

Portage Collegiate Institute

February 2025

February 3

1st Day Second Semester

February 12

Student Grad Meeting
10:00 a.m.

Parent Grad Meeting
7:00 p.m. West Gym

February 17

Holiday—Schools closed

February 18-21

Grad Photos by Appointment

February 27

Venture Pitch Competition 12:15—2:30 p.m.

February 28

K-12 PD Day—No Classes

March 5

Italy/Greece Mandatory Final Parent Meeting
5:30 p.m. MPR

March 13

Volunteer Opportunities Fair

March 13 K-12

K-12 Parent Conferences

March 14 K-12

K-12 Parent Conferences—No Classes

March 18

Grad Photo Retakes by appointment

March 31 - April 4

Spring Break—No classes

April 11

K-12 Administration 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.

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 one of the following:

Phone call to 204-857-6843 ext 1512,

E-mail to melissa.murray@plpsd.net

Powerschool contact

Administrators send progress reports with marks and absences on a monthly basis.

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.

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.



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.

PCI Instagram Accounts



Saints Hockey - saints hockey2023

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

Grad Photos: Potential Graduates can now book their grad photo appointment with Mrs. Neufeld at the finance office. The sitting fee of \$35 must be paid at time of booking, no exceptions. Grad photo dates are February 18th, 19th, 20th, & 21st during school hours.

Appointments are almost full!

Grad Meetings:

Grade 12 Student Meeting: February 12, 10:00 a.m.

Parent Meeting: All parents of graduating students are invited to attend the grad meeting on Wednesday February 12th at 7 p.m. in the West Gym.

Grad information will be added to the "Grad" tab on the PCI website for important information regarding Graduation.

Potential Grads please regularly check your Grade 12 google account for Grad updates!



MANDATORY GREECE & ITALY

FINAL PARENT MEETING

March 5, 2025

5:30 pm

Multi Purpose Room (Prince Charles Building)

REGISTER YOUR CHILD FOR
SPEECH ARTS, VOICE, AND PIANO

IN THE

PRAIRIE SOUNDS FESTIVAL

REGISTRATION DEADLINE:
WEDNESDAY FEBRUARY, 26, 2025

FESTIVAL DATES:
TUESDAY, APRIL 22 - FRIDAY, APRIL 25

FINAL AWARDS CONCERT:
SUNDAY, APRIL 27

MORE INFORMATION CAN BE FOUND AT:
WWW.PRAIRIESOUNDS.CA

The poster features a dark teal background with yellow and white musical notes and a treble clef. The text is in white and yellow. A QR code is located in the bottom right corner.

Water Bottles

Water bottle refill stations are available in both buildings. Students can bring a water bottle from home.



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)

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](#).



