



MARCH 2026

PSO newsletter

PARENT TEACHER INTERVIEWS

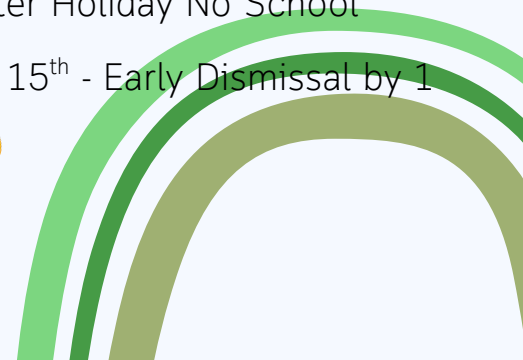
Join us on our spring Parent Teacher Night on March 11th to discuss your child's process.

Parent Teacher Interviews will be from 5 PM to 7 PM. The office has been in contact with parents for whom teachers have requested an interview. If you wish to schedule an appointment, please reach out to the office and specify the teacher you'd like to connect with. 250-395-2461

Come in and enjoy sweet treats, coffee, tea and a raffle. Youth engagement staff, parent portal support, capstone examples and career info will also be available. Drop ins are welcome. We look forward to seeing you.

UPCOMING EVENTS:

- Mar 3rd - Grad Photo Retakes
- Mar 6th - Scholarship Packages Due
- Mar 9th - Grade 8 Elective Change E6
- Mar 11th - Parent Teacher Interviews 5:00 to 7:00pm
- Mar 11th -Online Parent Info Session on Establishing Safe, Caring, & Respectful Digital Communities 5:30 to 7:30pm
- Mar 12 - Grad Teacher Hockey Game
- Mar 16th to 27 - Spring Bread (No School)
- Mar 30th - Back to school
- Apr 3rd - Easter Holiday No School
- Apr 6th - Easter Holiday No School
- Apr 14th and 15th - Early Dismissal by 1 hr



2026-27 STUDENT COURSE SELECTION

Student course selection has begun for the 2026-2027 school year. Students have begun choosing the courses they would like to take next year. Course handbooks have been given out and will be posted on our school website. If you have any questions, please contact our school counsellor.

CLC 12 IMPORTANT REMINDER

CLC 12 Important Reminders:

- Assignments – are overdue but will be accepted until April 1st
- Capstone projects – due April 1st and Capstone presentations – May 12th
- Work Experience – hours and paper work must be completed by May 29th

See Mrs. Gardner and Heather if you need help with any of these requirements.

CLC 12 FOR NEXT YEAR'S GRADS:

Current gr. 11's will have been given information this week for CLC 12, which is a course students must do outside of the timetable. Gr.11's are strongly encouraged to get the Assignment and Work Experience components done before gr. 12 in order to reduce their workload in gr. 12. An email will be sent out to gr. 11 parents, as well, with all of the information about this course and parents are welcome to contact Kim Gardner if they have any questions. kimberly.gardner@sd27.bc.ca

GRAD ASSESSMENTS

Grade 12 students should be aware that the April grad assessment period is the last assessment period to write any outstanding assessments. Students may write in June but this MAY delay transcripts, showing proof of graduation status until fall of 2026. Students can find their graduation assessment status on their graduation update on MyEd. As a reminder, students must have completed the Numeracy 10, Literacy 10 & Literary 12 assessments. Sign up for grad assessment will be on the whiteboard outside the counselling office the second week of March.

ERASE REPORTING TOOL

ERASE = Expect Respect & A Safe Education: Students can report a problem or find help; parents can explore resources and access training, and school staff can find resources for their classrooms and the school. ERASE posters are in classrooms and posted around the school. <https://erasereportit.gov.bc.ca/>

SCHOOL MESSENGER

PSO uses School Messenger automatic callout module. The program is linked to MyEd BC and sends out emails, phone calls and messages to parents whose children did not go to class for that morning or afternoon (unexcused absence). Parents can respond in kind to the message indicating that the child is away. The system also allows parents to indicate that their child will be away for the day by calling 1 (833) 582-6944, using the phone app, website login or calling the school. <https://go.schoolmessenger.com>

*Please be aware, we send the report to School Messenger for call outs at the end of the day so the message you will receive sounds like your child missed the afternoon, please call the office to confirm what class they were marked absent in or you can check on your MyEd parent portal.

CODE OF CONDUCT

Our School Code of Conduct is a living document that we continually amend and adapt to ensure our school is safe and student expectations are clear. We encourage feedback from parents to ensure our Code of Conduct is clear and helps guide student behaviour.

