



**SCHOOL
DISTRICT
57**

**Quarterly Newsletter
WINTER 2026**

A photograph of a snowy forest path. The path is covered in a thick layer of snow, and the trees on either side are heavily laden with snow. The sky is a pale, hazy blue, and the overall scene is peaceful and wintry.

Golden Leaves to Snowy Eves: A Journey Through Late Fall and Early Winter

SCHOOL DISTRICT 57 QUARTERLY NEWSLETTER



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MESSAGE FROM DSAC

Welcome back everyone! As we return to school after the break DSAC would like to recognize and celebrate the achievements of all the schools in School District 57.

Since our last issue of the newsletter, our schools have been busy! We are proud to be part of a district that is filled with hard work, collaboration, and inclusivity. Across our schools, students and staff have continued to demonstrate dedication, creativity, and resilience in many different ways such as academic success, athletics, the arts, leadership opportunities, and meaningful community involvement. These efforts reflect the strong sense of pride and commitment that exists throughout our district.

We would like to give a big thank you to all the staff across our district. We truly appreciate the time, effort, and care you put into creating welcoming, supportive, and engaging learning environments for students every day. To the students and their families, thank you for your continued support, involvement with our schools, it plays an essential role in building a positive and successful school community.

As we begin this new year, we encourage everyone to support one another and continue working towards all our goals. We hope you had a joyful and restful break, and we look forward to everything that lies ahead as we move into the remainder of the school year together

A Message from Superintendent Aziz:

As we reflect on the holiday season, on behalf of the Board of Trustees and myself, we hope that all SD57 students, staff, and families had a peaceful and relaxing break. The ability to work together to strengthen public education and improve life opportunities for students is a privilege, and we strive to keep this as our top priority. Wishing everyone joy, connectedness, and time well spent with family and friends as we move forward into the remainder of the school year!



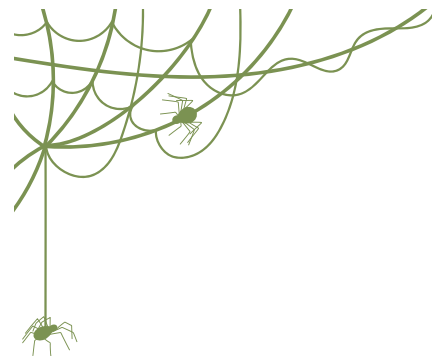
DSAC Students Lead the Way in Halloween-Themed Playful Inquiry Day

Ron Brent Elementary was buzzing with excitement as over 280 students from Kindergarten to Grade 7 took part in a Halloween-themed day of risky play and playful inquiry all brought to life with the help of our dedicated DSAC students.

From the moment the event began, DSAC leaders were instrumental in transforming the school into a vibrant hub of activity. They helped set up and prepare engaging stations including a spooky haunted house, a winding maze, face painting, and classic apple bobbing. Their efforts ensured every corner of the school was filled with fun and curiosity.

Throughout the afternoon, DSAC students took on leadership roles by guiding activities, supporting younger students, and floating between stations to assist wherever needed. Their ability to communicate and collaborate with staff and students of all ages fostered a welcoming and inclusive atmosphere that encouraged participation and joy.

This event was more than just Halloween fun it was a living example of our school's hidden curriculum. Through playful inquiry, risk play, curiosity, and connection, DSAC students modeled the values we strive to instill in all learners. Their leadership and enthusiasm made the day a memorable experience for everyone involved.





DSAC Students Share Halloween Spirit with Harwin Elementary Kindergartners

On October 30, members of the District Student Advisory Council (DSAC) brought Halloween cheer to Harwin Elementary by spending the morning carving pumpkins with Kindergarten students. The event was filled with laughter, creativity, and sticky hands as the older students helped the little ones scoop out seeds, design spooky faces, and bring their pumpkin visions to life.

This initiative fosters mentorship and community spirit, giving DSAC students a chance to connect with younger learners in a fun and meaningful way. For many Kindergartners, it was their first time carving a pumpkin and having a “big kid” by their side made the experience even more special.

The event wrapped up with smiles, photos, and a hallway full of proudly displayed jack-o'-lanterns. It was a perfect way to celebrate Halloween and build bridges between schools.





DSAC Builds Meaningful Connections at Spruceland

The District Student Advisory Council spent a truly meaningful morning with Spruceland's Grade 6 and 7 classes, leaving with a deep sense of respect, welcome, and connection. From the very start, students engaged with honesty and curiosity as we explored important themes from our presentation, including self-awareness, bodies and changes, understanding personal cues, responsibility, work habits, and digital citizenship.

Throughout the session, students learned about accessing support, using their voice, and understanding the power of their words. They participated enthusiastically in the icebreaker, listened intently to real-life stories shared by DSAC members, and showed incredible heart during small group discussions.

The breakout groups were a highlight of the visit, creating safe spaces for honest questions, shared experiences, and genuine connection. These conversations reflected the openness and energy of the Spruceland community and reinforced the importance of student voice.

