



June, 2026

PSO NEWSLETTER

As we head into June and the final weeks of the school year, we want to take a moment to celebrate another successful year at Peter Skene Ogden Secondary. Our students have shown dedication, resilience, and school spirit in academics, athletics, fine arts, and extracurricular activities throughout the 2025–2026 school year.

June is always a busy and exciting month filled with year-end events, final exams, and graduation celebrations. Congratulations to the graduating Class of 2026 – we are proud of all you have accomplished and wish you success in the future.

Thank you to our parents, families, and community members for your continued support of our school. Wishing everyone a safe, relaxing, and enjoyable summer break.

— The Staff at PSO Secondary

LOCKER CLEAN OUT/LIBRARY BOOK RETURN

Please be advised that students are expected to clean out their lockers by the end of the school year. We will have a time dedicated to this, however this can be done in advance. Also, please remember if you had a gym locker, please remove items and take it home. Locks can be returned to the office.

Please return library books to the library and textbooks to your teachers.

IMPORTANT DATES

June 11th – Athletics Banquet

June 18th – Grad Rehearsal 1pm at Canlan

June 19th – Grad Ceremonies

June 20st – Dry Grad Event

June 23rd – G Kid Movie (Toy Story 5)

June 23th – PSO Concert 7pm

June 24th – Awards Day

June 25th – Final day of school

June 26th – Administration Day (Students do not attend)

GRAD INFORMATION

PSO Graduation ceremonies will be on June 19th starting at 6:30 pm.

Important Details for Families:

- Just a reminder to parents/guardians: seating may be limited. We recommend arriving early as seating is first come, first serve.
- Doors will open at 5:45 PM.
- Parking is expected to be challenging, so we encourage carpooling where possible. Please do not park in “No Parking” zones or fire lanes, as it’s essential for everyone's safety.
- We kindly ask all attendees to stay for the full ceremony. Leaving early can be distracting and takes away from the celebration for other students still waiting to cross the stage.

Important Details for Graduates:

Mandatory Grad Meeting – All grads are required to attend a mandatory rehearsal at Canlan on **June 18th at 1:00 PM**. We’ll walk through the ceremony, go over expectations, and ensure everyone knows where they’re supposed to be.

Cap & Gown Pick-Up – Graduates must pick up their cap and gown prior to the ceremony at the counselling office on **June 16th, 17th & 18th during lunch only**. On the night of, grads should arrive by 6:00 PM to get dressed and ready to go.

Live Stream: We are excited to be offering a live streaming option again this year. You will have to download the Pixellot app on a device of your choice. You will have to create an account and pick the South Cariboo Arena as your location. The event should be listed for you to watch. We do not have access to troubleshoot this live event. If you have a problem with the app or watching the event we will try and keep the website updated.

GRADS – PLEASE REMEMBER TO UPDATE YOUR MAILING ADDRESS AT THE OFFICE BEFORE YOU LEAVE AT THE END OF THE YEAR!

THIS IS IMPORTANT FOR MAILING YOUR DIPLOMA.

DRY GRAD NEWS

It's going to be a super busy and exciting month for PSO Grads! Congratulations to you all! We are looking forward to seeing all of you at the Parade and Dry Grad on June 20! The Parade will meet up at the back of Save On Foods at 1:30pm and then to the park for photos and presentation. If you are planning on bringing an oversized vehicle or anything unusual, be sure to let the Dry Grad committee know at psogradsociety@gmail.com, as there are restrictions. The Dry Grad will start at 5:30pm at Canlan.

Dry Grad Timeline:

- 1:30pm Marshall at Save On Foods
- 2:30pm Parade to park
- 3:15-3:30pm stage walk, Grad class photo (timeline may adjust)
- 5:30/6pm Arrive at arena
- 6:20pm Parent/ Grad Dance
- 6:30 pm Dinner
- 7-12pm Music/dancing/casino (8-11)
- 12/12:30pm end

BE SURE TO HAVE: your date approved by school, purchased your ticket, safe ride home plan form handed in.

Thank you to all the parents and Grads that put in so much work to making this such a successful Grad year.

CLC 12 FOR CURRENT GR. 11'S

Grade 11's should be working on the assignment component Career Life Connections 12 (CLC 12). CLC 12 is a required course for graduation that students do on their own with support from Mrs. Gardner and Heather Wood. The assignments have been available to gr. 11's since February and need to be completed before students can start their Capstone project. Any grade 11's wishing to work on their Capstone projects over the summer need to have their assignments done by June 12th. For more information, please contact Mrs. Gardner at kimberly.gardner@sd27.bc.ca.