Please become familiar with our Code of Conduct and contact school administration with any questions or comments: [PSO Code of Conduct](#)

VOLUNTEERING AT OUR SCHOOL

All parents volunteering their time to support school events must have a criminal record check completed before they start helping out. This includes driving students, dry grad, coaching, helping in a classroom, etc. To apply online go to the link below and enter the password:

Online Link: [Criminal Record Check Link](#)

PSO Access Code: V5L5RVHL5M

ONLINE SESSIONS FOR ESTABLISHING SAFE, CARING & RESPECTFUL DIGITAL COMMUNITIES

MARCH 11TH 6:30-7:30 PM

Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. (60 minute session)

This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sextortion.

Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.

Families will learn:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behaviour as well as possession and distribution of intimate images (sexting and sextortion)
- An anonymous student reporting tool that can help you and your friends stay safe both online and offline

[Register for Online Session HERE](#)

Administration Team

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

PSO Indigenous Support Workers

Angel Smith
Sharmaine Grimes

Clerical Team

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

Counselling

Jodi Wium, School Counselor
Nicki Hansen, Youth Engagement Worker
Heather Wood, Careers Counselor

Important Dates

March 13th (Last Day) - Grad Yearbook Quotes and Baby Photos

Grad yearbook quotes and baby photos are due to Mr. Murray's Yearbook class. Please remember to grab a form from the office, fill it out and hand it in. For baby photos, if you are submitting a hard copy please write your name on the back of the photo or email your digital photo to ps0.yearbook@sd27.bc.ca with the student's name.

April 1st - CLC Assignments are overdue but this is the last day to be accepted.

April (date unknown) - Yearbooks go on sale - \$40.00

Yearbooks will go on sale and will be delivered near the middle to end of June. Students can pay by cash, cheque or debit.

May 12th - Capstone Presentations

May 20th - Scholarship Celebration

6:00 PM in the School Gym - By Invitation Only

May 20th - Valedictorian Nominations Start

Ms. Currie will be holding nominations for two class valedictorians.

May (Date unknown) Dry Grad & Date Ticket Deadline also Date form to Office

In May (Date unknown) will be the deadline to purchase Dry Grad/Prom tickets and submit Grad Date Form (for non-grad guests)

May 29th - Work Experience Hours and Paper work are due

May 29th - Grad Bio Sheets Due

Submit your Grad Bio Sheet to the office - this will be read during the ceremony. You can also send it to Mrs. Jackson at nicole.jackson@sd27.bc.ca

June 1st - Grad Fees Due at the office \$50.00

Payable at any time, cash, cheque or debit.

This fee covers the costs of the rental of the grad gown, the cap and tassel, the mini composite picture, the folder for holding mini composite and diploma, picture of acceptance of diploma with an administrator. This payment is due by June 1st. If you require financial assistance, please call the office at 250-395-2461 to speak to Ms. Currie.

June 16th, 17th & 18th @ lunch only - Grad Gown Pick-Up

Pick up your cap and gown from the Counselling Office at PSO

June 18th - Mandatory Grad Meeting at Canlan Arena

1:00 PM - Rehearsal and walk-through of the ceremony (Grads must attend)

June 19th - Graduation Ceremony

Starts at 6:30 PM at Canlan Arena (Doors open at 5:45 PM)

June 20th - Dry Grad / Prom Festivities

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.

PSO
GRADUATING CLASS 2026
GRAD HOCKEY GAME
FUNDRAISER

March 12, 2026

7:00 PM – 9:00 PM

South Cariboo Recreation Centre

50/50 DRAW

Take a shot at winning BIG!

**Half the pot goes to
one lucky winner!**

BAKE SALE

**Sweet Treats • Fresh Baking
• Game Night Snacks**

Bring your cash & your sweet tooth!

Support the PSO Class of 2026

All proceeds go toward graduation celebrations and events.

Admission: \$5 per person

100 Mile House PATHWAYS TO CARE

Use this document, please begin at the most column. See additional resources below for further information.

CHILD & YOUTH

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

Exeter Medical Clinic 250-395-2271
Village Medical Clinic 250-395-3000
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.

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 & safe house (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, 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@griicz.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 s'ull First Nation
Referral by clinician required
Sylvia Busch, Intake Coordinator
250-989-0301 ext. 226

PeakHouse

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
 Kelty Mental Health kelytmentalhealth.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

CHILD & YOUTH

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

Arrange 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 11a.m. - 1p.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)