

PSO Newsletter

250-395-2461 or psinfo@sd27.bc.ca

February 2024 - Issue 6

SCHOOL MESSAGE

We hope your New Year is going well! Despite the unpredictable weather, it's apparent that winter is still in full swing. This Friday, report cards are being sent home. If you have any concerns or questions, please don't hesitate to contact your child's teacher via phone or email.

PLEASE REMEMBER TO UPDATE CONTACT INFO

For any families that have moved or otherwise changed any contact information for their child(ren) please call the school at 250-395-2461 and we will update our school records. Items that need continual updates are phone numbers, email addresses, mailing addresses, and custody orders. Thank you for helping us keep your records up to date.

PINK SHIRT DAY FEB 28

PSO GSA Club will be hosting Pink Shirt Day events the week of February 26th. We will be having a Pink Pancake Breakfast on Feb 26th and we will also be having a collaborative mural project for all students to promote kindness and lastly we will be having a bake sale on Feb. 28nd. Remember to wear pink on Feb 28th!

VALENTINE'S DAY DANCE

PSO Leadership Club is hosting a Valentine's Day Formal Dance on February 14th for Gr 10 - 12. The theme for the dance is masquerade! Tickets are on sale for \$5 or two for \$8. Doors open at 5pm and will close at 6pm, the dance ends at 9pm. Also, there will be a upcoming dance for just Gr. 8-9 in April.

IMPORTANT DATES

- Feb 9th - Report Cards go home
- Feb 14th - Valentine's Dance
- Feb 16th - Pro-D Day No school
- Feb 19th - Family Day No school
- Feb 21 - Parent Meeting for Gr 9 course selection
- Feb 22 - Parent Meeting for Gr 10, 11 & 12 course selection
- Feb 26 - PAC Meeting (Library)
- Feb 28nd - Pink Shirt Day

CAREER CENTRE NEWS

We have 5 grade 12 students from PSO that have been accepted into TRU Williams Lake Youth Train in Trades programs for the second semester. They are:

Rydin Williams - Welding
Lucas Thomas- Welding
Malcolm Goertzen- Welding
Tayler Kelsey- Construction Electrician
Zoey Ryhal-Health Care assistant

We also have 3 students that are currently enrolled and excelling in their programs at TRU:

Carson Harris- Heavy Duty Equipment technician
Montana Pereman- Applied sustainable ranching
Megan Glen- Applied sustainable ranching

Junior Fire Crew and Heavy Metal students will be starting their training soon.

SD 27 NEWS

The Board of Education is redistributing the approved 2024-2025 School calendar for review and feedback as previously our placement of statutory holidays conflicted with other parts of the public sector in the 2023-24 calendar.

Feedback will be accepted until Friday, February 23 at 4:00 pm. Please see the attached calendar.

Please send feedback to info@sd27.bc.ca

School of Choice Information for 2024-2025

School of choice applications open on January 29, 2024 and will close on March 13, 2024.

More information is on the school district website. Applications will be made online this year through the school district website.

STANDARD SCHOOL CALENDAR

2024-2025

School District #27 (Cariboo-Chilcotin)



| September 24 | | | | | | |
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| Su | M | Tu | W | Th | F | Sa |
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| | 13 | 14 | 15 | 16 | 17 | 18 |
| | 19 | 20 | 21 | 22 | 23 | 24 |
| | 25 | 26 | 27 | 28 | 29 | 30 |

| November 24 | | | | | | |
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| | 21 | 22 | 23 | 24 | 25 | 26 |
| | 27 | 28 | 29 | 30 | | |

| March 25 | | | | | | |
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| December 24 | | | | | | |
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| April 25 | | | | | | |
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| January 25 | | | | | | |
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| May 25 | | | | | | |
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| | 26 | 27 | 28 | 29 | 30 | 31 |

| October 24 | | | | | | |
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| February 25 | | | | | | |
|-------------|----|----|----|----|----|----|
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| June 25 | | | | | | |
|---------|----|----|----|----|----|----|
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| | 12 | 13 | 14 | 15 | 16 | 17 |
| | 18 | 19 | 20 | 21 | 22 | 23 |
| | 24 | 25 | 26 | 27 | 28 | 29 |
| | 30 | | | | | |

KEY

Parent Teacher Interviews

(Day shortened by 1 hour)

Statutory Holidays*

Vacation Days

Pro-D Days

(Sept. 3 - District Planning Day)

Administration Day

Last day of classes

*Easter Monday/Boxing day are not Statutory Holidays but are recognized as such within the collective agreement

Minimum Hours of Instruction

(as required by School Act)

Kindergarten 853 hours/year

Grades 1 - 7 878 hours/year

Grades 8 - 12 952 hours/year

THE EFFECT OF EXERCISE ON PSYCHOLOGICAL WELLBEING



GROWTH

Exercise provides you with new challenges which make you feel as though you have an aim in life

SELF ACCEPTANCE

Exercising can help to give you a more positive view about yourself



FRIENDSHIP

Exercising in groups can lead to more social interactions which can in turn relate to your positive relations with others



MOOD

Exercise is related to positive changes in mood state and has been found to improve positive mood regardless of the number of negative and positive affects experienced in a given day



COGNITION

Exercise has been shown to have a number of positive effects on a person's cognitive functioning



ATTITUDE

Exercise helps to improve your body image and therefore improves your attitude



MASTERY

By exercising you develop environmental mastery which makes you feel you are in charge of the situations in which you live



DEPRESSION

Exercising three to five times per week produces significant reductions in depression compared to once-a-week



ANXIETY

There are a number of acute affects associated with exercising such as lower state anxiety and higher tranquility scores

