

PHS Daily Bulletin

Our Mission

"To ensure that everyone achieves individual excellence"



Thursday January 12, 2023 Day 7

BULLETIN LINK

<https://phsdailybulletin.weebly.com>

January/February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Day 4 Chess Club 11:40-12:20 Open Art Film Club 11:35-12:25 Jr. Girls & Boys BB Practice 3:15-5:00 Hockey Practice 3:30 Arena	10 Day 5 Chess Club 11:40-12:20 Open Art Film Club 11:35-12:25 Sr. Girls Basketball Practice 3:30-5:00	11 Day 6 Fitness Room 11:35-12:05 PRIDE CLUB Open Art Dungeons & Dragons Club 3:05-4:45 Sr. Boys Basketball Practice 3:15-5:00	12 Day 7 Open Art Dungeons & Dragons Club All Lunch Extra-Help French Mme Woodman 11:35-12:05	13 Day 8 Gr. 7 French Quiz 106-04 Greenhouse and Agri Club ALL LUNCH Drop In Volleyball 3:15-4:30
16 Day 9 Fitness Room 11:35-12:05 Dungeons & Dragons Club All Lunch GR. 7 French Quiz 106-01 106-03 306-02 Jr. Girls & Boys BB Practice 3:15-5:00 PHS Hockey Game	17 Day 1 Fitness Room 11:35-12:05 Games Club 11:35-12:25 Chess Club 11:40-12:20 Greenhouse and Agri Club Sr. Girls Basketball Practice 3:30-5:00	18 Day 2 Games Club 11:35-12:25 Chess Club 11:40-12:20 Dungeons & Dragons Club ALL LUNCH AND 3:05-4:45 PHS HOCKEY TOURNAMENT Sr. Boys Basketball Practice 3:15-5:00	19 Day 3 Open Art Science Fair Club 11:40-12:20 Rm 229 Fitness Room 11:35-12:05	20 P.D. Day
23 Day 4 Chess Club 11:40-12:20 Open Art Film Club 11:35-12:25 Jr. Girls & Boys BB Practice 3:15-5:00	24 Day 5 Chess Club 11:40-12:20 Open Art Film Club 11:35-12:25 Sr. Girls Basketball Practice 3:30-5:00	25 Day 6 Fitness Room 11:35-12:05 PRIDE CLUB All Lunch Open Art Dungeons & Dragons Club 3:05-4:45 Sr. Boys Basketball Practice 3:15-5:00	26 Day 7 Open Art Dungeons & Dragons Club All Lunch Extra-Help French Mme Woodman 11:35-12:05	27 Day 8 Gr. 7 French Quiz 106-04 Greenhouse and Agri Club Drop In Volleyball 3:15-4:30
30 Day 9	31 Day 1	FEB. 1 Day 2	FEB. 2 Day 3	FEB. 3 Day 4
FEB. 6 P.D. DAY	FEB. 7 P.D. DAY	FEB. 8 Day 5	FEB. 9 Day 6	FEB. 10 Day 7
February 13 EXAMS	February 14 EXAMS	February 15 EXAMS	February 16 EXAMS	February 17 EXAMS

LOST & FOUND in Mme LeMonnier's ROOM 227

What's happening today at lunch?

Teacher	Activity	Time	Place
Ms. Dunin-Borkowska	Open Art	ALL LUNCH	Art Room
Mr. Tubman	Dungeons & Dragons	ALL LUNCH	Room 121
Open Gym		ALL LUNCH	Gym #1
Intramurals		ALL LUNCH	Gym #2
Lunch with Alyssa		ALL LUNCH	Maison des Jeunes
LIBRARY Mrs. Davis is absent today no signing out books		ALL LUNCH	Library

Academics What's happening today at Lunch?

