



**SCHOOL
DISTRICT
57**

**Quarterly Newsletter
SPRING 2026**

**New Season, New
Possibilities!**

SCHOOL DISTRICT 57 QUARTERLY NEWSLETTER



IN THIS ISSUE

- MESSAGE FROM SUPERINTENDENT (P 3)
- FEEDING FUTURES (P 4)
- DSAC UPDATES (P 5-8)
- CAREER PATHWAYS (P 9)
- ELEMENTARY SCHOOLS UPDATES (P 10-12)
- SECONDARY SCHOOLS (P 13-19)
- STUDENT SPOTLIGHT (P 20-26)
- FINE ARTS (P 27)
- SPORTS (P 28-32)



Welcome Back from the District Student Advisory Council

Happy spring! As we return from the break, the District Student Advisory Council is pleased to present another issue of our district newsletter to recognize and celebrate the accomplishments of students, teachers, and schools across the district.

Our schools have been busy over the past few months, with many exciting events, achievements, and initiatives taking place. From academics and athletics to leadership and community involvement, students and staff continue to demonstrate dedication, creativity, and school spirit. This newsletter is a testament to the hard work and commitment that help make our district such a strong and supportive learning community.

We would like to give a big thank you to our amazing students, dedicated staff, and supportive community members who contribute their time, energy, and passion to our schools every day. Your efforts make a lasting impact and help create meaningful opportunities for students across the district.

As we move into the final months of the school year, we look forward to seeing the rest of the accomplishments and celebrations happening within our schools.

We wish everyone the best in the remaining months of school!



SUPERINTENDENT'S MESSAGE

As the last months of the 25/26 school year approach, I am pleased to share that we continue to make progress on many fronts.

We have seen improvements in our academic results; including Literacy, Graduation and engagement rates.

We are fortunate to have extremely dedicated staff who strive to ensure that students have a positive and welcoming experience at school each day. Our staff know our students, and they are connected to your student; these relationships are the foundation of helping each student become the best they can be.

Our DSAC students continue to be engaged in many community, and school engagements and their work and genuine involvement in the overall structure of SD57 is one that I continue to feel very positive about.

I am looking forward to the events that Spring will bring us; cultural celebrations, performing arts, sporting events and of course, year end ceremonies and Graduations.

It is a privilege for me to serve as the Superintendent/CEO of SD57 and I continue to enjoy the role connecting with schools, staff and community whenever I can.

I thank you for your continued support of our system and your child.

My best to each of you!

– Jameel Aziz

Message from the Board of Education

Spring is often an exciting time to be a trustee. In April, our board will be travelling to Vancouver for our Annual General Meeting (AGM) where over three hundred trustees from school boards around the province of BC come together to collectively set the direction of priorities for its membership.

This work comes in the form of motions brought forward to the assembly where they are debated and either defeated or carried. Once motions are carried, they are then set as the workplan for the 2026-27 for the BC School Trustees Association.

Our local board of education in School District 57 is continuing its goal of completing a full policy review prior to this October's civic election, where the current board will have reached its four-year term, and a new board will be elected. Some trustees may run again to continue their work, and others may choose not to seek re-election.

In addition to these projects, trustees are also responsible for overseeing the process of creating a new strategic plan. Strategic plans, policy and budget- these are all very big parts of the role of a school trustee.

But spring is largely an exciting time to be a trustee because we often get to witness events like the DSAC Leadership event, school plays, art battles and graduations. We wish schools, students, staff and families a wonderful spring full of meaningful learning and fun opportunities to build community.



Feeding Futures

SD 57 - Feeding Futures Together!

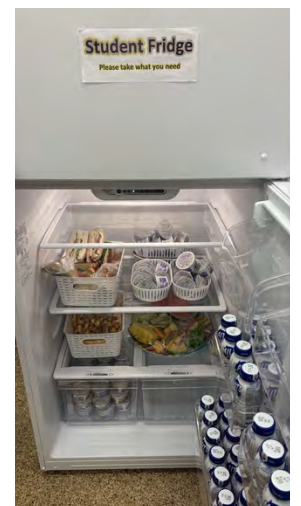
"Hungry happens...Snacks help!"

Thanks to district funding from Feeding Futures, PGSS has been able to provide significant food support to our student population through breakfasts, lunches, and our Grab and Go snack station locations in our school.

The Grab and Go program involves the placement of snack baskets in classrooms, offices, and support spaces throughout the building. The intention of this program is to provide food support while also encouraging students to remain in their classrooms, strengthening connections with teachers and other staff, bridging into spaces that can feel difficult to enter for some students, and providing additional insight into food insecurity in our building. This program is highly effective and has been well received by both staff and students.

In addition to the Grab and Go baskets, students can freely access snack foods, milk, and fresh food items from multiple support spaces in our school. Through designated student fridges and open snack shelves that are constantly stocked with food, students can access food that is readily available; can be taken without asking; and is there solely for them.

Hundreds of students access food support through Feeding Futures backed programs at PGSS every day. We are grateful to be able to provide this support!





Pineview Hosts Black History & Leadership Conversation

On February 26, students at Pineview gathered for a meaningful conversation in recognition of Black History Month, focusing on leadership, identity, and the importance of diverse voices in shaping strong school communities.

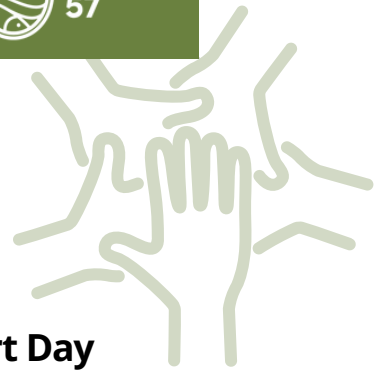
The session part of an ongoing district effort to support inclusive learning, invited students to reflect on the contributions of Black leaders throughout history and within Canada. The conversation encouraged students to consider how leadership emerges through resilience, advocacy, and everyday actions that strengthen community.

Students explored questions around representation, what it means to be a leader in their school, and how understanding diverse histories can empower them to use their voices in positive ways. The discussion aimed to build confidence, cultural awareness, and a sense of belonging among all participants.

Staff at Pineview noted that the event created space for thoughtful dialogue and curiosity, with students actively contributing ideas and making connections to their own experiences. The session wrapped up with students identifying ways they can show leadership in their school through kindness, initiative, and supporting peers.