It was a warm and uplifting experience for everyone involved, and DSAC left feeling grateful for the respect and engagement shown by Spruceland's students and staff. This visit was a powerful reminder of how meaningful dialogue can strengthen understanding and build lasting connections.



Welcome



DSAC Inspires Future Educators at UNBC

On December 4th, the District Student Advisory Council delivered an engaging and impactful morning session for Elementary and Secondary Teacher Candidates at the University of Northern British Columbia. The event ran from 8:30 to 11:20 AM and was designed to provide authentic student perspectives on teaching, classroom culture, and the importance of relationships in education.

The session began with a warm welcome, land acknowledgment, and introductions, followed by an energetic icebreaker led by DSAC member Niko. Teacher candidates shared their favorite subjects, interests, and future teaching goals, setting the tone for an interactive and collaborative morning.

One of the highlights was the discussion on “The Impact of Teachers,” where DSAC students shared personal stories, both positive and challenging, about their experiences in classrooms. This led into breakout groups focused on candid conversations about teaching worries and confidence levels, helping normalize fears and build clarity for future educators.

DSAC members then delivered a series of Mini TED Talks, each centered on key themes such as:

- Teaching Is Mutual – emphasizing that learning is a two-way street.
- Daily Impact – showing how small actions and consistency shape student success.
- Classroom Culture – stressing the importance of clear expectations and approachability.
- Students as People – reminding candidates that relationships and trust matter.
- Teacher Identity & Wellness – encouraging authenticity, balance, and resilience.

The session concluded with a reflective activity called “Dear Future Me,” where candidates wrote letters to themselves about their teaching values and aspirations, followed by a closing circle of gratitude and Q&A.

This collaborative event underscored DSAC’s commitment to strengthening the connection between students and educators. By sharing honest insights and practical advice, DSAC empowered teacher candidates to enter the profession with confidence, empathy, and a clear sense of purpose.





DSAC

DSAC Students Help Spread Holiday Cheer at Ron Brent Pancake Breakfast

The holiday season is a time for connection, and Ron Brent School embraced that spirit by hosting a festive pancake breakfast for students, families, and staff. This special event brought the school community together to share a meal, laughter, and holiday cheer and the District Student Advisory Council was proud to play a key role in making it happen.

DSAC members volunteered their time to support the breakfast, helping with setup, serving, and ensuring everything ran smoothly. Their involvement highlighted the importance of student leadership and collaboration in creating positive experiences for schools across the district. By lending a hand, DSAC demonstrated its commitment to fostering strong relationships between students and their communities.

The pancake breakfast wasn't just about food, it was about building connections. Families had the chance to spend time with staff and students in a relaxed, welcoming environment. For many, it was an opportunity to pause during the busy holiday season and enjoy a moment of togetherness.

Events like this reflect the values DSAC promotes: leadership, service, and community engagement. Supporting Ron Brent's initiative allowed DSAC students to see firsthand how small acts of kindness, like serving pancakes, can make a big difference in creating a sense of belonging.

As the holidays approach, the success of this breakfast serves as a reminder that when students, staff, and families come together, they create more than just a meal, they create memories and strengthen the bonds that make our schools thrive.



ELEMENTARY SCHOOLS



Beaverly Elementary Grade 7 Students Building Knowledge, Skills, and Community One Bite at a Time

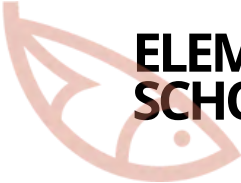
The Beaverly Food Literacy Project is underway! The initiative funded by Feeding Futures and led by Ms. Reid, our Grade 7 student leaders have launched an exciting initiative that began as a way to meet ADST cooking outcomes and has grown into a school-wide effort to promote healthy eating and community connection.

Starting small, the Grade 7 teams have joined Beaverly's breakfast program, cooking twice a week and adding variety to the menu. They also ensure classroom snack bins are stocked and help set up food for the lunch program, taking real ownership of supporting their peers.

Recently, these leaders introduced the first of many Food Literacy experiences: every class received a fruit tray and yogurt dip, giving students the chance to try new foods and enjoy a nutritious snack. This is just the beginning! Future activities will feature vegetables, proteins, and whole grains, along with student-created presentations and posters highlighting why healthy eating matters for learning and growing bodies.

Beyond cooking skills and food safety, students are exploring global and local food scarcity and challenges. Many students were surprised to learn how vital our breakfast and lunch programs are for some classmates. The pride on their faces says it all—they know they're making a difference, and they take that responsibility seriously.





ELEMENTARY SCHOOLS

Lac des Bois and Quinson Join Forces to Support Families This Holiday Season

This holiday season, Lac des Bois Elementary and Quinson Elementary are demonstrating the true power of collaboration and community spirit. By working together, these two schools are ensuring that families in need feel supported and cared for during what can be a challenging time of year.

