

PHS Daily Bulletin



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



Tuesday March 19, 2024 Day 5

March 2024

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

What's Happening at Lunch

Greenhouse & Art
Film Club
Chess Club

Art Room
Room 125
Room 127
Maisons des Jeunes

Free Poutine Lunch with Vanessa

What's Happening after School

Boxing

Grad Lounge

3:15-4:45

I am offering extra help after school on Thursday March 21 for Grade 10 CST Math

Lunch with Vanessa

Maisons des Jeunes

FREE POUTINE



INTRAMURAL FLOOR HOCKEY

Last chance to sign up for floor hockey.
The sheets come down on Wednesday.

There will be pickup floor hockey on Tuesday, Wednesday and Thursday at lunch this week.

Teams will be made by the start of next week for the season!

Thank you!

From Ms. Berkowska and the NYC trippers

For all of the support

From our sponsors:

Giant Tiger

Mr. Gauthier and Ms. Lizée

Lions Club

Hursty's

Larivière Family

Thank you very much

To all of our **guests** and **staff**

Who participated

A special thank you

To all of the amazing and wonderful students
and parents/guardians who went above and
beyond!

But especially, an enormous THANK YOU to the
students who gave that extra, who helped serve
and clean up and (wo)man the cash...

Feira Achaibar

Dylee Gallman

Teagan Harvey

Kianna Jolicœur

Cayden Lemay

Megan Ratt

YOU ALL ROCK!!

Sorry if I missed anyone 🙏

reading day



Tuesday, March 26

Reading Day is a day that we are all reading during advisory.

Before the event, find a good book by visiting the library or bring a book from home.

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

#EndTheStereotypes

- A stereotype is a set idea that people have about what someone or something is like.
- Stereotypes can be positive, negative or neutral, but they are often inaccurate, or simply wrong!
- Once formed, a stereotype can be difficult to change.

These are real examples of stereotypes in action...



Why do people think that people with Down syndrome can't work? They also think we shouldn't get paid! I work hard and I deserve to be paid. - Muthoni, Kenya

I wanted to go to college but, because I have an intellectual disability, the only courses available to me were in 'Life Skills'. I don't want to go to college to learn to make my bed! - Tia, United States



WORLD
DOWN SYNDROME
DAY

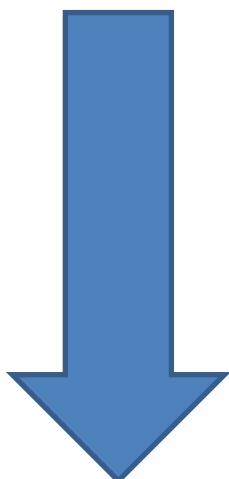
On Thursday, March 21, wear your
funkiest socks and

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**



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