The district continues to explore opportunities for similar conversations across schools to promote understanding, celebrate diversity, and nurture young leaders.





DSAC Supports Pink Shirt Day Through Community Reader Event at Ron Brent Elementary

On February 25th, students, staff, and community members came together at Ron Brent Elementary for a special Pink Shirt Day Community Reader Event, an initiative supported by the DSAC to promote kindness, connection, and positive school culture across the district.

From 9:00–9:30 a.m., classrooms throughout Ron Brent were filled with guest readers, including DSAC representatives, sharing stories that celebrated empathy, inclusion, and standing up against bullying. The event was designed to spark meaningful conversations with younger learners and highlight how small acts of kindness can create welcoming, supportive learning environments.

Pink Shirt Day has long been a key moment in the school year for building awareness around bullying prevention, and DSAC's involvement underscores the leadership role students play in shaping safe, caring schools. By participating as readers and role models, DSAC students demonstrated the power of student voice and the importance of cross-school collaboration.

This initiative reflects one of DSAC's core goals: strengthening community through purposeful engagement. Seeing older students inspire younger ones through storytelling not only enriched Pink Shirt Day at Ron Brent Elementary but also reinforced a district-wide commitment to fostering respect and understanding.

The event was a joyful reminder that kindness grows strongest when shared and that every student, regardless of age, can contribute to a more compassionate school community.





DSAC Students Step Up to Support Northern Games at Nusdeh Yoh Elementary

The spirit of leadership, community, and cultural celebration was on full display as student leaders from the District Student Advisory Council volunteered their time and energy to support the Northern Games at Nusdeh Yoh Elementary. The event, rooted in Indigenous traditions and athletic skill, brought together students of all ages for a day filled with learning, teamwork, and laughter.

DSAC students played a key role in helping the event run smoothly. From guiding younger students through the games to demonstrating events, cheering on participants, and helping staff set up and organize rotations, their presence made a meaningful impact. Their leadership not only supported the flow of the day but also helped create a welcoming and inclusive environment where all students felt encouraged to take part.

The Northern Games celebrate physical strength, coordination, endurance, and community connection. For many DSAC members, supporting this event was a chance to learn about Indigenous culture and traditions directly from the school community, while also contributing in a hands-on, meaningful way.

Nusdeh Yoh staff expressed gratitude for the help and enthusiasm the DSAC students brought. Their leadership helped ensure the event remained safe, fun, and engaging for everyone involved. Moments like these highlight the importance of connection between schools, where older students can uplift younger learners and strengthen relationships across the district.

Welcome





Community Schools Hockey Tournament Highlights Opportunity and Inclusion

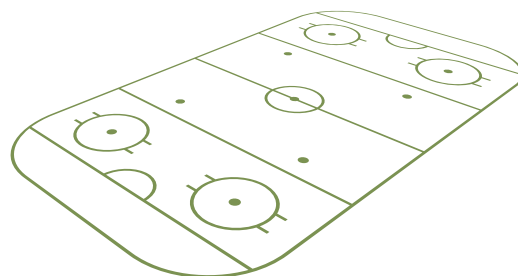
On Friday, March 13th, from 9:30 a.m. to 1:30 p.m., Community Schools welcomed students from across the district to participate in a unique and uplifting hockey tournament designed with a clear purpose: creating access to the game for students who may not otherwise have the chance to get on the ice.

This special event brought together learners of all skill levels, many of whom were lacing up skates for the very first time. With an emphasis on fun, teamwork, and belonging, the tournament showcased the power of inclusive programming and the positive impact that community partnerships can have on student experiences.

Throughout the day, players rotated through friendly matchups, supported by school staff, community volunteers, and enthusiastic peers filling the stands. The atmosphere was energetic and encouraging as students celebrated one another's efforts. Whether it was a first goal, a great pass, or simply finding the confidence to glide across the ice.

By removing barriers to participation, Community Schools continues to broaden opportunities for students to try new activities, build connections, and develop confidence in a supportive environment. Events like this tournament highlight the district's commitment to ensuring that every student can experience the joy and community spirit that school athletics can offer.

The day concluded with high-fives, smiles, and a shared sense of accomplishment reminders of why inclusive events matter and how they help strengthen our school communities.





CAREER PATHWAYS

Students Shine at Regional Skills Canada Junior Wind Turbine Competition

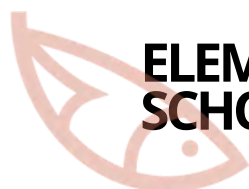
On February 27th students from SD 28, SD 57, and SD 91 were invited to compete in the Skills Canada Junior Skills Wind Turbine Competition at the John McInnis Centre for Learning. Skills Canada BC has various junior and secondary competitions that focus on hands-on learning and skilled trades/technology skills. Through support from Skills Canada BC, School District 57 Career Pathways and sponsorship from Innergex, a renewable energy company that currently in various stages of building wind turbines in our province, we had a very successful event held in our community.

For the wind turbine event, each team had already competed at their school and already had experiences with prototyping and testing blades. The wind turbine blades were made out of balsa wood that were finely tuned and shaped with sandpaper, mounted on a hub, and then angled with a specialized protractor to determine the most efficient pitch. The team which produced the most energy over a one-minute duration would determine the final winner.

We had seven teams join the event from Foothills and Beverly Elementary. The first and second place teams came from Lakeview Elementary in Quesnel and a third place finish went to Beverly Elementary. On April 15th our regional winning team will have an opportunity to compete at the provincial competition held in Abbotsford.

Thank you to our local judges Rob Van Adrichem from the Community Energy Association and Kaia Bjorkland from LTN Energy who supported the competition. We look forward to seeing future participants with our next year competition in February 2027!





ELEMENTARY SCHOOLS



Vanway Elementary Choir Shines at Prince George Cougars Games

Vanway Elementary's choir once again brought music, energy, and school spirit to the community this season with two outstanding performances at Prince George Cougars home games. Led by choir directors Alison Landry and Tim Krause, the choir has established an annual tradition of performing during the first intermission an opportunity that continues to be a highlight for students and families alike.

On Saturday, December 13th, the choir took the ice-side stage at a sold-out Teddy Bear Toss game, performing "A Caribou Country Christmas," a playful local rendition of Amy Grant's "A Tennessee Country Christmas." The lively performance complemented one of the Cougars' most popular community events of the year.