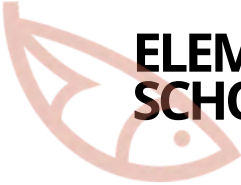
The initiative centers around the Lac des Bois Holiday Hampers, a program designed to provide essential items and festive treats to families who could use a helping hand. Thanks to the incredible generosity of RE/MAX Core Realty, this year's hampers will reach even more households, benefiting families from both Lac des Bois and Quinson. Their sponsorship is a shining example of how local businesses can make a meaningful impact in the lives of others.

The holiday season is about more than gifts, it's about kindness, compassion, and community. By joining forces, Lac des Bois and Quinson are showing that when we work together, we can accomplish great things. For many families, these hampers will bring not only practical support but also a sense of hope and belonging.

On behalf of our students, staff, and families, we extend our heartfelt gratitude to RE/MAX Core Realty for their commitment to giving back. Your generosity helps make the season brighter for those who need it most, and we are truly thankful for community-minded businesses like yours.

As we celebrate this season of giving, let's remember that every act of kindness big or small creates ripples of positivity throughout our community. Thank you to everyone who plays a part in making this initiative possible. Together, we are building a stronger, more caring community for all.





ELEMENTARY SCHOOLS

Growing Together: Springwood's Ongoing Journey in Literacy

At Springwood, teachers have been steadily strengthening their literacy practice with one clear goal in mind: supporting students. Over the past few years, staff have leaned into learning, reflection, and collaboration, taking steps to understand what works and how to bring those practices into their classrooms.

One important part of this work has been Springwood's involvement in the SD 57 DIBELS pilot. By exploring efficient and reliable ways to understand students' reading skills, teachers have been able to make more informed decisions about instruction. Many educators have also adopted explicit, research-aligned word-recognition programs such as UFLI Foundations and REWARDS, offering students clear, structured opportunities to build decoding and multisyllabic word-reading skills.

This year, five intermediate teachers at Springwood are participating in a research trial supported through a collaboration between SD 57, Dr. David Fainstein from Seattle University, and POPFASD. Along with 21 other teachers throughout the district, they are using Self-Regulated Strategy Development (SRSD), a writing approach that blends explicit instruction in text structure and the writing process with student ownership and metacognition.

Throughout all of these shifts, collaboration has been at the heart of Springwood's progress. Teachers have been supported by colleagues who have shared their time and expertise. Nick Hadfield has worked alongside intermediate teachers as they learned to use the REWARDS program effectively. Sarah McNeil has guided staff in using and analyzing DIBELS data and has provided coaching for UFLI implementation. Nicole Harris, who once taught at Springwood and now serves as a literacy-focused provincial educator with POPFASD, introduced teachers to SRSD and helped them connect these practices to the wider research base.



More recently, Springwood educators have expanded their professional learning network by connecting with teachers in Quesnel and Vancouver. These conversations, grounded in curiosity and shared purpose, have provided new ideas and affirmed the many strengths already present in Springwood's approach.

Several key themes have emerged from Springwood's literacy journey so far. Collaboration and a sustained focus over multiple years have allowed teachers to grow their expertise gradually and meaningfully. Support from a variety of people has created a rich network of knowledge and encouragement. And bridging research to practice has resulted in visible, positive impacts for students.

Seeing students respond to instruction with growing confidence and skill has renewed teachers' passion for their work and strengthened their sense of efficacy. While there is always more to learn, there is already much to celebrate.

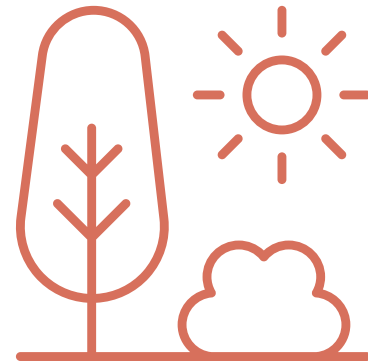


ELEMENTARY SCHOOLS

Pinewood Embraces Outdoor Learning

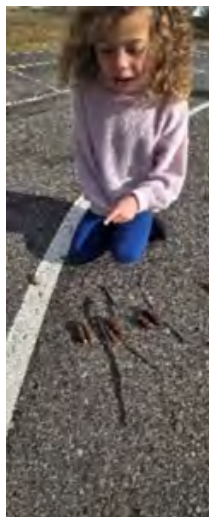
Outdoor learning has become a key focus at Pinewood, giving students the opportunity to connect with nature while exploring new ways to learn. Our forested school grounds and the nearby trails at Ginter's Meadow provide the perfect setting for these experiences.

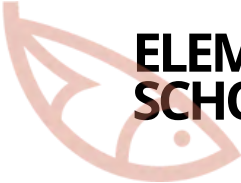
Recently, students selected sticks and transformed them into creative art pieces for an activity in imagination and design. They also participated in a nature scavenger hunt and created math patterns using natural materials, blending outdoor exploration with academic skills.



Ginter's Meadow offered countless treasures for students to discover. Using all their senses, they observed and interpreted the world around them how it feels, smells, sounds, and looks on different days. These activities foster curiosity, creativity, and a deeper appreciation for the environment.

