

PSO NEWSLETTER



GRAD CEREMONY INFO

Our graduation ceremonies will be held on Friday, June 14th at 6:30 pm at the South Cariboo Rec Centre (Ice Arena). You do not need to purchase tickets to this event and seating is first come first serve. (No holds for seating, unless you or someone in your party has a mobility issue, if so please contact the school office @ 250-395-2461) Grads, please remember to pay your \$50 grad fee. This fee covers the costs of the rental of the grad gown, the cap and tassel, the mini composite picture, the folder for holding mini composite and diploma, flower, picture of acceptance of diploma with an administrator.

YEARBOOK

Hurray up! Grab those yearbooks before they pull a vanishing act! Get yours for \$40.00 at the office before the disappear into thin air!

DATES TO REMEMBER

May 20th - No School

May 23 - Amnesty Concert

May 24th - CLC Assignments due!

May 25th - PSO Annual Plant Sale
8am - 5pm (see below for more info)

May 26th - PSO Annual Plant Sale if
plants are left 9am-4pm

May 27th - PAC Meeting

May 31st - Slime the Teacher Event @
lunch & PSO Costume Sale 3:30 -5pm

June 1st - PSO Costume Sale 9-3pm

June 3rd to 14th - Literacy and
Numeracy Assessments

June 14th - Graduation Ceremonies @
6:30 pm

June 15th - Dry Grad/Prom Event

June 25th - Scholarship Celebration
(Invite only)

June 27th - Awards Day and Last Day
of School

SPORTS

Track and Field: 21 fearless PSO students are gearing up for an epic showdown at the Track and Field Zones in PG this week (May 15/16)! It's their ticket to the BC Summer Games for grade 8/9 champs and a chance to sprint towards T&F Provincials in June. Let the games begin!

Rugby: Sr. Boys placed 2nd in North Central Zones and Sr. Girls placed 5th out of 6th in Williams Lake this past weekend. May 21st the Boys rugby team has a 15s game in Williams Lake! Good luck fellas!

Girls Soccer: Congratulations to our Girls soccer team for placing 3rd in the Clearwater soccer tournament!

SLIME THE TEACHER EVENT

The GSA club is hosting a "Slime the Teacher" shindig on May 31st. Get your hands on a cup of goopy fun for just \$2.00 each or snag a sweet deal of 3 cups for \$5.00. Every penny goes towards funding more epic events for the GSA Club!

I REPORTS

I reports are due June 4th. If you have questions about your student's progress, please reach out to their teachers by email or phone.

JR FIRE CREW

Congratulations to all students who completed the Jr. Fire Crew training. A special shout out to Max Kalmokoff, Will Mackenzie, Lars Mapson and Briton Lafreniere for getting hired on as Jr. Wildland Forest Fighters with the 100 Mile Stormriders!

CLC ASSIGNMENTS

The clock is ticking for both grade 11 and 12 CLC assignments due on May 24th!

PAC MEETING

The next PAC meeting will be on May 27th at 5:30pm in our school library.

ASSESSMENT DATES

Please note that our last dates for Literacy and Numeracy assessments are on June 3rd to June 14th. Students will be notified by their teachers of their dates and times.

PLEASE NOTE that the morning Monday, June 10th and Tuesday June 11th is the only time for the Grade 12 French Immersion Assessments. Please do not miss this!

DRAMA CLASS COSTUME SALE

The PSO Drama class is having a garage sale on May 31st at 3:30-5pm and June 1st 9am to 3pm. The garage sale will be located in the back parking lot in our portable. (Please follow the signs. You can bring your own bag to fill for \$5.00, get a mystery box for \$10.00 or everything else is by donation. They have costumes, clothes, shoes, wigs, jewelry and decor for sale!

HEAVY METAL ROCKS

Hats off to the rockstar students who conquered the Heavy Metal Rocks program! Ivan Pincott & Hayley Stobbard rocked the charts as best operators, while Charlotte Oliver brought the most epic enthusiasm to the stage!



Gather with school staff and community to hear a message of hope by author Monique Gray Smith.

