



# PSO OCTOBER NEWSLETTER



PH: 250-395-2461

WEBSITE: [WWW.SD27.BC.CA/PSO](http://WWW.SD27.BC.CA/PSO)



## PARENT TEACHER NIGHT

Each fall and spring PSO hosts a parent teacher interview night. Parents will have an opportunity to discuss their child's progress with individual teachers. The fall Parent Teacher night is October 23rd from 5pm to 7pm. If your child's teacher wants to connect with you, you will be receiving a call next week to book a phone or in-person appointment. Parents are also welcome to call and book an appointment with their child's teacher as of the afternoon on **October 17th**. We will also have sweet treats, coffee & tea available as well as a raffle. We will also have our Youth Engagement workers, parent portal assistance, capstone examples and careers available for questions. Drop in's are also welcome! We look forward to seeing everyone!

## IMPORTANT DATES

- Oct 10 - Gr 8 Elective change (E2)
- Oct 14 - Thanksgiving - No School
- Oct 16 - Lockdown Drill
- Oct 21 - Mandatory Parent & Student Stormriders Jr. Fire Crew meeting 6:30-7:30pm room 125
- Oct 23 - Parent Teacher Interviews 5pm to 7pm
- Oct 24 - Fall Semi Formal Dance 6pm (doors close at 7pm) to 9pm
- Oct 25 - Pro-D Day - No school
- Oct 28 - Nov 5 - Numeracy & Literacy Assessments
- Oct 31 - Halloween costume day and lunchtime dance
- Nov 3 - Daylight Savings (1 hr. back)
- Nov 11 - Remembrance Day Holiday - No school
- Nov 13 & 14 - District shortened days. Student are dismissed 1 hr. early (2:15pm)
- Nov 15 - Deadline for Grad Hoodies
- Nov 25 - Pro-D Day - No school

**Closed Campus** – Peter Skene Ogden Secondary is a closed campus during instructional time. If students need to leave the school, they must sign out at the office with the school secretary so that the school knows where they are. We have lunch food available daily, a healthy vending machine that accepts debit. There is no supervision once students leave school.

**Volunteering at the School** – All volunteers volunteering their time to support school events must have a criminal record check completed before they start helping out. This includes driving students, dry grad, coaching, helping in a classroom, etc. To apply online go to the link below and enter the password:  
Online Link: <https://justice.gov.bc.ca/criminalrecordcheck>  
PSO Code: V5L5RVHL5M

**Terry Fox Run** – This year students ran for cancer research on September 26th. As a school community we raised \$600.60!

## CALLING IN ABSENCES

At PSO Secondary we feel regular attendance is a crucial component of academic performance. Students are expected to be on time and attend every class.

If students are ill or cannot attend for other reasons, it is up to the parent or guardian to notify the School Messenger system at 1 (833) 582-6944, using the phone app, website login or calling the school.  
<https://go.schoolmessenger.com>

## FOOD PROGRAMS

PSO offers breakfast, lunch and snack programs daily at **NO COST** to students.

Breakfast runs at 8:20 to 8:45 in our cafeteria. Breakfast consists of hot and cold grab and go items.

Lunch runs from 11:40 to 12:10 in our cafeteria and consists of soup, sandwiches and veggies.

Snacks are available during morning and afternoon class breaks.



## STUDENT VERIFICATION FORMS

Student verification forms were handed out to all students on October 8th. Please go over the information listed and make changes as needed.

All forms should be signed and returned to the school as soon as possible. It is vital we get these forms returned so we have accurate contact information for all students. Please ensure the media release form, computer consent form, and the Indigenous self-identification form is completed and returned as well. The class that has the highest return rate of forms will get a pizza party!

## HALLOWEEN COSTUMES

If your child(ren) participates in dressing up for Hallowe'en on October 31st, please make sure they don't bring fake weapons of any kind to accompany their costumes and refrain from dressing up as "creepy clowns," as this may lead to fear among the school population.

We also ask that students avoid dressing up as a stereotype of an entire culture of people as this is cultural appropriation. Instead, encourage them to be imaginative and creative and to wear a school-appropriate costume.

On Hallowe'en there will be a dance at lunch in the gym!!



## PAC MEETING

The next PAC meeting will be their AGM meeting on Tuesday October 15th at 5:30pm in the school library.

## SCHOOL COUNSELLORS

A school counsellor will be available on Wednesdays for students who need assistance. Sandra Scott and Jen Caddy will be travelling down from Williams Lake on a rotating basis.. Thank you ladies for supporting our students

## CLUBS

GSA CLUB: MONDAYS @ LUNCH RM 147

BOOK CLUB: TUESDAYS @ LUNCH IN LIBRARY

LEADERSHIP CLUB: TUESDAYS @ LUNCH RM 120

GAMING CLUB: EVERY DAY AT LUNCH RM 118

FIBRE ARTS CLUB: FRIDAYS AT LUNCH IN LIBRARY

FILM CLUB: FRIDAYS AT LUNCH RM 146

THEATRE CLUB: AFTER SCHOOL THURSDAYS IN CAFETERIA 3:40 TO 5 PM

CLIMBING CLUB: MONDAYS AND THURS AT LUNCH AND TUES AFTER SCHOOL 3:30-5PM

GUITAR CLUB - WEDNESDAYS AT LUNCH

BRIDGE CLUB - MONDAYS AT LUNCH IN ROOM 137

ALSO THE GYM IS OPEN TO ALL IN THE MORNING BEFORE SCHOOL AND AT LUNCH

### **Grad Hoodies & Sweatpants**

Grad hoodies are now available to order. Payment must be received at time of ordering. Hoodies are \$80.00 each, personalization is \$5.00 extra. Hoodies come in black, dark grey and light grey. Sweatpants are \$40.00 each and come in black and light grey.

