

November 2022

Dates to Remember

Nov. 29 , 5:15 pm
Parent Advisory Council
Library

Dec. 22-Jan. 4
Christmas Break
Schools Closed

January 12 & 13
Parent Teacher Conf.

Jan. 30-Feb. 3
Project/Exam Week

February 6
2nd Semester Begins

February 7,8,9,10
Grad Photos—Multi

February 9
2nd Semester Photos

February 17
PD No Classes

February 20
Louis Riel Day No
School

March 6 K-12
Admin. Day—No classes

March 27-31
Spring Break
SCHOOLS CLOSED

April 7
Good Friday
SCHOOLS CLOSED

April 20 & 21
Parent/Teacher Conf.

April 24
K-12 PD No Classes

May 22
Victoria Day
SCHOOLS CLOSED

School Website

The school website is a good source of information on the school including the Student Handbook. Please go to pci.plpsd.mb.ca regularly to keep up to date on school news.

PCI BrightArrow Parents

BrightArrow Parent will be replacing the Parent Portal and will allow you to view your student's information including attendance and fees. Once we have BrightArrow up and running you will receive an email regarding login information. Our hope is to have this running by January. We appreciate your patience!

In the meantime you can receive information regarding student fees currently owing by calling Mrs. Neufeld at 204-857-6843 ext 1516 or by email at robin.neufeld@plpsd.net

Attendance

We are always looking at ways of improving attendance as well as developing better home contact. Parents / guardians must validate all student absences by a phone call, e-mail or a note brought to the main office. To validate an absence, please contact the main office at 204-857-6843 ext 1512 or e-mail Melissa Murray at

melissa.murray@plpsd.net.

Administrators send attendance letters for unexcused absences on the first and fifteenth of each month.

Parent Teacher Conferences & Parent Advisory Council

PCI will have its first Parent Advisory Council meeting on Tuesday, November 29th at 5:15 pm in the library. All parents are welcome to attend.

Parent Teacher Conference will be held Thursday, January 12th in the evening & Friday, January 13th in the morning.

School Survey

PCI will be sending out a survey for students and parents to look at ways to improve PCI. Those who complete the survey can have their name entered to win prizes from Locker to Locker. The survey opens on Monday, Nov. 21 at 9:00 a.m. and closes on Friday, Nov. 25 at 3:30 p.m. Please use the following link for the survey when it opens:

[https://forms.office.com/Pages/ResponsePage.aspx?](https://forms.office.com/Pages/ResponsePage.aspx?id=Jo4fMob6q0CYazqSs2z4fBdUqzQO2HBFtLQ7JrkPN5IUN0xZWkMxVINVOEtDMUcxSTdLWDIGSjNBSS4u)

[id=Jo4fMob6q0CYazqSs2z4fBdUqzQO2HBFtLQ7JrkPN5IUN0xZWkMxVINVOEtDMUcxSTdLWDIGSjNBSS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=Jo4fMob6q0CYazqSs2z4fBdUqzQO2HBFtLQ7JrkPN5IUN0xZWkMxVINVOEtDMUcxSTdLWDIGSjNBSS4u)

No Parking/Stopping

Parents and students are advised to drop off or park in the student parking lot. Students are to be dropped off on 3rd St S.W. for the Prince Charles Building (PCI East) and in the student parking lot along Saskatchewan Avenue for the PCI West Building. This will help to avoid unnecessary congestion on 3rd St. S.W., thank you.

The RCMP would like to remind all parents and students that 3rd Street S.W., on the side of the street next to the school and the bus loop are a **no parking/no stopping zone**. This includes waiting to pick up students, even if someone is in the vehicle. Please park on the other side of the street to avoid receiving a ticket.

Student Fees

The student fee of \$40 is due for the 2022-2023 school year. This should be paid to the homeroom teacher or Mrs. Neufeld at the finance office. E-transfers can also be sent to robin.neufeld@plpsd.net. The fee covers the cost of the student phone, PCI t-shirt, the yearbook, and other school wide activities and interests.



Cell Phone Policy

Students are allowed to use communication devices in the hallways and canteen areas on campus. Any devices used in class are at the discretion of the teacher. Devices that are confiscated for improper use will be returned to parent or guardian at the main office. Repeat offenders will be dealt with in accordance with the school discipline policy.