Her stories and teachings are inspirational and shared to support everyone who works with children and youth to do that work with joy and resilience.

Rain or shine. Dress for the weather.

Dinner is provided.

Must register in advance: Please go to WWW.SD27.BC.CA to register.

PSO AGRICULTURAL CLASS

ANNUAL PLANT SALE

MAY 25TH FROM 8AM - 5PM

If there are plants left, we will
reopen Sunday May 26th
9AM - 4PM

April 24, 2024

To Parent(s) or Caregiver(s)

Re: School District # 27 Transportation Services

You are receiving this letter as the parent or caregiver of a registered school bus rider. SD#27 wishes to advise families that we are conducting an in-depth review of our school catchment areas and current transportation routes.

The district's goal is to create, and have in effect, a more efficient transportation services that ensures resources are better utilized across transportation and facilities, by **September 2024**. SD 27 bus routes and catchments have not been reviewed in more than 10 years. There are no changes being contemplated for the transportation of students with disabilities and diverse abilities or to arrangements made under a Joint First Nation Student Transportation Plan.

The BC School Act does not require school districts to provide school bus transportation services and therefore it is the responsibility of each family to determine the best transportation option, to and from school, to meet their needs. SD27 works hard to support families and students where possible. Several school districts across the province offer a fee-based approach to transportation services.

In the 2023/24 School Year, we are projected to spend \$5,430,290 or 9% of our total operating expenses on Transportation. Northern districts with similar geographical areas spend an average of 5%. The District has finite resources, and we must be fiscally responsible in all areas of our budget allocations to ensure maximum resources are directed toward improving education outcomes.

The District has also been reviewing our existing routes compared with our transportation policies and administrative procedures. We have identified that there are inconsistencies between our policies and our practices, specifically in the following three areas:

1. Stated walk limits and distance between bus stops
 - a. Fewer stops and central stops students walk to
2. School of Choice and Courtesy riders.
 - a. This would be followed consistently with no ridership privileges unless space is deemed available on existing runs.
 - i. School of Choice letters clearly state, as a condition of requesting enrolment at a school other than their local catchment school: *"Please be advised that parents/caregivers will assume responsibility for transportation"*.
 - ii. Courtesy riders, those students going places other than between home and school, would no longer be accommodated,
3. Registered bus users who then don't use the reserved bus seat.

The District is undertaking a transportation review for multiple reasons: safety of staff and students, consistent service, and effective and efficient bus routes. Our inconsistent practice is a result of trying to accommodate diverse requests which, ironically, cause frustrations from users due to complex runs, length of runs and combination of runs when short drivers (often a result of trying to accommodate too many runs).

The timeline is to identify any changes to policy and routes by early May 2024, with those changes effective September 2024. This will allow for information to be distributed to families and for feedback around proposed changes to be received before any recommendations being adopted by the Board.

For additional information, see, School Act [RSBC 1996, Part 6, Division 2, Section 83 and Section 85(2.c)]

Please refer to the District website for updates at www.sd27.bc.ca.

Any feedback or concerns can be forwarded to info@sd27.bc.ca and will be brought forward to the Finance, Facilities and Transportation Committee. Alternatively, Parents, Caregivers, and community members can also attend, virtually or in-person, the next Finance, Facilities and Transportation meeting on May 14, 2024, at 4:15 pm at the School Board office.

Information can be found on the District website.

Links to Further Information:

[Finance & Facilities Committee – February 27, 2024](#)

[Finance & Facilities Committee – April 9, 2024](#)

[Draft - School District Route Efficiency Report](#)

[Policy 770 Transportation of Students](#)

[AP 770 Transportation of Students - draft](#)

A handwritten signature in blue ink, appearing to read 'B. Hooker', is displayed within a light gray rectangular box.

Brenda Hooker
Secretary-Treasurer
School District 27 (Cariboo-Chilcotin)

SUPPORTING *your* TEEN *with* TEST ANXIETY

Is anxiety getting in the way of your teen's ability to do their best on a test? Do they worry about failing their exams? Experience physical symptoms like a racing heart or upset stomach? Complain of feeling so anxious that they can't remember the material?