The choir returned for its second appearance of the season on Saturday, March 7th, singing "Try Everything" by Shakira to another near-capacity crowd. Both performances showcased the talent and confidence of Vanway students, who represented the school proudly in front of 4,000–6,000 spectators each night.

Beyond the performance itself, students in Grades 4–7 were treated to several unforgettable behind-the-scenes experiences courtesy of the Prince George Cougars. Highlights included the high-five tunnel, where players greet young fans on their way to the ice, and exciting Fanboni rides memories students won't soon forget.

"Each game is such an incredible opportunity for our students to perform for the community," said music and French prep teacher Alison Landry. "The Cougars have been amazing hosts and always make the experience extra special for our choir."



Heritage Supports Diversity

Students are diverse. What each child needs to be successful differs. This year at Heritage, we had the opportunity to create a unique and varied Learning Intervention Support Program. There are 8 non-enrolling teachers, including the Principal and Vice Principal who lead the various programs. Each program's goals are based on students' Individual Education Plan (IEP) goals.

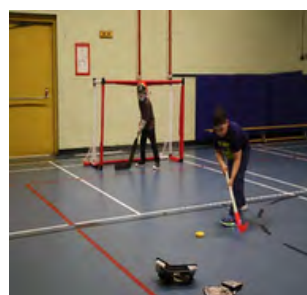
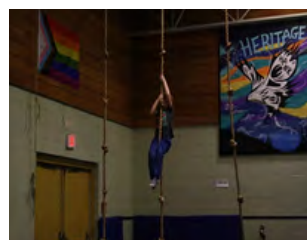
In collaboration with our District Occupational Therapist, an Adapted Gym program was created for those students who are challenged by noise levels and large numbers in regular gym classes. Often these students sit out or avoid coming to the gym at all for the reasons mentioned above. The Adapted Gym classes range from 6 to 12 students where the focus is movement skills like jumping, climbing, and running as well as a basic sports' skills and game play.

There is a Tech Support Program that supports reading literacy and keyboarding in a small group environment. Both one-on-one and small group intervention, targets basic literacy skills (reading writing and oral language).

The daily Turn Taking Groups are where students learn basic game skills like turn taking as well as sportsmanship, humility and empathy for those we play with. The games played here are common board games and card games.

The Fine Art Intervention Program focuses on using different types of art mediums (drawing, painting and creating) to guide students with self-expression. Music is also used for movement (dancing) and creating (with instruments).

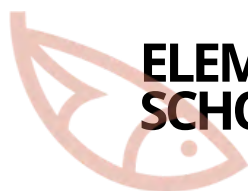
The weekly Life Skills Cooking Program focuses on cooperation and learning basic cooking skills while the weekly Social Skills Group focus on building positive peer relationships and strengthening social-emotional skills.



In the short time these programs have been in place, we are noticing the learning that is occurring in the different programs is being transferred to other settings like the regular classroom during instructional time and on the playground at break times. We are also seeing community being built within the groups and friendships being formed. The social connections students are making with others in their groups are being transferred outside during playtime. Students who once felt like they "had no friends" now have people to seek out and play with. We are also seeing reading confidence in those students who struggle with reading improve.

We are immensely proud of our Learning Intervention Support Program. The impacts have been positive and are widely felt throughout the school.

Supporting diversity supports everyone.



ELEMENTARY SCHOOLS

Nusdeh Yoh's Literacy Intervention Program: A Growing Success

At Nusdeh Yoh, literacy is more than a subject, it's a foundation for lifelong learning. For the second consecutive year, the school has implemented a daily literacy intervention program that is transforming student achievement and confidence.

The program takes place every day across the school, ensuring all students engage in focused literacy development for a minimum of 30 minutes. Students work in small groups with an adult, receiving targeted instruction at their individual level. This personalized approach allows learners to progress at their own pace, moving between groups as their skills grow. The goal is simple: meet every student where they are and challenge them to reach their full potential.

The results speak for themselves. Data shows remarkable improvement in students literacy achievement, nearly doubling, with the number of students who are either on track or exceeding grade level expectations. These gains highlight the power of consistent, tailored instruction and the dedication of Nusdeh Yoh's staff.

This program reflects the school's commitment to student success and its belief in the strength of community-based learning. With continued growth and innovation, Nusdeh Yoh is setting a powerful example of how focused intervention can make a lasting impact.



SECONDARY SCHOOLS

PGSS Voices for Reconciliation Committee- Ribbon Skirt Learning Day

The Voices for Reconciliation Committee is made up of PGSS staff members from diverse disciplines and cultural backgrounds, working together to create meaningful opportunities for learning, reflection, and connection across our school community.

Our first event was Ribbon Skirt Learning Day, held on Wednesday, January 7, 2026. National Ribbon Skirt Day is recognized annually on January 4, and our school was proud to honour this important day through student learning and celebration.

Shana Labatch, a Junior Elder, guided students through stories, reflections, and song, helping them explore the cultural and personal significance of ribbon skirts. Students then reflected on their own identities and expressed their learning by designing ribbon skirts and creating ribbon-skirt cookies.

A very special thank you to Martina Spooner, whose powerful ribbon skirts were displayed throughout the school and helped bring this learning to life for students and staff.

We are grateful for the opportunity to learn together and look forward to continuing this important work through the PGSS Voices for Reconciliation Committee.





Mackenzie Honors Two Outstanding Graduates With Weight Room Dedication

On March 11, 2026, the District of Mackenzie celebrated two exceptional Mackenzie Secondary School alumni by naming the local Recreation Centre's weight room in their honor. The newly dedicated Northcott-Surgenor Weight Room recognizes the achievements and character of Pierce Northcott (Class of 2026) and Bryce Surgenor (Class of 2021) two athletes whose partnership and dedication have inspired the community.



The official opening was led by Mayor Joan Atkinson, joined by Counselors Brumovsky, Wright, and Andy Barnes. Counselor Barnes spoke warmly about Pierce and Bryce, acknowledging both their athletic accomplishments and their positive influence on others in the community.

