



Portage Collegiate Institute

September 2023

Sept 21
Picture Day

Sept 29
IRS Museum Walk

Sept. 27-29
Mature Student
Registration

October 3
PD Day No Classes

October 5
Undergrad Awards
Gr 10: 9 am
Gr 11: 10:05 am
Gr 12: 11:15 am

October 9
Thanksgiving no Classes

October 20
PD Day No Classes

November 1
Picture Retakes

November 9
PCI Remembrance Day
Service

November 10
Student Led Parent
Teacher Conference
No Classes

December 1
K-12 Admin. Day, No
Classes

Dec. 25-Jan. 5
Christmas Break
Schools Closed

January 9-16 &
January 23-25
Gr. 12 Provincial Tests
Class Specific

Jan. 19
K-12 PD—No Classes

Home Communication

A large part of our communication to parents is through email. If you are unsure if we have your current email address or your email address has changed, please contact the Main Office at 204-857-6843 ext. 1512.

Newsletters are emailed to parents and are also available on our school website. Students and parents can also connect with PCI through our social media accounts:



Twitter: @PCIPrincipal

Instagram: pciprincipal

Facebook: PciPrincipal

There are several teachers and programs that have classroom Instagram accounts too!

Students should now be connected to their grade level google classrooms. If not, students can email their grade level counsellor.

You can also check out PCI's website: pci.plpsd.mb.ca

In-Town Shuttle Bus Schedule

Morning Pick-Ups: Students are asked to arrive 5 minutes prior to pick up time.

Bus #3

Departs FLR at 8:30 am
Departs YQS at 8:35 am

Bus #4

Departs NMS at 8:20 am
Departs LVS at 8:24 am

Bus #13

Departs EAMS at 8:30 am

The above shuttle buses will pick up students at PCI at dismissal time (3:35).

Please contact Mrs. Anderson at Operations (204) 857-5841 ext 2 if you would like to take a shuttle bus to and from PCI.



No Parking/Stopping

The RCMP would like to remind all parents and students that the bus loop and 3rd Street S.W., on the side of the street next to the school, are **no parking/no stopping zones**. 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. Please do not wait in the staff parking lots as they get congested. Parents can use the student parking lot for drop-offs/pick-ups.

New PCI Staff

We would like to welcome the following new staff to PCI:

Teaching & Admin. Staff:

Mr. Lacroix—VP Gr 10
Mr. Bachalo—Gr 9 Math & Science
Ms. Belinsky—Lifeskills
Mr. Brydges—Gr 9
Mr. Dewis—Gr 9
Ms. Knowles—Gr 9 Hairstyling
Mr. Solomon—Math & Science
Mrs. Waines—Guitar

Support Staff:

Ms. Gargol—EA-Library
Mr. Gonzalez Marmol—EA
Ms. Lamirande—EA
Mr. Scherr—EA
Ms. Walker—EA
Mr. De Silva—Day Custodian
Ms. Knight—EA

Student Services:

Ms. Giesel
Mr. Mauws
Mr. Roulette
Ms. Lambert
Ms. Asham
Ms. Wilson

Student Fees

The student fee is \$40 for the 2023-2024 school year. This should be paid to the homeroom teacher or Mrs. Neufeld at the finance office in the Prince Charles (PCI East) building before the end of October. The fee covers the cost of the school shirts, student phone by main office, student council activities, and the yearbook.



School fees can be paid by cheque, cash, debit (at school finance office) or e-transfer to robin.neufeld@plpsd.net. Please add a comment to your etransfer clarifying what you are paying (eg student's name and class/fee designation).

School Pictures

All students must have a picture taken on September 21st for the yearbook and Student ID card. Order forms with online instructions will go home prior to picture day. If you choose to return the order form on picture day, please have your student hand it in to the photographers. If your child did not have their picture taken on picture day in September, retakes are booked for Wednesday, November 1st.



- ***If a retake is required, no problem, just have the student return the unwanted portrait package and envelope to the photographer on Picture Retake day.***
- Have a question about photos? Please contact Lifetouch toll free **1-866-457-8212**.

Attendance

If your child is absent from school and needs to be excused due to illness or for an appointment, please contact the Main Office to validate at 204-857-6843 extension 1512 or e-mail melissa.murray@plpsd.net.

Cell Phone Policy

Grade 10-12 students (see information sheet on Grade 9 cell phone policy included in this newsletter for Grade 9) 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 only be returned to a parent or guardian at the Main Office. Repeat offenders will be dealt with in accordance with the school discipline policy.

