

PSO

NEWSLETTER

September 22nd 2025

IMPORTANT DATES

Sept 19th - Photo Day

Sept 22nd - Truth and Reconciliation Week

Sept 23rd - PAC Meeting 5:30 (Library)

Sept 24th - Lockdown Drill 10:30

Sept 26th - Orange Shirt Day Event

Sept 29th - Pro-D Day (Student do not attend)

Sept 30th - Truth and Reconciliation Day (Students do not attend)

Oct 8th - Gr 8 Elective Change

Oct 9th - Assembly C Blk

Oct 13th - Thanksgiving - No school

Oct 14th & 15th - Early Dismissal by 1 hr - students dismissed at 2:15pm

Oct 22nd - Parent Teacher Interviews



PHOTO DAY

Photo day was Friday, Sept 19th. Student IDs should be here in two weeks. If your child missed photo day, retakes will be on November 5th.

PLEASE NOTE: everyone must have their photo taken to receive a student ID card and to be in the school yearbook.

To order your child's photos online, please see the attached directions at the end of this newsletter.

BUS PASSES

We are presently awaiting the arrival of new or replacement bus passes from the transportation department. Unfortunately, we do not have a specific timeline for when we will receive these. Once they arrive, the office will contact your student to come and collect their pass.

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

THINGS FOR STUDENTS TO DO AT LUNCH

There are numerous activities available for students during lunch hour. Alongside enjoying a complimentary lunch in the cafeteria, the gym is open for sports and games. Additionally, our computer room #118 hosts a gaming club every day. On Thursdays there is climbing at lunch in the weight room. We also have numerous clubs - watch announcements for their meeting times!

CLUB WALK

Last Week students were able to see what clubs are starting up at PSO. If your child is interested in starting a club, please speak to Ms. Bjelde. The clubs that were represented were: Leadership, Rugby, Badminton, Ultimate Frisbee, Fiber Arts, Drama Club and Born this Way club. Start dates and times will be available soon on the PSO website.

VOLUNTEERING IN SCHOOL

All volunteers 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:

<https://justice.gov.bc.ca/criminalrecordcheck>

PSO Access Code: **V5L5RVHL5M**

ERASE IT TOOL

The erase|Report It tool lets you send a secure, anonymous and confidential message to your school or school district's safe school coordinator, who will follow up on it right away. You do not have to provide your name unless you want to.

Messages are only monitored during your school's operational hours. If this is an emergency please call 911 immediately.

If you see or hear something, say something!

Visit the [erase website](#) to find resources for students, parents, and educators related to student safety, sexual orientation and gender identity, mental health and substance use.



SPRING BREAK TRIP 2026

During spring break of 2026, PSO students will be travelling to the United Kingdom. The deadline for sign up is October 26th. Please see Ms. St. Pierre for more details.

CLC NEWS

Career Life Education 12 (CLC 12) is a course required for graduation that students complete outside of the regular timetable. There are 3 components to this course: Assignments (which students were strongly encouraged to complete in gr. 11), Work Experience (which students are able to start in gr. 10 and were encouraged to get finished in gr. 11) and the Capstone project. Gr. 12's will be given a handout of this requirement with more details of these components. Students need to submit a Capstone proposal by October 1 and to submit their assignments as soon as possible. Students should see Mrs. Gardner if they have any questions about Capstones or Assignments and Heather Wood about their Work Experience. Parents with questions – please email Mrs. Gardner at kimberly.gardner@sd27.bc.ca or phone the school at 250-395-2461.

PAC MEETING

Mark your calendars! The first Parent Advisory Council (PAC) meeting is happening next Tuesday, September 23rd at 5:30 PM in the school library.

Come see what they've got planned for the year, share your ideas, and connect with other parents. Everyone is welcome—see you there!

COURSE CHANGES

No further course request changes will be processed unless under exceptional circumstances. Please note that any additional course changes will result in a "W" designation on transcripts. If you have any questions, please reach out to the school counselor or the principal for assistance.

NEW STAFF

We are thrilled to introduce our new staff:

- **Jodi Wium** - School Counsellor
- **Sara Giesbrecht** - English and Humanities
- **Mattias Aaslie** - Foods
- **Chris Saban** - Learning Support
- **Lisa Pugh** - Humanities and English
- **Yuening Yang** - Math



Welcome to the team! We are delighted to have you with us!

NEWSLETTERS AND FACEBOOK PAGE

School newsletters will be emailed out at each month and posted to the school website. We also have a Facebook page that we would encourage you to join as it is used regularly and has very timely news. Please check verification forms and send back with any changes so we have up to date information.

