

# PSO NEWSLETTER

June 19th, 2024 - Issue 10

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## PRINCIPAL MESSAGE

As we near the end of the school year, I want to express my gratitude for the journey we've shared. Despite challenges, our school community has shown resilience and dedication.

To our graduating class of 2024, congratulations! Your hard work, perseverance, and determination have brought you to this momentous occasion. As you prepare to embark on the next chapter of your lives, remember the lessons learned within these walls and carry them forward with confidence and conviction.

To our returning students, I encourage you to use the summer months wisely. Take the time to recharge, explore your interests, and pursue your passions. Whether it's through summer programs, part-time jobs, or simply spending time with loved ones, make the most of this opportunity for growth and self-discovery.

I would like to extend my heartfelt gratitude to our teachers, staff, and parents for their unwavering support throughout the year. Your dedication to our students' success is truly commendable, and it is because of your collective efforts that our school continues to thrive.

Have a wonderful summer!

Caitlin Currie, Principal

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## CODE OF CONDUCT INFORMATION AROUND CELL PHONE USAGE FOR SEPTEMBER

PSO is adjusting the code of conduct to include updated language around the use of personal digital devices in line with direction from the province and other schools in our district.

Beginning in September, the use of personal digital devices (cell phones, tablets, etc) will be restricted during instructional time. Parents and guardians have an opportunity to view and provide feedback on the draft changes to the Code of Conduct through our website in coming weeks.

## LAST WEEK OF SCHOOL

Block schedules will be in effect for active learning in classrooms until June 27th. Several special activities are scheduled, including a Grade 8 field trip on the 24th, a PAC sponsored movie for students that are on the good effort list on both the 24th and 25th. The 26th will feature a student vs. teacher baseball game, awards day, and a school BBQ. Ending on the 27th with a school breakfast and a fun day to conclude the academic year.

Teachers will continue their instructional duties, assessment, and grading into the following week. It is imperative for students attending school or utilizing bus transportation to be present in their classes. Any instances of part-time absences, bus riding with missed classes will be closely monitored and addressed accordingly.

## DATES TO REMEMBER

June 21st - National Indigenous Peoples Day Activities

June 24th - Good Effort List Students  
- Inside Out 2 movie pm

June 25th - Good Effort List Students  
- Inside Out 2 movie am/pm  
- Scholarship Celebration 6pm  
(By invitation only)

June 26th - Awards Day, School BBQ, Grad vs Teachers Baseball game

June 27th - Last day of classes!  
Pancake Breakfast and Leadership fun day

June 28th - Administration Day  
(school closed)

July 2nd- Paper copies of report cards will be available at office

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### REPORT CARDS

Report cards will be available digitally on MyEd on the 28th of June. If you would like a paper copy, you will need to come into the office on July 2nd.

### CLASS SCHEDULE FOR NEXT YEAR

Class schedules will be available by the end of the school year. We will have paper copies available or alternatively you can view it on your MyEd portal.

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### CONGRATULATIONS

PSO Staff would like to congratulate Floria Meili and Liam Guimond for being voted as class Valedictorians!

### GRADS

Attention Grads! Please ensure that your mailing address are correct at the office so we can mail you your diploma when it arrives.

### FOOD PROGRAM REMINDER

Just a friendly reminder: Our snack and lunch program will conclude on the 21st. Please ensure that your student has alternative arrangements for snacks and lunch.

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## GRADE 8 FIELD TRIP

The grade 8's will be going to Laughing Raven Resort near Bridge Lake on Monday June 24, 2024 as their year end celebration. Field trip permission forms have been sent out.

## BOARD GAME REQUEST

Calling all board game enthusiasts! Our team is on the hunt for classics like Monopoly, Connect-4, Battleship, Scrabble, and any other fun games to jazz up our classes and lunchtime hangouts.