Email / Newsletters

A large part of our communication to parents requires that we have a current email address. If you are unsure if we have your email or your email has changed, please contact the main office at melissa.murray@plpsd.net.

Newsletters are emailed to parents and are available on our school website.



Library

The library is open every school day from 8:00-4:30. In addition to our reading collection, PCI students also have access to a large collection of digital and audio books that can be accessed using any computer, e-reader, or cellular device. Our staff are here to assist with homework and other student needs. As well, board games and chess sets are available for use over the lunch hour. Follow us on Instagram at **pci_library** to learn about what is in our collection and any new contests we are running.

Locker to Locker

In addition to offering school clothing and student-run business products in-store, the Marketing students are also launching Locker to Locker online.



Currently, the following products and businesses are available online:

- **School clothing** (sizes and colours are updated in real time)
- **Locker to Locker e-gift cards** - available in any denomination above \$5 and can be sent to yourself or to another recipient (these are great for student incentives or rewards)

We plan to have more student businesses featured both in-store and online throughout the remainder of the school year.

All physical items purchased online will be available for pick-up from Locker to Locker during school hours.

The Locker to Locker online store can be found at:

lockertolocker.square.site

Saints Hockey

CHEER

Xmas Classic Tournament

Dec 2 & 3 at Stride Place

*Come out and support
the girls hockey team.*

Upload Your Photos to Yearbook

STEP 1: DOWNLOAD THIS APP



Friesens
UPLoadIt

STEP 2: ENTER THIS CODE

291532

STEP 3:

UPLoad YOUR PHOTOS



THE MOST IMPORTANT APP
YOU'LL USE ALL YEAR!

Guidance Counsellors

Grade 9: Ms. Wood ext 2528

Grade 10: Ms. Pruden ext 2526

Grade 11: Mrs. Tooth ext 2527

Grade 11.5: Ms. Clifford-Bousquet ext 2013

Grade 12: Mrs. Bertholet ext 2011

Hats & Hoods

Students are allowed to wear hats in the hallways and canteen areas on campus. However, all hoods must be removed when entering the buildings.

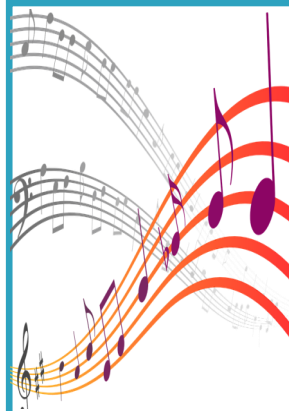
Band & Guitar Concert



Wednesday,

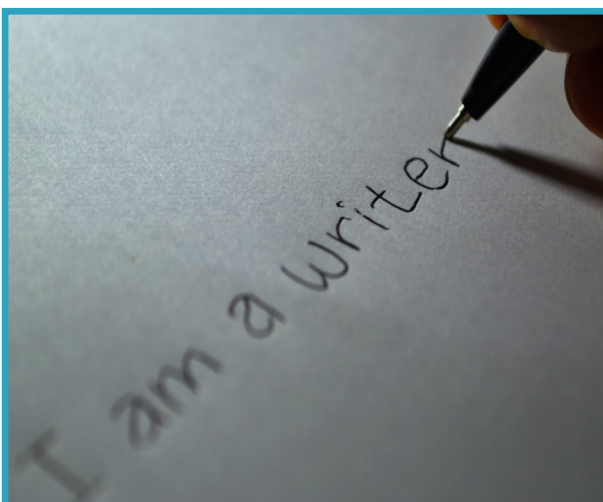
December 14th, 7:00 pm

West Gym



PCI Writers Club

Like to write stories or poetry? Want to improve your writing skills? You might be interested in joining the PCI Writers' Club. This club provides opportunities for students of all grade levels and writing abilities to write, share ideas, and collaborate with other clubs/students throughout the building. If this is something you may be interested in, fill out the Google form (<https://bit.ly/3dycC1b>) and submit or see **Mr. Wermie**



SCHOOL BUS UPDATES



Storm Days

If weather conditions are poor, please listen to the radio to determine if the buses are running and/or if the schools are closed. The information is also posted on the Portage School Division web site. If the buses are not running, but the school is open, classes will continue as usual with instruction being offered to those who attend. In the event that buses do not run in the afternoon we ask that the emergency billet information on your student information sheet be updated. We do recognize that not everyone can make it to school because of the inclement weather and so every effort will be made to make certain that students receive help for the work that they have missed.