ATHLETICS AWARD BANQUET

There will be an Athletics Awards Dinner Banquet on Wednesday, June 11th from 7 pm to 9pm in our gym. Athletes and coaches eat free, parents that come will be \$20.00 at the door, no pre-sales. On the menu, perogies (with the fixin's) and Caesar salad, with beverages.



BAND CONCERT

Band Concert is on Tuesday June 23rd at 7pm in the gym. Admission by donation at the door

TIMETABLES FOR SEPTEMBER

Course schedules for September will be published on MyEducation student and parent portal in the middle of June.

Scheduled appointments for course changes will be available the last two weeks of June, priority will be given to Grade 11s and 12 students.

Please note that access to the MyEducation program will be limited by SD27 for maintenance over the summer months. Further course change appointments will happen in September.

FOOD PROGRAMS

We will be ending our food programs as of June 22nd. Please remember to pack food for your child.

LEARNING UPDATE

Final learning updates will be available on student and parent portals on June 25th. Printed copies of report cards are available by request. You can pick up your child's printed report card between 8:00am-2:30pm on June 29th and 30th.

LOST AND FOUND

Please remember to remind your student to check the lost and found table. We have a lot of items and they will be removed in July.

GRADE 8 WELCOME

A welcome BBQ is planned for Wednesday September 2nd beginning at 10:30. Parents are welcome. More info will come from your child's elementary school.

PATHWAYS TO CARE

We recognize that summer months can present a challenge to accessing much needed services. Please see our attachment in this newsletter on Pathways to Care.

LAST WEEK OF SCHOOL

Teachers will continue instruction, assessments, and grading into the following week. It is essential that students who are attending school or using bus transportation are present in **all of their classes**. Riding the bus without attending classes will be closely monitored and addressed as necessary.

G KIDS MOVIE

We are excited to celebrate our students who consistently demonstrate Good Work Habits through our G-Kids Movie Event!

Students who qualify will receive a special invitation to attend a showing of Toy Story 5 on Tuesday, June 23rd.

To accommodate students, there will be two separate showings throughout the day.

Students who qualify will also be sent home with a permission form that must be signed and returned by a parent/guardian in order to attend.

We are proud of the hard work and positive choices these students make every day and look forward to celebrating their success with a fun movie experience!

STUDENT / PARENTS RESOURCES

Suicide Crisis Helpline: 988 Call or text for a safe place to talk, 24 hours a day, every day of the year.

ERASE (Expect Respect & Safe Education) Anonymous reporting tool for students.

Vaping Information for Parents

Screen time and digital device information for Parents

Peter Skene Ogden Secondary School Website

Peter Skene Ogden Secondary Facebook Page

Healthy Schools Information

Contact Info

Phone: 250-395-2461
Email: PSOinfo@sd27.bc.ca

Administration Team

Caitlin Currie, Principal
Shawn Meville, Vice Principal
Robert MacDonald, Vice Principal

Counselling

Jodi Wium, Counsellor
Heather Wood - Career Counsellor
Nicki Hansen - Youth Engagement Worker

Clerical Team

Shantell Silvey, Accounting
Sylvia Zailo, Records
Nicki Jackson, Office Front Desk

PSO Indigenous Support Workers

Angel Smith
Sharmaine Grimes

AMAZING THINGS ARE HAPPENING AT PSO



Congratulations Teagan Spies for being awarded the Go Wood Scholarship



Kailey Glotze at her capstone presentation.



Scholarship Celebration



AMAZING THINGS ARE HAPPENING AT PSO

GOLF PROVINCIALS



AMAZING THINGS ARE HAPPENING AT PSO

RUGBY PROVINCIALS



Boys finished 15th of 16 teams, girls finished 8th of 16 teams at BC High-school Provincials in 7's Rugby.