## EMERGENCY PREPAREDNESS

As we transition into summer, it is crucial to recall how swiftly circumstances can shift during emergencies, like the wildfire incident in 2017. For guidance on creating a family emergency plan, please refer to the following link: <https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/guides-and-resources>

## COMMUNITY NEWS TO REMEMBER

The 100 Mile Youth Theatre crew is gearing up for an electrifying play this August at the Lone Butte Community Hall! Catch the show on the 23rd evening and twice on the 24th.

Psst... they're still scouting for crew members!

### **Missoula Children's Theatre & 100 Mile Performing Arts Society Present: Pinocchio!**

Dates: Sept 16 to 21, 2024

Location: Martin Exeter Hall

Ages: Kindergarten through Grade 12

Cost: FREE

More info will be provided over the summer on Facebook! If anyone has any questions, they're welcome to reach out to

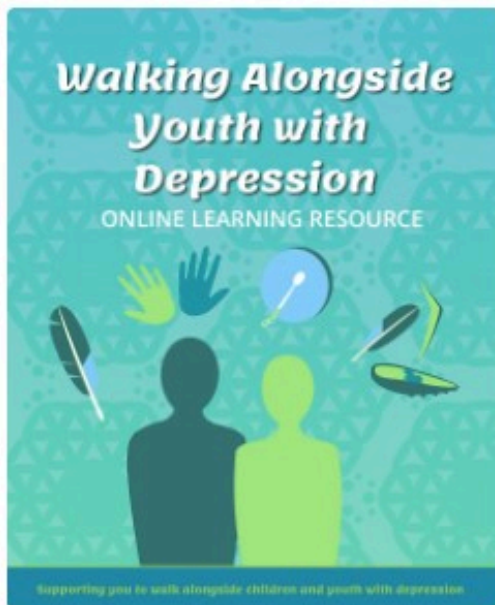
[100MilePerformingArts@gmail.com](mailto:100MilePerformingArts@gmail.com)

## MENTAL HEALTH SUPPORT

Mental health challenges, such as mild to moderate anxiety and/or depression, can impact many areas of a child or youth's life. It can be difficult for parents and caregivers to recognize these challenges and know how to respond and support their child or youth through them. Since parents and caregivers have a significant influence on a child or youth's world, it is important that they are equipped with the skills and knowledge to support their child or youth's mental health.

<https://healthymindsbc.gov.bc.ca/course/parents-caregivers/> offers free online courses and resources are designed to build the capacity and support the needs of parents and providers, who are supporting children and youth experiencing mental health problems.

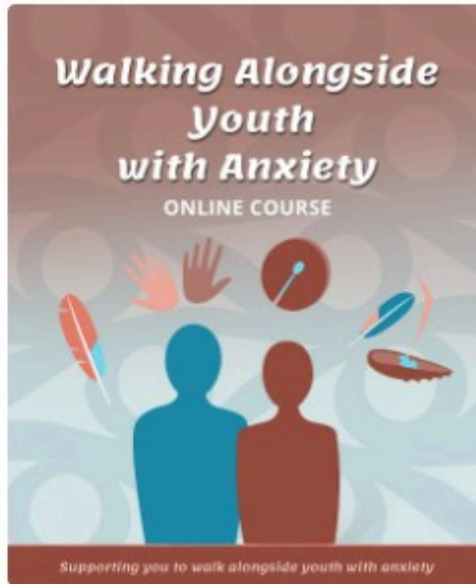
### Walking Alongside Youth with Depression



LEARN MORE

**Walking Alongside Youth (WAY) - Depression** is an online learning resource for parents, family members and other care providers who are supporting a child or youth experiencing mild to moderate depression. It includes practical, accessible and culturally safe information about depression in children and youth, as well as many opportunities for reflection and to gain additional insights that will help support parents and caregivers as they support children and youth who are struggling with depression.