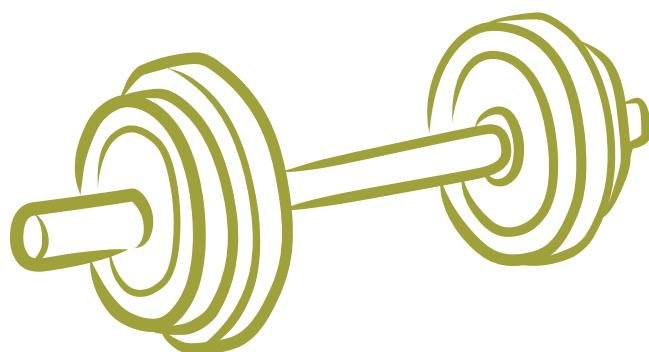


Pierce Northcott made headlines in July 2025 at the BC Special Olympics when he set a world record, deadlifting an incredible 451 pounds. Known not only for his strength but also for his kindness and uplifting spirit, Pierce has become a role model for athletes across the region.

His coach, Bryce Surgenor, is also an accomplished powerlifter with an impressive competitive record. Bryce's passion for the sport and unwavering support for Pierce have contributed significantly to Pierce's success, reflecting a powerful partnership built on trust, mentorship, and shared dedication.

The District of Mackenzie and Mackenzie Secondary School honored the pair for their athletic excellence, perseverance, and positive impact on local youth. Their achievements embody values of hard work, sportsmanship, and community spirit qualities the district hopes all young athletes will aspire to.

The Northcott-Surgenor Weight Room now stands as a symbol of their legacy and a reminder of what can be achieved through commitment, teamwork, and heart.





SECONDARY SCHOOLS

Social Justice meets Amnesty International at ACP

Who knew that writing letters could save lives? The Social Justice class did! On January 28th, the Social Justice class of the Alternate Community Program hosted a "Write For Rights" event through Amnesty International. Amnesty is an international Human Rights Advocacy group who works to defend people around the world who's rights are being violated.

The event lasted all day with visitors from every class as well as Upper Administrators and Inclusive Education. We collected over 300 petition signatures and wrote over 35 letters in support of victims and their families, as well as to their governments demanding justice!

Throughout the year, Social Justice students will focus on timely themes such as Black History Month, Pink Shirt Day, Missing and Murdered Indigenous women (Red Dress day), Climate Justice (Earth Day) and personal passion projects - all while, earning their Social Studies credits. "I've never seen that student sit and write for so long before" said one teacher.

Not only did students make a difference for others, they made a difference for themselves. Studies show that advocacy for others boosts our mental health by; providing a sense of purpose and meaning, building connections, and empowerment to become agents of change.

Thank you to all the staff and students who participated. Our words are powerful and we wrote "like a life depended on it". To learn more about how to host a Write for Rights event at your school, an ABUNDANCE of free resources (posters, stickers, pens, T-shirts, letter writing samples) will be sent to you by visiting: amnesty.ca/write-for-rights





Literacy Enrichment 8 at Shas Ti Kelly Road: Building Skills, Confidence, and a Love of Reading

Literacy Enrichment 8 students at STKR spent the semester immersed in a supportive, encouraging environment designed to strengthen foundational literacy skills. Each day, students engaged in structured practice with phonics, morphology, vocabulary, and spelling core components that helped them better understand how words are built, decoded, and read with confidence.

Novel studies played a central role throughout the semester, giving students the opportunity to apply their growing skills in meaningful and enjoyable ways. Paired with ongoing fluency work, these activities helped students build automaticity while deepening their comprehension and connection to the texts.

In addition to their daily routines, students focused on a weekly reading skill such as making predictions, summarizing effectively, or using strategies to tackle unfamiliar words. These targeted lessons encouraged students to think more deeply about what they read and develop strategies that support them as growing readers.

The result was a semester grounded in growth, consistency, and positive momentum. Students not only strengthened essential literacy skills but also developed greater confidence and a genuine enjoyment of learning. And of course, there was plenty of fun and celebration woven throughout the journey making Literacy Enrichment 8 both productive and rewarding for all involved.

ABC





SECONDARY SCHOOLS

DP Todd Student Creates Powerful Art Project Honouring Filipino Heritage and Mental Health Advocacy

DP Todd Secondary student Trisha Zafra, enrolled in Art Studio 12, has created a compelling final project that blends artistic skill with cultural storytelling and social awareness. Her work features two contrasting pieces that explore both the struggles and the resilience of the Filipino people, while paying tribute to an influential young advocate for mental health.

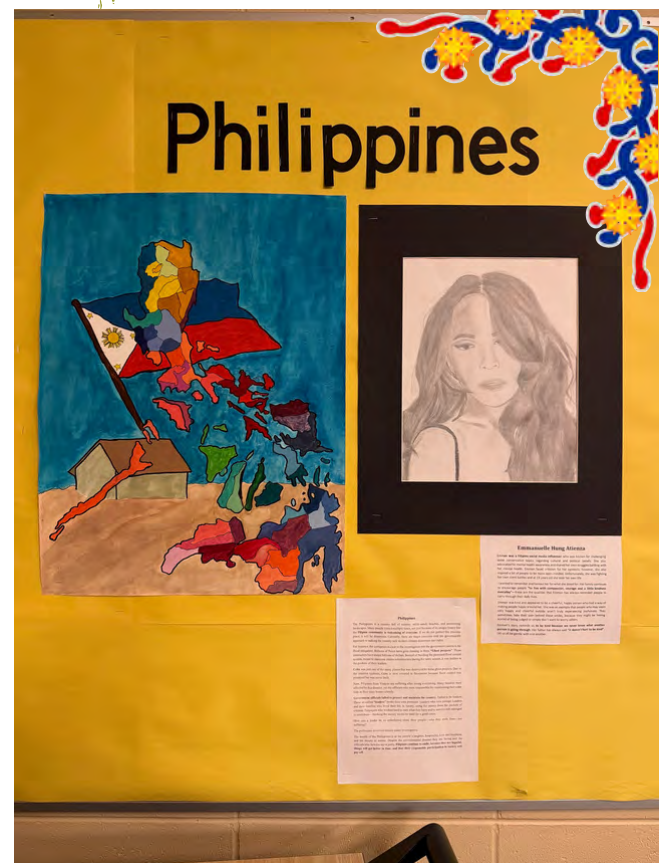
The first artwork is a vibrant gouache painting of the Philippines, where darker regions represent areas heavily affected by corruption. Despite these hardships, Zafra highlights the enduring optimism and perseverance that define Filipino communities.

A striking element of this piece is the floodwater painted along the bottom of the map, symbolizing one of the nation's most persistent challenges. Zafra uses this imagery to raise awareness about ongoing flooding issues and the long-promised yet still unbuilt flood-control system.

