

# PHS Daily Bulletin



**Our Mission**  
**“To ensure that everyone**  
**achieves individual**  
**excellence.”**



**Friday Feb. 9, 2024 Day 9**

**TODAY: Junior/Senior Basketball tournament at ESSC (During the day)**

**TODAY: Jr. VB practice 3:00-5:00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12  P.D. DAY	13  P.D. DAY	14 Day 1 Games Club Rm 125 at Lunch Sr. Girl's BB Practice after school Continue until April Rugby Practice 7:00-8:00 AM Dungeons & Dragons Club Rm. 121 at 3:05 Boxing 11:40-12:20 AGORA	15 Day 2 Extra Math Help ALL LUNCH Rm. 224 Chess Club at Lunch Room 127 Games Club Rm 125 at Lunch Gr. 7 & 8 Math FREE Tutoring 3:15-4:30 in the Woodshop Boxing 3:10-4:45 GRAD LOUNGE	16 Day 3 Jr. VB practice 3:00-5:00 Greenhouse/Art At Lunch Art Room
19 DAY 2 Junior Volleyball Try-Outs after school Extra Math Help ALL LUNCH Rm. 224 Games Club Rm 125 at Lunch Mid Year Mock Exams Gr. 10/11 Schedule Below	20 DAY 3 Sr. Boy BB Practice after school until April 3:00-5:00 Extra Math Help ALL LUNCH Rm. 224 Greenhouse/Art At Lunch Art Room Gr. 7 & 8 Math FREE Tutoring 3:15-4:30 in the Woodshop Boxing 3:10-4:45 GRAD LOUNGE Mid Year Mock Exams Gr. 10/11 Schedule Below	21 DAY 4 Sr. Girl's BB Practice after school Continue until April Dungeons & Dragons Club Rm. 121 at Lunch and 3:05 Greenhouse/Art At Lunch Art Room Chess Club at Lunch Room 127 Film Club at Lunch Room 125 Mid Year Mock Exams Gr. 10/11 Schedule Below	22 DAY 5 Extra Math Help ALL LUNCH Rm. 224 Greenhouse/Art At Lunch Art Room Chess Club at Lunch Room 127 Film Club at Lunch Room 125 Gr. 7 & 8 Math FREE Tutoring 3:15-4:30 in the Woodshop Boxing 3:10-4:45 GRAD LOUNGE Mid Year Mock Exams Gr. 10/11 Schedule Below	23 DAY 6 Dungeons & Dragons Club Rm. 121 at Lunch Greenhouse/Art At Lunch Art Room Mid Year Mock Exams Gr. 10/11 Schedule Below
26 DAY 4 Extra Math Help ALL LUNCH Rm. 224 Greenhouse/Art At Lunch Art Room Film Club at Lunch Room 125	27 DAY 5 Extra Math Help ALL LUNCH Rm. 224 Greenhouse/Art At Lunch Art Room Film Club at Lunch Room 125 Gr. 7 & 8 Math FREE Tutoring 3:15-4:30 in the Woodshop Boxing 3:10-4:45 GRAD LOUNGE	28 DAY 6 Dungeons & Dragons Club Rm. 121 at 3:05 Greenhouse/Art At Lunch Art Room	29 DAY 7 Pen Club Lab C At Lunch Greenhouse/Art At Lunch Art Room Chess Club at Lunch Room 127 Extra Math Help ALL LUNCH Rm. 224 Gr. 7 & 8 Math FREE Tutoring 3:15-4:30 in the Woodshop Boxing 3:10-4:45 GRAD LOUNGE	March 1 DAY 8 Pride Club Lab C at Lunch Dungeons & Dragons Club Rm. 121 at Lunch Boxing 11:40-12:20 AGORA

## TODAY'S Academics with Ms. Bretzlaff

Grade 7 Science -02 and -04 groups; room 234:

- A rewrite of that quiz is scheduled on **Friday, Feb. 9<sup>th</sup>** at the start of lunch for students who attended extra help.
- (Students are welcome to bring their lunches on both days.)

