

Portage Collegiate Institute



November 2023

Dates to Remember

Nov. 17

Post Secondary Day

Nov. 20

Grade 9 Addictions
Presentation

Nov. 22

Agriculture Career Day

Dec. 1

K-12 Admin. Day
No Classes

Dec. 12

Band Concert—West
Gym, 7:00 pm

Dec. 25 - Jan. 5

Christmas Break
Schools Closed

Jan. 9-12

English 40 Provincial
Test

Jan. 19

K-12 PD—No Classes

Jan. 23

Applied Math 40
Provincial Test

Jan. 24

Essentials Math 40
Provincial Test

Jan. 25

Pre Cal 40 Provincial
Test

Jan. 29—Feb. 2

Exam/Project Week

Feb. 5

Semester Two First Day

Feb. 16

PD Day — No Classes

Feb. 19

Louis Riel Day
No Classes

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 allows you to view your student's information including attendance and fees. Please see the information page included in this newsletter.

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 progress reports with marks and absences on a monthly basis.

Parent Advisory Council

PCI will have its first Parent Advisory Council meeting on Tuesday, November 14th at 5:15 pm in the PCI library. All parents are welcome to attend.

Peer Leadership

Our PCI Student Leadership Team is made up of a diverse group of Grade 9 to 12 students who take an active role in their education, and work closely with staff and administrators with the primary goal of creating a culture of ownership, collaboration and community at PCI. This year we have a group of 28 students who participated in the fall training which took place on October 13th at Red River Community College. Students and advisors participated in team building activities and school planning groups. Our first event was the Haunted House which occurred Friday, October 27th and the sock hop which was held in period 6 on October 31st. You can follow along for updates on Instagram at [@whatsuppci](https://www.instagram.com/whatsuppci)

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.

PCI Instagram Accounts



Saints Hockey - saintshockey2023
PCI Athletics/Phys. Ed. - saintstrojansathletics
PCI Channel 1 - pcichannel1
PCI Student Leadership - whatsapppci
Locker to Locker - lockertolockerpci
Mr. McKenzie - PCIPrincipal
PCI Textiles/Sewing - pcitextiles
PCI Library - pci_library
PCI Photography - pciphotography
PCI Hairstyling - pcihairstyling
PCI Visual Arts - pci_visualart
Trojan Football - pci_trojans_football
PCI Social Justice - pcisocialjustice
PCI Sources of Strength - pci.sos

Student Fees

The student fee of \$40 and Semester 1 class fees are due for the 2023/2024 school year. This can be paid to Mrs. Neufeld at the finance office. E-transfers can also be sent to robin.neufeld@plpsd.net. The student fee covers the cost of the student phone, PCI t-shirt, the yearbook, and other school wide activities and interests.

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.

Locker to Locker

Management students are looking forward to offering school clothing and products from student-run businesses, in addition to managing orders from our website: lockertolocker.square.site.



Currently, the following products and businesses are available online:

- **School clothing** (sizes and colours are updated in real time)
- **Locker to Locker physical and 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

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.

Saints Hockey

Xmas Classic Tournament

Dec. 1 & 2 at Stride Place

*Come out and support
the girls hockey team.*

upload it app
299048



upload your photos to be
featured in this year's yearbook!

Guidance Counsellors

Grade 9: Mrs. Tooth ext 2527
Grade 10: Ms. Wood ext 2528
Grade 11: Mrs. Pruden ext 2526
Grade 11.5: Ms. Clifford-Bousquet ext 2013
Grade 12: Mrs. Bertholet ext 2011

Hats & Hoods

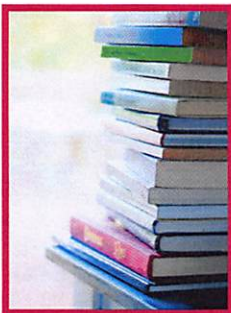
Students are allowed to wear hats in the
hallways and canteen areas on campus.
However, all hoods must be removed when
entering the buildings.



The PCI

**Band Program
will present their
Winter Concert**

**Tuesday,
December 12th,
7:00 p.m.**



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.