Her second piece is a portrait of Emmanuelle Hung Atienza, a well-known social media figure remembered for her mental health advocacy. Zafra chose to honour Atienza's legacy because of the powerful message of kindness and compassion she promoted through her online platforms.

Zafra credits her progress to skills she developed in earlier courses, most notably a Grade 10 portrait project for Black History Month and to the guidance of her teacher, Denae Stegeman, who supported her in strengthening her technique and creative confidence.

She describes the final project as the product of "a lot of time, effort, and practice" and hopes her work encourages others to learn more about Filipino culture, current social issues, and the importance of mental health advocacy.





SECONDARY SCHOOLS

Duchess Park Sr Boys Named Sport BC's Team of the Year

The Duchess Park Senior Boys volleyball team has earned one of the province's highest honours, being named Team of the Year at Sport BC's 58th Annual Athlete of the Year Awards. The recognition caps off a truly remarkable 2025 season for the Condors one defined by dominance, resilience, and historic achievement.

The Sr Boys assembled an unforgettable campaign, collecting four banners and six tournament titles, including victories at the AA Provincial Championship, North Central Zones, Kodiak Classic, City Championship, and the Cedars, CHSS, and STKR tournaments. Their performance at Provincials was particularly impressive: the Condors went undefeated, sweeping every match on their way to a dramatic five-set championship-final win over Richmond Christian Eagles.

Their consistency was unmatched throughout the season. Duchess Park posted a 48–8 overall record, put together a 16-match winning streak, and held a spot in the top three of the BC rankings for 10 of 11 weeks, reaching the #1 position five times. The team also secured a record-setting fifth consecutive zone championship, further solidifying the program's place among the best in the province.

Beyond the statistics, the team's journey stands out for the challenges they overcame. After seasons marked by adversity and rebuilding, this year's group rose to every occasion demonstrating exceptional teamwork, discipline, and competitive spirit. Their ability to elevate their game against both local and provincial opponents speaks to the strength and depth of the Condors' volleyball program.

Congratulations to the Duchess Park Sr Boys on an extraordinary season and a well-deserved provincial honour. Their accomplishments have set a new benchmark for excellence and continue to inspire athletes across the district.





SECONDARY SCHOOLS

College Heights Secondary Continues Long-Standing Cultural Exchange with Tokyo Sister School

College Heights Secondary School (CHSS) continues to nurture its long-standing international partnership with Daito Bunka Daiichi High School in Tokyo, Japan. The cultural exchange between the two schools remains a highlight for many students and an important part of CHSS's commitment to global learning.

Each February, a group of 15–20 CHSS students travels to Tokyo for a two-week cultural immersion. While in Japan, students live with host families, take part in classroom activities, and experience life in one of the world's most vibrant cities. From navigating public transit to participating in cultural excursions, students gain firsthand exposure to Japanese language, traditions, and daily life.

In March, Daito Bunka Daiichi students arrive in Prince George for their portion of the exchange. They join CHSS classes, stay with local host families, and take part in activities that highlight northern B.C.'s culture and community. The two-way exchange gives both groups of students meaningful opportunities to share their traditions and build connections across cultures.

The program is open to CHSS students in Grades 10–12 who are enrolled in Japanese language classes. It provides an authentic environment for students to apply their language skills while developing global awareness, independence, and lifelong friendships.

Through shared experiences, whether exploring Tokyo or participating in local activities in Prince George, the partnership between CHSS and Daito Bunka Daiichi High School continues to thrive, fostering understanding and strengthening cultural ties between the two communities.





STUDENT SPOTLIGHT



A Sweet Cause: DP Todd's Pie-A-Senior 2026

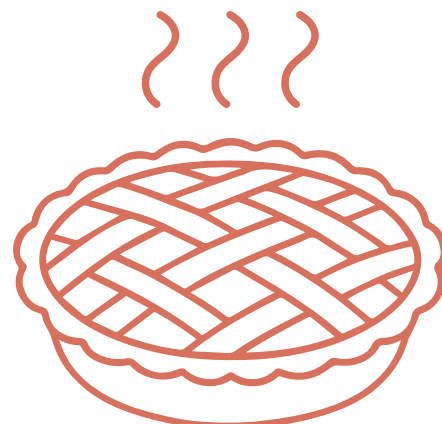
Submitted by Gillan Atim

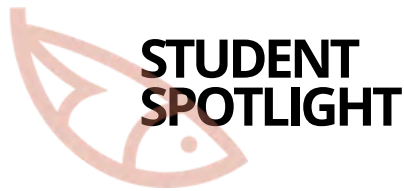
On Friday, February 13th, DP Todd Leadership brought early Valentine's Day spirit to the school with the annual Pie-A-Senior fundraiser. Organized by the dedicated leadership team, this year's event once again raised money in support of Foundry Prince George, an organization that provides free and confidential mental-health and wellness services for young people ages 12-24.

Throughout the day, students and staff had the chance to donate for the opportunity to pie a senior of their choice. Participation was high, and the energy around the school was upbeat as everyone came together for a lighthearted cause. By the end of the event, the community had collectively raised a meaningful amount to support the important work carried out by Foundry.

The success of this Valentine's fundraiser is a credit to the leadership students, the seniors who volunteered to get pied, and leadership teacher Ms. Wells for guiding the event. Their teamwork helped create a fun, positive atmosphere while raising awareness and funds for youth wellness in Prince George.

Pie-A-Senior continues to highlight how generosity and a little bit of whipped cream can make a big difference. Thank you to everyone who contributed to making Pie-A-Senior 2026 such a memorable and impactful day.





STUDENT SPOTLIGHT

Senior Boys AA Zones: Leadership Hosts In-School Showcase Game

Submitted by Abigail Lloyd

Students and staff were treated to an exciting afternoon of basketball as Leadership organized an in-school game for the Senior Boys AA zones. The event brought great energy to the gym and gave the school community a chance to cheer on local athletes in a competitive and spirited matchup.

Adding to the atmosphere, the STKR school band performed live throughout the event, playing during halftime and breaks in the action. Their music helped create a lively, memorable environment for both players and spectators.

