

January 2020

Polar News



Prince George Secondary School
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From Your Admin Team:

A huge well done, and thank you, to all of our students and staff for their hard work throughout Semester one! Semester two is fast approaching with the first day of new courses starting January 28th, 2020. We look forward to seeing the commitment and dedication to success continuing throughout Semester two. We also wish to remind all students to work hard towards achieving their academic goals as they progress towards fulfilling their graduation requirements. A reminder of the supports available in the run up to exams: students can access their classroom teachers during T-Block on Wednesdays, extra Math support during lunch hour each day in room Report card distribution is on February 5th, and, it is at this time that we wish to encourage students with their parents/guardians to reflect upon their time at PGSS to date and set some goals for the remainder of this year and next.

Spring break is also quickly approaching! The first day of the break will be March 16th and students will return on March 30th. Upon returning from this break, students only have three months remaining in the school year! For Grade 12 students and parents/guardians, the Valedictory ceremony will also come in no time. Remember to watch the PGSS website, Twitter and Facebook accounts closely for updates on important deadlines and information on scholarships and bursaries.

We would like to celebrate the success of the PGSS theatre production "Grease" directed by teacher Steve Baker and hugely supported by parents and community members alike! It was a huge success and we are so proud of all of the hard work and dedication by students and staff alike in the making of the show. Congratulations!

Ms. A. Mitchell



Administrative Team

Mr. Kap Manhas, Principal

Ms. Aubrey Mitchell VP (A-G)

Mr. Harmen Kailay VP (H-O)

Mr. Neil Busby VP (P-Z)

Ms. Ellen Bryden / Ms. Tracey Sullivan, Business Managers

Office Hours

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

*Respecting the beautiful
unceded ancestral lands,
culture and people of the
Lheidli T'enneh, McLeod
Lake Indian Band and
Simpw First Nation.*

Winter Weather Reminders and News for Bus Families

As we all settle back into school routines after the break, it's a good time to remind everyone about our winter weather policies. Schools will continue to stay open during winter weather events, but on occasion bus service may have to be cancelled for the day if roads are considered too dangerous to travel due to snow or icy conditions. Announcements regarding bus delays or cancellations are made via local radio stations on the affected day. You can subscribe to My School Bus Monitor at www.diversifiedbus.ca to receive notification of delays on your route. Thank you for ensuring children are dressed for the weather and for reminding them not to play on roadside snow piles. We ask that students are at their stops 5 minutes before the scheduled arrival time, but they are not expected to wait more than 15 minutes beyond the regular pick up time. Safety is always our first priority.

Over the next number of months, Diversified will be installing video recording equipment on the bus fleet. This technology will serve as another tool to support the safety and well-being of everyone on board our buses. Bus drivers are especially thankful for students who ride safely by sitting in their seats, by keeping the volume of conversations at a low setting, and by showing respect for others as well as the bus and its equipment. In turn, we are thankful for our drivers who have the important responsibility in our district of safely transporting nearly 4000 students each day!

Congratulations!

Congratulations to Mrs. Schinkel for her recognition in the BCTF Magazine for her outstanding work on assessment. Keep up the great work – we at PGSS think you're awesome!

Thank you!

PGSS would like to thank Forestry Innovation Investment Ltd. for their generous donation of dimensional lumber which will be used to support the woodworking and trades programs as well as supply material for projects for students who are financially challenged. The donation will make a significant impact to students completing projects such as sheds, picnic tables, boxes and small woodworking projects. Thank you again!

Important Dates

- Jan. 16 – Polar Power Day
- Jan. 16 – PAC Meeting 7pm
- Jan. 20-21 – Double Block Days
- Jan. 22-24 – Numeracy 10, Literacy 10 Assessments
- Jan. 22 - English 12, English First Peoples Exams
- Jan. 23 – Communications 12 Exam
- Jan. 24 – End of Semester 1
- Jan. 27 – Non-Instructional Day – Aboriginal Day of Learning
- Jan. 28 – Semester 2/Term 3/Quarter 5 Begins
- Feb. 4 – Student Transfer Process Opens
- Feb. 5 – Report Cards
- Feb. 17 – Stat (Family Day)
- Feb. 21 – PAC Meeting 7pm
- Feb. 26 – Quarter 5 Ends
- Feb. 27 – Quarter 6 Begins



Operation Christmas Child: Way to go!

