

PHS Daily Bulletin



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



Thursday Feb. 8, 2024 Day 8

IMPORTANT: GRAD PHOTO'S - IF YOU MISSED YOUR GRAD PHOTO ON TUESDAY Feb. 7th PLEASE COME AND SEE PEGGY IN THE OFFICE ASAP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Day 5 Junior Boys BB Practice after school Last Practice Extra Math Help ALL LUNCH Rm. 224 Jr. VB Try-Outs 11:35-12:05 Greenhouse/Art At Lunch Art Room Chess Club at Lunch Room 127 Film Club Cancelled	6 Day 6 Dungeons & Dragons Club Rm. 121 at Lunch Sr. Boy BB Practice after school until April 3:00-5:00 GRAD/STAFF PICTURE DAY Extra Math Help ALL LUNCH Rm. 224 Greenhouse/Art At Lunch Art Room Artlab starts today Register in Room 137 with Mrs. Lottes	7 Day 7 Jr. & Sr. Girl's BB Practice after school Last Practice for Junior Girl's BB Rugby Practice 7:00-8:00 AM RING DELIVERY Dungeons & Dragons Club Rm. 121 at 3:05 Pen Club Lab C At Lunch Greenhouse/Art At Lunch Art Room Chess Club at Lunch Room 127	8 Day 8 Extra Math Help ALL LUNCH Rm. 224 PHS 3/3 HOCKEY TOURNAMENT PHS PLAYER ONLY Dungeons & Dragons Club Rm. 121 at Lunch Pride Club Lab C at Lunch Gr. 7 & 8 Math FREE Tutoring 3:15-4:30 in the Woodshop Boxing 11:40-12:20 AGORA Boxing 3:10-4:45 GRAD LOUNGE	9 Day 9 Jr. VB practice 3:00-5:00 Junior/Senior Basketball tournament at ESSC (During the day)
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	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	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	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	23 DAY 6 Dungeons & Dragons Club Rm. 121 at Lunch Greenhouse/Art At Lunch Art Room
26 DAY 4 Extra Math Help ALL LUNCH Rm. 224 Greenhouse/Art At Lunch Art Room	27 DAY 5 Extra Math Help ALL LUNCH Rm. 224 Greenhouse/Art At Lunch Art Room	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	March 1 DAY 8 Pride Club Lab C at Lunch

Film Club at Lunch Room 125	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		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	Dungeons & Dragons Club Rm. 121 at Lunch Boxing 11:40-12:20 AGORA
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What’s Happening Today at Lunch

Pride Club

Lab C

Dungeons & Dragons

Room 121

Boxing

AGORA

Extra Math Help with Mrs. Thompson in Room 224

Academics with Mme LeMonnier

Last chance for term 2, any of Madame Le Monnier's students who need to finish an evaluation (especially grade 11 students!!), please come at lunch TODAY.
These are the only lunch hours this week.
Nothing will be accepted after Friday unless you have made prior arrangements.

Academics with Ms. Bretzlaff Grade 7 Science -02 and -04 groups; room 234:

- Extra help is scheduled **TODAY, Feb. 8th** at the start of lunch for students who want to review material from the quiz on reproduction (Ch. 4.4-4.6)
- A rewrite of that quiz is scheduled on **Friday, Feb. 9th** at the start of lunch for students who attended extra help.
- (Students are welcome to bring their lunches on both days.)