AMAZING THINGS ARE HAPPENING AT PSO

FIRE FIGHTING CLASS TO 100 MILE FIRE TRAINING GROUNDS



HEALTHCARE ROADSHOW

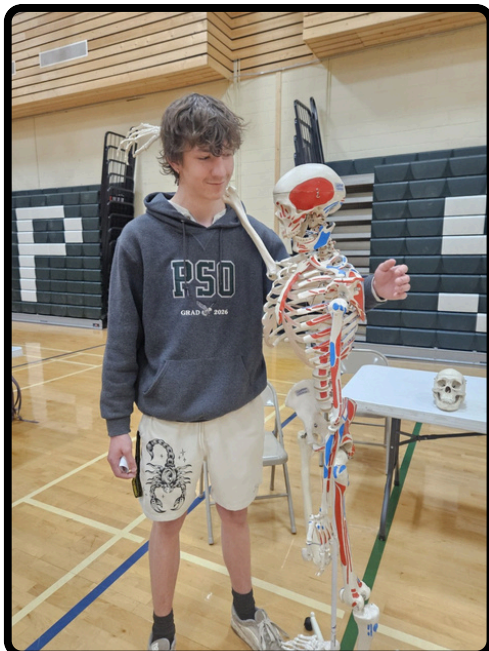


Photo Credit - Patrick Davies 100 Mile Free Press

AMAZING THINGS ARE HAPPENING AT PSO

ENVIROMENTAL SCIENCE CLASS FIELD TRIP TO SCOUT ISLAND



To use this document, please begin at left most column. See additional resources below for further information.

BASIC NEEDS

Have you had breakfast? Lunch? Dinner?
Do you have somewhere to live?
Do you have social connections in the community?

ONGOING CONCERN

What would you like to learn more about?
What areas do you need support with?
What skills for you use to maintain your health?

INCREASING CONCERN

What community groups are you currently attending?
What types of extra supports would be useful?

UNRESOLVING ISSUE

What are some of the things you have tried that worked or didn't work?
How often is this problem presenting?
Do you have a safety plan?

INPATIENT TREATMENT

Is there a current diagnosis?
How is the family coping with this concern?
What are your most pressing symptoms?

Medical Clinics
250-395-4611
ClinicExeter Medical
250-395-2271 Village Medical
Clinic250-395-3000 White Feather Medical Centre
250-397-2717
Telus Health
First Nation Wellness Center - Williams Lake

Child Care Resource & Referral
CCRR - 250-395-1811
Referral to Child Care providers, networking, Early Childhood Resource, drop in play groups, supportive home/facility visits, information about new childcare programs, Affordable Child Care Subsidy.

IH Children's Assessment Network
Physician/NP referral required
250-763-4122
Provides assessment and diagnostic services for children and youth with ASD, FASD, and other complex developmental conditions.

100 Mile House Hospital
250-395-7600
555 Cedar Avenue

Dr. Burkey Williams Lake
Physician/NP referral only
Child and youth psychiatrist.
IH MHSU
Referral-based and walk-in services available, open M-F 8:30-16:30
250-395-7676
555D Cedar Ave
Youth Community Prevention Services. Substance use counselling ages 12-24 years.

SD27 Student

Support Services
250-398-3855
778-482-8064 - Grades 8-12, T & Thur 3:30PM - 5:30PM
Grades 6-8, W & F 3:30PM - 5:30PM
Youth Outreach, Youth and Family, Navigator, Group Courses or are at-risk.

Cariboo-Chilcotin Youth Community Connections
Referral form on SD27 website
Support program for youth who are involved in gangs or are at-risk.

AXIS Family Resources- Satellite office of WL

250-395-3145; Emergency line: 1-877-392-1003 ext: 205
Specialized Support Services for children, youth, families, and adults. Addictions Services, CDBC Assessment and Support Services, Community Living Services, Family Services, Foster Parent Support and Training Program, Phase II Program, Specialized Residential Services, STRIDE and Victim Services.

Foundry Williams Lake - 250-398-2185

Ages 12-24. Peer support, mental health and substance use counselling, as well as a physical and sexual healthcare clinic.

Canadian Mental Health Association (CMHA) - 250-395-4883

Community navigation, homeless outreach, transition & safehouse (women and their children), Living Life to the Full for Youth program ages 13-18 years.

Big Brothers and Sisters South Cariboo - Satellite office of WL - 778-444-0420

southcariboo@bigbrothersbigisters.ca
In-school and community mentoring programs that provide kids with a role model and someone to talk to.

Cariboo Family Enrichment Centre - 250-395-5155

Supports families or individuals of any age with services connection. In-house services include Family Services, Early Years Services, Youth Services and Counselling.

Cedar Crest Society-For Community Living - Referral required from MCFD - 250-395-4643

Provides a series of programs for children, young adults, and their families. Programs include Infant Development, Supported Child Development, Supported Child Development, Youth Transitioning, Community Inclusion, Employment Services, Outreach Supports, and Host Agency.

