

# Portage Collegiate Institute

## October 2024

### October 14

Thanksgiving, schools closed

### October 23

Picture Retake Day

### October 25

PD Day no classes

### October 29

Undergrad Awards

Gr 11: 9 a.m.

Gr 12: 10:05 a.m.

Gr 10: 11:15 a.m.

### November 6

Gr. 9 Take Your Kid to Work Day-no gr. 9 classes

### November 7

PCI Remembrance Day Service

### November 8

Admin. Day no classes

### November 11

Remembrance Day, schools closed

### November 21 & 22

Student Led Parent Teacher Conference

Nov. 21 4:00–6:30 p.m.

Nov. 22 10:00-a.m.-1:00 p.m. (no classes Nov 22)

### December 6

School PD, no classes

### December 23-January 3

Christmas Break Schools Closed

## 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:



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

## Undergrad Awards

Grade 10-12 Students will be recognized for their academic achievements from the 2023/2024 school year, including top marks and honour roll at the Undergrad Awards on

October 29th in the West Gym.

Gr. 11 (Last year's grade 10): 9 a.m.

Gr. 12 (Last year's grade 11): 10:05 a.m.

Gr. 10 (Last year's grade 9): 11:15 a.m.



## No Parking/Stopping

The RCMP would like to remind all parents and students that the bus loop and 3<sup>rd</sup> 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.

### West End Shuttle - Bus #3

For students in FLR & YQS area attending PCI

FLR on 12th street NW

8:30am - 3:50pm

YQS to PCI

8:35am - 3:45pm

**\*NEW** - Bus 3 students will be taken to EAM  
**NO NEED TO TRANSFER TO BUS 17\***

Parents and Guardians, please contact Adam Thompson at (204) 857-5841 to confirm eligibility and to sign up for the bus.

**New students cannot ride unless they have signed up ahead of time.**

Reminder:

Times are approximate, there may be slight delays or changes.

Please be there a minimum of five minutes early and please wait at the end of the day for pick up



# Shuttle Buses - PCI

### North End Shuttle - Bus #4

For students in NMS & LVS area attending PCI

North Memorial School

8:20am - 3:55pm

La Verendrye School

8:25am - 3:50pm

Please contact Adam Thompson at (204) 857-5841 to confirm eligibility and to sign up for the bus.

**New students cannot ride unless they have signed up ahead of time.**

Reminder:

Times are approximate, there may be slight delays or changes

Please be there a minimum of five minutes early and please wait at the end of the day for pick up



### South End Shuttle - Bus #13

For students in CVS & EAM area attending PCI

EAM Pick-Up

8:30am

CVS Drop off

3:40pm

Parents and Guardians, please contact Adam Thompson at (204) 857-5841 to confirm eligibility and to sign up for the bus.

**New students cannot ride unless they have signed up ahead of time.**

Reminder:

Times are approximate, there may be slight delays or changes

Please be there a minimum of five minutes early and please wait at the end of the day for pick up



## PowerSchool App for Parents & Guardians

*Stay connected with your child's education on the go with the PowerSchool app!*

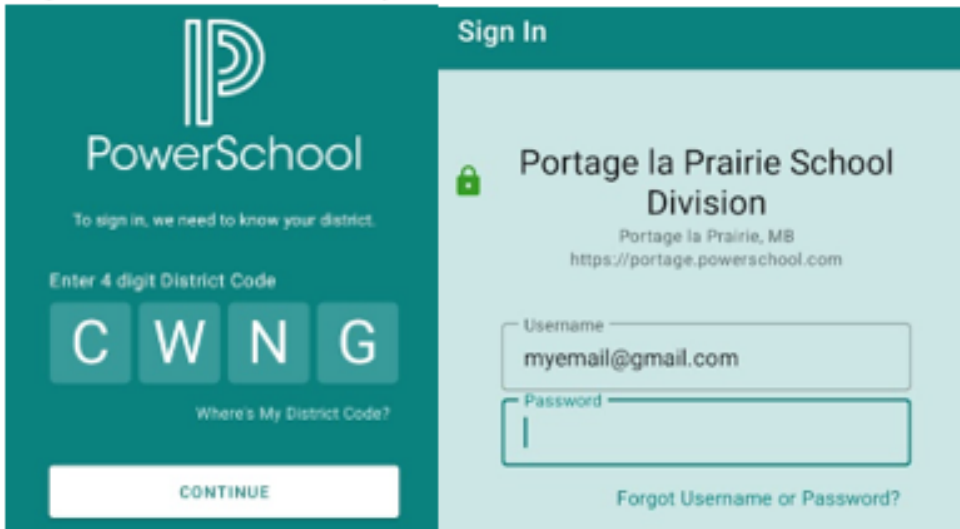
### Downloading the App:

1. Open the App Store (Apple devices) or Play Store (Android devices).
2. Search for "PowerSchool Mobile."
3. Download and install the app.



