



**SCHOOL
DISTRICT
57**

**Quarterly Newsletter
FALL 2025**



**Welcome to a
new and exciting
school year!**



SCHOOL DISTRICT 57 QUARTERLY NEWSLETTER



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MESSAGE FROM DSAC

Welcome Back from the District Student Advisory Council

As we begin the 2025–2026 school year, the District Student Advisory Council (DSAC) would like to extend a warm welcome to all students across the district!

To returning students, welcome back! We're excited to reconnect, collaborate, and continue amplifying student voices in our schools. This year brings new opportunities to lead, learn, and grow together. Whether you're stepping into a new grade, joining a new school, or continuing your journey, your presence and perspective matter.

To new students, welcome to our community! We're glad you're here and look forward to the energy, ideas, and experiences you'll bring.

This year, DSAC will continue to champion student leadership, inclusion, and engagement. We're proud to announce that our newsletter will now be published quarterly in October, December, March, and June featuring student stories, leadership highlights, and updates from across the district.

Let's make this school year one of connection, creativity, and collaboration. Wishing everyone a successful and inspiring start to the year!



SUPERINTENDENT'S MESSAGE

As we begin the 2025/2026 school year, it continues to be a privilege to work with our District Student Advisory Council (DSAC) students. Their contributions to our initiatives have been invaluable and allow us to realize our goal of creating greater student advocacy and voice in our decision making and initiatives.

It is a pleasure to continue to support the efforts of our (DSAC) in their many pursuits to provide leadership, mentorship and community service across the SD57 Region. The ongoing work in celebrating and highlighting the activities of students and schools is a featured highlight. On behalf of the leadership at SD57 and across our schools we are pleased to see the initiative continue and accomplishments of students remain at the forefront of our work.

I am personally pleased to see that the idea brought forward to highlight student and school activity across the SD has been so embraced by DSAC and all of our partners.

Congratulations to the DSAC group, their mentors and students and staff across our SD in continuing to see this publication provide positive promotion of SD57 activities, programs and initiatives.

– Jameel Aziz

Message from the Board Chair

The Board of Education in our District October 23, 2025

In our District, the Board of Education is comprised of seven trustees. Trustees are elected every four years during municipal elections. This means that the members of the Board may change after each election. The next municipal election will be on Saturday, October 17, 2026. In School District No. 57, five trustees are elected from the greater Prince George area, with two others being elected from the Robson Valley and Mackenzie/McLeod Lake respectively.

The Board of Education is a corporate entity created by provincial legislation, with trustees acting as its members who make decisions as a collective body, not individually. Most decisions are made through motions that are debated and voted upon at Regular Public Board Meetings held throughout the school year.

The Board of Education governs by setting policies and adopting a balanced budget with the primary goal of ensuring quality education for students.

The British Columbia School Trustee Association is the united voice in lobbying for Public Education in our province. Vice Chair McLean was elected to a Director position on this Board in April 2025 and will serve until 2027.

Our Board cares about our students and the future of education. Through its ongoing work of policy and budget development, our Board works toward its primary mission of improving outcomes for all students.



Feeding Futures



SD 57 - Feeding Futures Together!

Feeding Futures is making a powerful difference in the lives of students across SD57. With a network of 42 kitchens, including two centralized hubs, the program ensures that over 1670 nutritious lunches make their way to vulnerable students every single day. Breakfast is also served at many schools...from eggs, toast and hashbrowns to quick and healthy shakes our students have the opportunity to grab a quick breakfast if they need, we are happy to say that over 2367 breakfasts are served daily as well! This is a testament to our fantastic staff, from our meal's workers at PGSS and Mackenzie, our Feeding Futures staff in schools, teachers, our senior leadership team, and Principals/Vice Principals. Together, they create a safety net of nourishment for learners who may not otherwise have access to a healthy meal during the school day.

In addition to lunches and breakfasts, every school is beginning to lay out "Grab and Go" tables, where all students are encouraged to take snacks whenever they need them completely stigma-free. These tables ensure that no learner has to sit through class hungry, and that food is always within reach.

Beyond meals, Feeding Futures also supports food literacy initiatives happening across schools, helping students build lifelong knowledge and skills about nutrition, cooking, and healthy living. Projects that focus on learning, harvesting and preparing Indigenous foods are also underway at several schools. These food literacy projects plant the seeds for a healthier future while addressing immediate food needs today.

A heartfelt thank you goes out to everyone who plays a role in making Feeding Futures possible. From preparing meals to delivering snacks, your dedication ensures students can focus on learning rather than hunger. By providing food in a way that is welcoming and inclusive, this program not only helps alleviate food insecurity but also fulfills our district's vision of equity, and wellbeing—because every child deserves the chance to learn and thrive.





Students and RCMP Team Up to Revitalize Block Watch in Prince George

Students from the District Student Advisory Council (DSAC) have been actively partnering with the Prince George RCMP to bring new energy to the city's Community Block Watch program. Through a series of community BBQs, this collaborative initiative aims to reengage residents and strengthen neighborhood safety across the city.

The events, held at local secondary schools, provided a welcoming space for students, families, and community members to connect with law enforcement and learn more about the Block Watch program. DSAC students played a key role in organizing and participating in the BBQs, helping to foster a sense of community and shared responsibility.

On September 13th, DSAC members joined RCMP officers at College Heights Secondary and the John McInnis Learning Centre. The initiative continued on September 20th with events at Shas-Ti Kelly Road Secondary and Duchess Park Secondary.

These gatherings are part of a broader effort to revitalize Block Watch in Prince George, encouraging residents to take an active role in keeping their neighborhoods safe. The partnership between DSAC and the RCMP highlights the power of youth engagement in community-building and crime prevention.

As the program continues to grow, organizers hope to see more schools and neighborhoods join the movement, creating a stronger, more connected Prince George.





DSAC Helps Welcome International Students to Prince George

On September 28th, the District Student Advisory Council partnered with the City of Prince George, University of Northern British Columbia (UNBC), and the College of New Caledonia (CNC) to host a vibrant International Students Welcome Event at the CN Centre.