Outdoor learning at Pinewood is more than just an activity it's an opportunity to experience education in a dynamic and meaningful way.





ELEMENTARY SCHOOLS

Stop Motion Animations Bring Holiday Magic to Van Bien's Winter Concert

This year, Division 5 (Grade 5/6) at Van Bien Elementary, led by teacher Taryn Thiessen, brought something extra special to the winter concert stop motion animations inspired by holiday classics like Rudolph the Red-Nosed Reindeer, Santa Claus is Coming to Town, and even The Nightmare Before Christmas. With a touch of nostalgia from Pingu, students combined creativity and technology to make the concert unforgettable.

How They Did It

As part of their ADST project, students learned the full design process:

- Brainstorming & Planning – Matching their animation themes to concert songs, deciding frame rates, and designing sets.
- Creating & Filming – Building characters, practicing shots, and perfecting camera angles.
- Teamwork in Action – Sharing ideas, solving problems together, and reflecting on how to work as a team.

The Big Reveal

After the live performances, families enjoyed nine unique stop motion films created by the students. The classroom was buzzing with creativity, collaboration, and holiday spirit!





STUDENT SPOTLIGHT



Celebrating Success and Leadership at Shas Ti Kelly Road Secondary

Written by Max Newcomb and Abigail Llyod

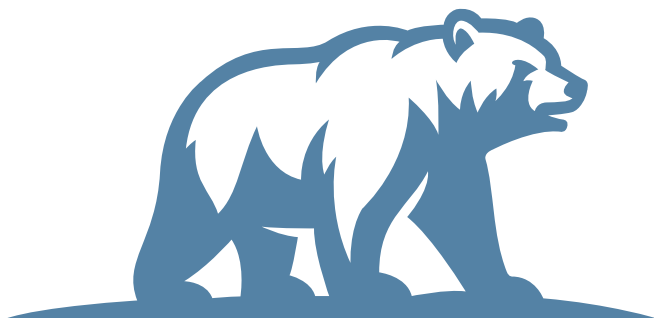
Shas Ti Kelly Road Secondary continues to shine as a hub of school spirit and student achievement. Twice a year, the school hosts its beloved "Kudos" ceremony, a tradition that has been running strong since 2006. This event recognizes students for their involvement in sports teams, clubs, positive learning habits, and acts of kindness. Randomly selected students also get the chance to participate in fun challenges to win prizes.

This semester's Kudos celebration was extra special, as students and staff gathered to celebrate the 5th birthday of Glen the Grizzly, the school's mascot. The birthday party theme brought energy and excitement to the event, reinforcing the sense of community that makes Shas Ti Kelly Road so unique.

Behind many of these spirited initiatives is Ms. Furlan, an outstanding and irreplaceable member of the Shas Ti Kelly Road team since 2010. Teaching English, Leadership, and Careers 11 and 12, Ms. Furlan empowers students to take charge and lead with confidence.

This year, her leadership students have organized impactful projects, including a food drive supporting families in need throughout the Hart community, school spirit games, and random acts of kindness. Through her guidance, students are not only learning but actively shaping their school and community for the better.

Shas Ti Kelly Road Secondary's commitment to celebrating achievements and fostering leadership ensures that every student has the opportunity to thrive whether it's through Kudos or the inspiring mentorship of educators like Ms. Furlan.





The Benefits of Year-Long Math and Science at Mackenzie Secondary

By Chloe King and Hope Macpherson, Grade 10

Two years ago, Mackenzie Secondary introduced a major academic shift: Grade 9 and 10 students now take Math and Science classes over the entire school year instead of just one semester. This change didn't happen overnight, it was the result of years of planning, meetings, and proposals by dedicated teachers and administrators. Today, the results speak for themselves.

Why Year-Long Courses Work

One of the biggest advantages of this system is the extra time students have to learn and understand the material. With classes lasting all year, students can explore topics in greater depth and build a stronger foundation. In the past, many felt rushed to absorb everything in a single semester. Now, there's more space for learning, practicing, and asking questions.

Eron, a Grade 10 student, shared his thoughts: "I prefer year-round science and math because it sets me up for a better future."

Teachers See the Benefits Too

Science and math teachers Kyle Tapper and Mahgen Pledge agree that the change has been positive. Mr. Tapper says, "It's more beneficial for the students in the long run."

Ms. Pledge adds, "The year-long Math and Science classes have helped me create better relationships with my students."

While this approach requires extra effort from educators, the impact on student learning is clear. Thanks to their hard work and commitment, Mackenzie Secondary students are gaining a stronger understanding of math and science, skills that will serve them well in high school, university, and beyond.

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STUDENT SPOTLIGHT



College Heights Leadership Spreads Holiday Cheer

By Kenzie Macleod

This December, the leadership students of College Heights Secondary came together with one goal in mind: to spread holiday cheer both within the school and throughout the community. Recognizing the importance of school spirit, the team also sought meaningful ways to support those in need as winter set in.