## Walking Alongside Youth with Anxiety



LEARN MORE

**Walking Alongside Youth (WAY) - Anxiety** is an online course and collection of resources designed to build capacity and support the foster care providers and out-of-care/kinship care providers who are caring for Indigenous and non-Indigenous youth with mild to moderate anxiety. Sessions focus on strengthening relationships, responding to youth in culturally safe and practical ways, and understanding that walking alongside youth is the most effective way to address anxiety symptoms.

# HELPING *your* TEEN PROCRASTINATE LESS

We all put off tasks once in a while. With so many other things pulling at teens' attention these days, it's no wonder that more boring or difficult tasks can be harder for them to start. For most teens, putting things off is usually not about being lazy. Instead, procrastination is a way to avoid facing the unpleasant emotions they would have to face by starting the task, like anxiety, frustration, boredom and self-doubt.



## What's going on?

Teens may procrastinate because:

- They want to avoid the uncomfortable feelings they might have when doing the task
- They feel overwhelmed and don't know where to start
- They are struggling with [perfectionism](#)
- They have unrealistic expectations and are overwhelmed by the amount of energy it will take to do something "perfectly"

*"Procrastination makes easy things hard and harder things harder."*  
- Mason Cooley



## How you can help

### Start the conversation.

- Share this [funny TEDtalk on procrastination](#).
- Play a podcast about conquering procrastination (for example, [Procrastination with Cristina Roman](#) on The Teen Life Coach podcast).
- Share how you are currently trying to stop procrastinating with a task. (You can ask them for advice!)
- Leave this EASE 8-12 student resource, [Getting Ahead of Procrastination](#), on your teen's desk or the kitchen counter.
- Send your teen a link to [Procrastination: Crash Course Study Skills #6](#), a video about ways to overcome procrastination.

**Break tasks into small steps.** Helping your teen break a task into small steps can make it feel more manageable for them and reduce their anxiety about getting started. For example, the first steps of a project might be brainstorming possible topics, then narrowing it down to two or three possibilities and doing some research. Also, you can help your teen create deadlines for each of the steps. Setting smaller goals, in the form of steps and deadlines, will help your teen feel some success early on.

**Help them estimate time.** If your teen has trouble estimating how much time it will take to complete a task, ask them to write down how long they *think* it will take to complete a step. Then have them time how long it *actually* takes them.



**Suggest using the five-minute plan.** If your teen can't seem to get started, suggest that they just work on it for five minutes. At the end of the five minutes, they can switch to something else if they want. Your teen will likely have enough momentum to keep going. You can also encourage your teen to use the [Pomodoro system](#). There are many free Pomodoro websites and phone apps your teen can use.

**Expect roadblocks.** Your teen might be able to start on a task but give up if something small or unexpected gets in their way, like forgetting their textbook at school. Encourage them to ask themselves these questions before they start on the task, as it can save time in the long run:

- How much time do I have to complete this task?
- Do I have all the materials I need to complete it?
- What possible roadblocks will make it harder for me to complete it on time?
- What time of day do I have the most focus for this type of task?

**Make two lists.** Help your teen make a quick list of reasons to get started or complete the task sooner (for example, "I'll be able to relax on Sunday"), and a list of what might happen if they wait until the last minute ("I'll feel panicked and won't sleep well"). Encourage them to keep the list where they can see it and refer to it often.

**Change the environment.** If your teen can't study or work at home, find a place where they can work, like a coffee shop, a library or a relative's quiet place.

**Set up small rewards.** Plan a fun activity or treat together (like watching a movie or making cookies) when a larger task is completed. Reward smaller steps on the way with smaller rewards. Encourage your teen to set up their own rewards as well; even something small can help, like a jellybean after each tricky math problem.

**Acknowledge and praise.** Notice when your teen makes a step in the right direction, even if it's a small step. Try not to remind them of, or focus on, mistakes. Instead, focus on what is going well.



To access more resources, go to [www.healthymindsbc.gov.bc.ca/8-12-resources](http://www.healthymindsbc.gov.bc.ca/8-12-resources).