Grade 9 Parents/Guardians

We ask for your support in our efforts to restrict cell phone use at school, as students are having difficulty accepting the boundaries set by their teachers. Students' privacy rights are being violated with classmates taking photos, and videos, and posting, or sharing photos immediately or weeks later via social media platforms. During class time, students are accessing social media sites, and receive messages from friends and family. These incidents are interrupting the learning of our students.



Bullying issues that are often seen at school are often tied to device use on social media and in unsupervised "chats" and often occur during school hours.

Students are encouraged to leave their devices at home. If students choose to bring their device it should be placed in a locked locker, their backpack, or the teacher's bucket, with the ringer on silent. If students wish to utilize a locker, please bring a lock with you, pick out a locker with your homeroom teacher, and then please provide a copy of the key or code to the office. Students may choose to hand their devices into the office.

Students will be allowed to come to the office to send a message or make a phone call to a parent/guardian, as needed. If you need to speak to your child or leave a message, please call the office, at 204-857-6843. Students will have access to their phones during their 5-minute breaks and their lunch hour but are encouraged to use their devices responsibly.

Any issues that stem from improper device use may result in having device privileges removed and/or result in an out-of-school suspension.

Portage Collegiate is not liable for any lost, stolen, or damaged student electronic equipment brought to school.



Undergrad Awards

Grade 10-12 Students will be recognized for their academic achievements from the 2022/2023 school year, including top marks and honour roll at the Undergrad Awards on October 5th in the West Gym.

Gr 10 (Last year's grade 9): 9 am

Gr 11 (Last year's grade 10): 10:05 am

Gr 12 (Last year's grade 11): 11:15 am

PCI Sources of Strength (SOS)

Sources of Strength (SOS) is a strength-based suicide prevention program that attempts to have a diverse group of peer leaders positively impact a wide range of cliques within a school or community. Staff will be asked to nominate a diverse group of students that they feel will fit this role. While suicide prevention is a significant part of the training program, the training will focus on strengths and fun activities. Students are usually extremely positive about the training, stating it was “not what I expected,” “interesting,” “fun,” and “empowering.”

The Sources of Strength Mission is to provide the highest quality prevention for suicide, violence, and substance abuse by training, supporting and empowering both peer leaders and caring adults to impact their friendship networks and by using rigorous testing to maximize health and protection in the real world.

The Sources of Strength Vision is to lead in the field of suicide prevention by respecting differences in individuals, communities and cultures and by drawing out stories of strength and healing. Many strengths are more powerful than one, and our united goal is to activate and mobilize these strengths in ways that positively change individuals and communities.

Any students interested in joining Sources of Strength, please see the grade level guidance counsellor. There are some criteria that students need to meet in order to participate fully in the program, but everyone is welcome to talk to a guidance counsellor about the possibility of joining the PCI SOS Peers.



Grade Level Teams

The phone extension numbers for the administrator, resource teacher and guidance counsellor for each grade are:

Grade 9 – Mr. Pehura, Vice Principal (2525), Mrs. Tooth, Counsellor (2527), Mrs. Mason, Resource (2529)

Grade 10 – Mr. Arnold (2523) & Mr. Lacroix (2524) Vice Principals., Ms. Wood, Counsellor (2528), Mr. Reichert, Resource (1523)

Grade 11 – Mrs. Budz, Vice Principal (1513), Mrs. Pruden, Counsellor (2526), Mrs. Mills, Resource (1124)

Grade 11.5 – Mr. McKenzie, Principal (1514), Ms. Clifford-Bousquet, Resource/Counsellor (2013)

Grade 12 – Mr. McKenzie, Principal (1514), Mrs. Bertholet, Resource/Counsellor (2011)



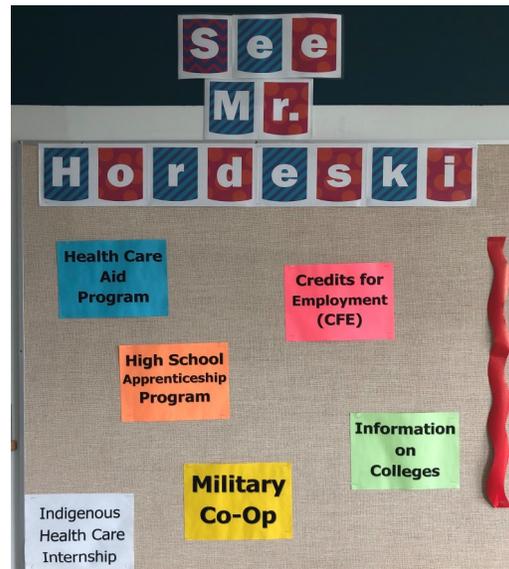
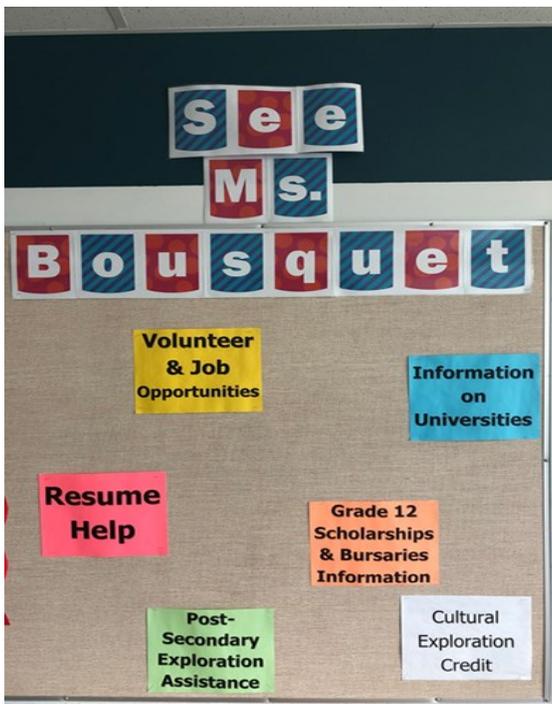
Career Centre

