From Your Administrative Team

I would like to formally welcome all of our staff, parents, community members and most importantly, students to the 2018-2019 school year at Prince George Secondary School. A new school year brings excitement and energy and we at PGSS are looking forward to another year filled with laughter, relationships and most importantly, learning. I would like to formally welcome our new grade 7 and 8 students to PGSS, and congratulate our grade 12 students for making it to their last year of public school. A new year brings new staff and I’d like to welcome all out new teachers, support staff, custodians and clerical team to PGSS. I would also like to welcome our new Vice Principals, Mr. Dave Holmes, Mr. Conrad Turner, and Mr. Neil Busby to PGSS. At PGSS, our motto is the “The Place to Be”. We strive to live up to that motto by providing excellence in academics, arts, athletics and trades. We will send out a newsletter monthly that will give you a flavor of your child’s education at PGSS. Please see the website for further information and important dates regarding your child’s education. Here is to a great 2018-2019 school year!

A word from Conrad Turner – Vice Principal

I would like to say hello to all of our students and the wider PGSS family. Prior to coming to PGSS I was a Vice-Principal at Duchess Park Secondary for the last three years. My educational background includes primary, intermediate, overseas teaching, corrections (Camp Trapping), alternate education and high school. I believe that all students, with the right supports, are capable of acquiring the skills necessary to build a rich and fulfilling life. I am looking forward to working with our parents, teachers and support staff to continue to provide meaningful learning opportunities for our students.

Upcoming Events

Sept 20 – PAC Mtg. @ 7pm
Sept 26 – Terry Fox Run
Sept 26 – Gr. 8 Parent Info Night – 5pm Cafeteria
Sept 28 – Non Instructional Day – School Closed
Oct 3 – T-Block Starts
Oct 8 – Thanksgiving School Closed
Oct 9 – Interims go home this week
Oct 18 – PAC Mtg. @ 7pm
Oct. 19 – Non Instructional Day – School Closed

Office Hours
Monday to Friday
8:00am to 4:00pm

Administrative Team
Mr. Kap Manhas
Principal
Mr. Conrad Turner
VP (A-G)
Mr. Dave Holmes
VP (H-P)
Mr. Neil Busby
VP (Q-Z)
Mrs. Tracey Sullivan, Business Manager
A word from Neil Busby – Vice Principal

I have spent most of my educational career abroad working in the British Columbia Offshore Schools system in places like China and Egypt. I am very excited to be able to join the great community here in Prince George and at PGSS. I have only been here a short time but I am already impressed immensely by the students and staff.

A word from Dave Holmes – Vice Principal

I would like to thank everyone for such a warm welcome to PGSS. I have always believed that when one person teaches two people learn. Having said that, I am already impressed and inspired by the work our teachers, support staff and students do in making PGSS the Place to Be !!! Go Polars !!!

Communicating Student Learning

Effective, on-going communication between school and home is one of our top priorities at PGSS. Our expectation is that you and involved in your child’s learning and are aware of your son or daughter’s progress at school. To support this, we are extending our pilot program around student communication to include students in grade 7, 8 and 9. Your child will not receive a letter grade or percentage on formal reporting periods (interims/terms). Instead, you will receive information on what your child is learning (curricular competency) assessed using the rubric above. Your child will receive a final letter grade at the end of the course. There is no change to the Grade 10-12 program.

Assessment Rubric

<table>
<thead>
<tr>
<th>EMERGING (E)</th>
<th>PRACTICING (P)</th>
<th>DEVELOPING (D)</th>
<th>APPLYING (A)</th>
<th>EXTENDING (Ex)</th>
</tr>
</thead>
</table>
| • Student is just starting to grasp an idea and/or skill.  
  • Student needs direct, ongoing support to practice learning strategies/competencies.  
  • Student always needs prompts to show/tell learning.  
  • Student may not apply understanding or skill to a task at all.  | • Student demonstrates limited understanding and attempts to apply knowledge and skills to simple situations, but may struggle.  
  • Student may demonstrate only some of what has been taught.  
  • Student shows progress toward understanding learning goals, but needs some guided support to apply learning strategies/competencies.  
  • With prompts, shows/tells learning.  | • Student demonstrates an understanding of a concept or skill by applying that knowledge or skill to simple situations or in a simplistic way.  
  • Student demonstrates a partial understanding of what has been taught.  
  • Student understands concrete learning goals.  
  • Student needs support to find new strategies/competencies.  
  • Student shows/tells learning following some criteria.  | • Student grasps the main concept or skill and can apply that concept or skill to unique contexts or situations. Student demonstrates a complete understanding of what has been taught.  
  • Student understands more abstract learning goals.  
  • Student applies known learning strategies and tries new strategies/competencies.  
  • Student shows/tells learning following most criteria.  | • Student demonstrates a comprehensive or exceptional understanding of a concept or skill and models that knowledge or skill in innovative ways. Student demonstrates a thorough understanding that may be considered beyond expectations.  
  • Student challenges self to understand learning more deeply.  
  • Student has a rich set of strategies/competencies across all situations.  
  • Student shows/tells learning following all criteria and possibly extending criteria.  |
School bussing is designed to serve children residing along specific routes. Students may register on ONE bus route only, their RESIDENT route. Parents wishing their children to use the service as a COURTESY to or from a CHILD CARE stop or to a 2nd ALTERNATE FAMILY address must complete a “COURTESY” transportation request form and submit it to the Transportation Department on an ANNUAL basis for approval. COURTESY request forms may be obtained from the students’ school office.