Teacher	Activity	Time	Place
Mme Woodman	Extra French Help	11:35-12:05	Room 125




January

SHAWVILLE PHS
LES MAISONS
DES JEUNES DU
PONTIAC




LIMITED REGISTRATION AGE 10-17

Jan 13 \$15

- Gatineau Olympics
- 4:30-11pm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 LUNCH WITH ALLYSSA MUSIC NIGHT 3:00-7:00	10 LUNCH WITH ALLYSSA	11 LUNCH WITH ALLYSSA CHARADES 3:00-7:00	12 LUNCH WITH ALLYSSA LUNCH TIME	13 GATINEAU OLYMPICS SCAVENGER HUNT 3:00-7:00	14
15	16 LUNCH WITH ALLYSSA SNOWMAN COMPETITION 3:00-5:00	17 LUNCH WITH ALLYSSA	18 LUNCH WITH ALLYSSA CARDS 3-6 BASKETBALL 6-7	19 LUNCH WITH ALLYSSA	20 LUNCH WITH ALLYSSA BINGO 3:00-7:00	21
22	23 LUNCH WITH ALLYSSA YOUTH LOUNGE 3-6 BALL HOCKEY 6-7	24 LUNCH WITH ALLYSSA	25 LUNCH WITH ALLYSSA ART W/ SUZETTE 3-6 BASKETBALL 6-7	26 LUNCH WITH ALLYSSA LUNCH TIME	27 LUNCH WITH ALLYSSA PIQUE NIQUE NIGHT 3:00-7:00	28
29	30 LUNCH WITH ALLYSSA MINUTE TO WIN IT 3:00-7:00 BALL HOCKEY 6:00-7:00	31 LUNCH WITH ALLYSSA	 <div> <p>455 rue Maple, Shawville</p> <p>Enter the back of the school door "D"</p> <p>Contact Desiree for more information</p> <p>819-209-7626 Mjdjdesiree@gmail.com</p> </div>			

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!

MRC PONTIAC
OUTAOUAIS

MDJ Winter Programing
Our MDJ winter programing registration for outings, sports and other activities registration will be open till January 12. To confirm your child's spot please register as soon as possible.



Attention Grads:

Photos must be ordered by Monday January 23rd. If you are ordering through Shelley and paying cash please make sure the exact change is in the envelope as no change will be given.



PONTIAC HIGH SCHOOL

SKI TRIP

JANUARY 19TH - ALL DAY - 9:00AM TO 7:30PM

PHS WILL BE HEADING TO SOMMET EDELWEISS

PICK UP YOUR FORM FROM KENT OR THE OFFICE!

**LIFT, RENTAL, AND BUS
ONLY \$40**

**LIFT AND BUS (NO RENTAL)
ONLY \$25**

BEGINNERS WELCOME

**HAND IN YOUR FORMS AND MONEY TO THE OFFICE AS
SOON AS POSSIBLE**



PANTHER HOCKEY



HOME TOURNAMENT

Wednesday, January 18, 2023

Shawville Arena



Dr. Wilbert Keon



St Mikes



Woodland



Kitigan Zibi



2023 HERITAGE PHOTO CONTEST

Calling All Quebec High School Students!

PRIZES

1ST PLACE: 200\$
2ND PLACE: 150\$
3RD PLACE: 100\$

ALL WINNERS
RECEIVE A
CERTIFICATE!

PRIZES

WINNING PHOTOS
AND TEXT WILL
APPEAR IN QUEBEC
HERITAGE NEWS
MAGAZINE AND ON
WWW.QAHN.ORG.

For full contest rules, contact home@qahn.org

SUBMIT (UP TO 3 PHOTOS) BY EMAIL TO: HOME@QAHN.ORG.
DEADLINE: APRIL 30TH, 2023

QUEBEC ANGLOPHONE
HERITAGE NETWORK
QAHN



RÉSEAU DU PATRIMOINE
ANGLOPHONE DU QUÉBEC
RPAQ

2023 HERITAGE PHOTO CONTEST

Calling All Quebec High School Students!

CONTEST RULES

Judging: All submissions will be judged according to composition, originality, and technical merit (for the photography), and content, grammar and originality (for the accompanying texts).

Originality and Plagiarism: Photos and accompanying texts must be entirely the work of the student. Any photo or text found to have been copied in whole or in part from the Internet or elsewhere will be disqualified.

Student's name and grade
Teacher's name
The name, address and telephone number of the high school
The title of the photo

EACH PHOTO MUST
BE ACCOMPANIED
BY THE FOLLOWING:

The date and circumstance in which the photo was taken
A 150-300-word text, written in the student's own words, describing the subject and why it constitutes "heritage"

Subject Matter: Photos must be of an object, person, place or event of significance to the heritage of the student's family, school, or community. Subjects must be relevant in some way to life in Quebec.

Photographer: Photos must be the work of the student.

Specs: Photos (digital only) may be submitted in either colour or black and white and must have a resolution of 300 dpi or better, and a dimension of at least 800 X 1000 pixels.

QUEBEC ANGLOPHONE
HERITAGE NETWORK
QAHN



RÉSEAU DU PATRIMOINE
ANGLOPHONE DU QUÉBEC
RPAQ



Winter program 2023

From January 16 to March 3

Section: Healthy lifestyle/outings

1) Ball Hockey Campbell's Bay (4 sessions)

What : Youth develop and initiate their full potential playing ball hockey in a fun and inspiring atmosphere.

