

PHS Daily Bulletin



Our Mission
"To ensure that everyone
achieves individual
excellence."



Monday March 18, 2024 Day 4

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Day 4 Film Club at Lunch Room 125 Dungeons & Dragons Club Rm. 121 at Lunch Chess Club Room 127 at Lunch Green House/Art at Lunch Volley Ball 3:00-5:00 Extra Help after school for Grade 9 Math Mr Timm 3:15-4:15	19 Day 5 Film Club at Lunch Room 125 Boxing 3:10-4:45 GRAD LOUNGE Chess Club Room 127 at Lunch Green House/Art at Lunch	20 Day 6 Dungeons & Dragons Club Rm. 121 at Lunch and 3:05 Green House/Art at Lunch Rm. 137 ArtLab 3:00-5:00	21 Day 7 Pen Club Lab C At Lunch Boxing 3:10-4:45 GRAD LOUNGE Chess Club Room 127 at Lunch Green House/Art at Lunch	22 Day 8 Dungeons & Dragons Club Rm. 121 Lunch Pride Club Lab C at Lunch Boxing 11:40-12:20 AGORA Volley Ball 3:00-5:00 Deadline to order Grad Hoodies Pather Apparel
25 Day 9 Volley Ball 3:00-5:00	26 Day 1 Games Club Rm 125 at Lunch Boxing 11:40-12:20 AGORA Boxing 3:10-4:45 GRAD LOUNGE Rm. 137 ArtLab 3:00-5:00	27 Day 2 Games Club Rm 125 at Lunch Dungeons & Dragons Club Rm. 121 at 3:05 Chess Club Room 127 at Lunch	28 Day 3 Boxing 3:10-4:45 GRAD LOUNGE Green House/Art at Lunch PHS Volleyball Tournament	29 HOLIDAY
April 1 st HOLIDAY	April 2 Day 4 Film Club at Lunch Room 125 Rm. 137 ArtLab 3:00-5:00 Dungeons & Dragons Club Rm. 121 at Lunch Chess Club Room 127 at Lunch Green House/Art at Lunch	April 3 Day 5 Film Club at Lunch Room 125 Dungeons & Dragons Club Rm. 121 at 3:05 Chess Club Room 127 at Lunch Green House/Art at Lunch	April 4 Day 6 Boxing Tournament Div. 1 (after school group) 3:30-5:00 Dungeons & Dragons Club Rm. 121 at Lunch Green House/Art at Lunch	April 5 Day 7 "ATTENTION" Regular School Day Pen Club Lab C At Lunch Chess Club Room 127 at Lunch Green House/Art at Lunch Volley Ball 3:00-5:00
April 8 P.D. DAY	April 9 Day 8 Dungeons & Dragons Club Rm. 121 at Lunch Boxing 11:40-12:20 AGORA Pride Club Lab C at Lunch Rm. 137 ArtLab 3:00-5:00	April 10 Day 9 Dungeons & Dragons Club Rm. 121 at 3:05	April 11 Day 1 Games Club Rm 125 at Lunch Boxing 11:40-12:20 AGORA	April 12 Day 2 Games Club Rm 125 at Lunch Chess Club Room 127 at Lunch Volley Ball 3:00-5:00

What's Happening at Lunch

Greenhouse & Art
Film Club
Chess Club
Dungeons & Dragons
Lunch with Vanessa

Art Room
Room 125
Room 127
Room 121
Maisons des Jeunesa

What's Happening after School

Volleyball

3:00-5:00

Extra Help after school for Grade 9 Math with Mr Timm 3:15-4:15

The theme for World Down Syndrome Day this year is...

#EndTheStereotypes

For people with Down syndrome and intellectual disabilities, stereotypes can stop them from being treated like other people. They get treated like children, are underestimated and are excluded. Sometimes they are treated very badly or even abused.

These are real examples of stereotypes in action...