# ACADEMICS

## Pontiac High School- Midyear Mock Exams

### February 2024



Mock Exam Schedule	
Day	Exam
Monday, February 19, 2024	Grade 10 History
Tuesday, February 20, 2024	Grade 11 English
Wednesday, February 21, 2024	Grade 10 Math and Grade 11 Science Math
Thursday, February 22, 2024	Grade 11 French
Friday, February 23, 2024	Grade 10 Science
All mock exams will be scheduled from 8:35 am to 11:35 am	

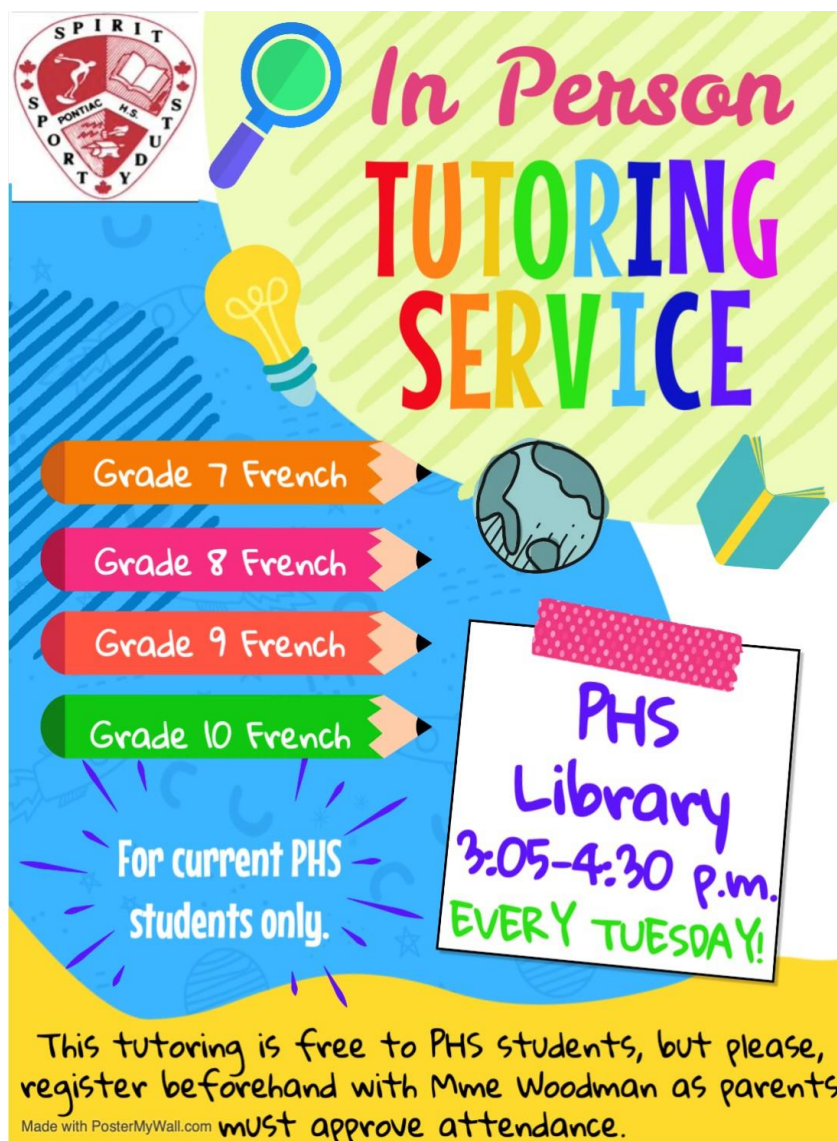
- All students have normally scheduled classes, except for students writing a mock exam.
- Following the writing of a mock exam, students will have normally scheduled classes in the afternoon.
- Mock exams will be written in either the library or classrooms. Room assignments will be provided to students a week prior to the exam.
- Students will follow their scheduled based upon the chart below.

Cycle Days	
Monday, February 19, 2024	Day 2
Tuesday, February 20, 2024	Day3
Wednesday, February 21, 2024	Day 4
Thursday, February 22, 2024	Day 5
Friday, February 23, 2024	Day 6

# TUTORING

A decorative background featuring various mathematical symbols such as numbers, plus, minus, multiplication, division, and percentage signs in different colors.

All grade 7 and 8 students...  
Math tutoring every  
Tuesday and Thursday  
At 3:15-4:30 pm  
Starting on Thursday, February 8<sup>th</sup>.  
In room 307 (French/Carpentry)



## SPORTS

Mr. Findlay's PE Classes: Be prepared to snowshoe and Cross Country Ski

Day 1: P3 – 302-01  
P4 - 302-04

Day 4: P4 – 502-02  
Day 5: P3 – 202-02

Day 7: P4 – 202-04  
Day 9: P3 – 502-03



FRIDAY FEBRUARY, 9TH  
2024  
AFTER SCHOOL  
THE GYM

See Ms. Parker if you cannot attend



# TRIPS

**New York City  
trip  
April 19<sup>th</sup>-21<sup>st</sup>, 2024**

Grade 11s and 10s; spaces still available  
Registration deadline: February 17<sup>th</sup>  
Come to the Art room for more information  
And registration material!