PGSS Cafeteria

A cold breakfast is available in the mornings from 8:15 – 8:45 am. During the lunch period a variety of hot and cold, tasty and nutritious meals are available at a nominal cost.

Food May Contain Nuts or Allergens

If you have any questions about ingredients, please see the Cafeteria Teacher, Mr. D Probst.

Meals Program in the Cafeteria

The Breakfast and Lunch Meals Program is offered to students whose families are experiencing financial difficulties. If you are interested in the program, please contact the school at 250-562-6441.

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Breakfast/Lunch Combo</th>
</tr>
</thead>
<tbody>
<tr>
<td>$5.00/10 days</td>
<td>$15.00/10 days</td>
<td>$20.00/10 days</td>
<td></td>
</tr>
<tr>
<td>$10.00/20 days</td>
<td>$30.00/20 days</td>
<td>$40.00/20 days</td>
<td></td>
</tr>
</tbody>
</table>

Parent Messages for Students

Parents, please do not call the school to leave messages for your child(ren) unless it is an emergency situation. We are not able to disrupt classes by calling students down to get messages. If you do call in, we will post the message on the hall monitors. It is up to students to check the monitors throughout the day. Please instruct your children to look for any possible communication from home via this method.

Grad 2018

The Valedictory Ceremony will be held on Friday, May 24th. Valedictory fees ($110) are to be paid to the office by cheque or cash only.

Daily Physical Activity (DPA)

All students are required by the BC Ministry of Education to meet DPA requirements for graduation in British Columbia. Students must fill out and return their DPA sheets to the office.
Welcome to another year of athletics at PGSS! As Athletic Director, I would like to encourage all students to inquire about becoming a member of a school team.

School-based sports programs have been known to bring out positive behaviors in its student-athletes. Through playing for their school’s team, these young athletes benefit by learning skills, habits, and attitudes that lead to their future success and preparation for life after school.

Many students and even parents may not even realize the impact that playing school-based sports has on the student-athlete. It goes beyond playing the game they love. Here are some of the benefits of engaging in school-based sports:

1. **Social Benefits**

   Students who participate in sports learn how to forge close relationships with their teammates. These relationships are vital for overall well-being throughout their years in school. Students who bond because of common interests often maintain this connection long after school is over resulting in friendships that last a lifetime.

   Through sports, students also represent their communities through their schools. This strong sense of community brings student-athletes a sense of pride for representing their town’s home team and school.

2. **Time Management Skills**

   Student-athletes learn about the importance of time-management very early in life, and it is a skill they will use long after they graduate, particularly when they are working in the real world. As a student-athlete, they learn how to juggle practices, games, tests, and homework.

3. **Academic Benefits**

   It has been observed that athletics have many benefits on the student’s academic performance. Sports teach them how to focus. Because sports promotes self-esteem, they value their academic standing. And the potential of someday winning a scholarship is also an excellent motivator to do well both in sports and school.

4. **Leadership Skills**

   Whether the student-athlete is the team captain or they play a smaller role, they develop their leadership skills by taking ownership of the part they play in the game and the team.

   Later, as senior athletes, they become the role models for the younger members of the team and discover what it means to lead and be a positive influence for a younger set of athletes. They discover what it is like to mentors.
5. **Health Benefits**

There’s no denying the fitness levels of kids participating in sports. Because they value their health and know they need to be in peak condition to perform on the court or field, they are less likely to engage in activities that are unhealthy or risky behavior.

Student-athletes are comparatively healthier than other kids. The physical activity keeps their weight under control and are more likely to make the right food choices, knowing that what they eat has an effect on their athletic performance.

6. **The 3P’s**

Student-athletes learn the 3P’s through athletics – persistence, patience and practice. They discover the value of practice to improve their skills. They realize how working hard results in performing better. They recognize how persistence and not giving up are crucial to achieving success. They develop patience by learning that success doesn’t happen overnight and that often, despite frustration and feeling overwhelmed, patience is needed to see hard times through.

