

# PETER SKENE OGDEN

# NEWSLETTER

NOV  
2024  
ISSUE 3

## Important Information

### Phone Calls/Messages

The office recognizes that emergencies can happen; however, please make sure to discuss after-school arrangements with your child in advance.

### Safe Arrival/School Messenger

Just a reminder to parents that if your child is going to be late or absent, to please use the app or call the school to excuse your child. If you do not, the system will call you at the end of the day.

### Learning Update

Learning updates will be sent home on Nov 29th. If you have any questions or concerns about your child, please don't hesitate to contact your child's teacher. Staff emails can be found on MyEd Parent Portal or on our school website.

## Scholarships

There will be a Grade 12 Scholarship Meeting on November 20th at 10:30 AM for students. During this session, students will learn how to apply for local scholarships and will receive a scholarship handbook along with all necessary forms. Please take a moment to discuss the application process with your student. We will also be holding a Grade 12 check in to make sure your student is on track to graduate. This will be Nov 27th.

## Dates to Remember

- ◆ Nov 15th – Grad Hoodie order due
- ◆ Nov 19th – PAC Meeting 5:30pm
- ◆ Nov 20th – Scholarship Meeting
- ◆ Nov 20th – Grad Parent Meeting 5:00pm in the cafeteria
- ◆ Nov 25th – Pro-D Day
- ◆ Nov 27th – Gr. 12 Graduation Check in
- ◆ Nov 29th – Learning Update sent home
- ◆ Nov 30th – Holiday Market (gym)
- ◆ Dec 12th – Band concert 7pm
- ◆ Dec 19th – Christmas Turkey Dinner
- ◆ Dec 20th – Pancake Breakfast and Last day of school before Winter Break

## Grad Info

- The Grad Committee is pleased to announce the theme for prom: Hollywood!
- Also, the Christmas Parade is on November 23rd and they need volunteers for the float and selling hot chocolate and goodies.
- There is a Grad parent meeting on **November 20th at 5:00pm** in the cafeteria.
- Grads will be doing Santa Photos on Dec. 7th from 12–4pm at Shannon’s Flour Shop on Birch Avenue.
- The Grad committee is having a coffee fundraiser. Please see the link on the PSO Grads of 2025 Facebook page.
- The Grad committee is looking for a photographer for Grad. All photographers that are interested in the job, please contact Lindsay Crites at eephotol@gmail.com before Nov. 19th.
- Grad Fees are \$50 and are paid at the office. 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.

## PAC Meeting and New Executive

We would like to extend a warm welcome to our new executive PAC: Country Waring, Chair; Courtney White, Vice Chair; Niki Rosche, Treasurer; Kathy Grieve, Secretary.

Just a reminder that there is a PAC meeting on November 19th at 5:30pm in the school library.

## Items of Note

**Student Information:** If your child has any information that needs to be updated (medical concerns, address changes, emergency contacts and phone numbers, or custody documentation), please call the office and provide us with the updates and/or documentation.

**ERASE = Expect Respect & A Safe Education:** Students can report a problem or find help; parents can explore resources and access training, and school staff can find resources for their classrooms and the school. ERASE posters are in classrooms and posted around the school. <https://erasereportit.gov.bc.ca/>

**Learning Updates (Report Cards):** NEW→ This year we are moving to digital learning updates. Learning Updates will be available in the Parent Portal on MyEducation and you will receive a paper copy for this learning update. Moving forward, If you need a printed copy, please call the office and we will print one for you. For students in grades 8–9, teachers will use the Provincial Proficiency Scale. The scale uses the terms “Emerging,” “Developing,” “Proficient,” and “Extending” to describe student learning. Click [HERE](#) for instructions on accessing the Learning Updates. Please note that MyEd requires parents to reset their Portal password every 90 days, click [HERE](#) to reset.

## Winter is Coming

### **Wear Winter Clothing - Be Prepared!**

Students, Parents & Guardians, as the cooler weather begins to make an appearance, we are asking for students to ensure they are wearing weather appropriate clothing to school so that they can be outside during classes and scheduled breaks. If you need help with purchasing winter clothing for your child(ren), please contact the school.

### **Bus Information for Cold Weather**

Just a reminder to parents that our buses do run in cold weather. If you are looking for information you can find up to date information on the school district website.

[www.sd27.bc.ca](http://www.sd27.bc.ca)

## Clubs and Sports

**Co-Ed Indoor Soccer** - Fridays 3:30 to 5:00pm

**Basketball** – Last round of tryouts are next Wednesday from 5–7pm Practice dates are TBA

**GSA Club** – Mondays @ lunch rm 147

**Book Club** – Every other Tuesday @ lunch in library

**Leadership Club** – Tuesdays @ lunch in rm 120

**Gaming Club** – Every day @ lunch in rm 188

**Fibre Arts Club** – Fridays @ lunch in library

**Climbing Club** – Mondays and Thursdays at lunch and Tuesday after school at 3:30 to 5pm

**Guitar Club** – Wednesdays @ lunch in band room.

### **Administration Team**

Caitlin Currie, Principal  
Shawn Meville, Vice Principal  
Robert MacDonald, Vice Principal

### **Clerical Team**

Shantell Silvey, Accounting  
Sylvia Zailo, Records  
Nicki Jackson, Office Front Desk

### **PSO Indigenous Support Workers**

Angel Smith  
Sharmaine Grimes

### **Counselling**

Nicki Hansen, Youth Engagement Worker  
Sandra Scott, Counsellor  
Jen Caddy, Counsellor  
Both counsellors alternate on Wednesdays

**Peter Skene Ogden School Website: <https://www.sd27.bc.ca/pso>**

**PSO Code of Conduct - [click here](#)**

**[ERASE = Expect Respect & A Safe Education Reporting Tool](#)**

# 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.



## Resources

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