

January 2024

Dates to Remember

Jan. 18

Course Selection
Presentations

Jan. 19

K-12 PD—No Classes

Jan. 24

Essentials Math 40
Provincial Test

Jan. 25

Pre Cal 40 Provincial
Test

Jan. 26—Feb. 2

Exam/Project Week

Feb. 5

Semester Two First Day

Feb. 6-9

Grad Photo
Appointments

Feb. 13

Student Grad Meeting
12:10 West Gym

Parent Grad Meeting
7:00 pm West Gym

Semester 2 Picture
Day MPR—morning
only

Feb. 16

PD Day — No Classes

Feb. 19

Louis Riel Day
No Classes

March 14

4:00-6:30
Parent Teacher

March 15

10:00-1:00 Parent
Teacher - no classes

March 25-29

Spring Break

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.

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.

Course Selections for 2024-25

Grade 8 students: There is a Parent/Family Information Night on Wednesday, January 17th in the West Building.

- French Immersion specific meeting: 6:00 pm in the Band Room.
- General meeting: 6:30 pm in the West Gym

Grade 9-11 Students: Course Selection Presentations will be held on Thursday, January 18th in the West Gym.

Grade 9 – Period 1

Grade 10 — Period 2

Grade 11 — Period 3

Course selection will be completed through myBlueprint and will be open January 18-31. Course selections must be submitted by the end of January.

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 Semester 1 Exam Schedule

Tuesday, Jan. 9 – English 40 Provincial Test – 8:50 a.m. in the West Gym

Wednesday, Jan. 24 – Math Essentials 40 Provincial Test – 8:50 a.m. in the West Gym

Thursday, Jan. 25 – Math Pre-Cal 40 Provincial Test – 8:50 a.m. in the West Gym

	Friday, January 26	Monday, January 29	Tuesday, January 30	Wednesday, January 31	Thursday, February 1	Friday, February 2
	Day 2	Day 1	Day 2	Day 1	Day 2	Day 1
8:50 - 11:20	English 30	Math Pre-Cal 30	Physics 30	Chemistry 30	Biology 30	Exam Conflicts
1:00 - 3:30		Math Applied 30	Physics 40	Chemistry 40	Biology 40	Exam Conflicts

The English exams will be written in the West Gym.

The math and science exams will be written in Mr. Shackleton's Science Lab (Room 118).

The last day for Gr. 11 & 12 classes will be Thursday, January 25. During the exam week teachers may have Gr. 11 & 12 students come in who are at-risk or need to follow-up on missed learning opportunities.

The last day for Gr. 9 & 10 classes will be Wednesday, January 31. Teachers may have Gr. 9 & 10 students come in on Feb. 1 & 2 who are at-risk or need to follow-up on missed learning opportunities.

All exam conflicts are to be reported to the Main Office prior to the exam date.

Semester 2 starts on Monday, Feb. 5. Semester 2 timetables are scheduled to be sent out on Friday, Feb. 2 (available on the student and parent portals) or can be picked up at the school on Monday, Feb. 5. Report cards for Semester 1 will be sent out the week of February 20 to 23.

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 - pcsocialjustice

PCI Sources of Strength - pci.sos

PCI Senior Life Skills - pcilife_skills

Grad Info

If your graduating student has not booked their grad photos yet please see Mrs. Neufeld at the finance office ASAP as appointments fill up fast. The sitting fee of \$35 must be paid at time of booking, no exceptions. Grad photo dates are February 6, 7, 8, & 9th.



All parents of graduating students are invited to attend the grad meeting on Tuesday, February 13th at 7 p.m. in the West Gym.

Please reference the "Grad" tab on the PCI website for important information regarding Graduation.

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

Italy / Greece Fundraisers



Kernels Popcorn sale from January 8-26th with delivery around the middle of February. If you would like an order form please email angela.mills@plpsd.net. Flavours include; Salt & Vinegar, Cheesy Dill, White Cheese, Say Cheese, Thai Sweet Chili, Buttersalt, Ketchup, Dill, Jalapeno Jack and Low Fat Carmel.

Cost is \$3 per bag.

Mitchell's Soups



10.99 Soup

Order forms available early February

Please feel free to look online at the items available.

<https://www.mitchellssoupco.com/>

Winkler Meats



Winkler Meats will be sold in March with delivery prior to Easter. Please visit <https://www.winklermeats.ca/farmer-sausage/> to see items available.

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.



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.

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

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 events.

Email / Newsletters

A large part of our communication to parents/guardians 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 also available on our school website.

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.

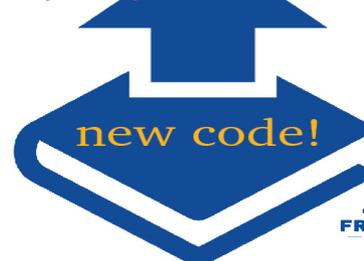
For other Career opportunities, see Mr. Hordeski in his East Office

Email: blair.hordeski@plpsd.net



upload it app

299048



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

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

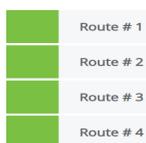
school and the parent will have to pick-up the student after school. It is for safety reasons that all students need to be dressed appropriately.

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.

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.