Some anxiety can help us prepare and keep us mentally alert, actually improving our performance. But too much anxiety can affect our memory and cause us to make mistakes, reducing our performance.



Your teen's test anxiety could be fueled by:

- Feeling (or being) unprepared
- Memories of doing poorly on tests in the past
- Unhelpful thoughts and worries
- Pressure from family (real or imagined)
- Fear of failure
- Learning challenges



Listen. One of the hardest things about being anxious is the feelings of isolation and frustration that can come with it. Give your teen the space they need to share their feelings and their worries. Try not to jump in and fix the problem. Instead, let your teen do most of the talking.

Empathize. Expressing empathy by listening and taking your teen seriously is one of the best ways to help them feel seen and heard – and be more likely to listen to suggestions. But remember: Empathizing with their experience is not the same as agreeing with their behaviour or version of things. For example, you could say:

- "It looks like you have a lot on your mind."
- "That's a lot to juggle all at once."
- "I understand why you have some worries about tomorrow. It's important to you."
- "Tests can be scary. I'm here to help if you need me."

Don't downplay their worries. One of the hardest things for adults to remember is how BIG everything feels in high school. It may be tempting to downplay their worries ("It's not a big deal. It's only worth 10% of your grade!"). But they may have reasons to feel anxious that you are not aware of, like comparing themselves with peers, disappointing others, or fearing judgment or embarrassment.



Reassure but be realistic. Remind your teen that a test is just a chance to show what they know (not what they *don't* know). It is a tool for the teacher to assess students' understanding of the topic. And teachers want students to do well! A test cannot measure all of your teen's many strengths and talents, and it's not a good measure of how or what they will do in the future. After all, many people are very successful in their work without having had high grades in high school.

Learn about test anxiety. There are many good resources on test anxiety and how to deal with it, including:

- [Strategies for Dialing Down Test Anxiety](#) (EASE 8-12 student resource PDF)
- [Test Anxiety](#) (workbook from HeretoHelp, also available as a [downloadable PDF](#))
- [Test Anxiety: Crash Course Study Skills #8](#) (video)

Find coping strategies. Everyone has different things that help them calm down and focus, so it might take a few tries to find the strategy that works best for your teen. Spend some time with your teen practising different calming exercises before test day, so if they are anxious on test day, they will know how to calm themselves. For some calming exercises to try, see the EASE at Home 8-12 resource [Helping Your Teen Calm Their Mind and Body](#).

Remind them that attitude is important. Some teens feel they are going to fail before they even enter the classroom. Help your teen become aware of their self-talk (what they are telling themselves). You could ask, "What are you telling yourself about the test?" or "What do you think will happen?" Making a list of their worries and their unhelpful self-talk can help them see things more objectively. For more ideas, see the EASE at Home 8-12 resource [Helping Your Teen Cope with Worries and Unhelpful Thinking](#).

Just because you *think* something doesn't mean it's true - even if it *feels* true.

Encourage regular downtime and sleep. Although it's hard for an anxious student to make time for sleep, downtime and sleep are essential for learning and remembering. Not getting enough sleep can affect performance and increase anxiety. To work at their best, our brains need regular breaks throughout the day. A short walk outside, stretching, listening to a guided meditation or music - even looking out the window of the bus or car on the way to school - can help.

Help balance their schedule. Finding balance can be especially hard in high school. Help your teen figure out how much time they will need for studying. Then help them find room in their schedule for that time, which might mean cancelling a few activities. Making some extra time in their schedule can help relieve stress and reduce the need to cram at the last minute. Mapping out a schedule on paper can also help them feel more in control. And don't forget to find downtime in your own schedule as well, so you can set a good example for your teen!

Remind them about supports. If your teen has access to supports or accommodations for tests (like having extra time or being in a quiet private space), ask if they will be using these supports. If they will, discuss how and when they will advocate for themselves.



To access more resources, go to www.healthymindsbc.gov.bc.ca/8-12-resources.