

NPSS MONTHLY NEWS OCTOBER 2024

We hope everyone had an enjoyable long weekend and took some time to reflect on and acknowledge the day of Truth and Reconciliation. A quick reminder for parents and caregivers: Interim Week is coming up from October 7th to 11th. During this time, you'll receive an informal update on your student's progress so far this year, giving you a helpful snapshot of how they're settling in.

We also want to keep you in the loop about upcoming graduation assessments. Long blocks are scheduled for October 28th and 29th, with Assessment Day set for October 30th.

Have a great month!

Sincerely,

Mr. Koponyas
Mr. MacGillivray
Mrs. Peregoodoff

****NEW****

Cell Phone Policy



Contact Us :

250 785 4429

9304 86 St Fort St. John, BC

<https://npss.prn.bc.ca/>

Hello October

Three stacked jack-o'-lanterns with carved faces, surrounded by autumn leaves and confetti.

REMINDER :

Due to severe airborne allergies students and all visitors to NPSS are not to bring in any food that contains peppers.

Take a look at these important Links:

Honour Roll & ****Grad Sash Requirements and Changes:**

<https://npss.prn.bc.ca/parents-students/npss-honour-roll/>

NPSS Code Of Conduct: <https://npss.prn.bc.ca/our-school/code-of-conduct/>

Attendance Email: npss.attendance@prn.bc.ca



Make sure you look in your emails for the Grizzlies swag store and follow the instagram page for latest updates!

Questions about athletics? See Mr. Miller in the PE office

Grizzlies instagram @northpeacegrizzlies

SPRIT WEAR

Grizzlies clothing:

<https://npssathletics2024.itemorder.com/shop/sale/>

NPSS spirit wear:

<https://npssstudentfall2024.itemorder.com/shop/sale/>

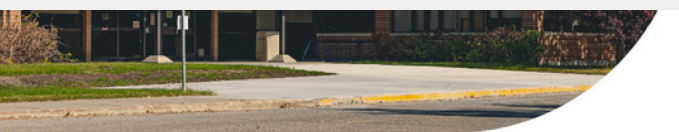
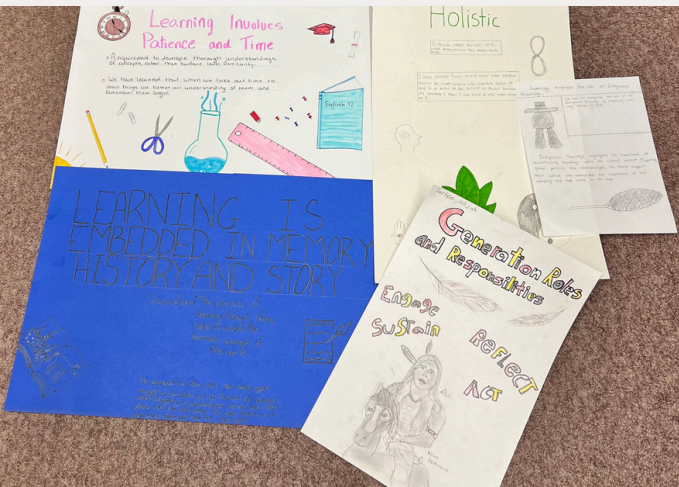
Order deadline: October 4, 2024

English

Vocab Cards: Grade 10 students in Ms. Paakkonen's English class got to have fun and create vocabulary trading cards to help make connections and decide the importance of literary terms!



First Peoples Principles of Learning Posters: English First Peoples 12 students worked hard to create posters that explained the First Peoples Principles of Learning and how they impact their education!



Fort St. John Open House

Connect with local business leaders and learn about Northern Lights College programs. Meet NLC staff, and the people behind the businesses and organizations making a difference in our community.

**Thursday, October 24
from 11am-7pm**

Career Fair, 1-5pm

Apply during the open house and get your application fees waived.

For more information about this event contact info@nlc.bc.ca, Coline Casey at 250-219-3198, or Karen Mason-Bennett at 250-787-6240



NLC

Northern Lights College : There will be an Open House on Thursday, Oct. 24 from 11am - 7pm. Come check it out!

Rocket Launch



Grade 12 student Nolan recently returned from the Tripoli Rocketry Association's Balls experimental rocket launch in Nevada's Black Rock Desert, the world's top event for experimental rocketry. Nolan, one of only two Canadians among 300 participants, successfully launched and recovered his custom-built rocket, 'Insanity.' Having earned his Level 1, 2, and 3 certifications through the Canadian Association of Rocketry, Nolan plans to fly 'Insanity' again with a larger motor at the Fall Fire launch near Lloydminster in October.

Love Bomb



On Monday, September 23rd, Grade 12 students attended Love Bomb, a unique musical aimed at raising awareness about sexual exploitation and human trafficking. The performance, centered on a mother searching for her missing daughter, was followed by a discussion with local resources. Students found the presentation impactful and informative. Counselors were available to offer support due to the sensitive nature of the topic.