### Logging In:

1. Open the PowerSchool app.
2. Enter the District Code for the Portage la Prairie School Division: **CWNG**. Then hit "Continue".
3. Log in with your parent account by entering your username (**the email address you provided to your child's school**) and password.



PowerSchool App

### for Parents & Guardians

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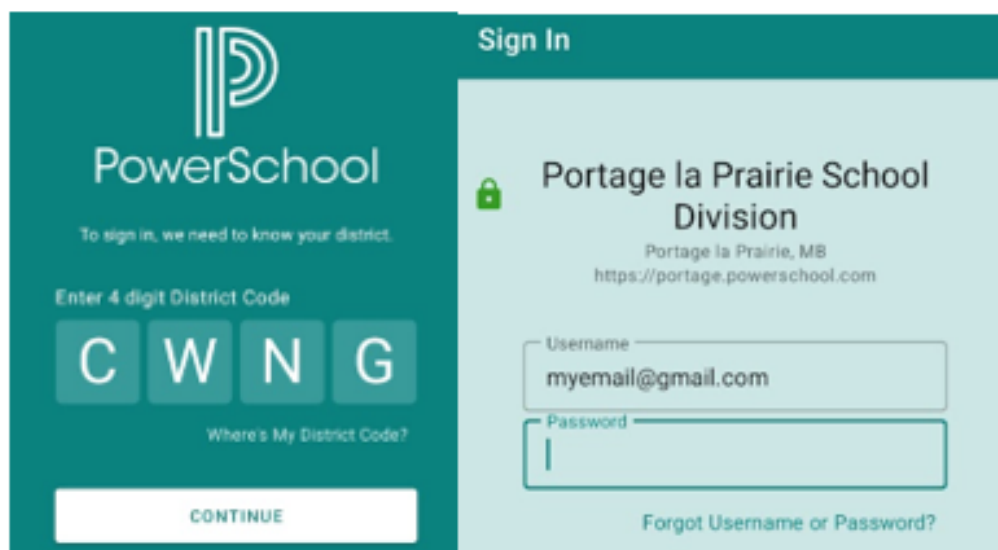
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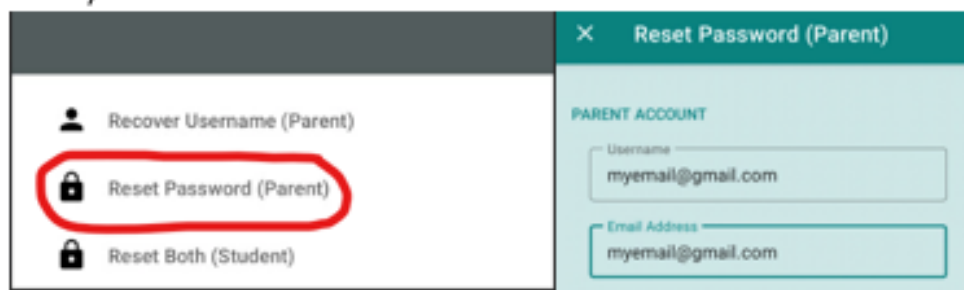
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### New User or Forgot Password?

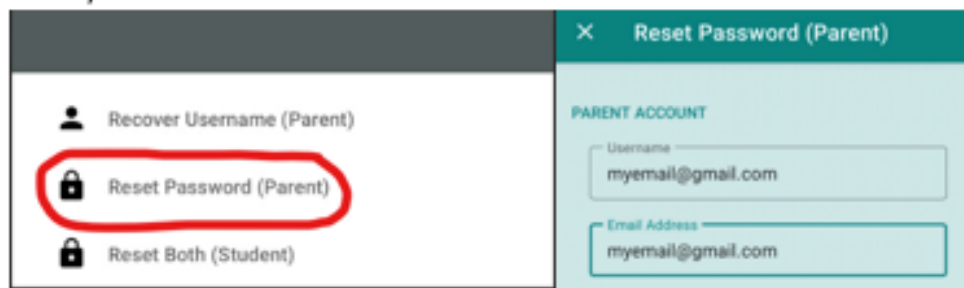
1. Tap "Forgot Username or Password?"
2. Choose "Reset Password (Parent)".
3. Enter your email address in both the Username and the Email Address fields then hit Enter.