Tournament All-Stars Announced
Following strong performances throughout the tournament, the all-star selections were announced:

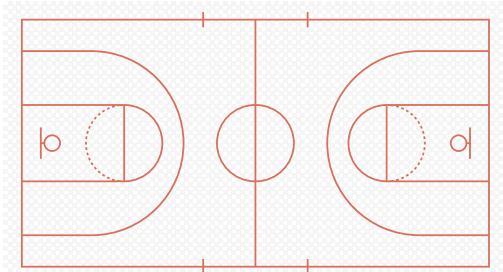
First Team All-Stars

- Teagen Vanengmond (STKR)
- Jake Samis (D.P. Todd)
- Markus Sale (D.P. Todd)

Second Team All-Stars

- Wyatt Hill (STKR)
- Colby Van Camp (STKR)
- Andrew Bertrand (D.P. Todd)

Congratulations to all the athletes recognized for their outstanding play, and thank you to everyone who helped make the event such a success.





STUDENT SPOTLIGHT

RCMP Youth Academy Takes Over College Heights During March Break

Submitted by Niko Santos

College Heights Secondary School became a training ground for future law enforcement officers over Spring Break, as the RCMP hosted a Youth Academy designed to give Northern BC teenagers an inside look at police training.

From March 15 to March 21, while the school was closed for the break, 26 students participated in the immersive program, experiencing what RCMP training, commonly known as "Depot" is like. Students lived on site alongside their RCMP facilitators, sleeping, eating, and learning at the school throughout the week.

Participants took part in hands-on training activities such as drill practice, handcuffing techniques, and running the Police Fitness Assessment (PFA). The academy also included classroom learning, with sessions on Indigenous policing, Criminal Code offences, and powers of arrest. Students had the opportunity to meet with members of the forensic identification and canine units, as well as tour the RCMP hangar, providing a broad look at the many specialized areas within policing.

The RCMP Youth Academy offered students a unique, real-world experience and valuable insight into a potential future career in law enforcement.





STUDENT SPOTLIGHT

CHSS Senior Boys Reflect on Their Memorable Provincial Championship Experience

Submitted by Maggie Glover

The College Heights Secondary School Senior Boys Basketball team capped off their season with an unforgettable trip to the BC AAA Boys Basketball Provincial Championships. For the seniors, this milestone represented both a competitive challenge and the emotional culmination of their high school basketball journey.

While the games were intense, senior Jeona Gill highlighted that the most cherished memories came from time spent together off the court.

He reflected on travelling with teammates, exploring the city, late-night walks, team dinners, and meeting players from other schools. These shared experiences, he said, are the moments that will stay with them long after the season has ended.

Senior Tolu Bankole noted the significant jump in competition at provincials. Playing against larger schools and standout athletes including nationally recognized players was both challenging and motivating. Despite tough matchups, the team earned a win and embraced the opportunity.

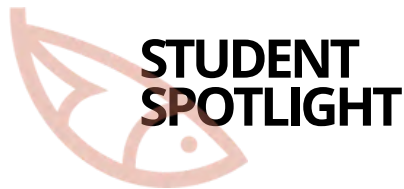
Tolu emphasized how meaningful it was simply to be there, recognizing that many athletes never get the chance to compete at this level. He described the tournament as both a privilege and an invaluable learning experience.

For Caleb Fuller, the tournament required mental resilience. Although the team entered provincials with the goal of winning, an early loss prompted a shift in perspective. Caleb shared that the boys quickly realized this would be their final opportunity to play together. With that in mind, they focused on pride, effort, and finishing their season united.



Senior Carson Connelly explained the detailed preparation that went into the team's performance. The coaching staff and players studied scouting reports, planned defensive matchups, and implemented new offensive sets designed to target opponents' weaknesses. Knowing the speed and intensity of provincials would be higher than local competition, the team pushed themselves in practice to match that pace.

The CHSS Senior Boys concluded their season with memories that extend far beyond wins and losses. Their time at provincials represented growth, gratitude, and the bond built over years of playing together. As the seniors move on to new opportunities, the experience serves as a meaningful end to their high school basketball careers.



STUDENT SPOTLIGHT

Centralized Meals Program Continues to Support Students Across SD57

Submitted by Hailey Baker

The district's Centralized Meals Program has come a long way since its unexpected beginning in the spring of 2020. When the COVID-19 pandemic shut down schools and staff were no longer in buildings, the district faced a pressing question: how would students continue to access the food they relied on each day?

Before the pandemic, each school was responsible for operating its own meal program. But with buildings closed and routines disrupted, meals workers from across the district came together at Prince George Secondary School to prepare lunches for students. These meals were then delivered to schools throughout the city, ensuring that no student went without support. What began as a short-term emergency response quickly became a lifeline for families across Prince George.

In those early months, senior administrators played key roles in shaping and guiding the initiative. When the district's catering contract ended, they made the decision to extend the program into the 2020–2021 school year. What started as a temporary measure soon proved its long-term value: the program was successful, sustainable, and deeply needed. As a result, it became a permanent part of the district's support system for students.

A major shift came in 2023 with the introduction of the provincial Feeding Futures initiative. The funding it provided allowed the district to further expand and improve school lunch programs. As the first Principal of Feeding Futures, Monica Berra worked closely with schools to determine their needs, secure equipment upgrades, and ensure that new resources were distributed effectively.



Today, the program is led by Principal Harmen Kailay, with Erik Vliegenthart the original developer of the SD57 Centralized Meals Program now serving as a Coordinator for Feeding Futures. Their shared goal remains consistent with the program's earliest days: to support as many students as possible by ensuring they have access to nutritious meals whenever they need them.

What began as an emergency response has grown into a lasting, district-wide commitment to student well-being one that continues to evolve and strengthen with each passing year.

Pictured:

- Desire McCarthy
- Tammy Smith
- Robyn Dyck
- Erik Vliegenthart
- Tammy Smith

STUDENT SPOTLIGHT

Quinson Elementary Celebrates Their Very Own Winter Olympics!

Submitted By Jaden, Brooklynn, Kristy, and Chance

Quinson Elementary proudly hosted its own Winter Olympics, with students representing countries from around the world and competing in classic Olympic events.

The idea was created and organized by Mr. Elson, who spent three months planning and running trials with each class to make sure everything went smoothly. The Leadership Team also played a big role by organizing a medal-making contest, with winning designs used for the official medals.

Students shared their thoughts on the games:

- Braxton (Italy) loved skeleton and found hockey the easiest, with Switzerland as his toughest competitor.
- Stella (Sweden) said bobsleigh and skeleton were her easiest events, and named France and Italy as her biggest rivals.
- Connor (France) enjoyed the hockey shootout most, found curling easiest, and saw Finland as strong competition.