The event marked a warm and festive welcome for international students arriving in Prince George, while also celebrating the 30th anniversary of the CN Centre. Attendees enjoyed a lively atmosphere featuring free live music, ice skating, and a variety of food and drinks—all designed to help students feel at home in their new community.

In addition to the entertainment, the Transportation Department of Prince George was on hand to provide valuable information about the city's transit system. Students learned how to navigate Prince George using public transportation and were introduced to the UMO app, a helpful tool for planning bus routes and schedules.

This event showcased DSAC's commitment to fostering inclusivity and building connections between students and the broader community. It was a celebration of diversity, collaboration, and the welcoming spirit of Prince George.



Welcome



DSAC Students Inspire Young Minds at Ron Brent Elementary During Terry Fox Initiative

On September 25th, DSAC students volunteered at Ron Brent Elementary to support the school's Terry Fox Initiative. They helped lead classroom activities, shared Terry's story, and encouraged students to reflect on the importance of perseverance and giving back.

Ron Brent staff praised the DSAC volunteers for their leadership and positive impact, noting how they inspired younger students throughout the day. Together, they honoured Terry Fox's legacy and showed the strength of student-led community engagement.





DSAC Student Recognized as Community Hero at Cougars Game

On October 12th, a District Student Advisory Council (DSAC) student was honoured at centre ice during the Prince George Cougars WHL game as part of the team's Community Heroes program. The initiative celebrates individuals who make a positive impact in the community, including youth leaders.

DSAC students were invited to attend the game for free, joining other local heroes in the stands. The recognition highlighted the important role students play in shaping their schools and communities through leadership and service.

It was a proud moment for the student and a meaningful way to connect youth with the broader Prince George community.





DSAC and SD57 Indigenous Education Unite for Lhulh'uts'ut'en PD Day

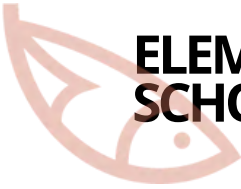
DSAC Partners with SD57 Indigenous Education for Lhulh'uts'ut'en Professional Development Day. On September 29th, the District Student Advisory Council (DSAC) proudly partnered with the SD57 Indigenous Education Department to support the annual Lhulh'uts'ut'en Professional Development Day, held at Prince George Secondary School. This landmark event brought together educators from across the district for a meaningful day of learning, connection, and cultural celebration.

The day began with a warm welcome and was highlighted by a powerful keynote address from Willie Sellars, who shared insights on Indigenous leadership, storytelling, and community resilience. Throughout the event, attendees had the opportunity to engage with local Indigenous artists and food vendors, adding a vibrant and authentic atmosphere to the gathering.

Educators were invited to participate in a wide range of workshops focused on Indigenous perspectives, teaching practices, and reconciliation. These sessions provided valuable tools and inspiration for integrating Indigenous knowledge and ways of learning into classrooms across the district.

DSAC is honoured to have played a role in supporting this important day, and remains committed to fostering inclusive, respectful, and culturally responsive education throughout SD57.





ELEMENTARY SCHOOLS



Beaverly Breakfast Club – A Great Start to the Day

As a staff, we are excited to share that our Breakfast Club began in September and is shaping up to be a wonderful part of mornings here at Beaverly. Thanks to the support of Feeding Futures and the National School Food Program, we are able to provide students with a healthy breakfast to start their day off right.

Each morning, approximately 25 students enjoy this program. Beyond the food itself, the Breakfast Club gives students a welcoming space to connect with friends, settle into the school day, and feel ready to learn.

We are grateful for this opportunity to support our students' well-being and success. A healthy breakfast fuels not only their bodies but also their focus, confidence, and growth throughout the day.





ELEMENTARY SCHOOLS

TRU Men's Volleyball Team Visits Lac des Bois

On September 26, the TRU Men's Volleyball team spent the afternoon at Lac des Bois, creating lasting memories for our students. During the lunch hour, the athletes joined our Grade 6/7 volleyball students for a friendly game. The students had a fantastic time, and the TRU players were incredibly supportive and encouraging throughout the match.

Following lunch, the athletes split into small groups and visited various classrooms across the school. They participated in music and physical education classes, read to students, built LEGO creations, engaged in center time activities, and much more. Their positive energy and genuine engagement brought excitement and joy to students of all ages.

We were also pleased to have several College Heights Senior Girls Volleyball players on hand to help guide the TRU athletes to their assigned classrooms and assist with net setup. Their support helped make the day run smoothly.

The entire Lac des Bois community is deeply grateful for this wonderful opportunity. A special thank you to Hali Drezet for helping to connect our school with the TRU Men's Volleyball team!



ELEMENTARY SCHOOLS

Springwood Elementary Students Experience Salmon Harvest Tradition in Stoner

This September, students from Springwood Elementary had the opportunity to take part in a meaningful cultural and ecological learning experience. Accompanied by Ms. Darlene, Indigenous Education Worker, the group traveled to Stoner to witness the salmon harvest firsthand.

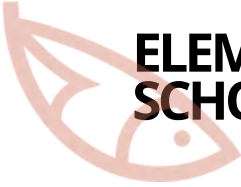
Students observed the salmon being caught and cleaned, gaining insight into traditional harvesting practices. The salmon were then brought back to the school, where Mr. Park's Grade 4/5 class continued the learning journey.



In the classroom, students watched as the salmon were filleted and engaged in discussions about the salmon's role in the food chain, its importance in Indigenous diets, and traditional preservation methods. With Mr. Park's guidance, students prepared a brine and learned how to cure the fish. Mr. Park also set up his smoker, allowing students to experience the full process of smoking salmon.

The experience culminated in a tasting session where students sampled the smoked salmon they helped prepare. Staff also enjoyed the smoked salmon during the Professional Development Day, which focused on Indigenous Learning.