7. You will receive an email with instructions to reset your password. If you don't receive an email, check your spam folder or contact your child's school. The email will lead you to the Portal through the web. You can also access your information through the web portal: **portage.powerschool.com** (Note: the web portal offers additional features and functionalities that the app does not. It is useful for

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5. Choose "Reset Password (Parent)".
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8. You will receive an email with instructions to reset your password. If you don't receive an email, check your spam folder or contact your child's school.

- The email will lead you to the Portal through the web. You can also access your information through the web portal: **portage.powerschool.com** (**Note:** the web portal offers additional features and functionalities that the app does not. It is useful for finding things like your school fees, assignment details, and in the future your report card.)
- Once a new password has been created, close the web browser window and return to the app on your device. Use your newly created username and password to log in.

### Using the App:

1. Once logged in, you'll see a dashboard with quick access to child's grades, attendance, assignments, and more.
2. Be sure to enable notifications to stay updated with real-time alerts about grades and attendance changes.
3. If you have access to more than one child, you can toggle between children by clicking the profile icon in the top right corner.



### Need Help?

If you have any issues with the app or need assistance setting up your account, please contact your child's school office.

## New PCI Staff

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

### Teaching Staff:

Mme. L. McMaster  
Mr. B. Nurse  
Mrs. O. Winistok-Miller

### Support Staff:

Ms. A. Bailey—EA  
Ms. S. Smith—EA  
Mrs. L. Greenslade—EA  
Ms. C. McIvor

### Student Services:

Ms. L. Curry—Gr. 9 Counsellor  
Ms. J. Cairns—Social Worker  
Ms. J. Flett—Student Support Worker  
Ms. C. Prince—Indigenous Academic Achievement Coordinator



## Student Fees

The student fee is \$40 for the 2024-2025 school year. This should be paid to Mrs. Neufeld at the finance office in the Prince Charles (PCI East) building before the end of October. The fee covers the cost of a school t-shirt, 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).



## 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)
- School Information
- High School Grad & Credit Summary (PCI)
- High School Grades and Assignments (PCI)

## 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.

Dear Portage la Prairie School Division Families,

On August 15, 2024, Manitoba Education and Early Childhood Learning Minister Nello Altomare directed all Manitoba School Divisions to review and revise their technology policies to include clear guidelines for cell phone use in Kindergarten to Grade 12 schools.

In accordance with this directive and our responsibility to foster safe, caring, respectful, and inclusive schools, the Portage la Prairie School Division will implement consistent use expectations across all our schools. We recognize that there may be exceptional circumstances requiring accommodations. Administration may approve an exemption for a student with a medical (URIS) and/or student-specific learning plan. If students bring a PMD to support their plan/learning, they must follow the protocols outlined at their school. Please contact the school if you have questions regarding planning for your child.

**Personal Mobile Devices (PMD):** Personal Mobile Devices may include, but are not limited to, any piece of lightweight electronically powered equipment. These devices are typically consumer electronics capable of communications, data processing and/or utility. Examples range from hand-held lightweight electronic devices such as tablets, e-readers and smartphones to small devices such as MP3 players, smart watches and electronic toys.

### **Student PMD Use**

In the Portage la Prairie School Division, we aim to cultivate an optimal learning environment that minimizes distractions and promotes focused engagement in all school activities. By restricting the use of devices during school hours, we seek to foster a culture of connection, attentiveness, active participation, and respectful interaction among students and teachers. This aligns with our commitment to prioritizing educational excellence and ensuring the well-being of our students.

#### ***Grades 9 to 12***

- Students may not use their PMD during class unless directed by the teacher for educational purposes.
- Students may use their PMDs in the hallways during scheduled breaks.

We understand that these directives may represent a shift in practice. Schools will communicate with students on an ongoing basis to clarify expectations and offer support. We remain committed to educating students regarding the responsible use of technology and digital citizenship.

The following resources may provide valuable information to assist with conversations at home:

[PLPSD PMD Guidelines for Kindergarten to Grade 12](#)

[PLPSD Caregivers and Students Online Safety Page](#) - many links to explore

The Portage la Prairie School Division will assume no responsibility in any circumstance for the loss, destruction, damage or theft of any PMD or for any communication costs associated with the unauthorized use of such devices. Students and families are responsible for locating such lost or stolen items.

Please contact your school's administration if you have any questions or require further information. Thank you for your understanding, partnership, and continued commitment to your child(ren)'s success. Wishing everyone a great start to the new school year.