Infant Development Program - 250-395-5272, Supported Child Development Program - 250-395-5278

Blue Sky's Autism Services - blueskyautism16@gmail.com

In-home autism center located on a 250-acre ranch that offers Behavior Intervention in an environment that promotes natural learning and builds self-awareness through interaction with animals

Brenda's Place - 250-706-0918, brenda@gjricz.ca

Behaviour intervention, One on One support, Academic Support, Respite Care Coordinator, Parent Support and After School Life Skills.

BC Children's Hospital
604-875-2345

Pediatric Inpatient Psychiatry
Kamloops (Royal Inland Hospital)
250-374-5111 ext. 3009

Adolescent Psychiatry Unit
Kelowna General Hospital
250-862-4346

Maples Adolescent Treatment Centre

Coquitlam
Referral by child & youth mental health office required
1-800-663-7867

Nenqayni Youth Treatment Program

Xat'sull First Nation
Referral by clinician required
Sylvia Busch, Intake Coordinator
250-989-0301 ext. 226

Peak House

Vancouver
Referral by community substance use counsellor required
604-253-2187

A New Tomorrow

Kamloops
Referral required, application online
Eve Northcott, Intake Coordinator
250-312-2167

The Bridge Youth Recovery House Kelowna

Self-referrals accepted
250-763-0456

ADDITIONAL RESOURCES

If safety is a concern at any point, call the **RCMP 911**

CRISIS SUPPORTS National Suicide Crisis Helpline 988
 BC Suicide Prevention Line 1-800-784-2433
 Kids Help Phone 1-800-668-6868
 Helpline for Children 1-800-663-9122
 Regional Crisis Line 1-800-353-2273
 Family Smart Parent Peer Support 1-855-887-8004
 Trans Lifeline 1-877-330-6366

ONLINE RESOURCES

Anxiety BC anxietybc.com
 Mindcheck mindcheck.ca
 Kely Mental Health kelymentalhealth.ca
 Here to Help heretohelp.bc.ca
 Family Smart familysmart.ca

DRUG CHECKING

IH Health Unit & MHSU 250-395-7676
 Take home fentanyl test strips
DrugChecking.ca

TRANSPORTATION

Community Bus 250-395-2834

PHYSICAL RECREATION

South Cariboo Recreation Centre 250-395-1353
 100 Mile Nordics 250-395-2104
 South Cariboo Rhythmic Gymnastics 250-706-2405
 scrhythmicgymnastics@gmail.com
 Cariboo in Motion caribooinmotion@gmail.com
 Curling 100milecurling@gmail.com
 Soccer omhsa.com

Ministry of Child and Family Development

250-395-5633

Walk-in Intake Hours: Thursdays 9:00a.m. - 11:00a.m., 1:00p.m. - 3:00p.m.

If you think a child or youth under 19 years of age is being **abused or neglected**, you have the **legal duty** to report your concern to a child welfare worker: **1-800-663-9122** (available 24/7)

Services include child protection, family services, guardianship, youth justice, child/youth mental health, child/youth with support needs.

RCMP Victim Service Program

250-395-2456

Provides services to all victims of crime and trauma, including critical incident response, criminal justice system information and support, practical and emotional support, as well as information and referral to additional resources.

Legal Aid - Canadian Mental Health Association

250-395-4883

A range of free services including representation for family law, child protection, criminal or prison law, or immigration law. Also provides advice and information.

Native Courtworker & Counselling Association of BC

1-877-811-1190

Services to Indigenous people including assistance with the criminal justice system, substance use and detox support, as well as advocate services.

100 Mile House Food Bank Society

199-7th Street, Open First & Third Tuesday of every month 10:00 a.m.-2:00 p.m. (Hampers)
 Monday/Wednesday/Friday 10:00 a.m.-12:30p.m. (perishable foods)

Loaves and Fishes Outreach

250-395-2708

Exeter Truck Road (near the Cariboo Bethel Community Church)
 Emergency Food and Clothing Services

100 Mile House Soup Kitchen

Every Wednesday 11 a.m. - 1 p.m.

South Cariboo Business Centre at 475 South Birch Avenue

Canadian Mental Health Association : Homeless Outreach Program

250-706-7599

Office open M-F, 9:00-16:00

555B South Cedar Avenue

Supports individuals who are homeless or at risk of homelessness. Subject to availability and eligibility this program offers shelter, clothing, food, transportation assistance, local rental information, referrals to other community services.