This hands-on experience helped students connect with Indigenous traditions, deepen their understanding of sustainable food practices, and appreciate the cultural significance of salmon in local ecosystems.



ELEMENTARY SCHOOLS

Pinewood Mighty Moose

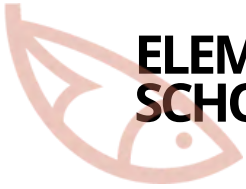
The start of the school year at Pinewood has been busy! We recognized the Day of Truth and Reconciliation with a variety of class and school-wide activities. Staff participated in different learning opportunities during the Indigenous Day of Learning on Oct 29th.

Our school had fun participating in the Terry Fox Run and many students participated in cross-country running this fall. We experienced a beautiful sunrise in October.



We are enjoying the new mural carved and painted by Clayton Gauthier. Last spring, many Intermediate students helped with the carving project. Thank you to Clayton for his help in creating our new logo and the stunning piece of art to present the Mighty Moose of Pinewood.



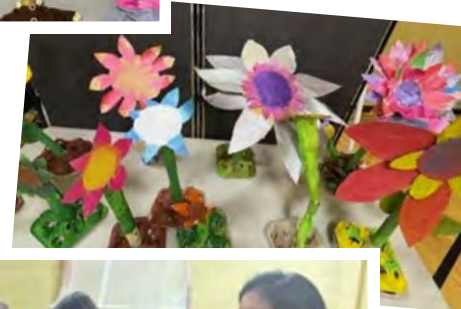


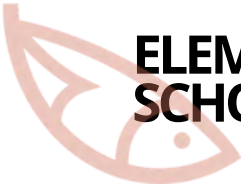
ELEMENTARY SCHOOLS

Spruceland Community School of the Arts

Spruceland Community School of the Arts has been happily continuing to showcase our learning and growth this fall. During Truth and Reconciliation week in September, all of our students learned what “Every Child Matters” means in their classrooms and were asked to teach their families what they discovered. On our Orange Shirt Day, we had a powerful assembly whereby students drummed and danced in recognition of survivors who were forbidden from practicing their culture at residential schools. Students also lit candles to honour survivors.

In October, we also hosted our first ever Harvest Art Show to highlight our learning and success with our beautiful new gardens. Each class submitted some art inspired by the fruits, vegetables, herbs, and flowers that were lovingly grown by our school community over the summer. We have plans continue to grow our Universal Nutritious Food project in the future as our gardens were such a success in their first year!





ELEMENTARY SCHOOLS

Quinson Elementary The Journey from Hide to Hands in Truth and Reconciliation

"I got it!" she shouted!

This was the moment Mrs. Franzmann shared her excitement when she was granted \$60,000 from the Downie Wenjack Foundation to purchase and build 60 drums for Quinson Elementary.

The journey from the moose hide to the hands of our students spanned much of the 2023–2024 school year. When the drum kits arrived, extra care was taken to ensure that bringing this sacred element of Lheidli culture into our school was done with the time and respect it deserves. Elder Shana Labatch was invited to guide and teach all Quinson staff, sharing the history of drumming, its cultural and spiritual significance within the Lheidli Nation, and the protocols for honouring and showing gratitude to the animal that gave its life.

The lessons from this experience remain deeply valued by Quinson staff. Elder Shana shared the profound symbolism of drumming — its steady beat representing the pulse of life and the connection between the physical and spiritual worlds, mirroring the heartbeat of Mother Earth. Our drums are honoured and cared for during twice-weekly whole-school drum circles — held outdoors on the land when possible, or in the gym with nearly 100 students. They also hold a central place in significant events such as Orange Shirt Day, Remembrance Day, and Indigenous Peoples Day celebrations.

The drums have now become the heartbeat of Quinson.





SECONDARY SCHOOLS

Building a Love of Reading in the Shas Ti Kelly Road Library Learning Commons

From café tables to classroom read-alouds, Shas Ti Kelly Road is finding new ways to connect students with the magic of reading. Inspired by a district reading initiative centered around *The Joy of Reading* by Donalyn Miller and Teri Lesesne, the STKR Library Learning Commons (LLC) team is creating new opportunities for students to discover the joy found within the pages of a good book.

To kick off the new school year, the LLC team has partnered with classroom teachers to share high-interest novels through First Chapter Fridays. Each Friday, teachers read aloud the opening chapter of a selected book to spark curiosity and invite students into new stories, genres, and perspectives. This weekly routine introduces a variety of authors and writing styles, giving students a sneak peek at books they might not pick up on their own. Often, copies of the featured book will be immediately checked out by students eager to find out what happens next.

The reading excitement doesn't stop there. The LLC has also started hosting Book Tasting Cafés, transforming the space into a cozy, café-inspired setting where students could "sample" a variety of books. Each student receives a book tasting brochure that guides them, prompting them to explore different genres, note first impressions, and reflect on which titles they might want to read next. The activity encourages curiosity and conversation, again helping many students discover books they might not have picked up otherwise.

Together, these initiatives are helping to build a stronger reading culture and community at Shas Ti Kelly Road. One where stories are shared, curiosity is celebrated, and students see reading as something to enjoy and not only as an assignment to complete. The LLC team looks forward to continuing to create spaces where every student can find a book that speaks to them.





SECONDARY SCHOOLS

Valemount Secondary Outdoor Ed Bikepacking Adventure – Shere Lake 2025

The Outdoor Education class at Valemount Secondary recently set out on a bikepacking adventure that pushed limits, built teamwork, and created lasting memories. Starting from the school, students pedaled more than 40 km to Shere Lake in Dunster, carrying all their own gear, tents, sleeping bags, clothing, and food.