EUROPE TRIP

OCTOBER
19



NPSS EUROPE TRIP BOTTLE DRIVE

NPSS Staff Parking Lot
9am - 11:30am

Please bring your empty bottles, drink boxes, and other drink containers to support our students' trip to Central Europe in March 2025!

If you are unable to drop off your empties, please contact Matthew Laur, who will arrange pick up by students Saturday Morning.

MLAUR@PRN.BC.CA

The Europe Trip will be doing a Bottle Drive on Saturday October 19th from 9:00 - 11:30 AM. Come check it out!

CHILI COOK OFF

Outdoor Ed hosted their 7th outdoor Chili Cook Off. Die Chilli Köche won this semester. This was our biggest chili cook off with almost 60 kids participating.



Career Department

WORK EXPERIENCE AND YOUTH WORK IN TRADES

SEPTEMBER HAS BEEN BUSY WITH STUDENTS SIGNING UP FOR WORK EXPERIENCE AND YOUTH WORK IN TRADES PROGRAM! IF YOUR STUDENT HAS A JOB AND DID NOT SIGN UP IN SEPTEMBER, THEY CAN CONNECT WITH MR.MAYER OR MR.VACCARO TO GET SIGNED UP!

THE HOSPITAL JUNIOR VOLUNTEER PROGRAM

THE HOSPITAL JUNIOR VOLUNTEERS PROGRAM IS BACK FOR SEPTEMBER 2024 AND IS ALREADY FULL FOR THIS SCHOOL YEAR! 24 STUDENTS IN THIS PROGRAM WILL BE STARTING WORK AT PEACE VILLA IN THE MIDDLE OF OCTOBER.

DUAL-CREDIT PROGRAM FOR SEPTEMBER 2024

STUDENTS INTERESTED IN DUAL-CREDIT PROGRAMS FOR SEPTEMBER 2025 SHOULD CONNECT WITH MRS.HOECHERL NOW! IF YOUR STUDENT IS INTERESTED IN THE YETS PROGRAM (TRADE SAMPLER PROGRAM), THE YOUTH TRAIN IN TRADES PROGRAM, OR A CERTIFICATE PROGRAM, HAVE THEM SCAN THE CAREER DEPARTMENTS QR CODE FOUND IN EACH CLASSROOM AND LET OUR STAFF KNOW OF THEIR INTEREST!

PROJECT HEAVY-DUTY

APPLICATIONS FOR PROJECT HEAVY-DUTY FOR SPRING 2025 WILL OPEN BY THE END OF THE MONTH. INTERESTED STUDENTS SHOULD CONNECT WITH MR.MAYER DIRECTLY OR SCAN THE QR CODE.

CREATING ENERGY CAREERS

CREATING ENERGY CAREERS IS A WORK EXPERIENCE COURSE THAT PROVIDES STUDENTS OPPORTUNITIES TO SPEND 4 DAYS (IN FEBRUARY) WORKING IN THE OIL & GAS INDUSTRY IN A VARIETY OF ROLES. STUDENTS SIGN-UP IN OCTOBER, MEET THE COMPANIES, COMPLETE A SET OF CAREER READINESS ASSIGNMENTS, WILL GET ORIENTATED AND ONBOARDED AS EMPLOYEES BY THE COMPANIES, AND COMPLETE A SET OF SAFETY TICKETS INCLUDING H2S, FIRST AID, AND CSO. MR.VACCARO HELD A LUNCHTIME MEETING TODAY IN THE LIBRARY. INTERESTED STUDENTS SHOULD CONNECT WITH HIM NEXT WEEK TO RECEIVE A DISTANCE ED SIGN-UP PACKAGE.



Join us in welcoming our new staff to the school this year! We're excited to have them as part of our community and look forward to the positive impact they'll bring to our students and school.

- Megan Jones- English Teacher
- Cole Morash- PE Teacher
- Maegan Okrainec- Social Studies and Career Life Education Teacher
- Andrew Miller- Athletic Director
- Mike Fowler- Math Teacher
- Kahina Benbouabdallah- French Teacher
- Robert (Bob) Szabo- Indigenous Transition Teacher
- Cassandra Marsh - EA
- Kristina Gilpin - EA
- Jackie Cornet - EA
- Jessica Mcleod- ISSW

