

# THE STORM



## PRINCE RUPERT MIDDLE SCHOOL

### NEWSLETTER

September 2024

Ha'lilax simaay

Our Vision: Achieving Success Together

Sagayt Galksa Ax'axłgit



#### At PRMS we believe

- Each of us is a unique and creative individual of value to our school community  
We have the right to learn and have fun
- We have the responsibility to treat ourselves and others with respect
- We take pride in our work, our accomplishments, our school building and our learning tools

Dear Parents and Guardians,

Welcome to another year at Prince Rupert Middle School (PRMS). Welcome to those students, families, and school staff who are new to PRMS as well as those who are returning back with us for another great year. We hope everyone had a wonderful summer.

#### School Bells

8:45	<b>WARNING BELL</b>
8:50	Advisory
9:28	Period 1
10:24	Nut Break
10:39	Period 2
11:35	Period 3
12:31	Lunch
1:11	Period 4
2:07	Period 5
3:03	School Ends

**\*Every Wednesday students are dismissed at 2:05pm**

#### Wednesdays

8:45	Warning Bell
8:50	Period 1
9:42	Period 2
10:34	Nut Break
10:49	Period 3
11:41	Period 4
12:33	Lunch
1:13	Period 5
2:05	School Ends

#### Supervision

The school is opened at 8:15am.

#### Breakfast Program

The school Breakfast program is available to students beginning at 8:15am each school day.

### **Dropping off/Picking up students**

When dropping off your child in the morning, please do not stop on the crosswalk. This can be very dangerous as drivers have a difficult time seeing the pedestrians. Please do not drive into the school entrance, students are to be picked up and dropped off on the street, in the side parking lot, by the golf course or the Civic Centre. Areas painted yellow in the parking lot are no parking zones.

### **Tree Cutting for New School**

Please be aware of the tree cutting that is happening beside the PRMS parking lot. This may cause major traffic congestion with student pick up and drop off. Please be patient and safe during these times.

### **Parent/Guardian Visitors**

If you need to see your child during the school day, you must stay at the office and the office staff will be happy to assist you. For the safety of our students and staff, please do not wander the halls of the school or enter your child's classroom.

### **Cellphones/Electronic Devices**

While teachers may permit the occasional use of cell phones or other electronic devices (headphones, airpods, ipads, etc) in the classroom for educational purposes, outside of these times students are required to keep their devices in their locker from 8:45 to 3:03 (2:05pm on Wednesday), including break times. Parents/Guardians are encouraged to enable, if available, the find my device feature on their student's phone. School staff are not responsible for these devices and are unable to search for them should they go missing. If you need to contact your child during the school day, please call the office and leave them a message.

### **Lunch Program**

Our school district will be offering a lunch program to students again this year. Please fill out the form if you would like your child to be on the program each month. If you have any questions, please contact the school at 250-624-6757.

### **Band Rental Night**

Sight and Sound will be at PRMS on September 16 from 6:30pm-8:30pm. They will be set-up in the gym. Instruments can be rented, but also supplies can be bought such as books, reeds, valve oil, etc.

### **Hockey Academy:**

Hockey Academy starts on September 9<sup>th</sup>.

### **Basketball Academy**

Basketball Academy starts on September 9<sup>th</sup>. The schedule for basketball academy.

Term 1- Grade 7 and 8

Term 2- No Basketball Academy

Term 3- Grade 6

Just a reminder this is a class, and a registration form must be filled out before the student can attend.

For more information contact Ben Mark at [ben.mark@sd52.bc.ca](mailto:ben.mark@sd52.bc.ca)

### **School Spirit Days**

Every Wednesday/Friday students and staff are encouraged to wear their school spirit clothing.

### **Implementation Day:**

On Friday, September 20<sup>th</sup> the school will be closed for students.

### **Terry Fox Run**

On September 25, students will be participating in the Terry Fox Run. We will be collecting donations for cancer. Please send your child with \$2 on this day.

### **Orange Shirt Day**

On September 27, students and staff are encouraged to wear orange shirts. This is to honour and uphold Survivors and intergenerational Survivors of the residential school system, and to commemorate those who didn't return home. On September 30, we have no school for National Day for Truth and Reconciliation.

### **Supplies**

Students are required to have their own school supplies. If you need a copy of the supply list, please visit <http://prms.rupertschools.ca/> for a copy or pick up a copy at the office.

### **Indoor Shoes for the gym**

Students are required to wear non-marking indoor shoes while in the gym. Please remember to send a pair of shoes with your child(ren).

### **Newsletters**

PRMS newsletters go out each month. They are sent to families by email. You can pick up a printed copy at the school or view it on our website at <http://prms.rupertschools.ca/> under newsletters.

### **Allergy Aware School with Exemption to Cheese Powder Products**

PRMS School is an **Allergy Aware School**, and while we do allow normal allergens to be at school, due to a current life-threatening allergy, we are requiring that no products containing cheese powder, such as Doritos, Cheesies, and Kraft Dinner cheese packets, not be permitted in PRMS.

Please help us keep our students safe by having your child follow their teacher's instructions. Thank you for your continued support with this matter.

### **Students leaving at Lunch:**

PRMS has a closed school policy. Students can not leave at the lunch unless they have permission from a parent/guardian. Please notify the school if your child goes home regularly for lunch. McDonalds is off limits unless students are taken there and returned by an adult.

