

PHS Daily Bulletin



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



Wednesday April 17, 2024 Day 5

TWIN/SQUAD DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 Day 3</p> <p>MINDFULNESS MONDAY</p> <p>PIRATE DAY</p> <p>Green House/Art at Lunch</p> <p>Last Junior Volleyball Practice after school 3:05-5:00</p>	<p>16 Day 4</p> <p>PAJAMA DAY</p> <p>Dungeons & Dragons Club Rm. 121 at Lunch</p> <p>Film Club at Lunch Room 125</p> <p>Chess Club Room 127 at Lunch</p> <p>Green House/Art at Lunch</p> <p>Gr. 7 & 8 Math Tutoring 3:15-4:30 in the Art Room</p> <p>Badminton Try Outs 3:15-5:00</p>	<p>17 Day 5</p> <p>TWIN/SQUAD DAY</p> <p>Dungeons & Dragons Club Rm. 121 at 3:05</p> <p>Film Club at Lunch Room 125</p> <p>Chess Club Room 127 at Lunch</p> <p>Green House/Art at Lunch</p> <p>Junior Boys and Girls Pontiac Cup Championship Day at ESSC</p> <p>Peer Support Group at Lunch Room 137</p>	<p>18 Day 6</p> <p>Dungeons & Dragons Club Rm. 121 at Lunch</p> <p>Green House/Art at Lunch</p> <p>Gr. 7 & 8 Math Tutoring 3:15-4:30 in the Art Room</p> <p>OPEN HOUSE 5:30-8:00</p> <p>Last day to Register Organizational Skills Workshop Rm 140</p> <p>Mr Timm Extra help Grade 9 after school 3:15-4:15</p> <p>Elementary school basketball tournament- hosted at PHS - all day in the gym</p>	<p>19</p> <p>P.D. DAY</p>
<p>22 Day 7</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>23 Day 8</p> <p>Boxing 11:40-12:20</p> <p>AGORA and after school 3:30-5:00</p> <p>Dungeons & Dragons Club Rm. 121 at Lunch</p> <p>Pride Club Lab C at Lunch</p> <p>Gr. 7 & 8 Math Tutoring 3:15-4:30 in the Art Room</p>	<p>24 Day 9</p> <p>Dungeons & Dragons Club Rm. 121 at 3:05</p> <p>Spelling B Competition in Room 131 Mr. Kent</p>	<p>25 Day 1</p> <p>Boxing 11:40-12:20</p> <p>AGORA and after school 3:30-5:00</p> <p>Games Club Rm 125 at Lunch</p> <p>Gr. 7 & 8 Math Tutoring 3:15-4:30 in the Art Room</p> <p>Dodgeball Tournament at Lunch</p>	<p>26 Day 2</p> <p>Games Club Rm 125 at Lunch</p> <p>Chess Club Room 127 at Lunch</p> <p>Deadline to Purchase Yearbooks</p> <p>Dodgeball Tournament at Lunch</p>

Attention Students:

French tutoring is no longer being offered by Peyton on Monday nights. If you want to attend the Tuesday night tutoring with Mme Proulx, please let Mme Woodman know.

Due to the PHS Open House on Thursday, April 18th, there is no tutoring at the Quyon Library as Kate is unavailable. Tutoring will resume at the Quyon Library from 6:00-7:00 p.m. on Thursday, April 25th.



**PHS
OPEN HOUSE
April 18TH, 2024
5:30 P.M. - 8:00 P.M.**

MEET THE TEACHERS AND ADMIN

STAFF PRESENTATIONS ABOUT HIGH SCHOOL LIFE

LEARN ABOUT OUR GREAT PROGRAMS

Be sure to visit our:

- welding shop
- woodworking shop
- greenhouse
- fitness room
- music room
- library
- science labs