The leadership group launched several initiatives to make a difference. Molli Hansen and Henry Watson led a winter clothing drive, collecting donations from December 1–18 for the St. Vincent De Paul Society. The collected items were presented during the annual Spirit of Hockey Game, held in partnership with PGSS.

To boost the clothing drive, students hosted a bake sale from December 8–12, offering an array of homemade treats. Thanks to the efforts of bakers and volunteers, the sale raised over \$500, which was used to purchase additional winter clothing. Meanwhile, Aarya Suresh spearheaded a food drive for the Salvation Army, rallying the entire school to contribute and ensuring its success.

Beyond community outreach, leadership students kept the festive spirit alive at College Heights with fun activities for their peers. From a lively Glow Dance early in the month to a weeklong scavenger hunt and spirit week to close out December, the school was buzzing with excitement. None of this would have been possible without the dedication of the leadership team and the guidance of Ms. Tamara Bryden, whose support empowered students to make a real impact.

College Heights Secondary proved that when students lead with heart, the season becomes brighter for everyone.





STUDENT SPOTLIGHT

PGSS Leadership Team's Polar Brew Coffee Bar, Building Community One Sip at a Time!

By Payton Murphy

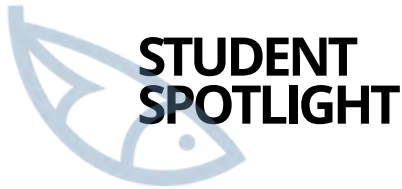
Since September 2022, the PGSS Leadership Team has been brewing more than just coffee, they've been brewing community spirit! The Polar Brew Coffee Bar, a student-led initiative, has quickly become a beloved part of mornings at Prince George Secondary School.

PGSS stands out as the only secondary school in SD57 with a café run entirely by leadership students. This unique venture was created with both students and staff in mind, offering a warm, welcoming space to start the day. Despite being just steps away from big-name competitors like Tim Hortons and Starbucks, Polar Brew has carved out its own niche. Every morning from 8:15 to 8:30, the café is buzzing with activity as customers line up for their favorite hot beverages coffee, tea, hot chocolate, and even seasonal flavors, all at very reasonable prices.

But Polar Brew isn't just about drinks; it's about building Polar Pride and fostering community spirit. The proceeds from the café go directly toward funding leadership activities, including school-wide events and celebrations that bring students together. In doing so, the café has become more than a coffee stop it's a gathering hub, a place where friendships are strengthened and mornings feel a little brighter.

So next time you're at PGSS, skip the chain coffee shops and grab a cup at Polar Brew. You'll be supporting leadership, community, and a tradition that's all about making PGSS a better place, one sip at a time.





STUDENT SPOTLIGHT

DP Todd Leadership Class Spreads Holiday Cheer with Annual Food Drive

By Madilyn Melanson

As winter settles in and snow blankets our town, the holiday spirit at DP Todd shines brighter than ever. Each year, the DP Todd Leadership class organizes a food drive to support families in our community who could use a little extra help during the colder months.

This holiday season, our school truly came together in an incredible show of generosity and care. Students and families worked hand in hand to strengthen the sense of community that makes DP Todd such a special place.

Thanks to these efforts, Leadership collected an outstanding 741 food items this year. Leading the way was Ms. Bellwood's Block A class, contributing an impressive 183 items on their own. Every single donation will go directly toward supporting local families throughout the holiday season.

This event wouldn't have been possible without the kindness of everyone who chose to give back. Being part of this experience makes us proud to be DP Todd students and grateful to attend a school where people genuinely look out for one another.





SECONDARY SCHOOLS

Elder visit deepens DP Todd Students' understanding of wellness

Looking at wellness through the lens of the Dakelh language gave DP Todd students a new mental health tool to help them understand their own bodies and emotions. The tool uses important Dakelh symbols such as the salmon to explore qualities that contribute to a person's sense of well-being.

On December 4, Elder Charlie visited the Art classes at DP Todd to assist in a greater understanding of wellness through the Dakelh language. He shared stories of salmon (talukw) and its importance to Dakelh ways of knowing. Students then engaged in big questions such as: "How can I learn from what's around me?" and "What can I learn from the lives of talukw?" Students brainstormed qualities that salmon need in order to swim upstream, such as resilience and determination (beni'ulhtus) As a group the art classes also looked at how salmon are able to be still in calm waters.

The concept of stillness and calm connects effectively to a wellness tool known as the body scan. A body scan is an awareness activity to bring attention to one's body and the feelings or sensations the body may be having in the moment. That awareness can, in turn, enable an individual to engage in activities that will reduce tension and discomfort in order to improve well-being. Elder Charlie shared his experience of completing body scan meditations in nature to help refocus and refresh.

Each student completed a salmon design and added a word in Dakelh to connect the body scan to an image of salmon. It was a valuable lesson in universal Dakelh values and art.





