

PHS Daily Bulletin



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



Wednesday March 20, 2024 Day 6

March 2024

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

What’s Happening at Lunch

Greenhouse & Art	Art Room
Dungeons & Dragons	Room 121
Lunch with Vanessa	Maisons des Jeunes
Pick Up Floor Hockey	GYM

What’s Happening after School

Dungeons & Dragons	Room 121	3:05
ArtLab	Room 137	3:00-5:00
Ball Hockey	Maison des Jeunes	6:00-7:00

FRIDAY ACADEMICS: Any of Madame Le Monnier's students who need extra time to finish an evaluation, please come at lunch on Friday.
This is especially important for grade 11 students who are not done their writing or who need more time for the reading

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

#EndTheStereotypes

The truth!

- People are all different. Each person with Down syndrome is different. Each person with an intellectual disability is different.
- We each have our individual identity, interests, likes and dislikes, gifts and talents, just like everyone else.
- Having Down syndrome or an intellectual disability is just one part of who we are!
- We are people. Treat us like people.

These are real examples of stereotypes in action...



Some people think that people with Down syndrome can't live 'normal' lives. That's wrong! And what is 'normal' anyway? My life is similar to lots of my family and friends. I went to my local school, I'm involved in a local orchestra and the scouts. I am training to be a teaching assistant. All of this for me is 'normal', just like everyone else. - Pearl, Switzerland

People think that Down syndrome is a sickness. It is not! Down syndrome is a condition. We are like any other person. I want the world to see us for who we really are. - Carlos, Mexico



WORLD
DOWN SYNDROME
DAY

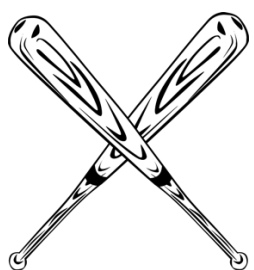
On Thursday, March 21, wear your
funkiest socks and

ROCK YOUR SOCKS

for Down Syndrome Awareness!



BASEBALL AT



PHS!





INTERESTED IN PLAYING BASEBALL AT PHS?

PLEASE SEE CODY OR PAM.

WE NEED AT LEAST 12 PLAYERS.
ALL WELCOME.

PRACTICE WOULD BE IN
MAY AND JUNE

(APRIL TOO DEPENDING ON WEATHER).

WE WOULD THEN PLAY AGAINST
OTHER TEAMS IN RSEQ LEAGUE IN
SEPTEMBER AND OCTOBER.

MORE INFORMATION TO COME 😊

CONTINUED Bulletin Information

MARCH
2024



LES MAISONS DES JEUNES DU PONTIAC SHAWVILLE PHS

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

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 & 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

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.

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.



455 rue Maple, Shawville
Contact Desiree for more information 819-209-7626
mdjdesiree@gmail.com

GRAD HOODIES



DEADLINE TO ORDER IS
MARCH 22ND



SPRING ORDER



PANTHER APPAREL



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