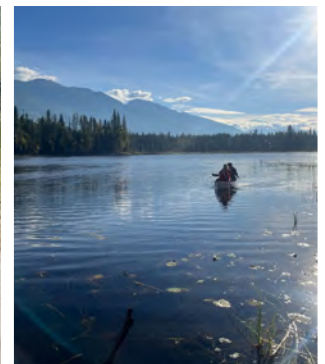
The ride wasn't easy. Headwinds and rain tested everyone's endurance early on, but the group kept their spirits high and encouraged one another through the challenges. Just as the lake came into view, the skies cleared, rewarding the students with sunshine, a chance to dry out, and time to enjoy the water. Canoeing and fishing rounded out the afternoon, and with some success at the rods, several trout were added to the evening's meal, prepared in advance and enjoyed even more after a long day of effort.

Students set up camp for the night, focusing on Leave No Trace practices and maintaining a clean, bear-safe site. The next morning, after a hearty breakfast and one more attempt at fishing, the group saddled up for the return ride. Once again, the winds made progress tough, but students took turns at the front of the group, learning firsthand the benefits of drafting while supporting one another through the grind. A scenic lunch stop along the Fraser River helped recharge energy for the final push back to Valemount.

By the time the group rolled back into the schoolyard, legs were tired but spirits were high. What stood out most wasn't just the kilometers covered, but the growth in resilience, teamwork, and connection to the outdoors.

Students shared their reflections, capturing the heart of the trip:

"This trip meant stepping out of my comfort zone to try something I didn't think I would enjoy, and it turned out to be the most fun it could've been. It also meant getting to know my peers better and bonding with them while learning how to work together."



"This trip gave me new learning opportunities and new skills in a new group of people. It also meant building a stronger group."

"It meant trying something new, and feeling a sense of accomplishment. I think it helped me realize how much of nature I'm missing out on."

The Shere Lake bikepacking trip was more than just an outdoor adventure, it was a chance for students to challenge themselves, lean on one another, and discover the rewards of hard work, resilience, and time spent in wild places.

Sean Kelly



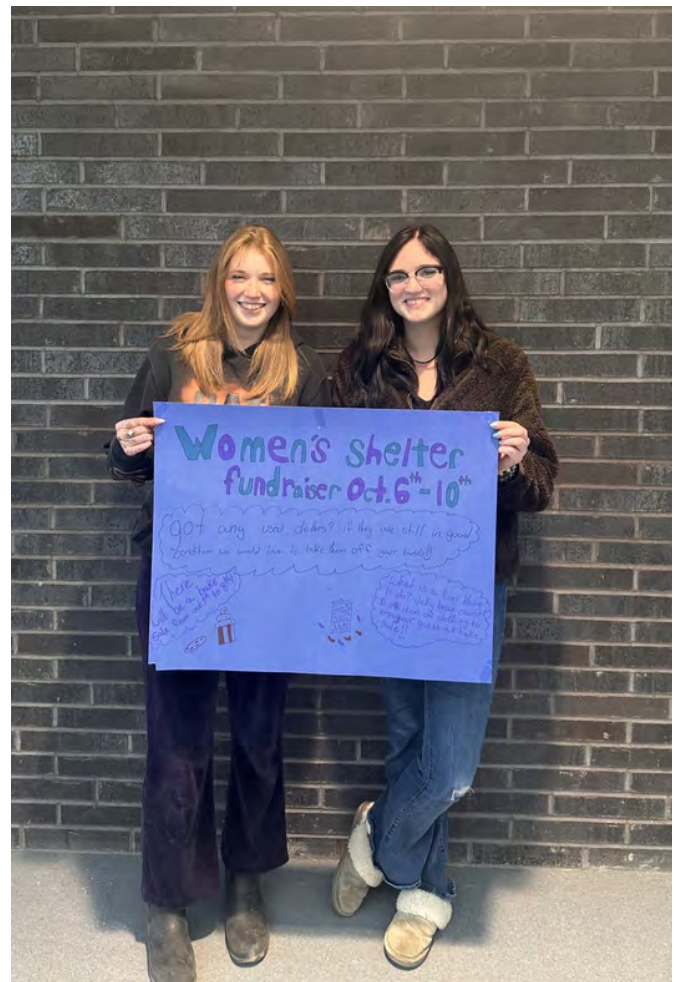
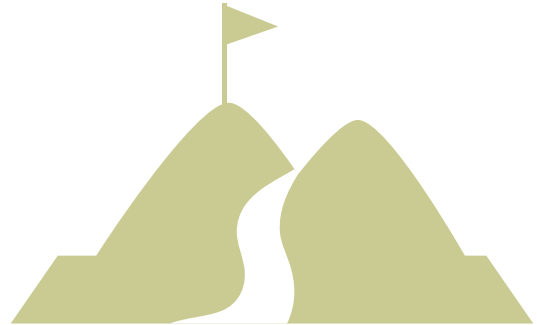
ShasTi Kelly Road Leadership Students Make a Meaningful Impact

This October, the leadership students at ShasTi Kelly Road Secondary School have been actively working to enhance both their school environment and the broader community. Their efforts this fall have been marked by compassion, initiative, and a strong sense of civic responsibility.

The 2025–2026 school year began on a high note when STKR students exceeded their fundraising goal for the Terry Fox Foundation, raising over \$1,000 to support cancer research.

Leadership students Sydney Allen and Islay Russell launched a heartfelt initiative to support the Phoenix Transition House, a local shelter that provides safety and resources for women and children. Their campaign encouraged students to donate gently used or new clothing, and a bake sale was held to raise additional funds. Thanks to the generosity of the STKR community, Sydney and Islay collected a wide range of clothing items and financial contributions that will help create a more comfortable and secure environment for shelter residents.

Looking ahead, the leadership team at ShasTi Kelly Road is planning several upcoming fundraisers, including a BC Cops for Cancer event on January 13 and a bake sale in support of Mothers Against Drunk Driving (M.A.D.D.). These initiatives reflect the students' ongoing commitment to making a positive difference both within and beyond the school walls.





SECONDARY SCHOOLS

Students and Staff Unite for Truth and Reconciliation at Duchess Park

On September 26, Duchess Park Secondary School held its annual National Day for Truth and Reconciliation Assembly, bringing students and staff together to reflect on the legacy of Residential Schools and to think about how each of us can engage in acts of reconciliation. The assembly opened with a performance by the Duchess Park Drummers, who shared two traditional songs that set a respectful tone for the gathering.

