



# PORT HARDY SECONDARY SCHOOL

Home Of The Whalers

# NEWSLETTER

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www.phss.ca

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Issue 4

## Upcoming Events

### February

- 7 Last day for Student Timetable changes
- 17 Family Day
- 21 School Based Professional Development Day
- 26-27 Grad Photos

### March

- 6 Interim Reports mailed home – Term Three
- 6 Semester One school awards mailed home
- 16-27 Spring Break
- 30 Grade 8 Elective Rotation Five begins
- 30 Classes resume
- 31 Grad Photo retakes- 1:00 pm

### April

- 10 Good Friday- Easter Holiday
- 13 Easter Monday
- 14- 20 Numeracy Assessment Grade 10
- 14-20 Literacy Assessment Grade 10
- 17 End of Term Three
- 20 Term Four begins
- 24 Formal Reports mailed home
- 30 Parent-Teacher Interviews 6:00 to 8:00

### Allergies:

We have several students and staff with life-threatening allergies to foods and scents here at PHSS. As such, we ask that parents avoid sending foods that contain pickles and all nuts. We are also a scent-free school.



## Principal's Message

Gilakas'la.

As spring approaches and students begin their first classes of the new semester, there is an excited energy in the air. This is an important time for students to reset their study habits, and to set themselves up for success for the remainder of the year. This includes attending all classes on time, and engaging in their learning activities throughout the whole period. We have extra help available before and after school, as well as at lunch, for any student who needs it.

In early February, we will begin discussions with students about course possibilities for next year. Following that, student will have an opportunity to request their selected courses for next year. Students will be able to access this information online, so they will be able to share their choices with you.

Thank you to the parents who have called or met with me to discuss your child's courses. Please feel free to contact me at any time to discuss your child's progress and program.

**Rena Sweeney, Principal**

250-949-7443 ext. 3222 [rsweeney@sd85.bc.ca](mailto:rsweeney@sd85.bc.ca)

## Class of 2020

Local Scholarship/Bursary Application package can be found on PHSS website. All updates will be posted below as well.

<https://phss.sd85.bc.ca/wp-content/uploads/2020/01/Grad-2020-Scholarship-Appication-Package.pdf>

## Governor General's Award 2018-2019 Monika Hajskey



## Pancake Breakfast

Thank you to some of our trustees who stopped by to help us cook and serve for our holiday breakfast.



### Biology Class

Ms. Kunstar's Biology class dissected frogs.



Crochet Club meets at noon hour on Wednesdays. If you are wanting to learn how to crochet, we have all the supplies you will need to make a dishcloth, and we will teach you how!! Feel free to bring a project from home for the more experienced crocheters, we have a knitter too! Come sit with us in the cyc room, have a cup of tea



and unwind with some great company.

### Congratulations

Ms. Dent for winning the grad raffle!



### Grow With Us!

Fence Post painted by students and will be put in the PHSS Outdoor Learning Space.



**PHSS Grad Raffle** tickets are available from any PHSS grad. **Raffle is a 50/50**  
Draw Date: Feb. 13th  
3 for \$5.00 or \$2.00 each

In Metalwork 8, students learned how to safely operate the chop saw, vertical band saw, belt grinder and hand drill.



Loonies for Loggers is starting a Grad registry by collecting used or new gown and tuxes for grad students. If your son/daughter is in need of a grad gown or tux please contact them

directly by email:

[looniesforloggers@gmail.com](mailto:looniesforloggers@gmail.com)

PHSS does have some gowns for students to borrow, too.



PHSS culture group participated in the Baby Welcoming Ceremony at the Fort Rupert Big House.



### **From the Ministry – Update on Coronavirus**

The first case of a novel coronavirus has been confirmed in B.C. earlier today, but the risk for students and schools remains low. All necessary precautions are being taken to prevent the spread of infection, and local health authorities are closely monitoring the situation.

Recommendations to reduce the risk of exposure are the same as fighting colds and flu:

- Frequent hand washing (it is the single most effective way of reducing infection spread)
- Practicing other good hygiene habits (avoiding touching face/eyes/mouth with hands, and covering one's mouth and nose when sneezing or coughing, ideally with a disposable tissue or the crease of the elbow)
- Cleaning and disinfecting frequently touched workspace surfaces
- Maintaining good general health (balanced diet, getting adequate sleep, exercising in moderation)
- Staying home when sick

### **PHSS Kindness**

In the middle of January, we had our first Snow Days in PHSS living memory. While many students went sledding or slept in, a PHSS student got up early to help a neighbour in need. He did not know the neighbor very well, but saw that they had a very large, and now very snowy driveway. This student spent the better part of an hour clearing the snow so that a neighbor in need was able to leave her house. Awesome!

### **Expect Respect And a Safe Education**

Erase is all about building safe and caring school communities. This online tool is a support for students, parents, educators and the community partners. It allows students to report concerns to schools, and learn about complex issues surrounding well-being. Services and Information Topics are: Online Safety, Mental Health & Well-Being, Bullying & Violence, Substance Use, and Sexual Orientation & Gender Identity.<https://www2.gov.bc.ca/gov/content/erase>



### **ANTI-VAPING PARENT INFORMATION MEETING Wednesday, March 4 at 7 pm at PHSS**

Parents are welcome to come and learn more about what we can do to help prevent teenagers from vaping through this presentation by D. Enns. Strategies, programs and parent ideas will be discussed. Snacks will be provided. Here is a link for more information.

[https://www.canada.ca/en/services/health/campaigns/vaping.html?utm\\_source=canada-ca-vaping-info](https://www.canada.ca/en/services/health/campaigns/vaping.html?utm_source=canada-ca-vaping-info)

### **ANTI-VAPING STUDENT INFORMATION MEETING Wednesday, March 4 at 1:30 pm at PHSS**

Students from PHSS and grades 6 and 7 from Eagle view will get very important information about the risks of tobacco and vaping from Dr. Enns. This school event is planned in conjunction with the Tobacco & Vapour Enforcement Officer and Reduction Coordinator Tobacco & Vapour Prevention and Control Program, based in Courtney. The issue of vaping is of utmost relevance for all of our teens and we are looking forward to hearing the facts.

# TALKING WITH YOUR TEEN ABOUT VAPING

## A TIP SHEET FOR PARENTS



### BEFORE THE TALK: GET THE FACTS

#### Vaping is not harmless

- > Vaping can increase your exposure to harmful chemicals.
- > Vaping can lead to nicotine addiction.
- > The long-term consequences of vaping are unknown.
- > It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries.

#### Risks of nicotine

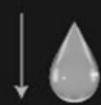
Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it can alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Children and youth may become dependent on nicotine more rapidly than adults.

Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary widely. Some vaping liquids have low levels, but many have levels of nicotine similar or higher than in a typical cigarette. Quitting vaping can be challenging once a teen has developed an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant.

Vaping nicotine can alter teen brain development.



Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.



1 Vaping liquid, which contains chemicals, is heated to become an aerosol

2 The aerosol is inhaled through the mouth and lungs where it is absorbed into the bloodstream

3 The remaining aerosol is exhaled



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