WELCOME ✨
✨ to the TEAM

Counselor's Corner

Living With Anxiety

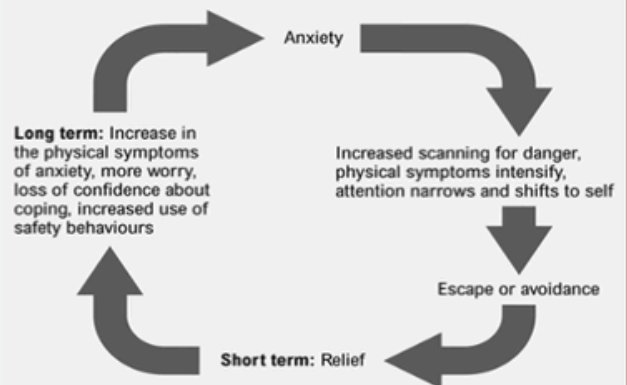


- Anxiety often involves overestimating potential threats and underestimating our ability to cope.
- Anxiety can cause hyper-vigilance to symptoms like heavier breathing, a faster heartbeat, and sweaty palms.
- Noticing these symptoms can lead to feeling less capable of handling the situation, which increases nervousness.
- A certain level of anxiety is necessary for optimal performance.

Anxiety itself isn't good or bad; however, both too little and too much can have significant impacts on life.

- We try to prevent feared outcomes by avoiding them
- This avoidance provides temporary relief, reducing anxiety in the short term.
- BUT when facing similar situations later, anxiety levels are higher due to previous avoidance.
- Increased anxiety leads to more avoidance, creating a cycle that intensifies the anxiety.
- This cycle can spread to other situations, trapping you in the "anxiety cycle."

The vicious cycle of anxiety



Reversing the vicious cycle of anxiety



- The first step is to gradually confront feared situations.
- Anxiety symptoms lessen within 5 to 10 minutes

Graded Exposure:

- Step-by-step approach (guided by a counselor) helps you face fears, improving confidence in dealing with stressful situations.
- Allows you to handle important situations at your own pace, building skills and confidence over time.
- Structured and repeated exposure can greatly reduce anxiety in most situations.

Breathing Techniques: Slow breathing to help calm and promote relaxation. Several methods to learn and practice.

Challenging Negative Thinking: Learn to question and change negative thought patterns associated with anxiety.

It's normal to experience a short-term increase in anxiety when facing fears, but confronting them helps reduce overall anxiety; it is a process.

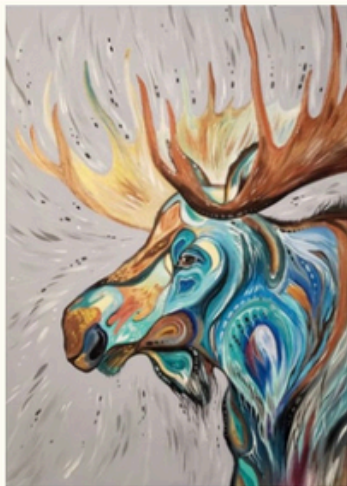
INDIGENOUS NEWSLETTER

OCTOBER 2024

Important Dates

OCTOBER

- **Oct 2nd** - Open House 5:30-7:00pm
- **Oct 2nd** - PAC meeting 7:15 Library
- **Oct 14th** - Thanksgiving (No School)
- **OCT 25th** - No School (NID)
- **Oct 28th & 29th** - Long Blocks



Beaver words of the Month:

at'otl'wəq ~ Fall

at'q? ~ Leaf

azis ~ Moosehide

dane náádzadę ~ Hunter

Reminders

Welcome to October, students! As we enter a new month, it's the perfect time to refresh our focus, embrace the crisp autumn air, and set new goals. With midterms approaching (end of October) and fall activities in full swing, remember to balance your studies with self-care. Stay motivated, stay curious, and make the most of everything this season has to offer. Let's make October a month of growth, learning, and success!



Contact Info

Youth Care Workers:
Carmen & Jessica
Tutorial Teachers:
Rick, Bob & Valerie
Indigenous District SEL:
Jolene

OCTOBER

2024

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| 27 | 28 | 29 | 30 | 31 | | |



Important Dates to Remember

- Wednesday, **October 2, 2024**- Open House for parents 5:30 pm - 7:00 pm
- Friday, **October 4, 2024**- Pep Rally
- Monday, **October 7, 2024**- Friday, **October 11, 2024**- Informal Learning Updates given out
- Monday, **October 14, 2024**- Thanksgiving
- Monday, **October 21, 2024** - Thursday, **October 24, 2024**- Core Competencies/ Goal Setting week
- Friday, **October 25, 2024**- Non- Instructional Day
- Monday, **October 28, 2024**- Tuesday, **October 29, 2024**- Long Block
- Tuesday, **October 29, 2024**- Retakes
- Wednesday, **October 30, 2024**- Assessment Day
- Thursday, **October 31, 2024**- Hip Hop Presentation

Grad 2025 Dates:

- Thursday, **June 19, 2025**- Grad Rehearsal at 3:30 pm, Grad BBQ at 5:00 pm
- Friday, **June 20, 2025**- Grad Ceremony at 1:30 pm and Grand March at 8:00 PM