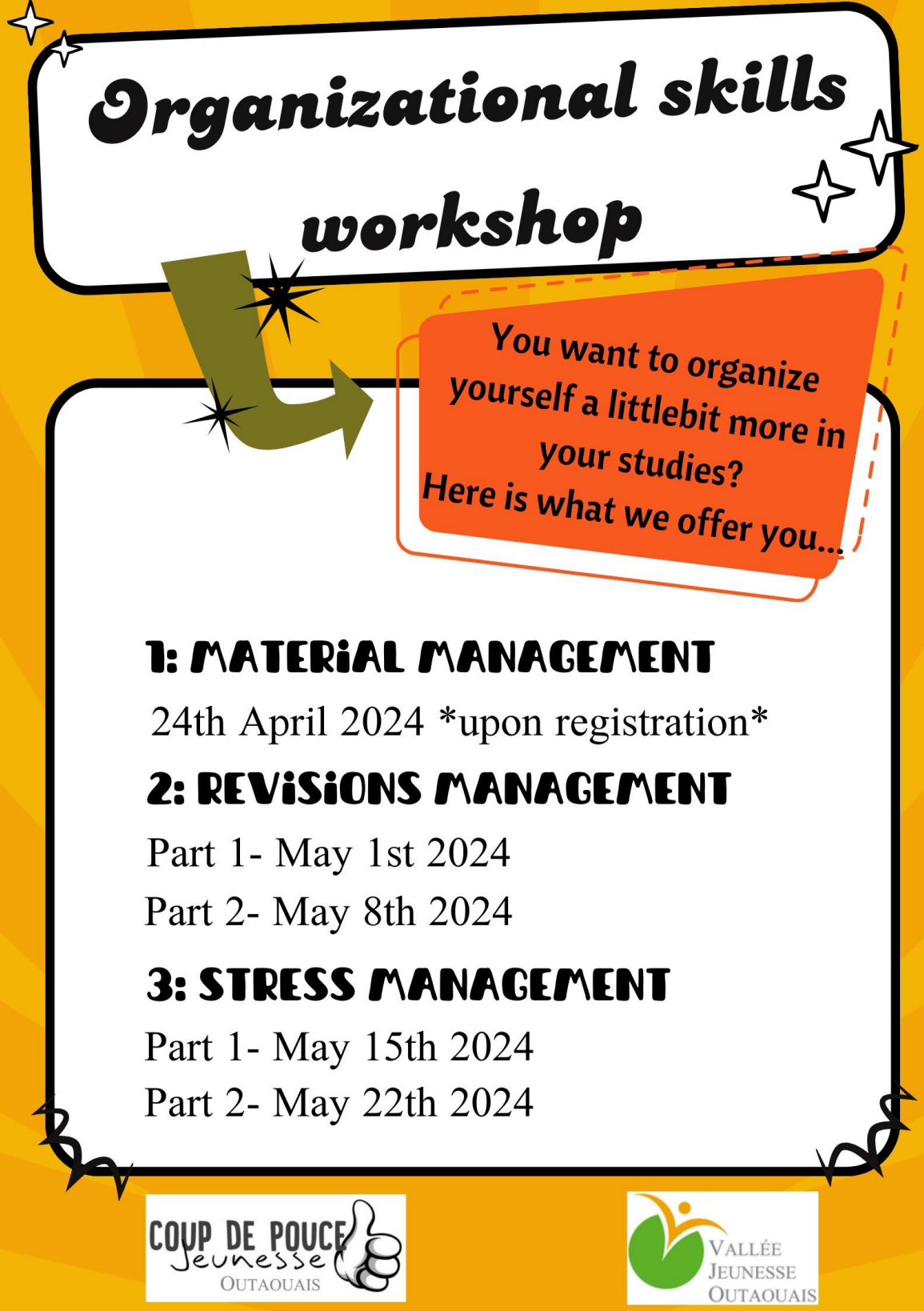
and teacher classrooms!

Made with PosterMyWall.com

📍 455 MAPLE STREET, SHAWVILLE, QC

To sign up for the organizational skills and material management workshops please use the sign up sheet outside room 140.

Last day to register is April 18th.



**Organizational skills
workshop**

You want to organize
yourself a littlebit more in
your studies?
Here is what we offer you...