Ultimately, school-based sports have existed for generations for a reason. Over the years, it’s shown how kids who participated in sports at some point when they were in school were better prepared to meet the challenges of adult life. They discovered how to solve problems creatively and had a stronger sense of community. Through teamwork and the rules of the game, they learned responsibility and respect for authority.

**Below are the seasons of play.**

**Fall:** September 4th – December 1st

**Winter:** November 26th – March 9th

**Spring:** March 4th – June 8th

**Fall:** Soccer (Boys), Cross Country, Football, Volleyball

**Winter:** Basketball, Gymnastics, Wrestling

**Spring:** Badminton, Soccer (Girls), Track and Field, Golf, Grade 8 Basketball

If there are any questions regarding involvement in school athletics, please feel free to contact Mr. Walton at **swalton@sd57.bc.ca**
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)

**Warning Bell: 12:15**
Lunch 11:30 - 12:15 (50)
Period 3 12:30 - 1:39 (79)
Period 4 1:45 - 3:04 (79)

Wednesday – effective Oct. 3rd
(6 minutes between classes)

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

**Warning Bell: 11:45**
Lunch 11:00 - 11:49 (45)
Period 3 11:49 - 12:54 (64)
Period 4 1:00 - 2:04 (64)
Learning Support 2:09 - 3:04 (60)

Message from the Library Learning Commons:

Welcome back. If your child has outstanding textbooks from last year please have them look for them and bring them back. If you are unable to afford to pay for a missing, lost or damaged textbook please have your child talk to us in the library. We will figure something out with them so they can get their new textbook.

Regular library books have a two week sign out. Please encourage your child to return their books promptly and not let them fester with forgotten lunches and gym kits in their lockers.

Thank you,

Mr. Jeffery, Mrs. Marren-Reitsma and Mrs. Quinn

---

Important: Allergies at PGSS

PGSS is LATEX, NUT, SCENT, and DAIRY AWARE.

Being “AWARE” involves:

- Using scent-free personal care products
- Avoiding bringing Latex products such as balloons, gloves and condoms to the school (Latex free condoms are available through counselling)
- Being aware that some students may need to stay away from dairy products, in particular microwave popcorn and pizza
Travel Club

The Travel Club is planning a trip to New York for a week during Spring Break from Mar 23rd to the 29th. If you are interested, please see Mrs. Truant for more details.

For Spring Break 2020, The Travel Club is planning a trip to Italy and Croatia. If this trip interests you please contact Mrs. Truant in room 625.

Post-Secondary Education in the USA

SAT is an entrance exam used by most colleges and universities to make admissions decisions.

SAT Exams offered for 2018-19 - Register online at www.collegeboard.com at least one month prior to test date

- October 06, 2018, November 03, 2018 (Subject exam only), December 01, 2018, March 09, 2019 (SAT exam only), May 04, 2019, June 01, 2019 (Subject exam only)
- For complete information visit the PGSS web site, "Hockey Program", click on "Links"

For more information, see Mr. Berra.

Orange Shirt Day

On Thursday Sept. 27th we encourage staff and students to wear orange shirts in honor of Orange Shirt Day. "September 30th has been declared Orange Shirt Day annually, in recognition of the harm the residential school system did to children’s sense of self-esteem and well being, and as an affirmation of our commitment to ensure that everyone around us matters." There will be an informative display in the library to learn more about Orange Shirt Day and the residential school system.

For more information visit http://www.orangeshirtday.org/
To order Orange Shirt Day products visit http://www.orangeshirtday.net/

Bullying and Harassment

All PGSS teachers, counsellors and administrators take reports of bullying and harassment seriously. All reports will be investigated thoroughly. Students are encouraged to report incidents of bullying and harassment to their teacher, counsellor or administrator. Alternatively, students may tell their parents who may inform the child’s counsellor and/or administrator. Students may also report bullying incidents by completing a “Bully form” located in the counselling office. Lastly, students can report bullying on the internet by going to www.pgss.sd57.bc.ca, click the link to bullying, complete the form and this will be forwarded to school administration.
Congratulations to the following students who participated in the BC Summer games:

Morgan Lawrence - track and field
Liam Magrath - field lacrosse
Josh Mantler - field lacrosse
Brett Barwise - Field lacrosse
Nick Krawczyk - field lacrosse
Liam Cunningham - field lacrosse
Isaac LeMorvan - wrestling
Hannah Levine - wrestling
Trevor Scott - soccer
Amy Heinze - volleyball
Connor Dionne - box lacrosse
Fisher O’Brien - box lacrosse
Jake Nahr - box lacrosse
Jackson Parrish - box lacrosse