STUDENT VERIFICATION FORMS

An email was sent to all parents last week regarding Student verification forms. Please log into your parent portal and print out your child's form. Please go over the information listed and make changes as needed. All forms should be signed and returned to school. A print out can be made at the office, please contact the office at 250-395-2461 or have your student come to the office to get a print out.

CALLING IN ABSENCES

At PSO Secondary we feel regular attendance is a crucial component of academic performance. Students are expected to be on time and attend every class. If students are ill or cannot attend for other reasons, it is up to the parent or guardian to notify the School Messenger system at 1 (833) 582-6944, using the phone app, website login or calling the school.

<https://go.schoolmessenger.com>
All undocumented absences or lates will be considered unexcused and may result in consequences. Poor attendance may result in a file review.

FALL SPORT SCHEDULE

SOCCER

Tuesdays and Thursday from 3:30 to 5:00 pm (Bottom Field – Please see Mr. Keller for more info)

RUGBY

Mondays & Wednesdays 3:30 to 5:00 pm (Please see Mr. Taylor for more info)

VOLLEYBALL

Sr. Girls on Mondays at 3:30 to 5:00 pm in gym (Please see Ms. Bjelde, Mrs. Meville and Mrs. Pugh for more info)

BOYS VOLLEYBALL

To be announced shortly.

INDOOR CLIMBING

Tuesdays after school from 3:30 to 5:00 in the weight room & at lunch on Thursdays. (Please see Mr. Murray for more details.)

FOOD PROGRAMS

Food programs have begun! PSO is proud of our school culture around food. Hot lunch and grab and go breakfast are available out of the cafeteria each day at no cost to families. As well there is fruit available in the All Nations room, the counselling office and the in-school room during break time.

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, School 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

IMPORTANT ATTENDANCE NOTICE FOR PARENTS AND GUARDIANS

We want to take a moment to remind you about our policies regarding student attendance and safety, and to ensure you are aware of how we communicate about unexcused absences and lates.

Unexcused Absences and Lates

If a student is absent from class or arrives late without a valid excuse provided by a parent or guardian, it will be recorded as unexcused. In such cases, an automated call will be sent to the student's primary contact via School Messenger to notify you of the absence or tardiness.

Excused Absences & Student Safety

When a parent or guardian calls the school to excuse a student from class who is in attendance at other times of the day, please be aware of the following:

- Students must still sign out at office if leaving campus and sign in at return.
- If excusing a student and they are NOT leaving campus, we expect the student to remain in the location that has been designated with the teacher or administration (e.g., library, front office, or another approved area). Please communicate with your student's teacher if this is the case.

Students who are excused from class are not permitted to wander the campus.

This policy is critical to maintaining a safe environment. In the event of an emergency, we must be able to quickly and accurately locate every student. If a student is not where we expect them to be, it poses a serious safety concern.

What You Can Do

- Always notify the school promptly if your student will be late or absent, and include the reason.
- Remind your student of the importance of reporting to and remaining in their assigned location when excused.
- Ensure your phone number and emergency contact details are current in our system.

We appreciate your partnership in supporting student accountability, attendance, and safety at PSO. If you have any questions, please don't hesitate to contact the main office.