What’s Happening Today after School

Boxing

Grad Lounge

Free Math Tutoring Gr. 7/8

WoodShop

ACADEMICS

Pontiac High School- Midyear Mock Exams
February 2024



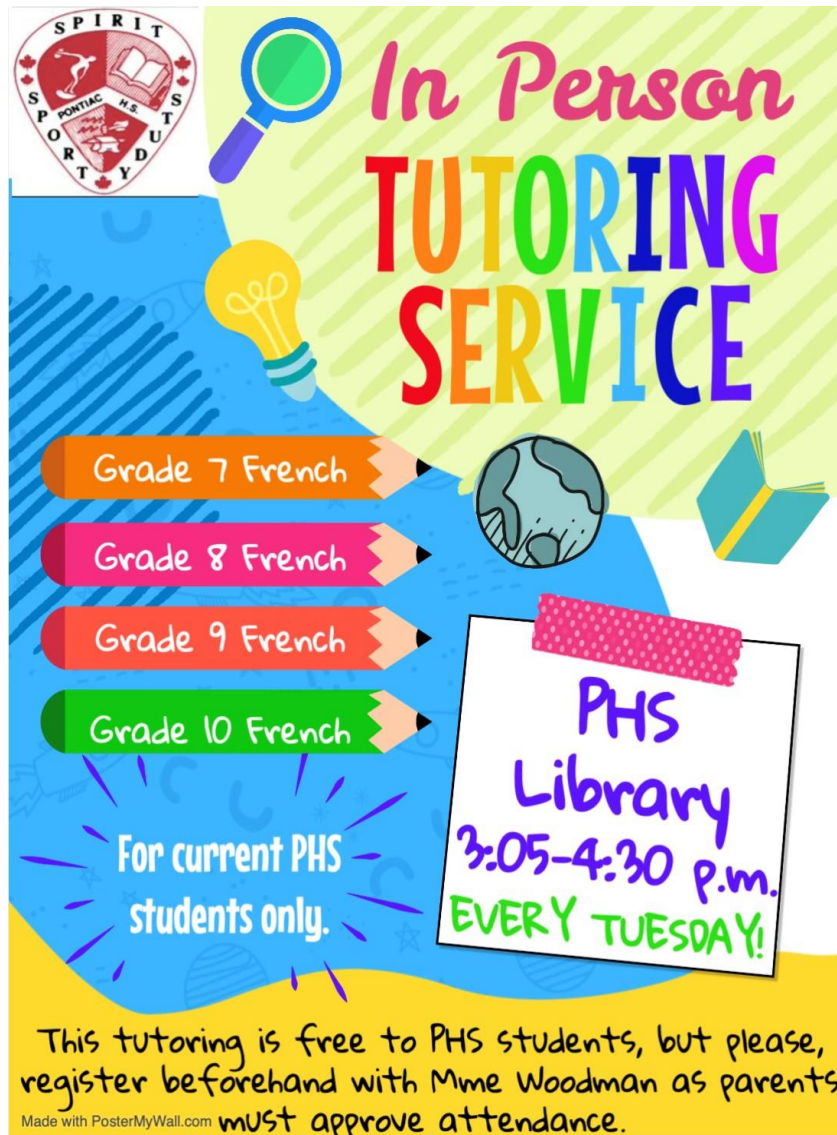
Mock Exam Schedule	
Day	Exam
Monday, February 19, 2024	Grade 10 History
Tuesday, February 20, 2024	Grade 11 English
Wednesday, February 21, 2024	Grade 10 Math and Grade 11 Science
Thursday, February 22, 2024	Math Grade 11 French
Friday, February 23, 2024	Grade 10 Science
All mock exams will be scheduled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

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



IMPORTANT MESSAGE for Students going on the overnight ski trip

It is extremely important that anyone going on the overnight ski trip. Tell Ms. Fitz their information for rentals by the end of today.

Your forms and money should already be in and if they're not, it has to be handed in tomorrow.

SPORTS

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

Day 1: P3 – 302-01	Day 4: P4 – 502-02	Day 7: P4 – 202-04
P4 - 302-04	Day 5: P3 – 202-02	Day 9: P3 – 502-03

PONTIAC HIGH

JUNIOR VOLLEYBALL TEAM TRYOUTS



FRIDAY FEBRUARY, 9TH
2024
AFTER SCHOOL
THE GYM

See Ms. Parker if you cannot attend

TRIPS

New York City trip April 19th-21st, 2024

Grade 11s and 10s; spaces still available

Registration deadline: February 17th

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



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 Cégep 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/>

OPEN HOUSE

Feb. 10, 2024 | 10 AM – 2 PM

REGISTER NOW!