How to Care for Your Child During Respiratory Virus Season

Having a sick child can be scary. Know what symptoms to watch for, how to provide care and comfort at home, and *when* to seek help — it's all part of providing good **KidCare!**

At an emergency department, the sickest patients are always seen first. Less sick patients will have to wait for care. Depending on your child's symptoms, you may be able to provide care at **home**, or be seen faster by your doctor or a **walk-in clinic** or **urgent care centre**.

When deciding where to go, consider these **cold and flu symptoms** to determine whether your child needs emergency care.

	Emergency	Not an Emergency
Breathing Problems	<ul style="list-style-type: none"> in respiratory distress pale skin with blue lips wheezing, not responding to medication 	<ul style="list-style-type: none"> nasal congestion and cough mild wheezing that is responding to medication or is not associated with difficulty breathing
Fever	<ul style="list-style-type: none"> infant (less than 3 months old) with fever immune system or chronic health problems difficult to wake or excessively sleepy fever ongoing for more than 5-7 days neck stiffness with vomiting and sleepiness unable to walk or weakness of arms or legs 	<ul style="list-style-type: none"> in healthy and vaccinated babies in children who are generally well on its own, a high fever does not require a trip to emergency
Vomiting or Diarrhea	<ul style="list-style-type: none"> in a child less than 3 months old repeated vomiting and shows signs of dehydration (no tears, dry mouth, sunken soft spot) containing blood or is bright green dehydration with dry mouth, or if no urine is passed for 12+ hours 	<ul style="list-style-type: none"> vomiting or diarrhea less than 3-4 times per day ongoing diarrhea after 'stomach flu' as this can last for up to 2 weeks

Learn more about symptoms that should lead to a visit to emergency and those that can be cared for at home or elsewhere, at KidCareMB.ca.

Not Sure Where to Go?

Talk to a nurse from home and get help assessing your child's symptoms. Call Health Links – Info Santé at **204-788-8200** or **1-888-315-9257**. In an emergency, call **9-1-1**.



PCI TEEN CLINIC

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

Teen Clinic Hours:

Tuesday – Friday 8:00am – 3:30pm

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	Betty Ryzner-Madsen
Receptionist	2SLGBTQ+ Care	Nurse Practitioner	Public Health Nurse	Mental Health & Addictions Nurse	Mental Health Counsellor	Registered Dietitian	Substance Use Counsellor

Battling the Winter Blues?

The winter blues are a wave of low emotions that come with these cold, dark days. If you're experiencing the winter blues, you might feel the need to sleep a bit longer, indulge more often in comfort food, and spend more time with Netflix than with your friends and family.

Here are some ways you can improve or maintain your mood this winter:

- 1. Let the light in:** Get outside during the day if you can, keep your curtains open, and when indoors, spend as much time as you can near the windows. Even if it's cloudy, getting some daylight can help boost your mood.
- 2. Get physical:** Even though hitting the gym might be the last thing you feel like doing, physical activity is always a great tool to help you manage your mental health. Start small and try a lunchtime walk around the block.
- 3. Try to keep a normal sleep schedule:** It might feel like your bed is the only one who understands this funk you're in but over-sleeping can actually worsen the symptoms of the winter blues.
- 4. Give yourself a pat on the back**

You are not alone. Reach out to your trusted adults if you need help.

Suicide Crisis Helpline: 9-8-8

Managing Test Anxiety



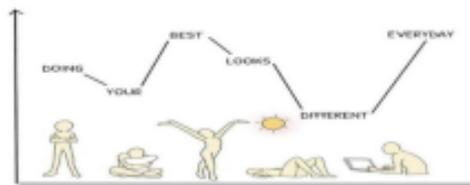
- Take short breaks regularly.
- Self Care: Make time for things that bring you joy and help you relax.
- Remember to breathe. It's easy to forget this when you're feeling stressed. Simply close your eyes and count your breaths, focusing on inhaling and exhaling slowly and deeply.
- Develop good habits. Staying on track can help reduce feeling overwhelmed
- Remember that your self-worth and value as a person is not determined by one test score or one exam.

Mindful Moment:

Mindfulness is simply paying attention to the here and now. Practicing Mindfulness can give you greater control over thoughts, behaviors and emotions and can help with things like test anxiety and with managing mood.

1 Minute Mindfulness Practice:

- place your feet firmly on the ground. You can sit or stand/lean
- close your eyes or gaze just in front yourself
- pace your breath, ensuring your inhale is shorter than your exhale
- when you are ready, open your eyes/look up and resume as you were.





PCI TEEN CLINIC

Open Tuesday—Friday 8am—3:30pm

JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED				
8	9 Public Health Nurse (AM) Nurse Practitioner (AM & PM)	10 Nurse Practitioner (AM & PM)	11 Dietitian (AM) Nurse Practitioner (AM & PM)	12 Doctor (AM)
15	16 Public Health Nurse (AM) Nurse Practitioner (AM & PM)	17 Nurse Practitioner (AM & PM)	18 Nurse Practitioner (PM)	19
22	23 Public Health Nurse (AM) Nurse Practitioner (AM & PM)	24	25 Nurse Practitioner (AM & PM)	26 Doctor (AM)
29	30 Public Health Nurse (AM) Nurse Practitioner (AM & PM)	31		