Winter Attire

When students are riding a bus either to travel to or from school or on an extracurricular trip, they must be dressed appropriately for the weather. For students that are not dressed appropriately, the parent will be contacted by the





school and the parent will have to pick-up the student after school. It is for safety reasons that all students need to be dressed appropriately.

Morning Pick Ups

Please ensure that your student(s) are out at the bus stop a few minutes before pick up time so that they are ready to board at pick up time. If you are unsure of your pick-up time please confirm with your bus driver or call the office. Students waiting in their house until the bus arrives adds time to the route, which makes the bus late, and down the line students end up waiting outside during inclement weather.



Bus Status Updates

	Route # 1
	Route # 2
	Route # 3
	Route # 4

The School Division Website has a great school bus feature. On the home page you will notice a little green school bus in the header. Green means all buses are running on time. Yellow means one or more buses have been delayed. Red means one or more buses have been cancelled. If you click on the bus you will have a list of buses with the yellows and reds at the top of the list in numerical order.



We also update Facebook (PLPSD Transportation Department) and Twitter (PLPSD_Transportation) when buses are running late or cancelled. Please follow

us.

In the near future we will have a text, phone call, e-mail option for updating parents on bus status. If you get a text saying it is from the Portage School Division and to reply YES to continue to receive notifications, please know that it is not a scam and you need to reply YES. If you do not reply YES then you will not receive future text notifications of your student(s) bus status.



Volunteer Info:

Many community organizations are in need of volunteers. Volunteering looks good on resumes and scholarship applications, and can lead to a part-time job, a good reference and even a career choice. Drop by the Career Center to see what's available.

Employment Opportunities:

Some employers advertise job opportunities with the Career Centre. Come check out what is available.



Contact Info: Questions? Contact Kellee Clifford-Bousquet

kellee.bousquet@plpsd.net 204-857-6843 Extension 2013

Questions? Contact Kellee Clifford-Bousquet kellee.bousquet@plpsd.net or 204-857-6843 Ext. 2013.

Career Center

You can get job, volunteer and Post-Secondary information, as well as, Scholarship and Bursary opportunities and Grad Updates from the Career Centre by:

- Joining the Grade 12 Google Classroom - Class code: 3qt3jqg
- PCI Career Centre Page <https://pci.plpsd.mb.ca/student-services/career-centre>

- PCI website Post-secondary page <https://pci.plpsd.mb.ca/post-secondary>
- PCI Grad Page: <https://pci.plpsd.mb.ca/grad> To be updated when we get Grad 2023 information

Visit Ms Bousquet in the Career Centre.

For other Career opportunities, see Mr. Hordeski in his East Office

Email: blair.hordeski@plpsd.net



Ho Ho Ho

It's that special time of year again
at **PCI Hairstyling Academy**
We love Christmas & love to share it with you all
Christmas shampoo sets, beautiful brushes, Hempz gift packs
Stocking stuffers galore for the whole family
& so much more!

Hours: Monday-Friday 9:00-11:30 am & 1:30-4:00 pm
Wednesday & Thursdays open through lunch
PCI West building room 15
Call 204-857-6946 Instagram @pcihairstyling

What is PBIS?

PBIS is an approach that schools can use to improve school safety and promote positive behaviour. At it's heart, PBIS calls on schools to teach kids about behavioural expectations and directly teach social emotional skills just as they would teach any other subject.

Contact Us:

Portage Collegiate Institute
65 Third Street S.W.
Portage la Prairie, MB R1N 2B6
(204) 857-6843

What has the PCI PBIS Team been working on?

- Creating and working on PBIS action plans
- Collecting and reviewing data to guide planning and decision-making
- Preparing Behaviour Matrixes- to help sort out expectations around being respectful, being safe, and being responsible in various school locations and "hot spots"
- Creating "Caught Ya!" tickets and planning prize options
- Planning classroom lesson plans with videos, games and PowerPoints
- Planning staff PD
- Creating a PBIS Discipline flow chart for staff to follow
- Creating clear definitions of problem behaviours



PCI PBIS

Positive
Behaviour
Interventions &
Supports



How Can Parents Help?