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



Guidance Counsellors

Grade 9: Mrs. Curry ext 2526

Grade 10: Mrs. Tooth ext 2527

Grade 11: Ms. Wood ext 2528

Grade 11.5: Mrs. Pruden ext 2013

Grade 12: Mrs. Bertholet ext 2011

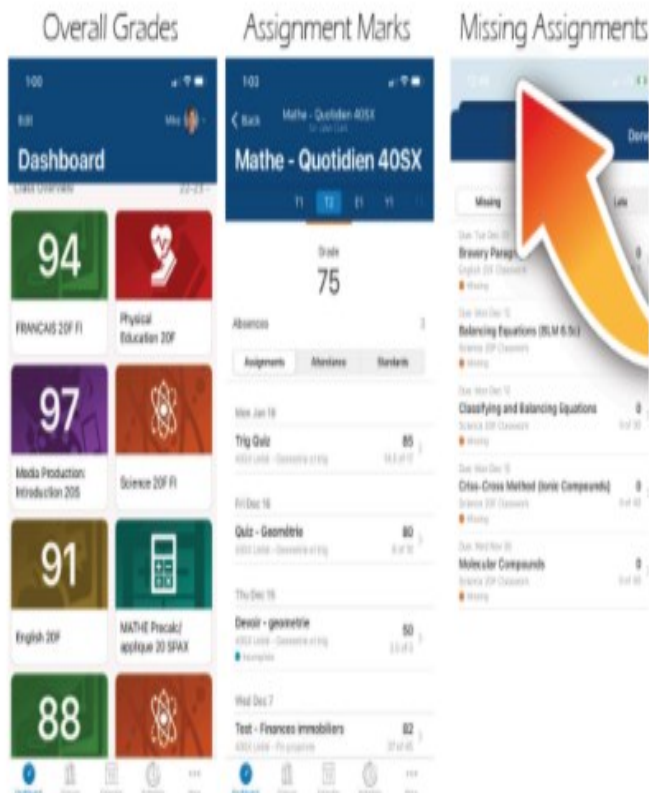


You can now see your student's marks on your phone!

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
- 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 haven't 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, enter **"CWNG"**
- Enter your email in "Username" and your new password.

Et Voilal

CAREER CENTRE

You can get a job, volunteer, see 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: xjvj3af
- Joining the Post-Secondary Planning/Scholarships & Bursaries Google Classroom - Class code: 2aytv2g
- 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 2025 information

Visit Mrs. Pruden in the Career Centre.

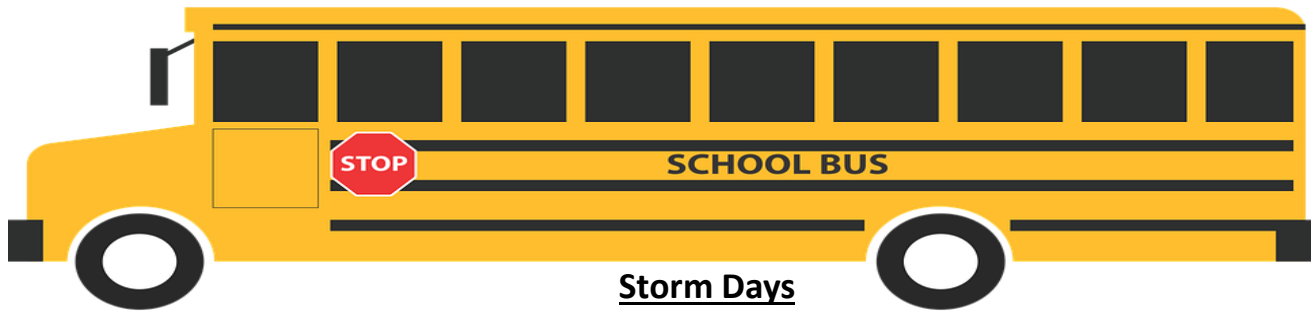
For other Career opportunities, see Mr. Green in the east building.

Email: jason.green@plpsd.net

Instagram: [plpsd_career_development](https://www.instagram.com/plpsd_career_development)



SCHOOL BUS UPDATES



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.



Route # 1
Route # 2
Route # 3
Route # 4

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 are cancelled. Please follow us!

Photography

@pciphotography



Visual Arts

@pci_visualart



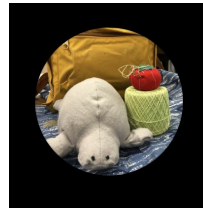
Hairstyling

@pcihairstyling



Textiles

@pcitextiles



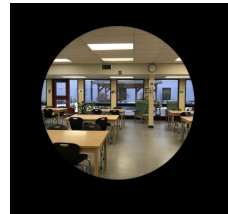
Principal McKenzie

@pciprincipal



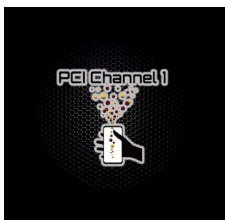
Library

@pci_library



Channel 1

@pcichannel1



Trojans Basketball

@pci_trojans_basketball



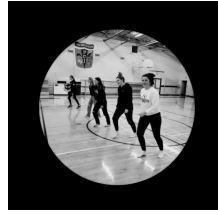
Locker to Locker

@lockertolockerpci



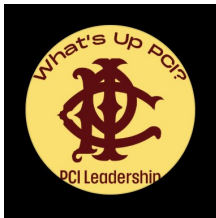
Saints Fastpitch

@pci.saintsfastpitch



Leadership

@whatsuppci



Trojans Football

@pci_trojans_football



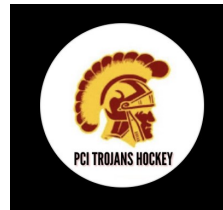
Athletics

@saintstrojansathletics



Trojans Hockey

@trojans.hockey



Trojans Baseball

@trojans.baseball



Saints Hockey

@saintshockey2024



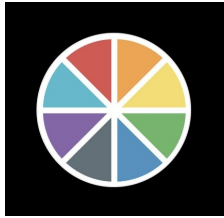
Plant Club

@pci_plantclub



Sources of Strength

@pci.sos



QSA Alliance

@qsalliance



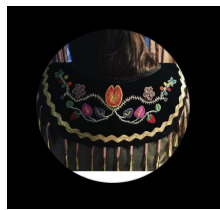
Music Program

@pci_music



Beading

@pcibeading



PCI TEEN CLINIC

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



- serving clients aged 12—21 years old -

Teen Clinic Hours:
Monday – Friday 8:00am – 3:30pm

To book an appointment:
TEXT or Call 204-870-0689
Or Call 204-857-6843 ext. 11609
Book online through [Medeohealth.com](https://www.Medeohealth.com)

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



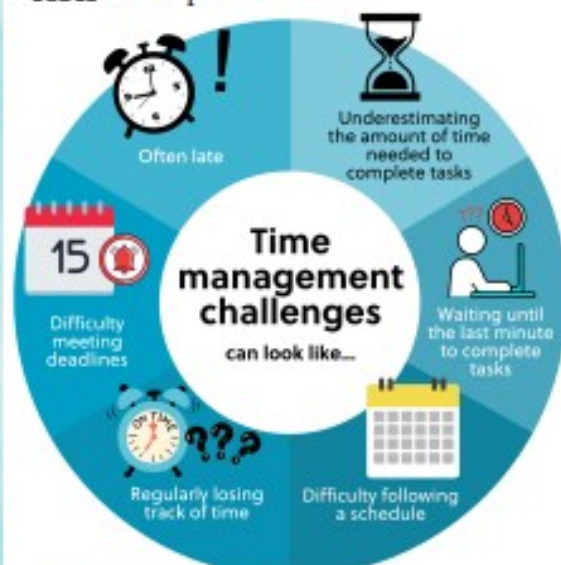
Registered Dietitian

Homework, deadlines, work, sports, exams, friends, family... OH MY!

How do we manage it all? Feeling disorganized and not in control of our schedule or responsibilities can contribute to stress, anxiety, burnout (poor mental health).

So . . . what can we do?

- Develop better time management **SKILLS**
- **RECOGNIZE** when we are struggling
- **ASK** for help



Text with a volunteer crisis responder

Text CONNECT to 696868 to access confidential support

10 WAYS TO DEVELOP TIME MANAGEMENT SKILLS

1. Use a visual timer
2. Set multiple alarms as reminders
3. Beware of time sink holes (set a timer)
4. Give yourself a deadline that is earlier than the actual deadline.
5. Schedule free time to look forward to
6. Break tasks down into chunks with mini-deadlines
7. Practice estimating how long tasks will take (then compare to the actual time)
8. Conduct a time audit: Track how you spend your time throughout a day
9. Use a focus app to block websites or apps during certain times of the day
10. Create a routine of regularly reviewing the calendar for upcoming events

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