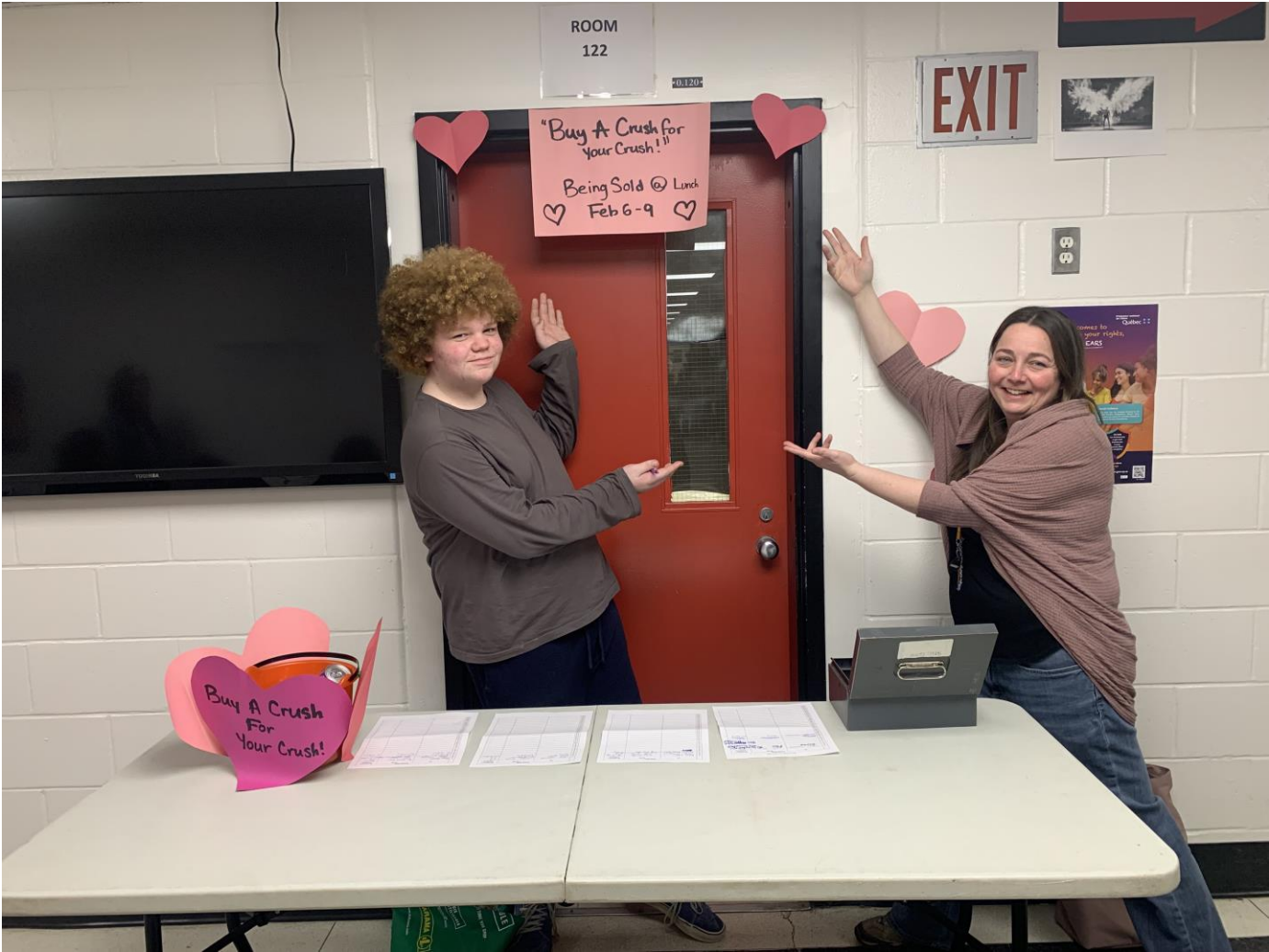
» crc-lennox.qc.ca

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.



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.

February LES MAISONS DES JEUNES D PONTIAC SHAWVILLE PHS

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

**YOUTH SKI CLUB**

COST: FREE OF CHARGE

LOCATION: CARREFOUR JEUNESSE CAMPBELL'S BAY

WEDNESDAYS 4:00 PM - 5:30 PM

Ages 7-12




MARCH BREAK 2024
MDJ MANSFIELD & CAMPBELL'S BAY
INFORMATION
AND REGISTRATION COMING SOON



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 6:00-7:00PM BALL HOCKEY	22 Lunch w/Ally	23 5:30-7:00PM 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 Mondays 4-6pm \$5

FAMILY COOKING AND MENTAL HEALTH WORKSHOP February 14th 4pm-6pm free of charge

BALL HOCKEY Wednesdays PHS gymnasium 6pm to 7pm \$5

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.



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