Respectfully,  
Pamela Garnham  
Superintendent/Secretary-Treasurer/CEO

## 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. Arnold, Vice Principal (2523), Mrs. Currie, Counsellor (2526), Mrs. Mills, Resource (1126)

Grade 10 – Mr. Pehura, Vice Principal (2525), Ms. Tooth, Counsellor (2527), Mrs. Mason, Resource (2529)

Grade 11 – Mr. Lacroix, Vice Principal (1513), Ms. Wood, Counsellor (2528), Mr. Reichert, Resource (1523)

Grade 11.5 – Mr. McKenzie, Principal (1514), Mrs. Pruden, Resource/Counsellor (2013)

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



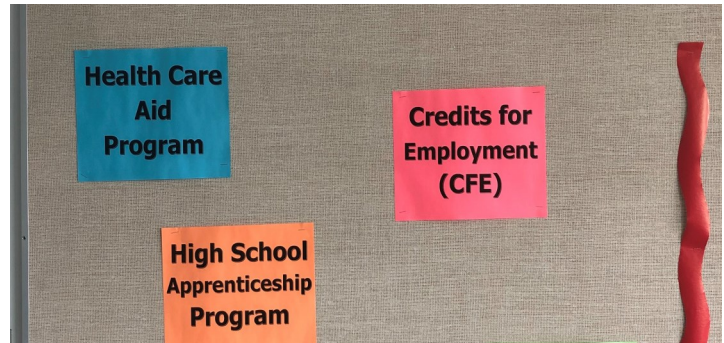
# Career Centre

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:

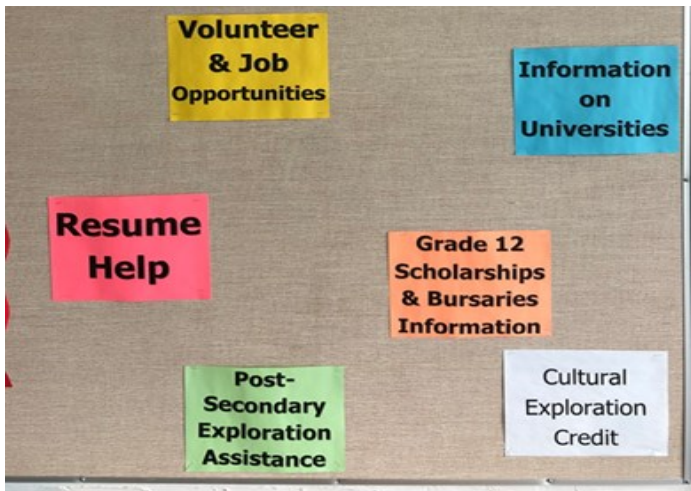
<https://pci.plpsd.mb.ca/post-secondary>

or see Mrs Pruden in the Career Centre.



Students can e-mail Mr. Green at 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
- 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](mailto:pciautoshop@plpsd.net)



## Library

The library is open every school day from 8:30-4:00. 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](#).



## 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 Monday 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](http://www.plpsd.mb.ca/pci/programs/programs_student_services/teen_clinic)

## 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

## 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.

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:

Monday – 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



Receptionist

Dr. Shayne Reitmeier



2SLGBTQ+ Care

Rebecca Krause



Nurse Practitioner

Tracy Ediger



Public Health Nurse

Laine Hill



Mental Health & Addictions Nurse

Sacha Grimeau



Mental Health Counsellor

Carly Gabler



Registered Dietitian

## All About Vaccines

### What are vaccines?

Vaccines are safe tools that work with the body's natural defenses (the immune system) to develop protection against diseases— without the risk that comes from getting the disease

### Why is vaccination important?

Vaccination is considered one of our most important public health tools. Over the past 50 years, vaccination has saved many lives in Canada and around the world. Some diseases that were once common in Canada are now rare because of vaccines. Vaccination can even completely stop an infectious disease from occurring anywhere in the world.

### Did you know?

The more contagious a disease is the more people need to be vaccinated to prevent it from spreading. Diseases can spread very quickly when people are not vaccinated. Vaccination rates have to stay high to prevent outbreaks.



### For more information:

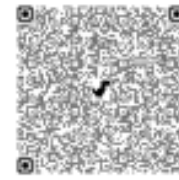
Come to PCI Teen Clinic and ask for Tracy

Or call 204-856-2051

\*Vaccines also available at pharmacy and primary care providers



Immunize.ca



Health Canada— vaccines