"I used to work at a primary school. I was hoping to help with the school newsletters on the office computer. I presented my CV to the receptionist to show her what I can do. She asked me, "Who did this for you?" I told to her I did it. She did not believe that I made the CV and she did not let me help her." - Andrew, New Zealand

I went to a clothes shop on my lunch break at work. I was looking at the different clothes. A lady who worked in the shop told me, "You aren't going to buy anything, get out!" I was so upset I couldn't speak. I don't deserve to be treated like that. - Emma, United Kingdom



WORLD
DOWN SYNDROME
DAY

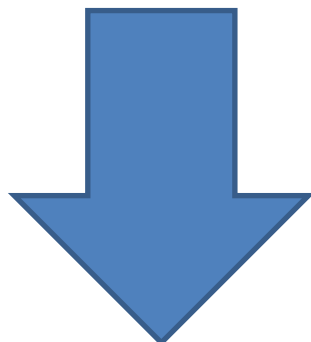
On Thursday, March 21, wear your
funkiest socks and

ROCK YOUR SOCKS

for Down Syndrome Awareness!



CONTINUED Bulletin Information



New York City trip

April 19th-21st, 2024

It's happening, folks, we're going to New York!!

Grade 11s and 10s; a few spaces still available!!

Registration has been extended to March 19th

Come to the Art room for more information
And registration material!



MARCH 2024



LES MAISONS DES JEUNES DU PONTIAC

SHAWVILLE PHS

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

See MDJ March Break
calendar for full details

Disco on Ice

SATURDAY MARCH 16

Shawville Arena

7PM - 9 PM

Bring a non perishable
item to help support
Bouffe Pontiac.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 MOVIE NIGHT Hockey Game Outing
4 Shawville Arena Outing Ages 6-12 9 AM - 4 PM \$15 Registration Required	5 MDJ Mansfield Outdoor Fun Ages 9-17 9 AM - 4 PM \$10 Registration Required	6 Cinema and Wave Pool Outing Ages 9-17 \$25 Registration Required	7 MDJ Mansfield Outdoor Fun Ages 6-12 9 AM - 4 PM \$5 Registration Required	8 CLOSED
11 LUNCH W/ VANESSA Vision Board MINDFUL MONDAY 5:30-7:00PM	12 LUNCH W/ VANESSA PIZZA BAGELS LUNCH	13 CLOSED	14 LUNCH W/ VANESSA & ALLY	15 LUNCH W/ VANESSA & ALLY CUPCAKES & SHAPROCK SHAKES 5:30-7:00PM
18 LUNCH W/ VANESSA Gratitude MINDFUL MONDAY 5:30-7:00PM	19 LUNCH W/ VANESSA POUTINE LUNCH	20 LUNCH W/ VANESSA BALL HOCKEY 6:00-7:00PM	21 LUNCH W/ VANESSA & ALLY	22 LUNCH W/ VANESSA FREE PLAY Gym 5:30-7:00PM
25 LUNCH W/ VANESSA Unplug & Unwind MINDFUL MONDAY 5:30-7:00PM	26 LUNCH W/ VANESSA Cheese & Chicken Quesadillas Lunch	27 EASTER BAKING LUNCH W/ VANESSA BALL HOCKEY 6:00-7:00PM	28 LUNCH W/ VANESSA & ALLY Easter egg hunt @ lunch	29 CLOSED

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

MINDFUL MONDAY

Mindfulness activities
MDJ Shawville or
PHS gymnasium
6 PM - 7 PM

BALL HOCKEY

Wednesdays
PHS gymnasium
6pm to 7pm
\$5

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



GRAD HOODIES



DEADLINE TO ORDER IS
MARCH 22ND



SPRING ORDER



PANTHER APPAREL



DEADLINE IS MARCH 22ND



SMASH INTO SPRING VOLLEYBALL TOURNAMENT

**PANTHER
ATHLETICS**



**MARCH 28TH
COMPETITIVE &
RECREATIONAL
8 teams maximum
PER DIVISION
MUST HAVE 8 PLAYER
PER TEAM**



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