The audience brought tons of energy. Their favorite event was skeleton, their favorite team was Italy, and their favorite athlete was Chance! Special thanks to Mr. Van Der Meer for timing, Ms. Gilbert for organizing and tracking medals, and Mrs. Neilson for leading Leadership and serving as the event's cheer coach.



 **STUDENT
SPOTLIGHT**

Mackenzie Secondary School Students Dive Into Hands-On Learning During Enrichment Day Dissection

Submitted By Adeline Clavet, Grade 11

During enrichment days at the end of first semester, Life Sciences 11 students at Mackenzie Secondary had the chance to participate in an optional dogfish dissection. Even though the activity wasn't for marks, almost the entire class chose to attend, arriving ready to apply what they had learned during earlier dissections.

The session began with students identifying whether their shark was male or female using anatomical diagrams. Only two female sharks were present, and one of them assigned to Adeline turned out to be pregnant. When the uterus was carefully opened, two fully formed baby sharks were revealed, a moment that drew the entire class around the table and filled the room with excitement. The discovery left Adeline "shaking" with surprise.

Other groups made interesting finds as well. One discovered a fully intact squid inside their shark's stomach, while another uncovered a parasite—real examples of the ecological systems the class had studied.

The activity highlighted the value of hands-on learning. "I thought it was really beneficial," said Grade 11 student Reese. "I learn hands on, and I think a lot of other people do too." Despite being optional, the strong turnout showed how eager students were to deepen their understanding.

After the dissection, students worked together to clean the lab. The preserved baby sharks will now remain in the science department for future classes to study.



FINE ARTS

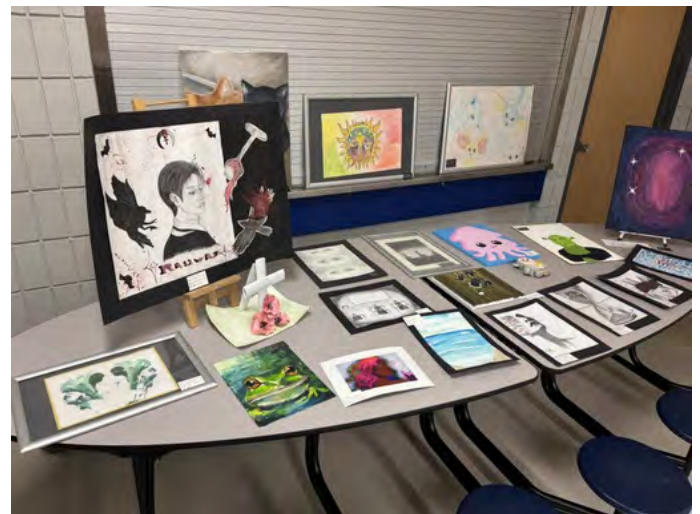
College Heights Art Show Highlights Student Creativity

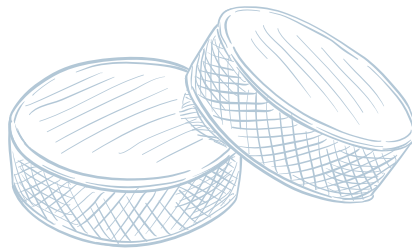
College Heights Secondary was transformed into a vibrant gallery space on January 22 during a student art show organized by Ms. Addison. The event showcased a wide range of student projects, celebrating creativity, imagination, and artistic growth across multiple classes.

Students proudly displayed works created using a variety of mediums, including drawing, painting, mixed media, and design. The diversity of styles and themes reflected both technical skill and personal expression, giving visitors a glimpse into the thoughtful processes behind each piece. Hallways and classrooms came alive with colour as artwork lined the walls, creating an inviting and inspiring atmosphere.

The art show provided an opportunity for students to share their work with peers, staff, and family members, while also building confidence and pride in their accomplishments. Events like this highlight the important role the arts play at College Heights Secondary, encouraging creativity, self-expression, and critical thinking.

A big thank you goes out to Ms. Addison for organizing the event and supporting students in sharing their talents with the school community. The January 22 art show was a wonderful celebration of student creativity and a reminder of the artistic talent present at College Heights.





Polars Hockey: Building Opportunity Since 2002

Since its beginnings in 2002, Polars Hockey has taken tremendous pride in creating an equitable and inclusive hockey program for students in Grades 8–12 at Prince George Secondary School.

What started as a two-credit beginner class has grown into one of the most comprehensive school-based hockey programs in the region. Through the support of three bus routes, more than 60 complete sets of hockey equipment donated by the NHL Players' Association, strong partnerships with the local business community, and a joint user agreement between School District 57 and the City of Prince George, Polars Hockey will offer ten classes during the 2025–26 school year.

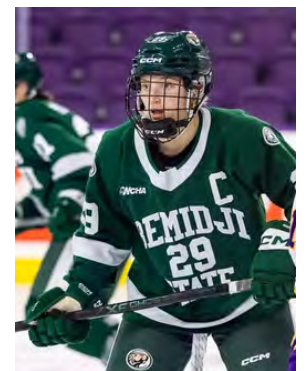
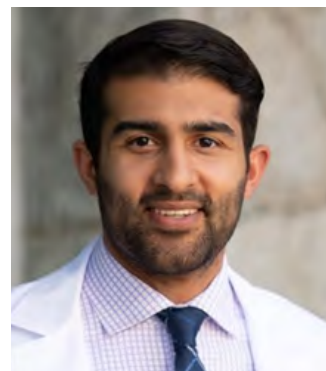
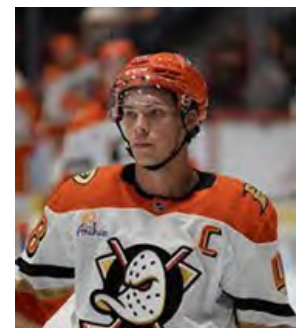
Most importantly, there is truly a Polars Hockey class for every student. Whether a student is discovering a connection to school through hockey, stepping onto the ice for the first time, joining the program as a foreign exchange student, or aiming to push their skills to an elite level, Polars Hockey offers an appropriate pathway. Students can participate for fun, fitness, or high-level development all within a supportive school environment.

Polars Focus Hockey High Performance is committed to developing not only skilled hockey players, but also quality individuals who give back. That commitment is reflected in the program's alumni, with at least 12 recent graduates currently involved in coaching local youth teams or running youth hockey programs in Prince George. Former Polars can also be found wearing leadership letters across Junior Hockey, NCAA, and USports programs.