1: MATERIAL MANAGEMENT
24th April 2024 *upon registration*

2: REVISIONS MANAGEMENT
Part 1- May 1st 2024
Part 2- May 8th 2024

3: STRESS MANAGEMENT
Part 1- May 15th 2024
Part 2- May 22th 2024

COUP DE POUCE
Jeunesse
OUTAOUAIS

**VALLÉE
JEUNESSE
OUTAOUAIS**

The poster features a yellow background with a white rounded rectangle containing the title 'Organizational skills workshop'. A green arrow points from the title to an orange speech bubble containing the text 'You want to organize yourself a littlebit more in your studies? Here is what we offer you...'. Below the speech bubble, three sections are listed: '1: MATERIAL MANAGEMENT' (24th April 2024), '2: REVISIONS MANAGEMENT' (Part 1: May 1st 2024, Part 2: May 8th 2024), and '3: STRESS MANAGEMENT' (Part 1: May 15th 2024, Part 2: May 22th 2024). At the bottom, there are two logos: 'COUP DE POUCE Jeunesse OUTAOUAIS' and 'VALLÉE JEUNESSE OUTAOUAIS'.

Wednesday, April 17th

TWIN/SQUAD DAY!

Match with your
friends!



*School
Spirit*

PONTIAC HIGH SCHOOL PEER SUPPORT GROUP

April 17,
May 8 & 22
@ lunch time
In room 137

A safe space
to connect,
recharge and
seek support

This project is funded by the
"Secrétariat à la jeunesse"

Secrétariat
à la jeunesse

Québec



Fondation Lucie
et André Chagnon

CHSSN

Centre de ressources

conne^xions

Resource Centre



Pontiac
High School



UNIVERSITÉ DU QUÉBEC
WESTERN
QUÉBEC

The views expressed herein do not necessarily represent the
views of the CHSSN and the funders.

PONTIAC HIGH SCHOOL PEER SUPPORT GROUP

2024 EVENTS CALENDAR

April

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17 Drumming with Krish	18	19
22	23	24	25	26
29	30			

A safe space to
connect, recharge
and seek support

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Pontiac
High School
WESTERN
QUEBEC

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PONTIAC HIGH SCHOOL PEER SUPPORT GROUP

2024 EVENTS CALENDAR

May

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8 Beadwork	9	10
13	14	15	16	17
20	21	22 Exploring Creativity	23	24
27	28	29	30	31

A safe space to
connect, recharge
and seek support

@ lunch time
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CHESS TOURNAMENT