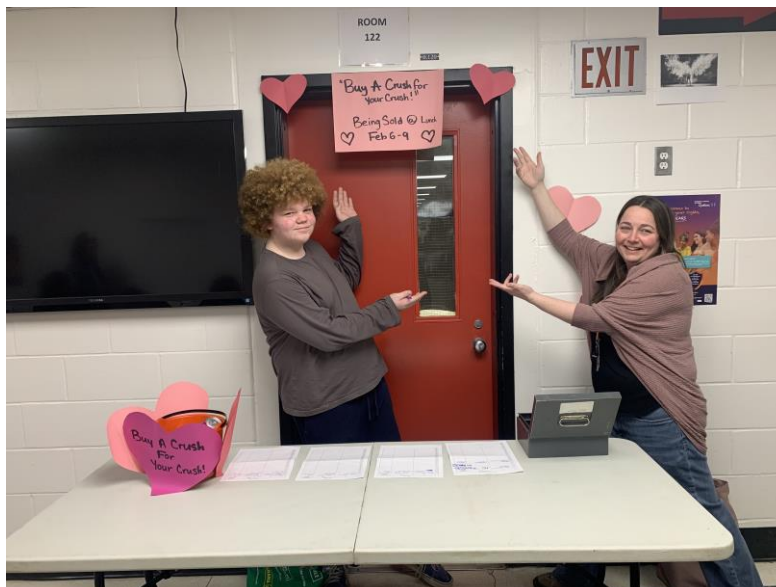


**Buy a crush for your crush!**

**Pop will be sold at lunch for \$2 a can.**

**Buy one for your crush and have it delivered on Feb. 14th during advisory.**

**See Mme Paquette for details.**



## GUIDANCE Mme Woodman

Suicide Prevention Week is February 4th until 10th, 2024. The theme is prevention is better! This week is an event that raises awareness and calls people to action to prevent suicide. It has been held annually by the Association québécoise de prévention du suicide (AQPS) since 1991. Suicide Prevention Week's goal is to inform and educate the population at large about the scope and complexity of this problem. It also aims to promote the resources available in Quebec (including suicide.ca and Quebec's suicide prevention hotline 1-866-277-3553), to normalize reaching out for help, and to encourage people to talk about suicide openly and safely.

This week, PHS will host lunch activities to create awareness and introduce students and staff to a variety of free resources. Resources will also be featured on this Facebook page every day this week. Please see Mme Woodman for more details.



[Pontiac High School](#) now has a guidance page! Please be sure to get it out for information pertaining to college and C  gep applications, post-secondary courses, and emotional well-being.

Please share this link and be sure to join the group!  
<https://www.facebook.com/groups/1066901244460657/>

### Champlain College - Lennoxville Open House

➡ Saturday, February 10th from 10:00 AM - 2:00 PM is the winter open house at Champlain College Lennoxville. Attend so you can experience what it's like to be a Champlain student!

- 🗝 Tour the campus
- 🤝 Meet with teachers & staff
- 🏫 Learn about specific programs
- 💰 Find out about financial aid and bursaries
- 💬 Get answers to all YOUR questions Register through <https://bit.ly/3abM9kA>

See Mme Woodman for details.



# OPEN HOUSE

Feb. 10, 2024 | 10 AM – 2 PM



**REGISTER NOW!**

» [crc-lennox.qc.ca](https://crc-lennox.qc.ca)

## Pembroke Campus



Saturday, March 16, 2024 | 9:00  
a.m – 1:00 p.m. EST

Join us for our March Break Open House.  
Come find out why choosing to study with us is  
one of the best decisions you will ever make.

## Open house at Algonquin College (Pembroke)

Interested in the Pembroke location of Algonquin College? You're in luck! Their March Break Open House event will be held on Saturday, March 16th from 9 a.m. to 1 p.m.

→ Take a campus tour to see just how fantastic the Waterfront Pembroke Campus is. Tour includes the gymnasium, fitness centre, rock climbing wall facilities, library, student services, labs and classrooms.

→ Meet with the privately-owned and operated student residences that house many out of town students.

→ Attend presentations to learn about the student experience in programs.

→ Meet your Campus Dean, Sarah Hall.

→ Find out about the amazing College services.

→ Learn about student life, clubs, and athletics

Get your questions answered about financial aid, support for students with disabilities, admissions, housing, and more!