THINGS HAPPENING AROUND PSO



**PSO STAFF AND STUDENT BBQ
MR. BARRIAULT AND EA MRS. SEPKOWSKI COOKING
BURGERS AND DOGS FOR HUNGRY STUDENTS**



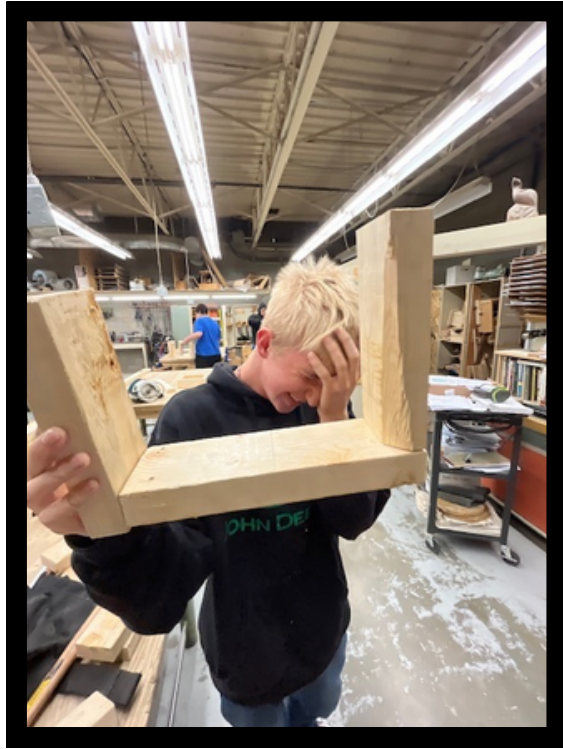
**PSO STAFF AND STUDENT BBQ
MALAK OMER AND ALEXA PYLARINOS
ENJOYING THE BBQ**



**PSO STAFF AND STUDENT BBQ
NICKI HANSEN AND HEATHER WOOD GETTING
THE BURGERS READY FOR HUNGRY STUDENTS**



THINGS HAPPENING AROUND PSO



**JUSTIN MARTIN SHOWING OFF HIS
WOODWORKING PROJECT**



WOODWORKING STUDENTS HARD AT WORK



**PSO STAFF TEAM BUILDING ON
ADMINISTRATION DAY**

THIS IS WHAT HAPPENS TO YOUR BODY WHEN YOU DON'T GET ENOUGH SLEEP

1. Weak Immune System

When you don't sleep, your shield aka your immune system becomes weak. When you don't get enough sleep, your immune system is unable to fight, causing you to fall sick more frequently.

2. Respiratory Problems

Poor sleep quality or sleep deprivation can make you more prone to respiratory problems and infections such as the common cold and the flu.

3. Risk Of Heart Diseases

Poor sleep or skipping sleep can also increase the risk of cancer, diabetes, and other chronic health conditions.

4. Poor Thinking

Missing a few hours of sleep can cause cognitive decline. This can increase the risk of developing poor decision-making skills, poor reasoning skills, and absentmindedness.



5. Forgetfulness

Sleep helps you process information and events of the day but when you don't sleep, you lose the ability to store information in your brain. Hence, forgetfulness.

6. Poor Weight Management

Poor sleep or not enough sleep can increase the production of ghrelin, the hormone that boosts your appetite, causing late-night hunger. So when you don't get enough sleep, you increase the risk of weight gain, obesity, and even diabetes.

7. Hormonal Imbalance

Not sleeping can cause hormonal imbalance. For example, low melatonin levels can worsen your existing depression, anxiety, and can cause disorientation, confusion, and irritability.

8. Mood Disorders

Not catching enough Zzzz's can take a toll on your emotional state and make you prone to mood swings and can also cause hallucinations and paranoia.



Information for School Staff

Resources for School Staff to Support Student Safety



Register for free training

Sign up for professional training sessions



Tools for schools and classrooms

What does erase provide? How can I raise awareness of erase?

- **Free training sessions** for students, families and school staff to support school and online safety
- **Subject matter expertise and 24/7 support for school safety teams** for incident prevention, response and recovery
- A **public website** (erase.gov.bc.ca) with resources for students, adults, and school staff on topics like **diversity and inclusion, mental health and substance use, and school and online safety**
- **Report It**- an **anonymous online reporting tool** for students to report anything that concerns them—whether it happens at school, online, or elsewhere. Reports go directly to the Safe School Coordinator

- Display **posters, decals, logos and web graphics** in your school, in community, and on communication materials (see **Tools for Schools**)
- Share **videos** about erase and the Report It Tool with students and families
- Sign up your class for **free student sessions** on online safety and consent (Gr. 5-12)
- Encourage families to attend **free training sessions** specifically for parents/caregivers
- Share the **erase Infographic for Parents & Caregivers** with families

Where can I learn more?

- Visit erase.gov.bc.ca and explore available resources for school staff including free training
- Connect with your school or district's **Safe School Coordinator**
- Reach out to the ministry's **Student Safety Team** at erase@gov.bc.ca



I need help

You're not alone – everyone
needs to ask for help sometimes



Talk to someone

Get in touch with a counsellor or a trained professional to talk about things you or someone you know may be dealing with.



**Report it
anonymously**

The erase Report It tool is an easy way to send a message to your school safety team, who can help.



Call 911

If you aren't sure if your situation is an emergency, you can still call. Help is available.

Learn about **erase**
and access the
Report It tool



erase.gov.bc.ca

Right Photography – Online Ordering

Please go to www.rightphotography.com/order-online/

SCHOOL DAY PHOTOS

ORDER ONLINE

1. Click on the Order Online button.

View Gallery

2. Locate – Peter Skene Ogden Logo.
Click on View Gallery button.

Online Code

Email

☒ Email me notifications about my gallery

View Your Photos

3. **Online Code – Student Pupil #**

indicated on your child's school Photo ID card, also available under the parent MyEd Portal.

Email Address – is your child's school email address

[\(firstname.lastname@sd27.bc.ca\)](mailto:firstname.lastname@sd27.bc.ca)

Press View Your Photos

Your child's photos will appear with order options and payment requirements.

Any Photo or Order Questions:

Please contact Right Photography: 1-877-582-8424