Josh Seymour, from Lheidli T'enneh, addressed the audience with a powerful reminder: Residential Schools are not Indigenous history, they are Canadian history. His words emphasized the importance of acknowledging this painful chapter as a shared national responsibility, urging everyone to learn, reflect, and take part in reconciliation.

The highlight of the assembly was a deeply emotional and courageous address by Lheidli T'enneh Elder Violet Bozoki who shared her personal truth and experiences at the Lejac Residential School near Fraser Lake; offering a firsthand account of the trauma and resilience that shaped her life. Her story resonated throughout the school, leaving a lasting impact on all who listened. Her honesty and strength served as a poignant reminder of the importance of truth-telling in the journey toward healing and understanding.

The assembly was a meaningful opportunity for the Duchess Park community to come together in solidarity, listen with open hearts, and commit to ongoing learning and reconciliation. Through music, storytelling, and reflection, the event reinforced the message that reconciliation is a collective responsibility, one that begins with truth.





A Cut Above: Ms. Rougeau's Inspiring Contribution to Cancer Research

September marked the 45th anniversary of Terry Fox's Marathon of Hope, a legacy that continues to inspire generations. At McBride Secondary School, students and staff came together to honour Terry's dream and raise awareness for cancer research in a truly unforgettable way.

This year, teacher Ms. Julia Rougeau took her commitment to the cause to a whole new level. In a spirited school assembly, she auctioned off the opportunity for students and staff to cut her hair short. The event was filled with laughter, cheers, and a few surprised expressions as students took turns with the scissors.

"My heart is so full after having our students chop my hair!" Ms. Rougeau shared. "With cash donations going towards The Terry Fox Foundation and my hair going towards Angel Hair for Kids, it was a successful day filled with laughs, cheers, and a few shocked faces." Her hair was donated to Angel Hair for Kids, an organization that creates wigs for children who have lost their hair due to medical conditions. Meanwhile, all funds raised were contributed to the Terry Fox Foundation, supporting vital cancer research.

Ms. Rougeau's generosity and leadership exemplify the spirit of giving and community that defines McBride Secondary. Her actions not only raised funds but also inspired students to believe in the power of one person to make a difference.





College Heights Students Build Outdoor Skills at Forests for the World

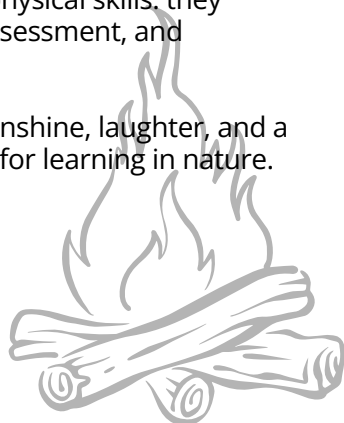
Students in Outdoor Education 10/11/12 spent a rewarding day at Forests for the World, hiking from the Greenway Trail parking lot behind UNBC to Shane Lake. Along the way, they practiced map reading, navigation, and geocaching, building confidence and familiarity with the local trail system.

At Shane Lake, students worked in teams to build shelters using only natural materials. Designs varied from lean-tos to teepees, shaped by the terrain and available resources. The activity encouraged problem-solving, teamwork, and adaptability, with students reflecting on how to improve their shelters and what the experience taught them.

A special moment came when Elder Charlie Joseph stopped by, recalling a past lesson on spring-pole snares. He later built a fire at the picnic area, drawing student interest and adding depth to the day.

The trip became a powerful teaching moment about leadership, judgment, and readiness. Students discussed how outdoor activities teach more than just physical skills: they foster planning, risk assessment, and resilience.

The day ended with sunshine, laughter, and a renewed appreciation for learning in nature.





INDIGENOUS EDUCATION

Honoring Connection: SD57 Elders and Knowledge Holders Thank School Communities for a Year of Meaningful Visit

The SD57 Indigenous Elders and Knowledge Holders Advisory Council extends their deepest gratitude to staff, students and school communities for hosting their monthly meetings at their sites. The Elders and Knowledge Holders truly valued visiting schools this past year, connecting with students, staff, and Indigenous Education Workers, and witnessing the incredible learning happening across our district. From student-led tours and assemblies to drumming presentations and thoughtful gifts—placemats, bookmarks, cards, and beaded charms—each visit was memorable and meaningful. The Elders deeply appreciate the warm welcome, the opportunity to meet students, see showcases of their work, and experience the care and dedication of school communities.

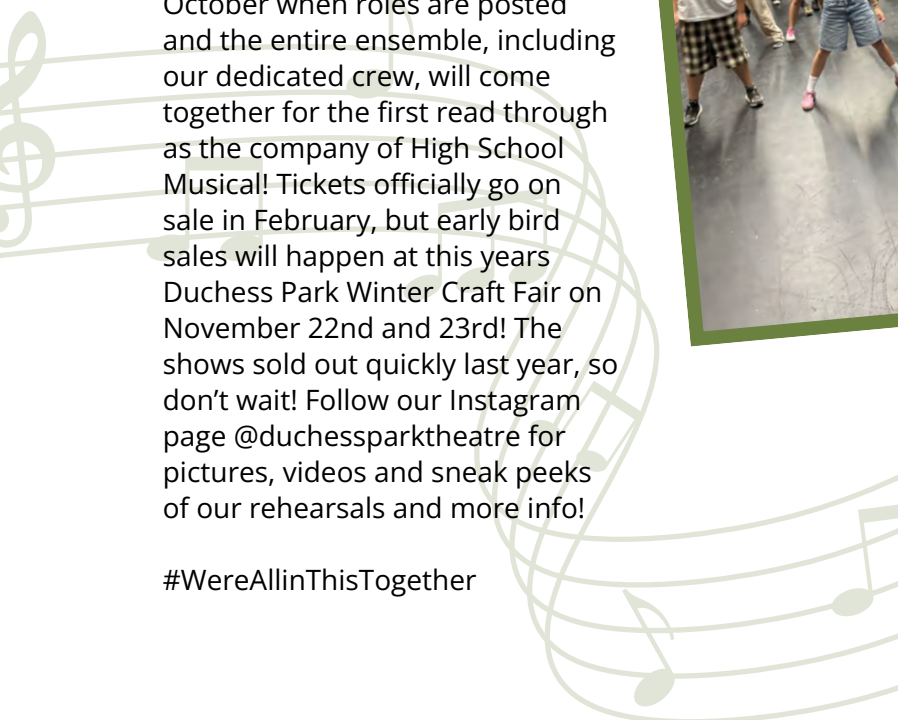
A special thank you to all the Indigenous Education Workers, students, and staff who helped host our luncheons, guided the tours, and made each visit feel so personal and valued. Your generosity, leadership, and hospitality make these connections possible and create lasting memories for both students and Elders.