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

You can visit the Post-Secondary page on the PCI website:

<https://pci.plpsd.mb.ca/post-secondary>

or see Ms Bousquet in the Career Centre.



Students can e-mail Mr. Hordeski at blair.hordeski@plpsd.net to set up an appointment to talk about any of the programs listed below:

- Credits For Employment
- The High School Apprenticeship Program
- The PCI/Red River College Health Care Aide Program
- Indigenous Health Internship Program
- Employment opportunities

Water Bottles

Water bottle refill stations are available in both buildings—we ask students to bring a water bottle from home as water fountains are not available.

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 la Prairie School Division website. 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 they have missed.

Vehicle Appointments

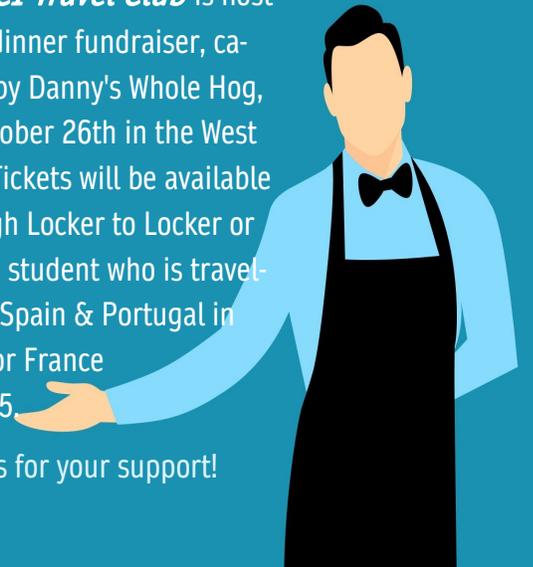
PCI Auto Shop is once again taking vehicle appointments. Appointments can be made by contacting the auto shop through their email address:

pciautoshop@plpsd.net



The *PCI Travel Club* is hosting a dinner fundraiser, catered by Danny's Whole Hog, on October 26th in the West Gym. Tickets will be available through Locker to Locker or from a student who is traveling to Spain & Portugal in 2024 or France in 2025.

Thanks for your support!



School-Based Shared Health Substance Use Support

Are you 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. This is a Shared Health Partnership with PCI and our goals 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
Phone: 204-857-6843 Ext. 1075
Confidential services

PCI TEEN CLINIC

The PCI Teen Clinic is located on the Portage Collegiate Institute campus in the Prince Charles (PCI East) Building. There are a variety of health services available for youth and young adults, ages 12-21, from the Portage la Prairie area.

Hours: 8:00 am – 3:30 pm Tuesday to Friday, Closed for lunch: 12:20 pm—1:20 pm
Phone: 204-857-6843 ext. 11609 Cell: 204-870-0689

The Teen Clinic provides an exciting opportunity for youth to begin the process of taking responsibility for their health care decisions in a safe, confidential environment. With the ability to consent to or refuse care and treatment, youth are encouraged to develop a proactive approach to their health needs. We are staffed by a Nurse Practitioner, Physician, Public Health Nurse, Dietitian, Mental Health & Addictions Nurse, and Child & Adolescent Shared Care Mental Health Clinician.

http://www.plpsd.mb.ca/pci/programs/programs_student_services/teen_clinic

CanSkate registration for our 23/24 season is now open!

**** Introducing our new, reduced pricing! ****

The CanSkate program is geared to beginners of all ages...children, adults, newcomers to Canada and athletes with a disability (AWAD). Whether you are looking to improve basic skating skills for figure skating, hockey, ringette or speed skating, CanSkate will get you there.

