

# PHS Daily Bulletin



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



Tuesday Feb. 6, 2024 Day 6

## February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5 Day 5</b> 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	<b>6 Day 6</b> 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	<b>7 Day 7</b> 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	<b>8 Day 8</b> Extra Math Help ALL LUNCH Rm. 224 PHS HOCKEY TOURNAMENT Dungeons & Dragons Club Rm. 121 at Lunch Pride Club Lab C at Lunch	<b>9 Day 9</b> Jr. VB practice 3:00-5:00
<b>12</b>  P.D. DAY	<b>13</b>  P.D. DAY	<b>14 Day 1</b> 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	<b>15 Day 2</b> Extra Math Help ALL LUNCH Rm. 224 Chess Club at Lunch Room 127 Games Club Rm 125 at Lunch	<b>16 Day 3</b> Jr. VB practice 3:00-5:00 Greenhouse/Art At Lunch Art Room
<b>19 DAY 2</b> Junior Volleyball Try-Outs after school Extra Math Help ALL LUNCH Rm. 224 Games Club Rm 125 at Lunch	<b>20 DAY 3</b> 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	<b>21 DAY 4</b> 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	<b>22 DAY 5</b> 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	<b>23 DAY 6</b> Dungeons & Dragons Club Rm. 121 at Lunch Greenhouse/Art At Lunch Art Room
<b>26 DAY 4</b> Extra Math Help ALL LUNCH Rm. 224 Greenhouse/Art At Lunch Art Room Film Club at Lunch Room 125	<b>27 DAY 5</b> Extra Math Help ALL LUNCH Rm. 224 Greenhouse/Art At Lunch Art Room Film Club at Lunch Room 125	<b>28 DAY 6</b> Dungeons & Dragons Club Rm. 121 at 3:05 Greenhouse/Art At Lunch Art Room	<b>29 DAY 7</b> 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	<b>March 1 DAY 8</b> Pride Club Lab C at Lunch Dungeons & Dragons Club Rm. 121 at Lunch

## What's Happening Today at Lunch

Dung & Dragons

Room 121

Green House/Art

Art Room

## Extra Math Help

**ALL LUNCH Rm. 224**

## What's Happening Today after School

Senior Boys LAST BB Practice

# Academic Info from Mme LeMonnier & Mr. Kent For TODAY

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** and/or Thursday.

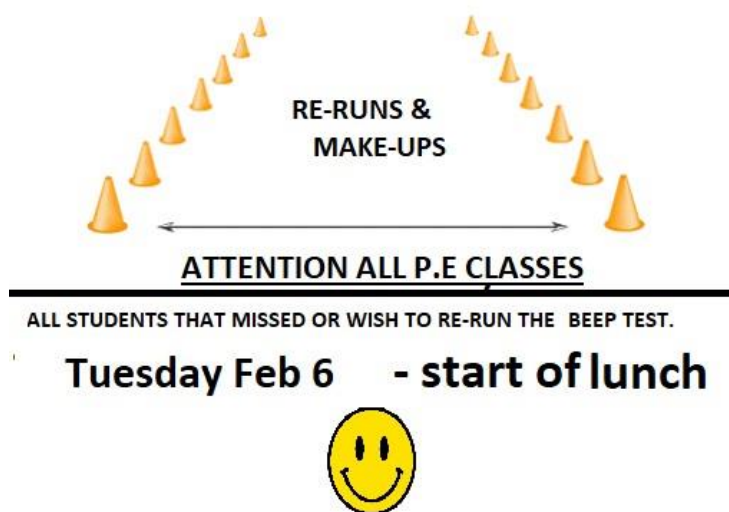
These are the only lunch hours this week.

Nothing will be accepted after Friday unless you have made prior arrangements.

Grade 11 English students who are not finished their article writing need to complete the task at lunch **TODAY**, February 6th and/or Wednesday, February 7th. See you in 131.

## Message from Mrs. Fitzpatrick

There will be a very important Meeting about the overnight ski trip on Wednesday second half of lunch in room 135 – Ms. Fitz's Room!



## Mr. Findlay's PE Classes

Be prepared to snowshoe and  
Xcountry 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

# **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!



### **BOXING SCHEDULE**

#### **Lunch Group (every day 1 and 8):**

February 8th (11:40-12:20) Agora

February 14th (11:40-12:20) Agora

March 1st (11:40-12:20) Agora

March 12th (11:40-12:20) Agora

March 22nd (11:40-12:20) Agora

March 26th (11:40-12:20) Agora

April 9th (11:40-12:20) Agora

April 11th (11:40-12:20) Agora

April 23rd (11:40-12:20) Agora

Tournament for Division 2 (lunch Group): April 24th and 25th at 11:40-12:20




Afterschool Group (every Tuesday and Thursday):

- February 6th (3:10-4:45) Grad Lounge
- February 8th (3:10-4:45) Grad Lounge
- February 15th (3:10-4:45) Grad Lounge
- February 20th (3:10-4:45) Grad Lounge
- February 22nd (3:10-4:45) Grad Lounge
- February 27th (3:10-4:45) Grad Lounge
- February 29th (3:10-4:45) Grad Lounge
- March 12th (3:10-4:45) Grad Lounge
- March 14th (3:10-4:45) Grad Lounge (this will be cancelled because of parent interviews)
- March 19th (3:10-4:45) Grad Lounge
- March 21st (3:10-4:45) Grad Lounge
- March 26th (3:10-4:45) Grad Lounge
- March 28th (3:10-4:45) Grad Lounge
- Tournament for Division 1 (After school group): Thursday April 4th 3:30pm-5pm

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-SPORTS NUTRITION NIGHTS Lunch w/ Desiree	13 Mini pizza Lunch w/ Desiree	14 Lunch w/ Ally & Desiree 6:00-7:00PM FALL HOCKEY	15 Lunch w/ Ally	16 MOVIE / PIZZA NIGHT Lunch w/ Ally & Kat
19 MULTI-SPORTS NUTRITION NIGHTS Lunch w/ Desiree	20 Taco Lunch w/ Desiree	21 GAMES OUTSIDE FALL HOCKEY 6:00-7:00PM Lunch Closed	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 FALL HOCKEY	29 Lunch w/ Ally	

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 \$5

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

WEDNESDAYS PHS gymnasium 6pm to 7pm \$5


**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.



ArtLab starts this Today.

Register in 137 with Mrs. Lottes

# Guidance Information from 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/>

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

**PHS IN-HOUSE**  
**3 ON 3 HOCKEY**  
**TOURNAMENT**  
**NEW DATE: FEBRUARY 8TH!**  
**AT THE SHAWVILLE ARENA!**  
**FULL EQUIPMENT NEEDED**  
**TO PLAY!**



# GRADS SIGN UP

at Reception ASAP

GRAD Photos TODAY Feb. 6<sup>th</sup>

## Photo Message for STAFF :

If you want to be part of the Grad's Maquette you will have to get your picture taken on Tuesday Feb. 6<sup>th</sup> in the Auditorium anytime throughout the day from 8:40-12:20.

## ALSO :

STAFF PHOTO 3:15 on the steps of the school.

**In Person  
TUTORING  
SERVICE**

Grade 7 French  
Grade 8 French  
Grade 9 French  
Grade 10 French

For current PHS students only.

**PHS  
Library  
3:05-4:30 p.m.  
EVERY TUESDAY!**

This tutoring is free to PHS students, but please, register beforehand with Mme Woodman as parents must approve attendance.

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