Can assist with housing applications, obtaining/storing ID, income assistance, housing subsidies, shelter aid for elderly renters (SAFER)

100 Mile House PATHWAYS TO CARE

To use this document, please begin at left most column. See additional resources below for further information.

ADULT

BASIC NEEDS

Have you had breakfast? Lunch? Dinner?
Do you have somewhere to live?
Do you have social connections in the community?

ONGOING CONCERN

What would you like to learn more about?
What areas do you need support with?
What skills for you use to maintain your health?

INCREASING CONCERN

What community groups are you currently attending?
What types of extra supports would be useful?

UNRESOLVING ISSUE

What are some of the things you have tried that worked or didn't work?
How often is this problem presenting?
Do you have a safety plan?

INPATIENT TREATMENT

Is there a current diagnosis?
How is the family coping with this concern?
What are your most pressing symptoms?

PHYSICAL HEALTH

Medical Clinics

Cariboo Mall Clinic 250-395-4010
Exeter Medical Clinic 250-395-2271
Village Medical Clinic 250-395-3000
White Feather Medical Centre

IH Primary Care Hub

Referral required
250-305-4050
555D Cedar Avenue

Telus Health
First Nation Wellness Center - Williams Lake
Social work, occupational and respiratory therapy, pharmacy, dietetics, and mental health support.

AXIS Family Resources- Satellite office of Williams Lake (WL)

250-395-3145, Emergency line: 1-877-392-1003 ext: 205

Specialized Support Services for children, youth, families, and adults. Addictions Services, CDBC Assessment and Support Services, Community Living Services, Family Services, Foster Parent Support and Training Program, Phase II Program, Specialized Residential Services, STRIDE and Victim Services.

Foundry Williams Lake - 250-398-2185

Ages 12-24. Peer support, mental health and substance use counselling, as well as a physical and sexual healthcare clinic.

Canadian Mental Health Association (CMHA) - 250-395-4883

Community navigation, homeless outreach, transition & safehouse (women and their children), Subsidized Family Housing. Programs that require referral by IH MHSU - Clubhouse Activity Program, Supported Independent Living and Acquired Brain Injury Program.

Cariboo Family Enrichment Centre - 250-395-5155

Supports families or individuals of any age with services connection. In-house services include Family Services, Early Years Services, Youth Services, Senior Navigator Program and Counselling.

Early Years Program includes - Prenatal Nutrition Program, free infant supplies, BC Pregnancy Outreach Program, Childbirth Education, Parenting Workshops, Postpartum Support Group (Wednesdays 9:30a.m. - 11:00a.m.)

BC Schizophrenia Society

250-302-9195, cariboo@bccs.org

Province-wide family support system. Provides support to families, education for the public, raises funds for research and advocating for better services for people with schizophrenia and other serious and persistent mental illness.

Indian Residential School Survivors Society WL

Grant Alphonse, RHWS

250-305-9618

Emotional, social, and cultural support for individuals impacted by MMIWG2S, Indian Day Schools and Indian Day Scholars.

Seniors Coffee Connections

Creese Seniors Centre

501 Cedar Ave, every 1st and 3rd Wednesday of every month 10:00 a.m. - 12:00 p.m.

Socialization, connection, new friends, exchange of positive energy.

100 Mile House Hospital

250-395-7600
555 Cedar Avenue

IHMHSU

Referral-based and walk-in services available, open M-F 8:30-16:30

250-395-7676

555D Cedar Avenue

Treatment Support and Recovery (TSR), Counselling, Elderly Services, Groups and Indigenous Patient Navigator.

SU Counselling services for youth 12-24, SU adult counselling services 19+ years.

IH Opioid Agonist Treatment (OAT) and Nurse Prescriber

Walk-in services available, open M-F from 8:30-16:30

250-395-7676

Prescribed medications to treat people who have opioid use disorder (opioid addiction).

IH Developmental Disability Mental Health (DDMH) WL

Referral required

250-302-5034

Specialized mental health services to youth 14+ with both a developmental disorder and mental health disorder.

CMHA Stopping The Violence (S.T.V.)

Intake or Appointment, open M-F from 9:15 a.m. - 4:00 p.m.
778-482-1788

Counselling Program services for women who are experiencing or have experienced violence and abuse in relationships, sexual assault or childhood abuse.

