

# Portage Collegiate Institute



## March 2024

### Dates to Remember

**March 14**

4:00-6:30

Parent Teacher

**March 15**

10:00-1:00 Parent

Teacher - no classes

**March 25-29**

Spring Break

**April 12**

K-12 No Classes

**April 15**

Grad Photo Retakes

**May 20**

Victoria Day—No Classes

**May 27—June 30**

English 40S Provincial

Test

**May 29, June 3 & 4**

Francais 40S Provincial

test

**June 5**

Last day Gr. 12 classes

**June 11**

PreCal Math 40S

Provincial Test

**June 12**

Essentials Math 40S

Provincial Test

**June 13**

Applied Math 40S

Provincial Test

**June 14**

Last day Gr. 11 classes

**June 17-21**

Gr. 11 Exams

**June 21**

Last day Gr. 9 & 10

classes

**June 26—Stride Place**

Convocation:

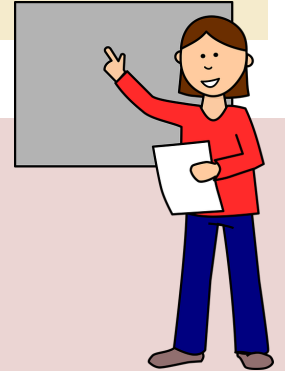
12:00 & 2:30

Prom: 7:00 pm

Safe Grad: 10:00 pm

## Parent-Teacher Conferences in March

Parent-teacher conferences will be held on Thursday, March 14th from 4:00 p.m.-6:30 p.m. and on Friday, March 15th from 10:00 a.m.-1:00 p.m. in the PCI (west) building. A progress report will be emailed prior.



## Report Cards

Semester 1 report cards were emailed/mailed out and should have arrived by now. If you have not received your child's report card, please contact the main office. Semester 2 Term 1 report cards will be emailed/mailed out starting on the week of April 22nd.

## Parent Portal—Students over 18

Once students turn 18, parents/guardians will no longer be able to access the parent portal. The student will be given a permission form to sign and return to the main office giving parents/guardians permission to continue accessing the parent portal.



## Fees

All course fees, as well as the \$40 student fee, are past due. If you haven't done so, please send payment as soon as possible. Payment can be made at the school finance office by cash, cheque or debit or by etransfer sent to robin.neufeld@plpsd.net. If you have any questions or concerns about fees please contact the school.

Help your friends!

Report Student Concerns Quickly! All reports will remain anonymous

PCI Anonymous Reporting

**Let us know!**

Be proactive or go here: [bit.ly/pcianon](https://bit.ly/pcianon)

You deserve to feel safe!

# GRADUATION



Information about Grad 2024, (including Grad pictures, Grad Raffle, Feeder School Visits, Convocation, Prom, Safe Grad, Gowns, Suits, Grad Packages, etc.) will be posted on the Grade 12 Google Classroom and on the PCI Website on the Powerpoint link.

[pci.plpsd.mb.ca](http://pci.plpsd.mb.ca)

## Grad Fees—\$80

- Grad Fees include 2 raffle books (\$20 each)
- Grads recoup \$40 of the grad fees when they sell their 2 raffle books.
- Grad Fees cover the cost of the grad cap and gown rental, rental of stride place (ceremony, prom, safe grad), décor, and other fees associated with such a large event.

***Grad Fees can be paid to Mrs. Neufeld in the finance office (black building). A debit machine is available. E-transfers can also be sent to [robin.neufeld@plpsd.net](mailto:robin.neufeld@plpsd.net)***

## Grad Portrait Retakes

Grad portrait retakes are scheduled for April 15th. Appointments are limited, please see Mrs Neufeld to book your appointment.

***\*\*The Proofs you received in the mail must be returned at time of booking to avoid another \$35 sitting fee.***

## Raffle Information

- Grads can pick up their 2 raffle books from Mrs. Neufeld after March 22nd (additional books can be sold)
- Tickets (both sold & unsold) due back to Mrs. Neufeld by May 8th
- Draw will be made Monday May 17th at 2:00 pm

## Safe Grad

SAFE GRAD is a plan to organize an enjoyable but accident and incident free graduation celebration and is **run entirely by the parents.** (Please see the PCI grad link on the PCI website for more information.)