- ◊ Review PCI PBIS with your student and encourage them to follow it in your home.
- ◊ Ask your student about their day at school.
- ◊ Make sure your student is ready to put forth their best effort everyday.
- ◊ Ensure a good night's sleep, and have breakfast/lunch/snacks planned for school.
- ◊ Help your students arrive on time and attend school regularly.
- ◊ Provide a quiet time and space for your child to do homework.
- ◊ Practice Positive phrases with your student such as thank you, excuse me, please, and I'm sorry.
- ◊ Connect yourself with our school whenever possible. You are always welcome.

PBIS BASICS

What does PBIS do for students?

- Teaches them appropriate behaviours
 - Lessons throughout the year, reteaching opportunities
- Recognizes and praises their positive behaviours
 - Rewards, opportunities to participate in special events, school swag, etc.
- Creates consistency amongst the school environment
- Creates a fun, positive atmosphere!

What does PBIS do for staff?

- Reduces problem behaviours (Office discipline referrals, suspensions)
- Increases instructional time
- Improves student engagement
- Assists classroom management skills
- Improves school culture

How does PBIS work?

- Students follow the same expectations at PCI.
- These will be posted throughout the school.
- When students follow the expectations, they are acknowledged.
- When students do not follow the expectations, there are planned responses to help them get back on track.
- Everyone is on the same team!

PCI PBIS

• Be Respectful

Provide your name to staff when asked.
Listen to adults at first request.
Use school appropriate language

• Be Safe

Use school appropriate behaviour.
Keep hoods down.
Listen to adults at first request.

• Be Responsible

Actively participate in school and lessons.
Attend Class on time with supplies.
Use hallways for transition only.
Build positive relationships.

Shared Health/Addictions

The Shared Health/Addictions office has moved upstairs in the PCI East Building (Prince Charles). The extension number has changed as well: 204-857-6843 ext. 1075. Concerned about your son's or daughter's use of alcohol or other drugs?

The School Division offers school-based counselling services for students of Portage Collegiate Institute. The goals of the partnership between Shared Health/Addictions & Portage Collegiate are:

- To encourage the early identification and referral of students experiencing problems related to their alcohol/other drug or gambling involvement
- To prevent students from becoming harmfully involved in alcohol/other drugs or gambling
- To assist and support students affected by alcohol/other drug or gambling involvement of people close to them

For more information, contact: Addiction Counsellors, Confidential services



WHAT IS SOURCES OF STRENGTH (SOS)?

We are a group of diverse **students and adults** from many different corners and cultures of our school and community. We believe that life has ups and downs, that all of us will go through good times and tough times. Our mission is to ensure that during the rough times no one gets so overwhelmed or hopeless that they want to give up.

Our mission is to **spread Hope, Help, and Strength** into every corner of our community.

Our mission is to help students and staff turn to their strengths and their supports that are all around. We are **Connectors** to Help and Strength.

Our mission recognizes that our voice has great power and we use it to **BREAK the SILENCE** when someone is struggling, and to connect them to the help they need and deserve.



We **Spread Hope** by focusing on stories of strength, rather than on stories of trauma. We know our most powerful impact comes from our personal actions, conversations, and messages that use our music, our art, our writing, our activities, our social media, our culture, and our voice. This gives life to our efforts.



ICE SAFETY

Portage la Prairie RCMP would like to remind everyone to be safe around water and ice at this time of year. Officers are seeing people on Crescent Lake and the ice is very thin putting themselves at danger.

In and around the area, most lakes, rivers, creeks and ponds are beginning to freeze over. Ice does not freeze uniformly and can be unsafe. Ice thickness measurement is only a guideline and does not always mean the ice is safe.