We warmly invite other schools to consider hosting an Elders and Knowledge Holders Advisory Council meeting in the year ahead. This is a meaningful chance to welcome Elders, share your programs and initiatives, provide students with leadership opportunities, and celebrate Indigenous protocols. If your school is interested, we would love to work with you to schedule a visit and plan a lunch, tour, or special school activity.



 FINE ARTS**Duchess Park Theatre Company proudly presents
DISNEY'S HIGH SCHOOL MUSICAL**

This spring the Duchess Park Theatre Company is proudly presenting DISNEY'S HIGH SCHOOL MUSICAL: ON STAGE! The show tells the story of Troy, a basketball player, and Gabriella, a new transfer student, who meet on vacation and discover a shared love for singing. Upon returning to East High, they decide to audition for the school musical, a move that causes social disruption and conflicts with the established cliques, particularly the drama-loving Sharpay and her brother Ryan. The show explores themes of first love, friendship, and overcoming peer pressure as Troy and Gabriella challenge the "status quo" and inspire others to pursue their diverse interests. With 43 cast members, 25 crew members, and 15 staff members part of the production team, the Duchess Park Theatre Company is sure to have you cheering in your seats this April 21-25, 2026.



Under the direction of theatre teachers Jackie Friesen and Shelby Meaney, auditions began the second week of school and the work will begin in earnest in October when roles are posted and the entire ensemble, including our dedicated crew, will come together for the first read through as the company of High School Musical! Tickets officially go on sale in February, but early bird sales will happen at this year's Duchess Park Winter Craft Fair on November 22nd and 23rd! The shows sold out quickly last year, so don't wait! Follow our Instagram page @duchessparktheatre for pictures, videos and sneak peeks of our rehearsals and more info!

#WereAllinThisTogether





Creative Energy at Duchess: Students Dive into Art and Music

Duchess students are bringing creativity to life this season with exciting projects in both visual arts and music.

In the art room, students are exploring texture and form through paper mâché and clay creations, crafting imaginative pieces that showcase their growing skills. Alongside these hands-on projects, they're also learning about value scales, a foundational concept in art that helps them understand light, shadow, and depth in their work.

Meanwhile, the band class is buzzing with energy as students rehearse new songs in preparation for a performance later in the year. The sounds of practice fill the halls, promising a show that will highlight the musical talent and dedication of Duchess's young performers.

Check out some snapshots from the classroom to see the creativity in action



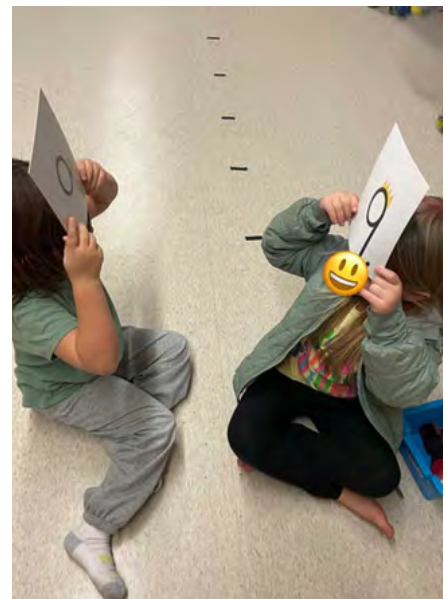


CURRICULUM AND INNOVATION

Some of our Kindergarten classes and Strong Start programs are exploring a new early literacy resource called Sunform.

Sunform is a developmentally appropriate, evidence-based program designed to help children learn letter sounds, read short words (for example, fit, cap), and form letters correctly when printing.

Students are first introduced to a picture clue for each letter, which helps them understand the abstract concept of letters and remember the correct sounds. A key part of the program involves daily games that make learning fun while helping children practice and quickly recall letters and sounds, an important step in building early reading skills. Students really seem to enjoy the interactive nature of the program, and we are excited to continue to support this program throughout the year.





Sports

PGSS and PG Cougars: A Winning Team On and Off the Ice

Prince George Secondary School has long been a home base for high school-aged players from the Prince George Cougars, offering a supportive environment that helps student-athletes balance academics with the demands of elite hockey. Recently, PGSS staff had the opportunity to sit down with several current and former Cougars players to reflect on their time at the school and the impact it had on their development.

Terik Parascak, a standout forward and 1st Round NHL Draft Pick by the Washington Capitals, shared how PGSS helped him thrive both in the classroom and on the ice:

"The resources and support PGSS offer to not only support us at school but also as athletes is incredible. We felt welcome in the school and it provided that welcoming environment like a home away from home."

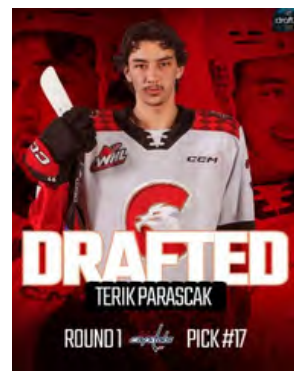
Bauer Dumanski, Team Captain and 5th-year PG Cougar, echoed that sentiment, emphasizing the importance of community and mentorship:

"High school is some of the best times of your life and we're very thankful to have had the support of PGSS to play hockey in the community. A huge shout out to Mary (Mrs. LaMarre) for always going above and beyond to keep us on track and supported."