PGSS would like to give a shout out to Mrs. Larsen. She runs the Operation Christmas Child Club and was recently featured in an article on PG NOW. Kudos to you and your club for all the wonderful work you do sending shoeboxes to children in need during the Christmas season!

From the Counselling Department

When the New Year comes, some of us set new goals to try and improve. Many of us start out really strong, but then we lose motivation, become tired, or just not interested in the resolutions we set for ourselves for 2020. These are some tips to stay committed to your New Year's goals:

1. Write down and track your progress. It can be useful to have your goal physically written down, and going into detail how you will achieve it, and where you are in completing it.
2. Find a friend. This can be anyone that is supportive of your goal, or who wants to make a similar change. For example, if you want to stay caught up in your homework, have someone keep you accountable and on track.
3. Get rid of temptations. It can be easy to get distracted when you are working your way towards something new. An example of this would be only using Netflix on the weekends when you're trying to get stuff done during the week, or avoiding junk food if you are trying to maintain a healthy lifestyle.
4. Let others know about your goal. It is totally plausible to reach your goal silently, however, letting people know about your goal can allow you to get extra support, particularly when you are feeling down.
5. Be kind to yourself. We can be quite critical of ourselves if we slip up, sometimes even worse that we would be to others. If you catch yourself becoming overly-critical, externalize what you are saying, as if you were saying it to someone else. This may allow you to take care of yourself better.

With 2020 beginning, but the first semester wrapping up, this is a time for both beginnings and endings. We hope you have had the chance to wrap up old goals, and feel motivated to meet the new ones!



From the Library

Please remember to return all semester one books by January 21st (end of the double block days) unless your teacher specifically tells you to keep it. Students with books outstanding from semester one will not be able to get out semester two books until they are returned or an agreement is reached with Mr. Jeffery to pay for the book.

A big thank you to the Semester 1 Library Peer Tutors - Abhi Gelhorn, Erin Ewing and Brayden Hickey. If you want to be a library peer tutor for semester 2 talk to Mr. Jeffery who will communicate it to your peer tutoring teacher.

Turn out for the PGSS E-Sports club has been great so far. If you have any interest in joining to play friendly matches, to have fun, meet new people or to play competitively the club is open to all students. Come on out Wednesdays 3:10 - 4:30 pm.

Opportunities from the Careers Department:

See Ms. Hannigan for more information on any of the following programs:

KINDERGARTEN HEALTH CIRCUITS: Sign up now in Counselling:

This is a short duration program aimed at students who are interested in all aspects of health services. Each year Northern Health provides health exams to all Kindergarten students. Grade 11 and 12 students are offered work experiences assisting the healthcare professionals with various immunizations and tests in areas such as hygiene, audiology, ophthalmology, and general health. These visits occur in January and February. Students can sign up for a four-hour shift on days that are convenient for them. It is very important that students attend all sessions they sign up for.

STEAM Café: Applications Available January 17: Grade 11 and 12 students have the opportunity to discuss with STEAM professionals about what they do. The STEAM Café is designed to give the unique opportunity for students to see what an engineer, geologist etc. does on a day to day basis, and how they got into that position. The Café will be set up like 'speed-interviewing' for science, where volunteers will be at tables and will display items from their professional life. We will host a diverse panel of volunteers – the goal is to have every student see themselves in one of our STEAM mentors.

ADVENTURES IN HEALTH CARE: Applications Available Feb. 3: Grade 10 and 11 students: A four-day program. Twenty local students will join twenty students from across the province in this interactive, hands-on experience. Through these activities in medical training facilities as well as in college and university laboratories, and through meeting with current students, educators and professional workers, students will come away with a clearer understanding about what it means to be a health care professional.

MIND OVER METAL WELDING CAMP: Grade 8 and 9 students: Hands on learning March 23-27th at CNC. The aim of this camp is building confidence and self-esteem and giving youth a reason for continuing on to secondary and post-secondary education. Welding has captured their attention and is giving them a focus for their future. For more information see website:
www.cwbweldingfoundation.org



Have you paid your fees yet?

Valedictory Ceremony fees are to be paid at the office - \$120 – cash or cheque only!

Includes:

- Valedictory Ceremony Facility Rental
- Rental of Gown and Stole
- Cap and Souvenir Tassel
- 6 Tickets to Ceremony
- 5X7 photo and certificate