

PHS Daily Bulletin

Our Mission

"To ensure that everyone achieves individual excellence"



Friday April 14, 2023 Day 3

BULLETIN LINK

<https://phsdailybulletin.weebly.com>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				April 14 Day 3 Fitness Room 11:35-12:05 Grade 10/11 Open Art Science Fair Club 11:40-12:20 Rm 229 Drop In Volleyball 3:15-4:30

LOST & FOUND in Mme LeMonnier's ROOM 227

What's happening today at lunch?

Teacher	Activity	Time	Place
Ms. Dunin-Borkowska	Open Art	11:35-12:35	Art Room
Ms. Paquette	Science Fair Club	11:40-12:20	Room 229
Intramurals		ALL LUNCH	Gym #1
Open Gym		ALL LUNCH	Gym #2
Fitness Room for 10/11 ONLY		11:35-12:05	Fitness Room
LIBRARY		ALL LUNCH	Library
Lunch with Ally		ALL LUNCH	Maisons des Jeunes

What's happening today after school?

Drop In Volleyball 3:15-4:30

Karaoke 3:00-7:00

Gym

Maisons des Jeunes

April 17th, 18th, 19th

PONTIAC HIGH SCHOOL

FILM CLUB

WILL WATCH

Avatar: The Way of Water

Room 125 at lunch.

ALL ARE WELCOME!







Pontiac High School

LES PONTIAC OUAOUAIS

REGISTRATION REQUIRED

April 22 - Graffiti Workshop

Free @ MDJ Mansfield

Maison des jeunes du Pontiac is in located in the back of the Pontiac High School in Shawville and is open to all youth age 6-17 yrs. Experience a chance to make new friends, have fun, cook, network, homework help, PS3, Wii, Ping Pong, Table Soccer, Board Games, Card Games, Music, Food, Outdoor space and more!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 BALL HOCKEY 6:00-7:00 Lunch with Ally EASTER EGG HUNT 2:00-4:00 EASTER BUNNY PANCAKES 4:00-6:00	4 Lunch with Ally	5 LUNCH BOXES EATICA 1:00-7:00 EGG DECORATING 2:00-6:00	6 Lunch with Ally	7 Closed	8
9	10 Closed	11 Lunch with Ally	12 MAKE YOUR OWN PIZZA 3:00-7:00 Lunch with Ally	13 Lunch with Ally	14 Krakke 3:00-7:00 Lunch with Ally	15
16	17 SCHOOL OF ROCK 3:00-7:00 BALL HOCKEY 6:00-7:00 Lunch with Ally	18 Lunch with Ally	19 KINDNESS EXPERIMENT 3:00-7:00 BOOK CLUB 3:30-4:30 Lunch with Ally	20 Lunch with Ally	24 YOUTH FOR OUTING TO GATINEAU 3:00-7:00 DIY 3:00-7:00 KITES	22 @Graffiti Workshop 10:00-3:00 7-17 yrs
23	24 SCHOOL OF ROCK 3:00-7:00 BALL HOCKEY 6:00-7:00 Lunch with Ally	25 Lunch with Ally	26 CUPCAKE DECORATING 3:00-7:00 Lunch with Ally	27 Lunch with Ally	28 FLYING SQUIRREL OUTING 10:00am-4:00pm	29
30						

April

SHAWVILLE PHS

LES MAISONS DES JEUNES DU PONTIAC

455 rue Maple, Shawville
Enter the back of the school door "D"
Contact Desiree for more information 819-209-7626
Mdjdesiree@gmail.com





SPRING COFFEE HOUSE

ALL TALENTS WELCOME:
SINGERS, MUSICIANS, THESPIANS,
MAGICIANS, COMEDIANS ETC.
HAPPENING MAY 11, 7:00PM
SIGN UP OUTSIDE OF MUSIC ROOM
AUDITIONS NEXT WEEK

SEE LOTTES FOR MORE INFO

SEE LOTTES FOR MORE INFO

Her advisory completed several water-colour paintings and she would like your help in voting for the People's Choice.
Please cast your votes with her in room 125 until Friday, April 21st.





Spring Programming 2023

from April 3rd, to May 19th.

Section: Healthy Living

1) Ball Hockey Campbell's Bay (6 sessions)

What: The chance for children to develop and meet their full potential in a fun and inspiring atmosphere.

When: Mondays, April 3, 17, 24 and May 1, 8, 15.

Time: 6:00 p.m. to 7:00 p.m.

Where: Gym at St. John's Elementary

Age: 6 to 13 years old

Cost: \$5

Animators: Allyssa and Alix

2) Ball Hockey Shawville (6 sessions)

What: The chance for children to develop and meet their full potential in a fun and inspiring atmosphere.

When: Mondays, April 3, 17, 24 and May 1, 8, 15.

Time: 6:00 p.m. to 7:00 p.m.