Some, but not all safety tips for venturing out on the ice could be:

Children should always be supervised when near ice and water and teach them ice safety

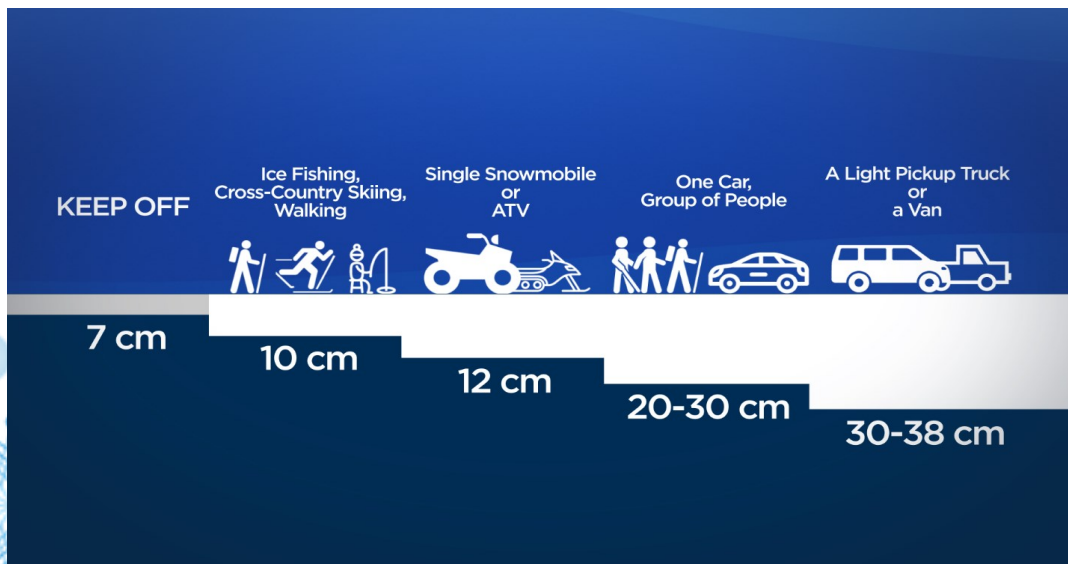
Never go on the ice alone

Let someone know where you are going and when you will return when venturing onto the ice

Carry items to help you get out of the water if the ice breaks up like ice picks, ropes or life jacket

Avoid going onto the ice at night

Carry a plastic pealess whistle or a flashlight to signal for help



During the school year there are situations that arise that require schools to limit access to the buildings. As part of a review of the Portage la Prairie School Division's Emergency Response Plan, all schools will have 3 selections to limit access if needed.

Sheltering in Place

Sheltering in Place is defined as actions taken when personal safety is considered to be in danger if anyone leaves the school (mainly environmental or weather-related events). All exterior windows and doors may be closed and locked depending on the situation. There is regular movement throughout the school.

Situations that may require a Sheltering in Place Response may include:

- Weather events such as a sudden blizzard
- Environmental event such as a chemical spill exterior to the school
- Missing child
- Dangerous wild animal (cougar, bear, pack of dogs etc.)

Hold & Secure

*A **Hold and Secure** is defined as actions taken to control access to and within the school in response to a safety concern both external and internal to the school. All interior and exterior doors are locked and monitored. Classes continue to function normal, there should be limited movement in the hallways and there will be no class changes until notified. Students should be monitored when leaving the classroom to go to the washroom. At this time, unless cases of emergency, students should not be sent to the office. Blinds should be closed in case the matter turns into a lockdown situation.*

Situations that may require Hold & Secure Response may include:

- Altercation involving students/community members
- Threat to safety
- Custody dispute
- Police action in the community
- Chemical release in the community
- Medical emergency (to keep area clear)
- Police apprehension on school property

Lockdown

A Lockdown is defined as actions taken to conceal students and staff in a secure location in response to a threat of violence inside or in relation to the school.

School Lockdown – means the restriction of movement of students and staff due to a threat of violence within or in relation to the school. During a lockdown, exercise critical judgement to maximize safety.

Active-Threat – means one or more individuals who seek out an environment that offers multiple potential victims at risk of death or grievous bodily harm not easily to escape threat.

Situations that may require a **Lockdown Response** could include:

- Unauthorized visitor with an unknown intent
- A violent or potentially violent incident inside the school
- Dangerous intruder
- Active shooter
- Barricaded suspect
- Dangerous activity in the community that requires RCMP action.

If you have any questions, please contact Mr. McKenzie [at the school](#).