The success of Polars Hockey alumni extends well beyond the rink. Graduates have gone on to become successful entrepreneurs, tradespeople, lawyers, financial advisors, professional hockey players, accountants, optometrists, and even a doctor demonstrating the lasting impact of the values, discipline, and leadership developed through the program.



Wall of Fame - Since 2002



Polars Hockey Alumni Spotlight

Top left, Caden Brown (WHL Regina Pats, NCAA Division I commitment 2026–27) credits the program's elite skill development and game-transfer focus for preparing him for the next level.

Top right, Nico Myatovic, drafted #33 overall in 2023, says individualized skill-based practices at PGSS helped him grow both as a player and a person.

Bottom right, Hailey Armstrong, captain at Bemidji State University (NCAA Division I), highlights the program's supportive culture and lasting impact on her hockey career.

Bottom left, Dr. Harjas Grewal reflects on the strong coaching, lifelong friendships, and academic guidance that helped set him up for success beyond hockey.

Together, these alumni reflect the lasting impact of Polars Hockey developing skilled athletes, strong leaders, and well-rounded individuals.



College Heights Boys and Duchess Park Girls Capture City Basketball Championships

The city basketball season wrapped up with two exciting championship finals, as the College Heights Senior Boys and the Duchess Park Senior Girls secured their respective titles in impressive fashion. Both programs showcased depth, resilience, and standout performances that highlighted the strength of basketball across Prince George schools.

In a tightly contested final, the College Heights Cougars edged out the D.P. Todd Trojans 61–57 to claim the Senior Boys City Championship. The game featured momentum swings throughout, with both teams answering runs and delivering clutch baskets in the final minutes.

College Heights leaned on disciplined defense and timely scoring to hold off a determined Trojans squad that pushed the pace late in the game. Despite D.P. Todd's strong finish, the Cougars' composure proved decisive as they closed out the four-point win.

The Duchess Park Condors delivered a commanding performance in the Senior Girls final, defeating Cedars Christian 69–17 to secure the championship. The Condors seized control early with defensive pressure that generated turnovers and fast-break opportunities, allowing them to build a substantial lead by halftime.

Cedars continued to battle throughout the game, but Duchess Park's depth and tempo proved overwhelming as the Condors showcased the organized, fast-paced play that has defined their season.

The Senior Boys All-Stars featured Marcus Sale, Jake Samis, and Urijah Zurokowski from D.P. Todd; Tolu Bankole and Dylon Piddocke from College Heights; Khabir Bathal from PGSS; Colby Van Camp and Teagan Vanegmond from Shas-Ti Kelly Road; Julian Victorino from Duchess Park; and Kaeden Paulson from Cedars Christian. The Senior Girls All-Stars included Zahra Ngabo, Devyn Bjorn, Emily Clarke, and Aiyanna Carpenter from Duchess Park; Keirat Sindhi and Alisha Powar from College Heights; and Cedars Christian standouts Cadence Hooft, Sofija Johnson, Chloe McEwan, and Ana Davis.



SPORTS

College Heights Claims Senior Boys AAA Zone Title Over Duchess Park

College Heights Secondary captured the Senior Boys AAA Zone Basketball Championship with a determined and well-executed victory over Duchess Park in an exciting final that showcased the best of northern basketball.

The tournament highlighted strong individual performances, led by MVP Tolu Bankole, whose impact on both ends of the floor set him apart throughout the event. College Heights also placed three athletes on the All-Star Team, Caleb Fuller, Jeona Gill, and Dillon Piddocke each playing a pivotal role in securing the championship.

Duchess Park was also well represented, with Ishamel Andrews and Julian Victorino earning All-Star honours for their consistent scoring, leadership, and competitive intensity. The final served as a fitting conclusion to a tournament marked by high energy, skill, and sportsmanship, with College Heights ultimately emerging as the deserving champions.





SPORTS

Duchess Park Senior Girls Capture Zone Championship in Thrilling Final

The Duchess Park Condors Senior Girls basketball team earned a hard-fought victory over the College Heights Cougars in the Zone Championship final, capping off an impressive postseason run with a standout performance on both ends of the court.

Duchess Park's depth and defensive intensity set the tone early, allowing them to build and maintain momentum throughout the game. Their effort was highlighted by the exceptional play of Zahra Ngabo, who was named Zone MVP for her leadership, scoring touch, and ability to control the tempo in crucial moments.

Supporting Ngabo was a strong cast of Condors athletes who stepped up when it mattered most. Emily Clarke, Devyn Bjorn, and Katya Marchlewitz were all recognized as Tournament All-Stars, each contributing significant minutes, energy, and key plays during the championship run. On the defensive end, Kionae Roberts earned the award for Top Defensive Player, a testament to her relentless effort, anticipation, and ability to disrupt College Heights' offensive rhythm.

The College Heights Cougars also showcased their talent, competitive spirit, and resilience. Standout performances from Keirat Sindhi and Alisha Powar, both named All-Stars, kept the Cougars within striking distance throughout the matchup. Their composure and scoring ability were central to College Heights' success this season and were on full display in the championship final.

In the end, Duchess Park's balanced attack and defensive discipline proved to be the difference, securing them the Zone title and solidifying their status as one of the region's premier programs.

The Condors now turn their attention to the upcoming provincial championships, carrying momentum, confidence, and a roster full of athletes ready to rise to the challenge.



SPORTS

Condors Senior Girls Finish Fourth at AAA Provincial Championships

The Duchess Park Senior Girls Condors capped off a strong week of basketball with a fourth-place finish at the Triple-A provincial tournament, held at the Langley Events Centre.

Ranked fifth heading into the event, the Condors opened the championship with confidence and control. They stormed past Richmond's R.A. McMath Wildcats with a commanding 92-35 victory, then followed with another decisive win, a 62-35 triumph over Courtenay's Mark R. Isfeld Ice to secure their spot in the semifinal round.

Friday's matchup put the senior girls up against the tournament's top seed, the Vernon Panthers. Despite a determined and physical effort, Duchess Park fell 61-50, sending them into Saturday's bronze-medal game.

In the battle for third place, the Condors faced the third-ranked St. Michaels University School Blue Jags from Victoria. The Blue Jags controlled the game early, and the Condors ultimately had to settle for fourth.

While the weekend didn't end with a medal, the Condors Senior Girls showcased resilience, depth, and high-level play throughout the tournament, reinforcing their status as one of the province's premier Triple-A programs.