Duchess Park Senior Girls Capture Condor Classic Title

On December 19th, the Duchess Park Secondary Senior Girls basketball team delivered an outstanding performance to win the prestigious Condor Classic tournament, held at their home court in Prince George. The annual event brought together some of the region's top senior girls teams, creating an atmosphere of excitement and competitive spirit. For Duchess Park, the tournament was an opportunity to showcase their depth, teamwork, and resilience, and they did not disappoint.

The Condors impressed throughout the tournament with strong defensive pressure and fast-paced offense, earning their spot in the championship game. In the final, Duchess Park faced a determined opponent in a contest that kept fans on the edge of their seats. The Condors relied on disciplined defense and clutch shooting to stay in control during critical moments. The roar of the hometown crowd added to the electric atmosphere, celebrating a win that reflected both skill and determination.

This triumph is more than just a tournament title it's a statement about the strength of Duchess Park's basketball program. The senior girls demonstrated composure in high-pressure situations, a trait that will serve them well as they head into the heart of the season. With regional matchups and the pursuit of a provincial berth on the horizon, the Condors have set a high standard for themselves and shown they are ready to compete at the highest level.

The Condor Classic win also highlights the growing excitement around basketball in Prince George, as local programs continue to develop talented athletes who thrive in competitive environments. For Duchess Park, December 19th will be remembered as a day when teamwork, preparation, and community support came together to create a championship moment.





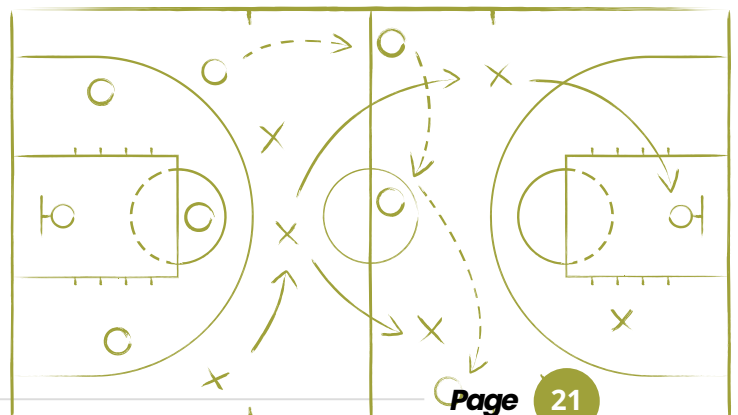
Shas-Ti Kelly Road Senior Basketball Teams Hosts Elementary Camp: Reinforcing the Joy of Sport and Power of Mentorship

The Shas Ti Kelly Road senior basketball teams held an elementary basketball camp in November, inspiring future Grizzlies in Grades 5 to 7 from Springwood, Glenview, Heather Park, and Hart Highlands while strengthening STKR's own school culture of leadership and mentorship.

The camp brought together those enthusiastic elementary students eager to learn new skills and connect with positive role models. Senior players led stations focused on dribbling, shooting, passing, defensive footwork, gameplay, and on-court teamwork. Students enjoyed lunch together, allowing time to chat, build connections for when the younger students move into the big school, and share experiences of high school sport.

Senior boys basketball Captain, Colby Van Camp, said all the athletes and their younger peers had a great time with lots of laughs and smiles. He added that the camp ran very well with many parents saying they will certainly sign their kids up for the next one, reporting they had lots of fun, built confidence in themselves and their game, and can't wait to come back for the next one! One parent said her student had so much fun and was super impressed to be playing and learning from the senior players.

Coaches said the senior players embraced their leadership roles with responsibility and maturity, modelling sportsmanship and demonstrating the core values of the Shas Ti Kelly Road athletics program. Camp organizers highlighted the team's ability to break down skills for younger learners, celebrate small successes, and create a fun, inclusive atmosphere.



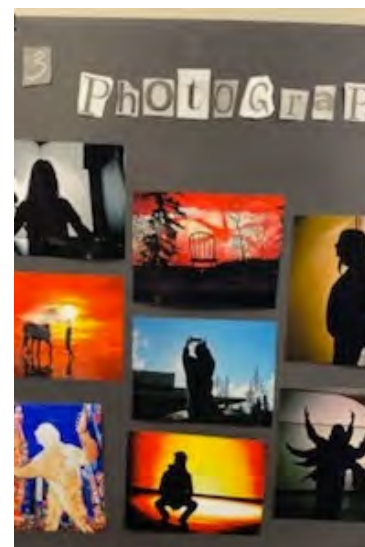


PGSS Variety Show Shines Spotlight on the Arts

Vanier Hall came alive recently as Prince George Secondary School hosted its much-anticipated Variety Show, a celebration of creativity and talent that showcased the incredible range of Arts programs at PGSS. The event highlighted student achievements in theatre, visual arts, photography, textiles, concert band, and guitar, offering the audience a vibrant glimpse into the school's artistic spirit.

The show was a true collaborative effort, led by an outstanding team of teachers: Mercy Frost, Frances Anderson, Tami Hickey, Lance Hanes, Keith Warkentin, Brandon Frederick, and Kayleigh Francis. Their dedication and guidance were evident as students from all Arts classes took the stage and shared their passion through captivating performances and displays.