When : Monday January 30, February 13, 20 & 27

Where : St. John's School gymnasium

Age : 6 years to 16 years 6pm to 7 pm

Cost : \$5

Animators: Allyssa Boughner
Alix Bertrand

2) Ball Hockey Shawville (5 sessions)

What : Youth develop and initiate their full potential playing ball hockey in a fun and inspiring atmosphere.

When : Monday January 23 & 30, February 13, 20 & 27

Where : PHS School gymnasium

Age : 6 years to 17 years

Cost : \$5

Animators : Eden Finan
Erica Lance

3) Basketball (5 sessions)

When :

Hockey Outing:

6) Ottawa Senators vs Chicago Black Hawks game

When : Friday February 17

Depart (MDJ Mansfield): 4pm

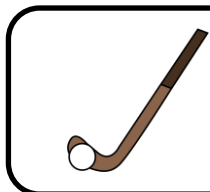
Return: 11:30pm

Where : Ottawa Canadian Tire Center

Age : 9 years to 17 years

Cost : 20,00\$ (limited places)

Responsible : Stéphane Durocher



Section: Socio-cultural

7) Home Alone workshop

What : The purpose of this training is to prepare children to fend for themselves, to be protected from problems, to deal with situations that may arise and to deal with them safely and constructively.

Age : 10 years and up.

When : Wednesday February 15 & 22

When : 6pm to 7:30pm

Where : Maison de jeune in Campbell's Bay

Cost : \$15

Animator : Allyssa Boughner,

8) Artistic painting course

What : Youth develop and initiate their full potential playing ball hockey in a fun and inspiring atmosphere.

Wednesday January 18 & 25 and February 8,15 & 22

Where : PHS Gym in Shawville

Age: 8 years to 17 years from 6pm to 7pm

Cost : 5\$

Animatrice: Eden Finan



4) Outdoor days *(Pedagogical day)

What : Special activity day offered

When :

Monday, January 23rd:

Planned activity: Skating in Ottawa

Monday February 6th:

Planned activities: Skating in the forest in Lac des Loups

Where : depart from MDJ Mansfield

Age : 8 years to 14 years from 8:15am to 4:45pm

Cost : 15\$ each day

Responsible : Desiree Tremblay

To Bring : Lunch and Healthy snacks



OUTING

5) Gatineau Olympiques vs. Saint-John game

When : Saturday February 4

Depart (MDJ Mansfield): 1pm Return : 8:30pm

Where : Centre Slush Puppie (Gatineau)

Age : 9 year to 17 years

Cost : 15,00\$ (limited places)

Responsible : Stephane Durocher



Thanks to our partners:

INFO : 819 683-1044

email : info@mdipontiac.com



Centraide
Outaouais



MRC PONTIAC
OUTAOUAIS

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

Mandatory registration form

Name: _____

Age : _____

Adresse: _____ Email Adresse : _____

Parents Names : _____

Tel: _____

Tel. Emergency: _____

Allergies: _____

Health card : _____

Choice of activities to check off:

1) Ball Hockey \$5 Campbell's Bay St John's gym _____

2) Ball Hockey \$5 Shawville PHS Gym _____

3) Basketball \$5 _____

4) Outdoor days Skating in Ottawa \$15 _____

Skating in Lac des Loup \$15 _____

5) Hockey outing Olympiques de Gatineau \$15 _____

6) Hockey outing Ottawa Senators \$20 _____

7) Home Alone workshop \$15 _____

8) Artistic painting class FREE _____

9) Free activities (registration not required) _____

Amount paid: _____\$

*If paying by cheque please make payable to Les Maisons de jeunes du Pontiac.

I authorize my child _____ to participate in activities organized by es Maisons de jeunes du Pontiac. By doing so, I acknowledge that the organization will not be responsible for any injury and/or lost and found during the activities.

I give permission to the MDJ to take a picture of my child during the activities. This photo may be used on the organization's Facebook page and/or other means to promote the organization.

Yes : ____ No : ____

Parent's signature: _____ Date : _____

=====

MY AND/OR MY CHILDREN'S ACTIVITY SCHEDULE TO KEEP ON THE FRIDGE FOR THE DURATION OF THE PROGRAM... TO KEEP. **When, time, place of the activity?**

INFORMATION : info@mdjpontiac.com ou 819 683-1044

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“To ensure that everyone achieves individual excellence”