 - 2:04 (64)
Learning Support 2:09 - 3:04 (60)

From The Counselling Department

Having a good morning can be a great start to the rest of the day. Here are a few things to consider to start your day off right:

1. Hydrate yourself when you wake up.

2. Eat a healthy breakfast, this will provide you with more energy throughout the day.

3. Try staying off social media for the first hour when you wake up. Staying in the present can allow you to be more mindful of your surroundings and have a positive mood.

4. Make your bed. Doing this simple task can lead to the feeling of accomplishment right away.

5. Smile and think of something positive when you get up. This leads the brain to release dopamine and endorphins, which is a great start!

PGSS Valedictory Ceremony!

Friday, June 5th 1:00pm
CN Centre

Join us for a grad information meeting for grads and parents on October 16th from 5:00pm to 5:30pm in the PGSS Learning Commons.

From Our Math Department

Math help available every day in rooms 602 and 607.

Joke: Why couldn’t the angle get a loan?
Answer: Her parents wouldn’t cosine.
Cross Walk Safety

When crossing Massey Drive to and from Pine Centre Mall, please use caution to ensure your safety!

Please ensure you follow these steps:
1. Make sure to press the cross walk button
2. Look both ways while crossing
3. Do not look at your phone/device while walking

PGSS Pick-up and Drop-off Issues

The coming of a new school year can bring many unexpected challenges. At PGSS this year, we are fortunate to have increased enrollment. With this, however, comes more traffic in and out of our PGSS parking lot at the beginning (8:25-8:40) and end of day (3:04-3:20).

We wish to remind our parent community that safety coming in and out of the parking lot is essential. Please be sure to slow down and follow all rules of the road while you enter and exit our parking lot. We have many pedestrian students and we need to work together to ensure their safety.

Here are a few tips that may be helpful in dropping off and picking up your child from PGSS:
1. Arrive a little earlier (8:00am-8:20am) as this helps to avoid the 17 school buses that start to arrive around 8:30am.
2. Drop off student(s) at Pine Centre Mall, Masich Stadium or another safe place to avoid the congestion.
3. DO NOT drop student(s) off on highway. This is very dangerous. Please don’t do it.

Thank you very much for your cooperation. Let’s work together to ensure student safety.

From the Eagle Centre / Aboriginal Education

The Eagle Center has sent out negative response letters as required by the Ministry of Education to all students that have self-identified as having Aboriginal Ancestry. ONLY SEND THIS LETTER BACK IF YOU DO NOT WANT SUPPORT FOR YOUR STUDENT. We also have a Facebook page that lists upcoming events and opportunities for students. Please join PGSS Eagle Center on Facebook. Feel free to drop in any time to meet your PGSS Aboriginal Education Workers, Kristen McBurnie, Allen Billy and Justin Fillion.

English Language Learning Program

The English Language Learning program consists of students of multiple cultures, ages, languages, and backgrounds. The students are settling in well, working with each other. They are currently focusing on learning the concept of identity and getting to know more about themselves, each other, and the global community.

Montessori Program

Our Montessori students at their recent field trip to the REDRESS: Sacred Obligation – Indigenous Voices on Reconciliation at Two Rivers Art Gallery.