From dramatic scenes and musical pieces to stunning visual art and textile creations, the Variety Show underscored the importance of the Arts in fostering creativity, confidence, and community at PGSS. It was an inspiring evening that left everyone in attendance proud of the talent and hard work of both students and staff.





Mackenzie Secondary Students Build Creativity and Community Through Canstruction

During the first week of December, Mackenzie Secondary students came together for our annual Canstruction competition, a creative twist on the school's traditional food drive for non-perishable items. This event transforms giving into a fun, collaborative activity for all grades.

On the final day of the food drive, each D-Block class brought their donated goods to the gym, where teams used the items to build imaginative sculptures. After careful judging, this year's winners were announced:

- 1st Place: The Foods class, with an impressive sculpture of a chef standing by an oven.
- 2nd Place: The Grade 8 class, who recreated the new SD57 logo.
- 3rd Place: The Science class, for their unique depiction of the human reproductive cycle.

While the only prize is bragging rights, the real reward comes from supporting the community. After the competition, students packed the donated food and formed a human chain stretching from the school gym to St. Peter's Pantry, a local food bank located just down the street. Together, they passed the food along the line and helped stock the pantry shelves, ensuring families in need receive extra support during the holiday season.

St. Peter's Pantry and community members expressed their gratitude for the school's generosity and teamwork. Canstruction is more than a competition, it's a celebration of creativity, compassion, and community spirit.





College Heights Bands Shine at Winter Concert

On December 9th, the College Heights music program delivered an unforgettable evening of talent and festive cheer during its annual winter concert. Under the direction of Teacher Robert Hannigan, both the Concert Band and Jazz Band showcased their musical versatility with a dynamic lineup of pieces.

The Concert Band opened the night with an energetic performance of "Energy Ball" by Carol Brittin Chambers, setting the tone for an exciting program. The ensemble then paid tribute to service members with "For Those Who Have Served" by David Marlatt, followed by the beautiful harmonies of "The Angels Mix" arranged by Patrick Roszell.

The mood shifted to classic rock with "Louie, Louie" arranged by Johnnie Vinson, before soaring into "Upward Bound" by Amy Webb. The finale brought laughter and holiday spirit with "Santa the Barbarian" by Randall Standridge, narrated by College Heights teacher Kevin Lalonde, leaving the audience in stitches.

The Jazz Band kept the energy high with "Dressed in Black" by Les Taylor, then embraced the holiday season with "Feliz Navidad" and "Santa Claus Is Coming to Town", both arranged by Rick Stitzel. The crowd was thrilled by their rendition of "Livin' on a Prayer" arranged by Paul Murtha, and the evening concluded with an encore of the iconic Star Wars Theme.

This concert was a testament to the dedication and talent of College Heights musicians, and a perfect way to celebrate the season through music.





College Heights Senior Girls Capture City Volleyball Championship in Thrilling Four-Set Victory

The College Heights Secondary Senior Girls volleyball team captured the 2025 City Championship after a hard-fought four-set victory over Duchess Park Secondary. The Cougars opened strong, dropped a tight second set, and then stormed back to dominate the third and fourth sets, sealing their place at the top of Prince George high school volleyball.

Leading the charge for College Heights were Olivia Young and Hailey Silva, whose powerful hitting and steady leadership kept the team focused in crucial moments. Duchess Park battled fiercely behind standout players Bella Saro and Zahra Ngabo, but the Cougars' depth and determination proved too much.

This year's championship showcased incredible talent across the city, highlighted by the announcement of the 2025 City Volleyball All-Star Team:

- Olivia Young – College Heights
- Tyler Dahl – PGSS
- Delany Turner – DP Todd
- Zahra Ngabo – Duchess Park
- Bella Saro – Duchess Park
- Paige Kynoch – Cedars
- Olivia Medhurst – Shas-Ti Kelly Road
- Eva Allen – DP Todd
- Faith Lawrence – Shas-Ti Kelly Road
- Hailey Silva – College Heights





SPORTS

Duchess Park Senior Boys Secure City Volleyball Championship in Four-Set Showdown

The Duchess Park Secondary Senior Boys volleyball team captured the 2025 City Championship after defeating DP Todd Secondary in a thrilling four-set final. The Condors opened strong, dropped a close third set, and then regained control to close out the match and claim the title.

The championship capped off an exciting season of high-level volleyball across Prince George, highlighted by the announcement of the 2025 City Boys Volleyball All-Star Team:

- Sam Cramer – Duchess Park
- Emmett Russell – PGSS
- Gilbert Kaweesi – DP Todd
- Dawson Wiens – DP Todd
- Jude Poulin – Duchess Park
- Owen Martin – Duchess Park
- Angus McFarlane – College Heights
- Nate Groenveld – College Heights
- Hunter Anderson – PGSS
- Reid Fox – Shas-Ti Kelly Road

These athletes represent the best of Prince George boys' volleyball, showcasing skill, leadership, and competitive spirit throughout the season

Congratulations to Duchess Park on their championship victory and to all the All-Stars for an outstanding year on the court!