Our CanSkate program showcases a comprehensive series of balance, control and agility skills, using a nationally-tested and proven curriculum to develop stronger basic skills on the ice.

CanSkate runs from October to March, Tuesdays and Thursdays from 6:45 pm to 7:30pm. One or two day options are available. Monthly payment plans also available.

Register at portageskatingclub.uplifterinc.com

Or email portageskatingclub@gmail.com for more details



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 is here to assist with homework and other student needs. As well, board games and chess sets are available for use over the lunch hour, and contests run throughout the year. Visit our instagram page at [pci_library](https://www.instagram.com/pci_library).



PCI Physical and Health Education News

Welcome back for another school year and learning about how to lead an active, healthy lifestyle. PCI PHE Department teachers are Mrs. Clark-Gillespie, Mr. Asham, Mrs. Cochrane-Thomson, Mrs. Shwaluk, and Mr. de Vries. Mr. Arnold will teach Principles of Basketball Phys Ed again in Semester 1. Mr. Casper will be teaching once again, the Francais Phys Ed. Also, welcome to the new PHE teacher, Mr Brydges, who will teach the Principles of Football Phys Ed in Semester 2.

Each Phys Ed class will have their own Google Classroom, so watch for your class!

Once supervision is arranged, the Fitness Training Centre in the Prince Charles Building will be open after school. Watch for announcements on this.



PCI Athletic Department News

Already, Trojans Football is underway, as they began practicing on Aug 21st! Head coach, Mr. Brydges is excited for the good turnout and is looking forward to the upcoming season.

Lots of tryouts will be starting right away the first week back in September - golf, x-country, Trojans Varsity and JV volleyball, Saints Varsity and JV volleyball, Trojans hockey and Saints hockey. There are a couple of ways to stay on top of all athletics information:

- Listen to announcements
- Watch for posters/signs around the school
- **Follow on Instagram: @saintstrojansathletics.** This is a great way to keep up to date with all that is happening with PCI teams.

What is PBIS?

PBIS is an approach that schools can use to improve school safety and promote positive behaviour. At its 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

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.

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



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

Positive
Behaviour
Interventions &
Supports



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.

Parent Portal Information

Stay connected and informed. The PLPSD Parent Portal is a communications tool designed to enhance and increase parent & guardian involvement in their children's education. The portal provides parents & guardians with secure online access to our Student Information System. With a **single username and password**, you can access the following information **for each** of your children attending a PLPSD school:

- School Bulletin
- Student Information
- Attendance Information, including excusing absences
- School Fees Account (PCI)
- Permissions & Consent Forms – coming soon
- School Information
- High School Grad & Credit Summary (PCI)
- High School Grades and Assignments (PCI)
- With more features such as report card delivery coming soon!

Let's Get Started!

1. Please take a moment to review this **short video**. Your Parent Portal account has already been set up for you. You will need to create a password, though. To do this, open a web browser and navigate to portage.powerschool.com. **Do not** include www in front of the address.
2. Click on forgot username or password.
3. You will now need to enter your email address in **both the parent username and parent email address boxes**.

Be sure to use this email address.

4. Click the enter button.
5. The system will email you a password reset link. It may take several minutes for you to receive the email.
Check your spam or junk folders if you've not received the email within 15 minutes. The email link is only valid for 24 hours, so be sure to click the link and create your password within that time. If the link expires, you can follow the same process again.



PowerSchool

The PowerSchool Parent Portal App currently available in Apple/Google Play stores has limited functionality and does not allow for feature customizations that we use. To ensure the best possible user experience, we strongly recommend that mobile users access the PLPSD Parent Portal through the login on this web page and avoid using the PowerSchool managed App. If you want to log in with the App, you can use portage.powerschool.com as the server address.



You can now see your student's marks on your phone!
portage.powerschool.com

- Your Parent Portal account has already been set up for you.
 - You will need to create a password, though. To do this, open a web browser and navigate to portage.powerschool.com.
 - **Do not include www in front of the address**
- Click on **forgot username or password**.
- You will now need to **enter your email address** in **both** the username and email address boxes.
 - Use the email address where you receive school emails
 - Click the enter button.
- The system will email you a password reset link. It may take several minutes for you to receive the email.
 - Check your spam or junk folders if you've not received the email within 15 minutes.
 - The email link is only valid for 24 hours, so be sure to click the link and create your password within that time.
 - If the link expires, you can follow the same process again.

Once you've set up your account:



- Download the PowerSchool Mobile App.
- When you are prompted to add your district code
 - Click on "Where's my district code"
 - Choose "Enter Server Address" and then enter portage.powerschool.com
- Enter your email in "Username" and your new password.

Et Voila

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