→ Enjoy a free homemade pizza lunch prepared by the Food Services team and mingle with your potential classmates, college staff, and faculty!

# NIPISSING

U N I V E R S I T Y

## OPEN HOUSE

Mar. 9, 2024

[Register today!](#)





## ➡ Considering Nipissing University for your post-secondary education?

📅 Mark your calendar for Saturday, March 9th, from 10 a.m. to 2 p.m. for their open house!

✿ Don't miss this exciting opportunity to tour their beautiful campus and chat directly with their knowledgeable students, staff and faculty about life at Nipissing.

🤔 Are you interested but can't make it to North Bay? No worries! Mme Woodman is currently enrolled at Nipissing University for her PhD in Educational Sustainability and she is happy to answer any questions you may have.

✅ Register today at [www.nipissingu.ca/open-house](http://www.nipissingu.ca/open-house)

✿ Tuesday morning, Pontiac High School hosted a profession discovery day specific to employment opportunities with the Centre intégré de santé et de services sociaux de l'Outaouais. ✿

📅 Throughout periods one and two, students in grades ten and eleven were able to discuss different career paths with current employees to learn about varying employment opportunities in healthcare and academic requirements for such positions. Students of all levels were able to visit during advisory.

🌱 Employees passionately exchanged their experiences, their paths and their professions with students. Students were able to interact with varying pieces of equipment, ask questions, and be privy to educational information pertaining to specific career paths. Students and staff were both very impressed and appreciative of the effort put into this thought-provoking opportunity. 💖









☞ As part of suicide awareness week, Connexions Resource Centre visited PHS and organized a self-care "cootie catcher" activity during Wednesday's lunch while showcasing their wonderful supports.

💖 Students were very thankful to participate in such a mindfulness activity and loved showcasing their artistic talents. 💖



# Bus Safety Week



# Click Link Below

It is bus safety week! Please be sure to review the information from the WQSB's initiative and click on the interactive activities available through the link

below: <https://westernquebec.ca/safeguarding-bus-transportation-wqsbs-commitment-to-bus-safety/>

Let's ensure a safe and positive experience for every student on their journey to and from school!

## February



### YOUTH SKI CLUB

COST: FREE OF CHARGE  
LOCATION: CARREFOUR JEUNESSE CAMPBELL'S BAY  
WEDNESDAYS  
4:00 PM - 5:30 PM

**Ages 7-12**




Play Outside, Grow Inside

### MARCH BREAK 2024

MDJ MANSFIELD & CAMPBELL'S BAY

INFORMATION

AND REGISTRATION COMING SOON



LES MAISONS DES JEUNES D PONTIAC SHAWVILLE PHS

Regular open hours Mon 3-6PM Wed 3-7pm Fri 3-7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
5 CLOSED	6 Grilled cheese Lunch w/ Desiree	7 SMOOTHIE NIGHT Lunch Closed	8 Lunch w/ Ally	9 BINGO Lunch w/ Ally & Kat
12 MULTI-SPORT & NUTRITION NIGHTS Lunch w/ Desiree	13 Mini pizza Lunch w/ Desiree	14 Lunch w/ Ally & Desiree 6:00-7:00PM BALL HOCKEY	15 Lunch w/ Ally	16 MOVIE / PIZZA NIGHT Lunch w/ Ally & Kat
19 MULTI-SPORT & NUTRITION NIGHTS Lunch w/ Desiree	20 Taco Lunch w/ Desiree	21 GAMES OUTSIDE BALL HOCKEY 6:00-7:00PM Lunch Closed	22 Lunch w/ Ally	23 BOARD GAMES Lunch w/ Ally & Kat
26 ART NIGHT 5:30-7:00PM Lunch w/ Desiree	27 Lunch w/ Desiree	28 Lunch w/ Ally & Desiree 6:00-7:00PM BALL HOCKEY	29 Lunch w/ Ally	Lunch w/ Ally & Kat

Maison des jeunes du Pontiac is in located in the back of the Pontiac High School in Shawville (door "D") and is open to all youth age 6-17 yrs.

455 rue Maple, Shawville  
Contact Desiree for more information 819-209-7626  
mdjdesiree@gmail.com

### MDJ Winter program

MULTI-SPORT & NUTRITION NIGHTS  
FAMILY COOKING AND MENTAL HEALTH WORKSHOP  
BALL HOCKEY  
YOUTH SKI CLUB

LOCATION : CARREFOUR JEUNESSE CAMPBELL'S BAY  
WEDNESDAYS  
4PM TO 5:30PM  
FREE

Registration required, please visit our registration platform to register your family.



Our Mission

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