Deadline for ordering is November 15th, 2024.

### **Leadership Spirit Week October 28th - November 1st**

October 28th – Halloween colour day (wear black and orange)

October 29th – Ghost Day (dress like a ghost or wear white)

October 30th – SFX day (special effects make-up)

October 31st – Halloween! Wear your costume

November 1st – Pajama Day

### **Elevator Access**

Next week, our school elevator will be starting a full replacement. This is a necessary update to our school infrastructure. The elevator will be shut down for approximately a month. If you have any accessibility concerns please reach out to the school. Alternate arrangements can be made for students with accessibility concerns on a case by case basis.

### **Bus Passes**

We are still receiving bus passes from the Transportation Department. We have been assured that students who have not yet received their passes or have misplaced them will still be permitted to ride the bus.





# FALL

## *Semi-Formal*

THURSDAY,  
OCTOBER 24

6-9PM  
DOORS CLOSE AT 7PM

**\$10 per ticket**  
**\$15 for 2**

Food & drinks included!

*All Grades Welcome*

# HELPING *your* TEEN COPE *with* WORRIES and UNHELPFUL THINKING

It's common for teens to have worries or unhelpful thoughts once in a while. Grades, friendships, COVID-19 and the future can be sources of uncertainty and fear. Small things can become much bigger in teen minds (for example, "She didn't text me back ... she hates me ... I'm such a loser ... I'll be alone forever.")

Ups and downs are part of the demands and uncertainties of high school. When teens can focus on what is within their control and learn new ways to think about and respond to challenges, they can gradually build their confidence.



- Anxiety likes certainty. When things feel uncertain, the anxious mind tends to think the worst. A parent is late coming home from work? *Definitely a car crash!* Students laughing as they walk by? *Definitely laughing at me!*
- Anxious minds tend to leap to conclusions based on an opinion or a guess - without considering all of the facts.
- Automatic, unhelpful patterns of thinking are often called [thinking traps](#). Thinking traps are ways that our minds convince us of something that isn't true. They are called traps because they are easy to fall into and it takes awareness and effort to get out of them.



**Choose the right time.** When teens are most anxious, it can be hard for them to understand what you are saying. Wait until they have calmed down and they are better able to hear and understand your words.

**Validate their feelings.** If your teen's worries are unrealistic, or they are being too hard on themselves, don't dismiss their concerns right away. Most of the time, they just need your support as they think through a tricky situation; they don't need you to do the solving. Try to pause before reassuring them (and saying, "Don't worry, you'll be fine!"). Instead, validate their feelings:

- "If I were imagining that, I would be pretty worried too."
- "I'm curious about what you think will happen. Tell me more about that."
- "I know it feels scary, and you're not sure how it will go. It makes sense that you have some worries."

**Remind them of past successes.** Sometimes teens get so stuck on what could go wrong that they forget about things that went well in the past. Remind them of their past successes and the courage they had when facing similar challenges.





**Help them test their worries.** After listening and validating, encourage your teen to step back and see what they are telling themselves about the situation that is worrying them. You can do this by being curious and gently challenging their point of view. Asking open-ended questions (instead of questions that can be answered with yes or no) helps your teen learn *how* to think, not what to think. For example, you could ask:

- “Is there a part of this situation that could be explained in a different way?”
- “What part of this problem is not as bad as it seems right now?”
- “What else could be true?”

The idea is not to simply stop those unhelpful thoughts right away. That can actually make the thoughts become even stronger. Instead, helping your teen [challenge their negative thinking](#) and [replace unhelpful thoughts with more helpful ones](#) will give them a coping skill for life.

**Help them find ways to take action.** Worry can provide a false sense of solving or fixing a problem, or preventing something from happening. Teens can worry about things that are far off in the future or about things that are actually out of their control. Help your teen focus on taking action by [problem solving](#).

**Think about your family values.** Do you sometimes make negative comments about yourself, or compare yourself with others (or the way you used to be)? In your family, is it safe to make mistakes? When is something good enough – and what happens if it’s not? Now may be the time to notice and talk about how your family deals with failure, mistakes and [perfectionism](#).

**Notice the good.** You can help your teen (and yourself) be aware of more pleasant feelings – of joy, curiosity, delight or awe. When you are with your teen and something good happens, or you’re struck by something beautiful or feel a pleasant emotion, *pause*, notice the pleasant experience and try to *extend* it. Don’t rush on to the next thing. Stay in the experience for just a moment longer, so your brain has a little extra time to take in the pleasant experience.

**Practise gratitude.** Start a new daily ritual together to share three things you are grateful for. These things don’t have to be big; they could be as simple as laughing with a friend, finishing a great book or playing with a pet.

## Some final thoughts

- Teens need to hear that they aren’t expected to always make good decisions, and that mistakes help us learn.
- Acknowledge that some worries will show up when things feel uncertain or unclear.
- Show you are confident that they can work through their worries and find a way to coach themselves through a difficult situation.

## Resources

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