Lawrence McKenzie

Principal

Portage Collegiate Institute

204-857-6843 ext. 1514

PCI TEEN CLINIC

Take charge of your health...it's your choice!

To book an appointment :

Walk-In if PCI Teen Clinic door is open

Tuesday – Friday 8:00am – 3:30pm

TEXT or Call 204-870-0689 (Provide full name in text)

Or Call 204-857-6843 ext. 11609



Shared Health/Mental Health and Addictions

Now located in the Prince Charles Building Library

Stop by or call main office to be transferred to a counsellor

Tracy Ediger



Public Health Nurse

Sacha Grimeau



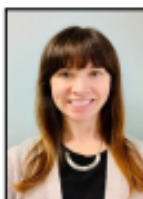
Mental Health Counsellor

Carly Gabler



Registered Dietitians

Kerby Sylvester

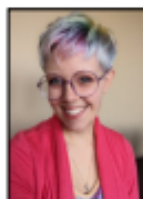


Betty Ryzner-Madsen



Mental Health & Addictions Counsellors

Emily Preun



Laine Hill



Mental Health & Addictions Nurse

Jackie Meulpolder




Receptionist


TRUE OR FALSE

- 1. Alcohol is a drug**


TRUE! A DRUG IS ANY SUBSTANCE THAT CHANGES A PERSON'S MENTAL OR PHYSICAL STATE


- 2. Seeking counselling means I have a mental illness**


FALSE! PEOPLE SEEK COUNSELLING FOR A WIDE VARIETY OF REASONS INCLUDING: STRESS AT SCHOOL, PROBLEMS WITH FAMILY OR FRIENDS, STRUGGLING WITH A SUBSTANCE OR SOMEONE ELSE'S SUBSTANCE USE.


- 3. 1 in 5 youth are affected by mental illness**


TRUE! 20% OF CANADIAN YOUTH ARE AFFECTED BY MENTAL HEALTH. CHANCES ARE THE NUMBER IS MUCH HIGHER, BUT NOT EVERYONE IS HONEST ABOUT THEIR MENTAL HEALTH.


- 4. Vaping increases your risk of depression and anxiety.**

TRUE. STUDIES HAVE SHOWN AN INCREASE IN DEPRESSION AND ANXIETY SYMPTOMS IN THOSE WHO USE E-CIGARETTE'S.


- 5. Mental health is for adults**

FALSE! 70% OF MENTAL HEALTH PROBLEMS HAVE THEIR ONSET DURING CHILDHOOD OR ADOLESCENCE.



Anyone can struggle with Mental Health or Substance Use

REACH OUT

Did you know?

- YOUNG PEOPLE AGED 15 TO 24 ARE MORE LIKELY TO EXPERIENCE MENTAL ILLNESS AND/OR SUBSTANCE USE DISORDERS THAN ANY OTHER AGE GROUP. (WWW.CAMH.CA)
- PEOPLE WITH A MENTAL ILLNESS ARE TWICE AS LIKELY TO HAVE A SUBSTANCE USE DISORDER COMPARED TO THE GENERAL POPULATION. AT LEAST 20% OF PEOPLE WITH A MENTAL ILLNESS HAVE A CO-OCCURRING SUBSTANCE USE DISORDER. (WWW.CAMH.CA)
- SIMILARLY, PEOPLE WITH SUBSTANCE USE DISORDERS ARE UP TO 3 TIMES MORE LIKELY TO HAVE A MENTAL ILLNESS. MORE THAN 15% OF PEOPLE WITH A SUBSTANCE USE DISORDER HAVE A CO-OCCURRING MENTAL ILLNESS. (WWW.CAMH.CA)
- IN MANITOBA, 10.8% OF CHILDREN AGED 6-12 YEARS HAVE EXPERIENCED A SIGNIFICANT MENTAL HEALTH OR ADDICTIONS ISSUE; FOR YOUTH AGED 13-19 YEARS THIS RATE INCREASES TO 17% (DATA SOURCE: MANITOBA CENTRE FOR HEALTH POLICY).

See our resource list for how to access help for you or someone you care about

How can you access support?

- Call or text Teen Clinic to book an appointment with the doctor
- Pop in at the AFM office at PCI
- Talk to your guidance counsellor or trusted adult
- Scan the QR code below for more options:

