

# April Newsletter

Peter Skene Ogden Senior Secondary

April 17th, 2024

Issue 8

## Dates to Remember

April 15-18 - Gr 12

Assessments

April 24th & 25 - Early

Dismissal by 1 hour (2:15pm)

April 24th - Gr 8 & 9 Dance

5pm - 8pm - Doors open at

5pm, close at 6pm.

April 26th - Pro-D Day - NO

SCHOOL

April 29th - Report Cards go

home

## Principal's Message

Dear Students and Parents,  
Happy April! As we embrace the beauty of spring, let's also embrace new opportunities for growth and learning. Let's make this month one filled with positivity, determination, and kindness. Remember, every day is a chance to make a difference in our school community and beyond. Let's make it count!

Best wishes,  
Ms. Currie



## Gr 8-9 Dance

There will be a grad 8-9 dance on April 24th. Doors will open at 5pm and close by 6pm. No late comers accepted. The dance will end at 8pm. This will be a glow in the dark dance so remember to wear bright colors or white! A concession will be available as well as a glow face/body paint station.

Tickets are \$5.00 at school or \$10.00 at the door.



## Trades Project



The PSO trades class is looking for small community projects to build this spring. If your community organization needs something created –please reach out to us with your ideas. The trades class is practicing basic carpentry, electrical and plumbing skills and can work on projects that incorporate one or all of these skills. Please reach out to [andrew.grey@sd27.bc.ca](mailto:andrew.grey@sd27.bc.ca) or [caitlin.currie@sd27.bc.ca](mailto:caitlin.currie@sd27.bc.ca).



## Sports News

Congratulations to the PSO Girls Soccer Team! They placed 2nd out of 8 teams in the Hope Soccer Tournament this past weekend. Way to go ladies!

### PSO Sports schedule:

Soccer – Monday's and Wednesdays from 3:30 to 5pm

Rugby – Tuesday's and Thursday's from 3:30 to 5pm

Track and Field –

Golf –

## Yearbook info



Yearbooks will be available for purchase in the first week of April following Spring Break at \$40.00 each, and they are expected to arrive at the school by mid-June. Graduates are reminded to submit their graduation quote and baby photo promptly for inclusion in the yearbook. Submissions can be made in person to Mr. Murray or emailed to [pso.yearbook@sd27.bc.ca](mailto:pso.yearbook@sd27.bc.ca). Parents who own businesses and are interested in advertising space in the yearbook are encouraged to reach out via the email above.

# WHY YOU NEED SLEEP



## Detox

Sleep shrinks neurons to half their size, widening the channels through which your brain is 'detoxed'.

**1 in 5 car accidents** are estimated to be caused by tired drivers.

## Memory

Mice doing 1 hour of training followed by sleep have been found to 'learn more' than mice who did 3 hours of training but were then sleep deprived.

Under-sleeping leads to lower grades, a shorter attention span and **ADHD-like symptoms** in children.

## Happiness

One extra hour of sleep per night has more impact on your daily happiness than an extra \$60,000 in annual income.

There is a clear link between **sleeplessness and depression**. Cause and effect is the subject of research and debate.

## Why Your Brain Needs Sleep



## Weight Management

Well-rested people lose more fat when dieting when compared to sleep-deprived people, who lose more muscle.

People who get five hours of sleep per night are 73% more likely to **become obese** than those who get 7-9 hours.

## Athletic Performance

A Stanford study found that college football players who aimed for 10 hours of sleep a night for 7-8 weeks significantly improved their sprint times and overall stamina.

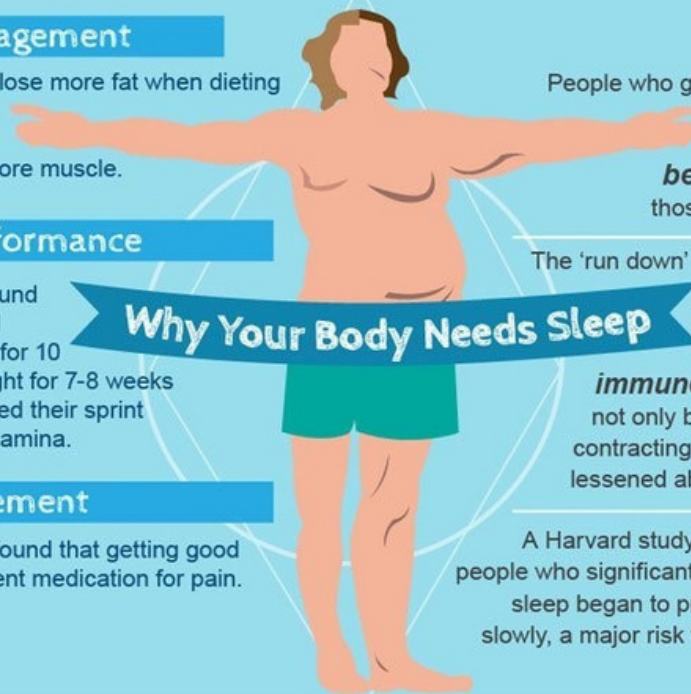
The 'run down' feeling you get when sleep deprived can be an indicator of a **weakened immune system**. You may not only be more vulnerable to contracting illnesses, but have a lessened ability to fight them off.

## Why Your Body Needs Sleep

## Pain Management

Researchers have found that getting good sleep can supplement medication for pain.

A Harvard study showed that healthy people who significantly reduced their daily sleep began to produce glucose more slowly, a major risk factor for **diabetes**.



### Sources:

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