IKWE & WICASA CLUB

November Schedule

Wednesday Nov. 1: Room 108 (East Building)
 Period 3- Ikwe Group (girls and 2SLGBTQ+)
 Period 4- Wicasa Group (boys and 2SLGBTQ+)

Wednesday Nov. 15: Room 108 (East Building) FEAST DAY!
 Period 3- Wicasa Group (boys and 2SLGBTQ+)
 Period 4: Ikwe Group (girls and 2SLGBTQ+)

CONTACT PERSON
 MS. WILSON
 ROOM 115

Where should we go?



CROATIA

Google Classroom
3y24zrf



PARIS, LONDON, AMSTERDAM,

2026



ENGLAND



PORTAGE COLLEGIATE IS LOOKING FOR POW-WOW DANCERS TO JOIN OUR SPECIAL EVENTS CLUB

DANCERS WOULD SHOWCASE THEIR TALENTS AND GIFTS AT VARIOUS EVENTS THROUGHOUT THE SCHOOL YEAR.


If you are interested please sign up with Ms. Wilson in room 115!

*National Addictions Awareness Week
 Monday November 20 -
 Friday November 24, 2023*

PCI will be hosting National Addictions Awareness Week for students (optional events). The goal for this week is provide our students with opportunities to listen to guest speakers, take part in activities that inspire awareness, and connect with community resources. Each guest speaker shares a unique story of hope, courage, and change for a better tomorrow

We acknowledge this to be a sensitive topic, support would be available whenever you need. Contact Ms. Wilson in room 115 for more information.

Weekly schedule with guest speakers, dates and optional sign-up would be emailed to all grade 9-12 staff.





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 refer-

ence 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



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: 7kfar7y
- 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 2024 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

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 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 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

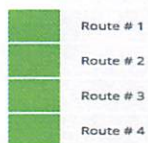
school and the parent will have to pick-up the student after school. It is for safety reasons that all students need to be dressed appropriately.

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



Bus Status Updates

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) when buses are running late or cancelled. Please follow us.

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 Counsellor, 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.



SOURCES
OF STRENGTH

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.

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.

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!



Teen Clinic Hours:

Tuesday – Friday 8:00am – 3:30pm

Teen Clinic will be closed Dec 25, 2023 - Jan 8, 2024

To book an appointment:

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

Or Call 204-857-6843 ext. 11609

Jackie Meulpolder	Dr. Shayne Reitmeier	Rebecca Krause	Tracy Ediger	Laine Hill	Sacha Grimeau	Carly Gabler	Kerby Sylvester	Betty Ryzner-Madsen
Receptionist	2SLGBTQ+ Care	Nurse Practitioner	Public Health Nurse	Mental Health & Addictions Nurse	Mental Health Counsellor	Registered Dietitians		Substance Use Counsellor

PRESCRIPTION BASICS

How to Get a Prescription Medication:

1. Book an appointment with a doctor or nurse practitioner.
2. Most Dr's/NP's fax prescriptions directly to your pharmacy of choice.
3. Go to the pharmacy, look for a "Prescription Pick-Up" sign— say you are here to pick up your medication. The pharmacy staff will ask you some questions. This is when you will have to pay. If you have insurance that covers medication, bring that information with you.



Easy... but what about REFILLS?

Many medications are prescribed with refills—birth control, antidepressants & anxiety medications, diabetes medications, and more. It is important to get your refill BEFORE you run out of the medication.

Does your medication have refills? Look on the medication bottle/package for "Refills" and the # of refills available: 0, 1, 2 etc.

If YOU DO HAVE REFILLS available, you do not need to go back to your doctor or NP when you need more meds—contact the pharmacy where you got the medication and ask for a refill!

If your medication package says "Refills: 0" or "No Refills" see your Dr. or NP for another prescription, OR ask the pharmacist to send them a "refill request".



Any questions? Check out <https://kidshealth.org/en/teens/> - enter "prescriptions" in the search tool or come talk to us at PCI Teen Clinic!