Lee Shurgot, WHL Bantam Draft 1st Round #9 pick, reflected on how the school helped ease the transition to life away from home:

"The support we had in high school really helped take the pressure off from being away from home. It made the transition way easier and was really great to have some normalcy and routine."

"Continued on next page."





Sports

PGSS and PG Cougars: A Winning Team On and Off the Ice

Jim Playfair, Associate Coach of the PG Cougars, highlighted the vital role PGSS plays in the success of young athletes:

"I believe the relationship between the PG Cougars players attending school and the PGSS staff (Mary LaMarre - counsellor) is a very important component to our players reaching their full potential. The discipline and support that Mary provides allows our players to stay focused on their courses both at home and while we are on the road. Mary deals with each player and their home Province/State on an individual basis so they never fall behind. PGSS and the PG Cougars are a Winning Team!"

Other PGSS alumni currently making waves in the hockey world include:

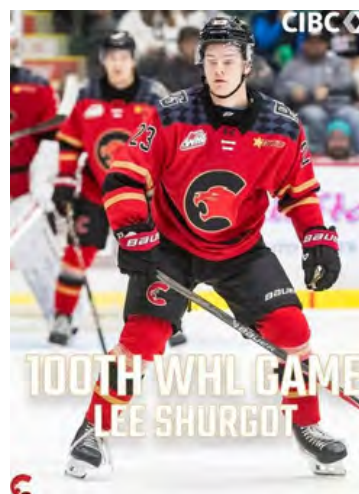
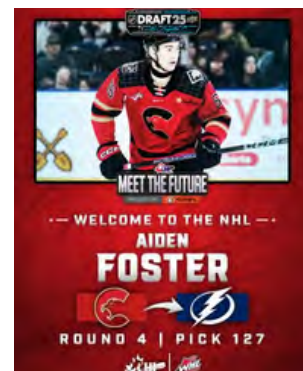
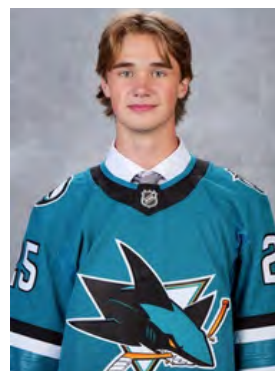
- Jett Lajoie – WHL Bantam Draft 2nd Round #28
- Carson Carels – Projected NHL First Round Pick (June 2026)
- Joshua Ravensbergen – 1st Round NHL Draft Pick (San Jose Sharks)
- Aiden Foster – 4th Round NHL Draft Pick (Tampa Bay Lightning)

The partnership between PGSS and the Prince George Cougars continues to be a model of how schools and sports organizations can work together to support youth in achieving their academic and athletic goals. With dedicated staff like Mary LaMarre and a culture of care and excellence, PGSS remains a cornerstone in the journey of many young hockey players.



From Left to Right...

Stefan Kimpton (Vice Principal, from McBride, BC)
 Lee Shurgot (C, from Saskatoon, SK)
 Terik Parascak (RW, from Lethbridge, Alberta)
 Joshua Ravensbergen (G, from N. Vancouver, BC)
 Carson Carels (D, from Cypress River, Alberta)
 Mary LaMarre (School Counsellor)
 Bauer Dumanski (D, Captain, from Lockwood, SK)
 Jett Lajoie (LW, from Edmonton, Alberta)
 Aiden Foster (LW, from Lloydminster, Alberta)
 Randy Halpape (Principal, from PG, BC)





College Heights Senior Girls Earn 2nd Place at TRU Howlers Tournament

The College Heights Senior Girls volleyball team delivered an outstanding performance at the Thompson Rivers University Howlers Tournament in Kamloops, securing 2nd place out of 40 teams.

Competing against some of the strongest high school teams in the province, the girls demonstrated exceptional skill, focus, and teamwork throughout the tournament. Their consistent play and determination carried them through a series of challenging matches, ultimately earning them a spot in the finals.

Finishing second in such a large and competitive field is a remarkable achievement and reflects the hard work and preparation the team has put in this season. The result also highlights College Heights as a rising force in high school volleyball.

Congratulations to the team on this impressive accomplishment!



 SPORTS

Duchess Park Senior Boys Battle Back to Defeat College Heights at Shas-Ti Kelly Road Tournament



The Duchess Park Senior Boys volleyball team showed grit and determination in a hard-fought victory over College Heights Secondary at the Shas-Ti Kelly Road Volleyball Tournament, held September 19–20.

The match began with College Heights taking the first set, catching the Condors off guard with sharp serves and aggressive net play. But Duchess Park quickly found their rhythm, regrouping to take control of the match and win the next three sets in convincing fashion.

With strong leadership on the court and a deep bench of talent, the Condors turned the tide with consistent passing, powerful attacks, and strategic blocks. Their ability to adapt under pressure was key to their comeback, ultimately securing the win in four sets.

This victory adds to Duchess Park's growing momentum this season and highlights their potential as a top contender heading into zone play and provincial championships later this fall.





Duchess Park Senior Boys Dominate Tournament Weekend

The Duchess Park Senior Boys Volleyball Team delivered an outstanding performance at the tournament held on September 26 and 27 at College Heights Secondary School, earning the championship title with skill, focus, and teamwork.

Throughout the tournament, the Condors demonstrated exceptional court awareness, powerful serves, and strategic plays that kept their opponents on the defensive. Each match highlighted the team's depth and resilience, with players rising to the occasion and executing under pressure.

This tournament victory marks a strong start to the season and sets a confident tone for the months ahead. With momentum building and a roster full of talent, the Duchess Park Senior Boys are ready to take on future challenges and continue their winning ways.