### **PAC Meeting**

PAC meeting will be on Tuesday September 24th. Please come participate and support our PAC. Without the PAC support, many of our extra-curricular activities and clubs would not be possible.

### **School Code of Conduct:**

At PRMS we are expected to follow the school code of conduct that ensures an environment of respect, safety and fairness for all. If you need more information about the code please see <http://prms.rupertschools.ca/> for a copy of our code of conduct.

### **Upcoming Events:**

- September 11- Collaboration- Students dismissed at 2:05pm
- September 11- Meet the Teacher 6pm-7pm
- September 16: Band Rental Night 6:30pm-8:30pm
- September 18: Collaboration- Students dismissed at 2:05pm
- September 20: Implementation day – School closed to students
- September 24: PAC Meeting 6:30pm
- September 25: Terry Fox Run- 5<sup>th</sup> block
- September 25- Collaboration- Students dismissed at 2:05pm
- September 27: Orange Shirt Day Truth and Reconciliation Walk
- September 30: National Truth and Reconciliation Day- School closed
- October 14: Thanksgiving No school
- October 22/23: Parent teacher student interviews- students dismissed at 2:05pm
- October 25: Professional Development Day – School is closed for students

Please check the school website regularly for any updates or information at <http://prms.rupertschools.ca/>

Thank you,

Kerri Levelton

Lori Leighton

Principal

Vice-Principal

# SD 52 Food Programs


Learn about what is happening with food programs in our Prince Rupert school district.



## Ha'lilaxsimaay

September
Lunch Club Menu

**Blueberry Month**

Ha'lilaxsimaay is the time children return to school. Fall weather arrives and mother bear, whose cubs are now on their own, is growing fat on the fall runs of salmon, preparing for the long winter's hibernation.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 FIRST DAY OF SCHOOL!	4 Pizza Sub	5 Roast Beef and Cheese Sandwich	6 Super Snack Plate with Cheese and Pepperoni	7 
8	9 Zesty Chicken Bacon Ranch Wrap	10 All Beef Hot Dog with Veggie Dippers	11 ChowMein Noodle Salad with Teriyaki Tofu	12 Hearty Ham and Cheese Sandwich	13 Mighty Mac and Cheese	14
15	16 Mexi Black Bean and Corn Wrap	17 Egg Salad Bun	18 Pasta with Meatballs in Tomato Sauce	19 Turkey Pesto Sandwich	20 NON-INSTRUCTIONAL DAY	21
22	23 Rainbow Tortellini with Tomato Sauce	24 Smoked Salmon Salad Bun	25 Chicken Taco Salad with Tortilla Chips	26 Veggie and Cheese Sandwich	27 Super Snack Plate with Cheese and Pepperoni	28
29 	30 NATIONAL DAY FOR TRUTH AND RECONCILIATION					31 

## IN THIS ISSUE

### News from the lunch kitchen

The September menu has arrived! How to sign up and what to expect for the 2024 school year.

### Breakfast Club!

Learn about the breakfast club which is offered at all our schools in the district.

### About Feeding Futures and the long-term vision for food programs in our district

What is Feeding Futures and how is it impacting our district and our vision?

## News from the lunch kitchen

As the school year starts, the hard-working and dedicated staff in the lunch club kitchen are getting ready to bring you another round of freshly prepared, delicious lunches to enjoy.

Currently a typical lunch includes a sandwich, pasta or salad, a drink (milk or juice) and fruit or vegetable. We strive to provide nutritious, filling lunches that offer diversity and give your children the opportunity to try some new foods!

If you are interested in signing up, please speak to the secretary at your child's school and they can provide the sign-up form that needs to be completed.

If you have any questions, please email Nadia Halward, District Food Coordinator at [mealprograms@sd52.bc.ca](mailto:mealprograms@sd52.bc.ca)

See the September menu above. Join the club!



# About Feeding Futures

## Breakfast Club

Every morning, our dedicated Breakfast Club champions (some of your favorite Education Assistants!) arrive to school extra early to prepare a nutritious and delicious breakfast for students who want to enjoy some food before the school day starts.

Thanks to the generous support of Breakfast Club of Canada, every school in our district can run a breakfast program.

The menus vary across the district and offer choices such as yogurt, granola and fruit, scrambled eggs and toast, fruit smoothies, freshly baked muffins, and pancakes and sausages.

The staff at your child's school can let you know which room it is in.

A photograph of a young girl with dark hair in a braid, wearing a striped shirt, smiling as she eats a carrot stick. The background is blurred, showing other children and a white bottle.

**Supporting school food programs, so kids can focus on learning**

**StrongerBC**  
for everyone

Feeding Futures is a financial commitment from the BC government to invest in building and enhancing local school food programs. The goal is to ensure that students are well fed and ready to learn. We are building the capacity in our Prince Rupert schools so we can provide stigma and barrier free access to food for any student that needs it.

In our district, we are prioritizing our focus on improving the nutritious quality of the lunch offerings, expanding access to local and traditional foods in the school and ultimately, we are striving to incorporate hot lunches into the menu soon, prepared out of our new commissary kitchen! Stay tuned.

For any other questions or for information about food security supports outside of school hours, please speak with the administration at your child's school or email Nadia Halward, District Food Coordinator at [mealprograms@sd52.bc.ca](mailto:mealprograms@sd52.bc.ca)