Where: Gym at PHS

Age: 6 to 13 years old

Cost: \$5

Animators: Eden and Erica



3) Project Éclaireur Campbell's Bay

What: Cooking and positive mental health workshop for youth.

When: Wednesday, May 3.

Time: 4:00 p.m. to 6 p.m.

Age: Children and Parents

Where: Campbell's Bay Maison des jeunes

Animator: Allyssa and TDSP Erica

4) Project Éclaireur Shawville

What: Cooking and positive mental health workshop for youth.

When: Monday, May 1.

Time: 4:00 p.m. to 6:00 p.m.

Age: Children and Parents

Where: Shawville Maison des jeunes

Animator: Eden

5) Science Nature Workshop at Coulonge Chutes

What: Explore and connect with nature. Learn how to conserve and protect the fauna and flora that surrounds us.

When: Sunday, May 7

Age: 7 to 17 years old

Cost: \$2

	Shawville	Bryson	C-Bay	Mansfield
Depart	9:00	9:10	9:20	9:30
Return	2:45	2:35	2:25	2:15
Where	Giant Tiger	Ultramar	Deans	MDJ

6) Lunch Box

What: With Erica's guidance, you get the opportunity to make a healthy and delicious lunch for the next day.

When (Campbell's Bay): April 19, 4p.m. to 6 p.m.

When (Shawville): April 5, 4 p.m. to 6 p.m.

Where (Campbell's Bay): Campbell's Bay Maison des jeunes

Where (Shawville): Shawville Maison des jeunes

Age: For parents and children

Cost: \$2.50

Animator: Erica

Thank you to our partners:

Centraide Outaouais

MRC Pontiac

Centre intégré de santé et des services sociaux de l'Outaouais

Pontiac High School

Saint-John Elementary School

Table de développement

Chutes Coulonge



social du Pontiac

INFO : 819 683-1044

Email : info@mdjpontiac.com

Section: Culture, Outings and Other

7) Youth for Youth Outing (Escape room)

When: Friday, April 21
Where: Maître du jeu in Gatineau
Age: 12 to 17 years old
Cost: \$25
Animator: Rachel

	Shaw	Bryson	C-Bay	Mansfield
Depart	4:35	4:25	4:15	4:00
Return	9:25	9:35	9:45	10:00
Where	Giant Tiger	Ultramar	Deans	MDJ

8) Flying Squirrel

When: Friday, April 28
Age: 9 to 17 years old
Cost: \$25 and money for McDonalds
Animators: Rachel, Desiree, Allyssa and Eden

	Shaw	Bryson	C-Bay	Mansfield
Depart	10:35	10:25	10:15	10:00
Return	3:25	3:35	3:45	4:00
Where	Giant Tiger	Ultramar	Deans	MDJ

9) Graffiti Workshop

What: Come learn the ins and out of Graffiti, with graffiti artist Paul Landry
When: Saturday, April 22
Time: 10:00 to 3:00
Where: Mansfield Maison des Jeunes
Age: 7 to 17 years old
Cost: \$2
Please bring a snack, pizza lunch will be included
Animators: Allyssa and Eden

10) Home Alone Course (2 sessions)

What: The goal of this course is to prepare children to fend for themselves, deal with problems that may arise and handle themselves in a safe and constructive manner.
When: May 17 and 24
Time: 6:00 p.m. to 8:00 p.m.
Where: Shawville Maison des jeunes
Age: 10 years and older.
Cost: \$15
Animator: Eden

11) Regular opening hours

What: Under the supervision of the animators, youth have the opportunity to participate in various indoor and outdoor recreational activities.

When: Starting April 3, 2023

Shawville: Monday, Wednesday and Friday

3:00 p.m.-7:00 p.m.

Campbell's Bay:

Monday 3:00 p.m.-7:30 p.m.
Wednesday/Thursday 3:00 p.m.-6:00 p.m.
Friday 3:00 p.m.-8:00 p.m.

Mansfield: Tuesday 6:30-8:30
Wednesday/Thursday 6:00-8:30
Friday 6:00-9:30

* Opening hours are subject to change.



Meditation Monthly

with Jennifer

Once a month, lunch hour Guided Meditation
giving you powerful skills to help handle stress,
& a quiet space for practicing mindfulness

Sign-Up sheet on Mr. Young's door
room 138
(max 12 participants)

MONDAY
APRIL 24TH
&
MONDAY
MAY 29TH
11:40-12:20



**PANTHER
FASTBALL**

PICK-UP - DAY 1, 3, 6 @ LUNCH

TUESDAYS - 3:15-4:30

MEET @ THE SHAWVILLE
BALL FIELD
BRING A GLOVE
ANYONE WELCOME

PANTHER



ULTIMATE FRISBEE

DAY 2 & 4
@ 11:45 - 12:15

OPEN TO EVERYONE
SIGN-UP OUTSIDE GYM OFFICE

STARTS MONDAY DAY 4 - IF
FIELDS ARE DRY



Our Mission

**"To ensure that everyone
achieves individual excellence"**