Single Elimination

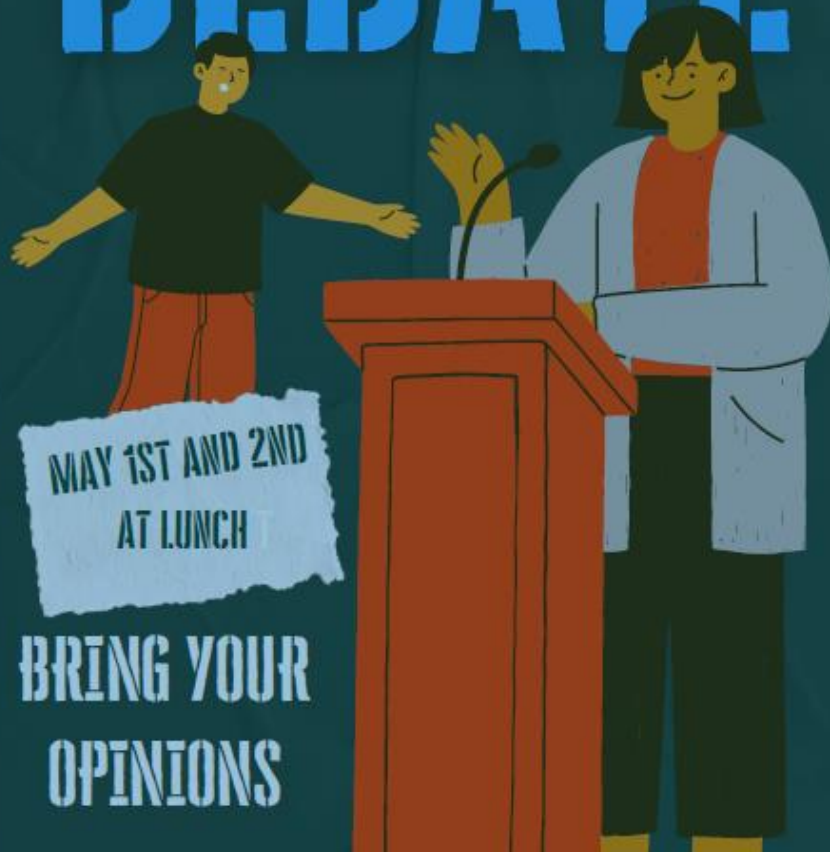
Dead Line To Sign-Up
April 23



APRIL 30, 2024
Sign Up In Room 127

Prizes To Win

DEBATE



MAY 1ST AND 2ND
AT LUNCH

BRING YOUR
OPINIONS

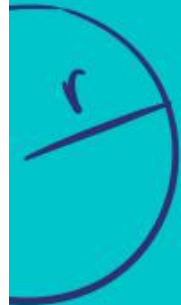


Math Competition

May 7th/8th at Lunch

Sign-Up with Mr. Mac or Mr. Sweezy

Sign-Up by April 26th



$$C = 2\pi r$$



$$V = \frac{4}{3}\pi$$

MILITARY DODGEBALL TOURNAMENT

DURING LUNCH
APRIL
25/26

SIGN UP IN GYM

THERE WILL BE
BLOOD



SPELLING BEE COMPETITION

Wednesday April 24th

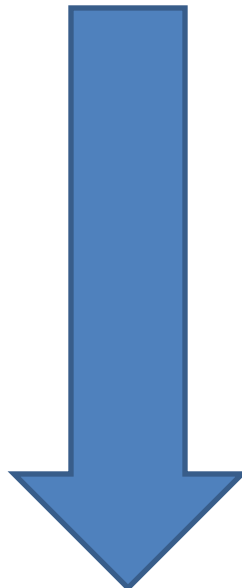


Juniors 3rd period
Seniors 4th period
Sign Up with Mr. Kent in
Room 131



Pontiac High school

**An English department &
Leadership Partnered Activity**



Pontiac High School



Please See

MR. GREER



YEARBOOKS FOR SALE \$40 DEADLINE TO PURCHASE April 26th

APRIL 2024



PD DAY April 19th
12-7PM

Please bring cash for an outing to Brooklyns Place (weather permitting).

- Outdoor soccer game
- Crafts
- Cooking activity
- Trivia contest
- Movie night & snacks



LES MAISONS DES JEUNES DU PONTIAC SHAWVILLE PHS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED HAPPY EASTER	2 WALKING TACO LUNCH	3 DODGE BALL 6:00-7:00PM	4	5 CLOUD DOUGH 6:00-7:00 PM
8 CLOSED	9 NACHOS LUNCH	10 DODGE BALL 6:00-7:00PM	11	12 PAINT NIGHT
15 Kindness Rocks MINDFUL MONDAY 6:00-7:00 PM	16 MINI PIZZA LUNCH	17 DODGE BALL 6:00-7:00PM	18	19 PD DAY 12-7PM
22 Yoga with Kat MINDFUL MONDAY 6:00-7:00 PM	23 GRILLED CHEESE LUNCH	24 DODGE BALL 6:00-7:00PM	25	26 FREE PLAY Gym 6:00-7:00PM
29 Planting seeds MINDFUL MONDAY 6:00-7:00 PM	30 POUTINE LUNCH			

MDJ SPRING Program

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

DODGE BALL
Wednesdays
PHS gymnasium
6pm to 7pm



Score will be kept from week to week with a prize for the player who gets the most people out at the end of the month.

LUNCH HOUR

DAILY LUNCH HOUR WITH VANESSA

WEDNESDAY, THURSDAY AND FRIDAY WITH ALLY



Maison des jeunes du Pontiac is 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