Adult Inpatient Psychiatric Unit (GT6)

Kamloops (Royal Inland Hospital)
1-877-288-5688

Tertiary Psychiatric Services

Includes Hillside, South Hills, Hilltop House, and Apple Lane in Kamloops
Physician referral required

Gateway Stabilization Unit

Williams Lake

Medical clearance required

250-392-8261

Short-term stabilization for mental health and substance use concerns.

Renner House

Williams Lake

Medical clearance required

250-392-1800

InnerVisions

Abbotsford

Self-referrals accepted

Men: 1-877-939-1420

Women: 1-866-466-4215

A New Tomorrow

Kamloops

Self-referrals accepted, application online

Eve Northcott, Intake Coordinator

250-312-2167

Phoenix Centre

Kamloops

Self-referrals accepted

250-374-4634

Medically monitored withdrawal services, as well as medical management for clients on supervised prescription withdrawal protocols.

If safety is a concern at any point, call the **RCMP 911**

CRISIS SUPPORTS National Suicide Crisis Helpline .

- . . . 988
- BC Suicide Prevention Line 1-800-784-2433
- Regional Crisis Line 1-800-353-2273
- Family Smart Parent Peer Support . . 1-855-887-8004
- Trans Lifeline 1-877-330-6366

ONLINE RESOURCES

- Anxiety BC anxietybc.com
- Mindcheck mindcheck.ca
- Kelty Mental Health keltymentalhealth.ca
- Here to Help heretohelp.bc.ca
- Family Smart familysmart.ca

DRUG CHECKING

- IH Health Unit & MHSU** 250-395-7676
- Take home fentanyl test strips
- DrugChecking.ca**

MOBILITY AND ADAPTIVE AIDS

- Canadian Red Cross Loan Program** . 250-395-9092
Referral required, open M-F 10:00-14:00
- Donex Pharmacy** 250-395-4004
Basic equipment
- GENERAL SUPPORT**
- Better at Home** 778-444-5133
Non-medical home support
- TRANSPORTATION**
- Community Bus. 250-395-2834

RECREATION & LEISURE

- South Cariboo Recreation Centre. 250-395-1353
- 100 Mile Nordics 250-395-2104
- Carefree Manor 250-395-4807
- Curling 100milecurling@gmail.com

Ministry of Child and Family Development

250-395-5633
Walk-in Intake Hours: Thursdays 9:00a.m. - 11:00a.m., 1:00p.m. - 3:00p.m.
 If you think a child or youth under 19 years of age is being **abused or neglected**, you have the **legal duty** to report your concern to a child welfare worker: **1-800-663-9122** (available 24/7)
 Services include child protection, family services, guardianship, youth justice, child/youth mental health, child/youth with support needs.

RCMP Victim Service Program

250-395-2456
 Provides services to all victims of crime and trauma, including critical incident response, criminal justice system information and support, practical and emotional support, as well as information and referral to additional resources.

Legal Aid - Canadian Mental Health Association

250-395-4883
 A range of free services including representation for family law, child protection, criminal or prison law, or immigration law. Also provides advice and information.

Native Courtworker & Counselling Association of BC

1-877-811-1190
 Services to Indigenous people including assistance with the criminal justice system, substance use and detox support, as well as advocate services.
SHELTERS + HOUSING

Canadian Mental Health Association :

Homeless Outreach Program
 250-706-7599
Office open M-F, 9:00-16:00
 555B South Cedar Avenue
 Supports individuals who are homeless or at risk of homelessness. Subject to availability and eligibility this program offers shelter, clothing, food, transportation assistance, local rental information, referrals to other community services.

Can assist with housing applications, obtaining/storing ID, income assistance, housing subsidies, shelter aid for elderly renters (SAFER)

Transition & Safe House

1-800-563-0808
 24-hour service provided for women and their children who are fleeing abuse. This program provides crisis intervention, emotional support and, if necessary, temporary placement in safe housing.

100 Mile House Food Bank Society

199-7th Street, Open First & Third Tuesday of every month 10:00 a.m.-2:00 p.m. (Hampers)
 Monday/Wednesday/Friday 10:00 a.m.-12:30p.m. (perishable foods)

Loaves and Fishes Outreach

250-395-2708
 Exeter Truck Road (near the Cariboo Bethel Community Church)
 Emergency Food and Clothing Services

100 Mile House Soup Kitchen

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