***Please call or email the school if you are able to volunteer for:***

- Door Sign in/out
- Security
- Entertainment
- Bar
- Food
- Medical

***Safe Grad Forms:***

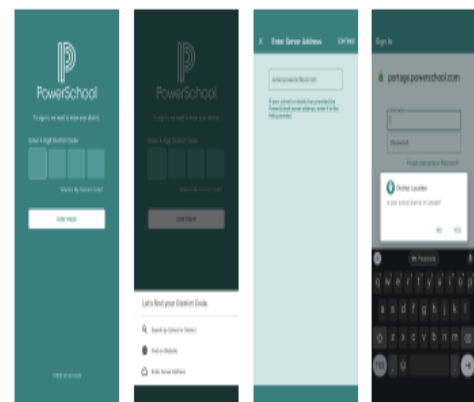
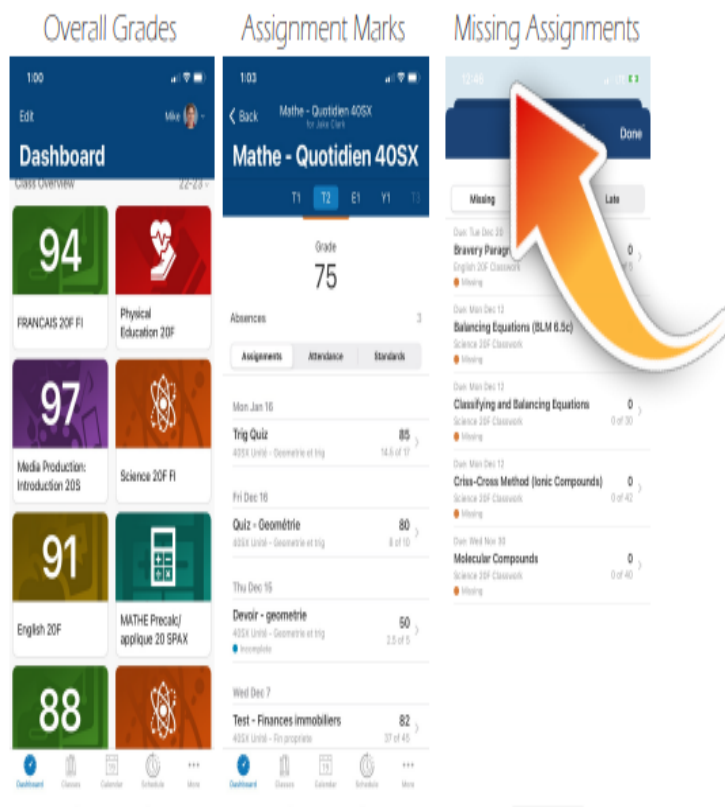
- Students can pick up forms when they return their raffle tickets (late April/early May)
- Forms are due May 17
- Late forms will **NOT** be accepted



You can now see your student's marks on your phone!  
[portage.powerschool.com](http://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](http://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](http://portage.powerschool.com)
- Enter your email in "Username" and your new password.

Et Voial

## Travel opportunity in 2026



Ready to embark on epic adventures, discover hidden treasures, and unlock the mysteries of the world? Travelling provides invaluable educational and personal development opportunities for kids. Experiencing new cultures, languages, and environments fosters empathy, adaptability, and independence. By allowing your kids to travel, you're giving them the gift of a broader perspective and a richer understanding of the world.

Your student has the opportunity to travel to **Amsterdam, Brussels, Paris and London** during spring break, 2026. [Students must attend PCI to travel].

Students can begin fundraising as soon as they are enrolled. Each month, students can sell Grocery Bucks and earn between 5 and 10% back. The price of the trip rises as we get closer to the departure date, so the best time to enrol is right now! Have questions? Please email JoEllen Sevchenko. [joellen.sevchenko@plpsd.net](mailto:joellen.sevchenko@plpsd.net)

Join our Google Classroom  
to see info about fundraising



Code: 3y24zrf

How to enrol  
and see the full itinerary



<http://eftours.ca/tour-website/2728052XY>



# 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 over spring break\*\***

## To book an appointment:

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

Or Call 204-857-6843 ext. 11609

Jackie Meulpolder



Receptionist

Dr. Shayne Reitmeler



ZSLGBTQ+ Care

Rebecca Krause



Nurse Practitioner

Tracy Edger



Public Health Nurse

Laine Hill



Mental Health & Addictions Nurse

Sacha Grimeau



Mental Health Counsellor

Carly Gabler



Registered Dietitian

Betty Ryzner-Madsen



Substance Use Counsellor

## Be Social Media Smart—Nutrition Edition

Social media literacy is increasingly important as our screen time and engagement in social media platforms rise. Improving our social media literacy means being able to evaluate content for accuracy and making informed judgments about its authenticity and influence on us.

Diet and food trends are widespread on social media, but often have no scientific backing and can create harm to our relationship with food and our bodies. Here are some examples of diet culture on social media we should avoid.

|                                    |   |
|------------------------------------|---|
| <b>"What I eat in a day" posts</b> | -suggests that if you eat like the influencer, you will look like the influencer.<br>- there is more to our body shape and size than just what we eat and how we move, such as genetics, metabolism, socioeconomic status, health conditions, medications, and diet history |
| <b>"Detoxes" or "Cleanses"</b>     | -often promote restrictive eating for a short period of time.<br>-it is a myth that we can "detox" or "cleanse" our bodies.<br>-our kidneys, liver, skin, and lungs detoxify our body 24/7. Nothing else needed!  |
| <b>"Clean eating"</b>              | -categorizes foods as either "clean" or "dirty," implying a moral value to food choices.<br>-creates a dichotomy that can lead to guilt or shame around eating certain foods.   |
| <b>Before and after pictures</b>   | -dramatic physical transformations often promote unrealistic body standards<br>-imply that drastic changes are necessary for validation or success.<br>-likely trying to sell us the latest product or program " IF I CAN DO IT, YOU CAN DO IT TOO!"                        |

### Tips for Improving Social Media Literacy:

- ★ Think about who is posting and WHY they are posting it. Are they trying to sell us something? Are they trying to promote something? Could they be struggling with poor body image themselves?
- ★ Ask ourselves if this post is rooted in diet culture. Are they trying to influence us into believing that we need to conform to an unrealistic ideal?
- ★ Unfollow accounts that post photos that make us feel less than and curate our feeds so that we have positive influences