Congratulations to the team on a well-deserved win.



VOLLEYBALL





SPORTS

PGSS Athletes Shine in Early Season Competitions

The PGSS Senior and Junior Girls Volleyball teams kicked off their seasons with impressive performances. The Senior Girls battled through a competitive 32-team tournament in Kamloops, finishing in an outstanding fourth place. Their journey included a thrilling quarterfinal win over their friendly rivals from Duchess Park.



Meanwhile, the Junior Girls dominated their home tournament, securing first place with a decisive victory over College Heights in the final. Both teams continue to show determination and skill as they compete each weekend.

In cross-country running, congratulations go to Grade 8 student Eliza James, who placed third at the Quesnel meet. Eliza's dedication and hard work this fall have set a strong foundation for a promising athletic future.

PGSS is also celebrating the return of Boys Soccer, which is thriving for the first time in many years. With over 20 athletes, most in Grades 8 to 10, the team is building momentum and laying the groundwork for a bright future.



 SPORTS

College Heights Jr. A Girls Crowned Champions at the Kodiak Classic

The College Heights Jr. A girls volleyball team delivered a stellar performance at this year's Kodiak Classic, emerging as tournament champions after a decisive victory over Dawson Creek in the final match.

Hosted at PGSS, the Kodiak Classic is one of Prince George's premier volleyball events, drawing top junior teams from across the region. This year's tournament featured nine competitive teams, each vying for the coveted title in a weekend packed with high-energy matches and standout athleticism.

College Heights showcased exceptional teamwork and resilience throughout the tournament, culminating in a two-set sweep against Dawson Creek in the championship final. Their consistent play, strong communication, and strategic execution earned them well-deserved praise from coaches, spectators, and fellow competitors alike.

The Kodiak Classic continues to be a highlight of the local sports calendar, offering young athletes a chance to compete at a high level and build lasting memories. With this victory, College Heights has firmly cemented its place among the region's top junior volleyball programs.

Congratulations to the College Heights Jr. A girls on their win!





SPORTS

College Heights Volleyball Teams Dominate October Tournaments

It was a weekend to remember for College Heights Secondary School as both the Junior A and Senior Girls volleyball teams delivered standout performances in their respective tournaments.

On October 3-4, the Junior A Girls made their mark at the Shas-Ti Kelly Road Tournament, battling through a competitive field to emerge as tournament champions. Their teamwork, resilience, and sharp execution on the court earned them the top spot, showcasing the depth of talent in the program's younger ranks.

Not to be outdone, the Senior Girls hosted their own tournament at College Heights and put on a clinic of consistency and dominance. The Cougars went a perfect 6-0, sweeping every match and claiming the championship title on home court. Their undefeated run was a testament to their preparation, chemistry, and leadership, especially from their Grade 12 veterans.

These victories highlight the strength and unity of the College Heights volleyball program, with both teams setting the tone for a promising season ahead. Congratulations to all the players and coaches for their hard work and success!





SPORTS



D.P. Todd Athletics Excel Across Sports

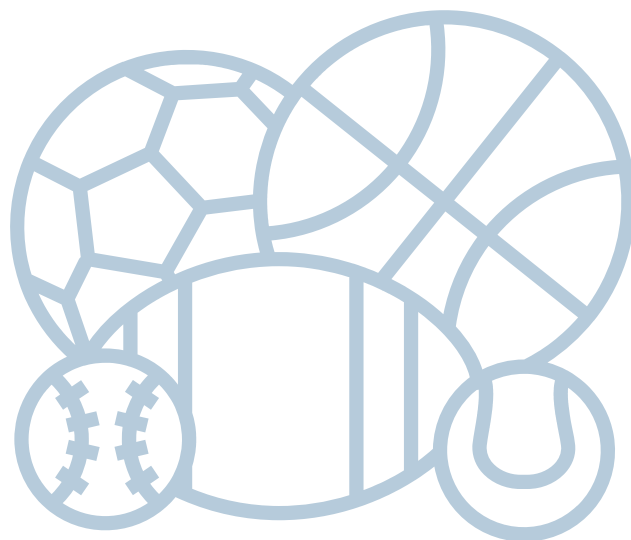
D.P. Todd Secondary athletes delivered outstanding performances across multiple sports during the weekend of October 18–19, showcasing their skill, determination, and school spirit.

In cross country, Clara Campbell claimed first place in the senior girls division, continuing her strong season. The junior boys cross country team also impressed, finishing first overall in their category.

On the volleyball courts, the junior boys team won their tournament, demonstrating excellent teamwork and competitive grit. The senior boys volleyball team placed third in their tier at the Best of the West tournament, while the Junior A girls earned a solid fourth-place finish.

The senior boys soccer team had a thrilling run at zones. After narrowly missing a spot in the finals due to penalty kicks, they went on to compete in the bronze medal match, ultimately falling in overtime.

Congratulations to all D.P. Todd athletes and coaches for a weekend filled with memorable moments and impressive results!





SPORTS

College Heights Senior Girls Claim Bronze at UBCO Heat Tournament

The College Heights Secondary Senior Girls volleyball team delivered an outstanding performance at the UBCO Heat tournament held October 9-11 in Kelowna, BC. Competing against a field of 32 elite teams from across the province, the Cougars fought their way to a well-earned **3rd place finish**, demonstrating exceptional skill, teamwork, and resilience.

The tournament culminated in a thrilling bronze medal match against their rivals from Vernon Secondary. With intensity and focus, College Heights secured the victory, capping off a weekend of high-level volleyball with a memorable win.

Throughout the three-day event, the Cougars showcased their depth and determination, rising to the challenge against some of BC's strongest programs. Their success at UBCO marks a significant milestone in their season and sets a confident tone for the competitions ahead.

College Heights fans and supporters have much to celebrate as the Senior Girls continue to build momentum and aim for even greater achievements in the weeks to come.





• SCHOOL DISTRICT 57 •