VOLLEYBALL



 SPORTS

Duchess Park Junior A Girls Capture Zone Championship



The Duchess Park Junior A Girls Volleyball team dominated this past weekend, claiming the Junior A Zone Championship in impressive fashion.

In the semifinals, Duchess Park faced College Heights Secondary, battling through a tight first set 25–23 before closing out the match with a strong 25–18 win. In the finals, they showcased their skill and composure against Dawson Creek, winning 25–13 and 25–12 to secure the title.

By clinching the Zone Championship, the team has earned a spot at the Provincial Championships in Surrey on November 21–22, where they'll compete against the best in B.C. Individual honors capped off the weekend:

- Zone All-Stars: Molly Monahan, Irelynn Magee, Kaylan Chencharik, Reese Matijevic, and Lily Olesik
- Top Libero: Abigail Cramer
- Tournament MVP: Reese Wood

Congratulations to the entire team and coaching staff for their hard work and success!





DP Todd Captures Junior A Boys Zone Championship

The Junior A boys volleyball zone tournament wrapped up with an electrifying showdown between DP Todd and College Heights. In a match that showcased skill, determination, and school pride, DP Todd emerged victorious to claim the coveted zone title.

The championship game was a battle from start to finish, with both teams trading points and momentum. DP Todd's strong offensive play and disciplined defense ultimately secured the win, capping off an impressive tournament run.

The tournament recognized outstanding individual performances that contributed to the high level of play:

- Most Valuable Player (MVP): Kash Fulton – DP Todd
- Top Libero: Ethan Palumbo – DP Todd

Tournament All-Stars

- Eli Bernard – DP Todd
- Kesler Lupul – College Heights
- Archer Barnes – College Heights
- Josh Cabilao – Cedars
- Owen Machowicuk – DPSS
- Cooper Norn – St. Kateri

These athletes demonstrated exceptional skill and sportsmanship, making the event a memorable one for players and fans alike.

Congratulations to DP Todd for capturing the championship and to all the athletes who earned individual honors. The future of volleyball in our region looks bright!





McBride Secondary Hosts Senior A Girls Volleyball Zones

McBride Secondary School proudly welcomed teams from across the region for the Senior A Girls Volleyball Zones Tournament, held November 13–15. Over three exciting days, the school gym was buzzing with energy as athletes delivered high-intensity matches filled with skill, determination, and sportsmanship. The event brought together some of the best volleyball talent in the area, creating an atmosphere of community pride and competitive spirit.

The hometown McBride Mustangs gave fans plenty to cheer about, advancing to the semifinals after a strong round-robin performance. Despite facing tough opponents in the later stages, the Mustangs battled hard and finished 4th overall, a commendable result in a highly competitive field.

The tournament also highlighted individual excellence. Two McBride Grade 12 athletes earned prestigious honors for their outstanding play:

- Bella Alspaugh – First Team All-Star, recognized for her leadership and powerful presence on the court.
- Micah Keim – Second Team All-Star, celebrated for her consistency and defensive strength throughout the tournament.

Hosting the event was a point of pride for McBride Secondary, as the school provided a welcoming environment for players, coaches, and fans. The success of the tournament reflects the dedication of organizers, volunteers, and the entire community in supporting youth athletics.

With the season now wrapped up, the Mustangs can look back on a strong showing and the honor of hosting a memorable championship event. Congratulations to all teams for their effort and sportsmanship—and to Bella and Micah for their well-deserved recognition.





SPORTS

Duchess Park Boys Capture Zone Title; All Four Teams Headed to Provincials

The energy was electric as the Duchess Park Senior Boys volleyball team captured the Zone Championship, defeating College Heights in a hard-fought final that showcased the best of high school volleyball in Prince George. Both teams battled point for point, with Duchess Park ultimately pulling ahead thanks to clutch plays and relentless defense.

In the third-place match, Cedars Christian edged out DP Todd in another competitive contest, proving that the depth of talent in the zone runs strong. While the medals were decided, the excitement doesn't stop here, all four teams will represent Prince George at the BC AA Provincial Championships, hosted next week at College Heights Secondary. This rare opportunity to compete on home court adds an extra layer of anticipation for players and fans alike.

The tournament also celebrated individual excellence. Zone MVP Jude Poulin led the charge with dominant performances, while Top Libero Oliver Connelly impressed with his defensive prowess and Carter Young stood out as a key contributor. The Zone All-Star team featured some of the region's finest talent:

- Santiago Gonzales
- Sam Cramer
- Nate Groeneveld
- Tolu Bankole
- Mitch Costley

With provincial play just days away, these teams will now shift their focus to preparing for the toughest competition in British Columbia. For Prince George volleyball fans, next week promises to be an unforgettable showcase of skill, teamwork, and hometown pride.





SPORTS



College Heights Senior Girls Punch Ticket to Provincials After Epic Zone Final

In a match that will be remembered for its intensity and drama, the College Heights Secondary Senior Girls volleyball team defeated Duchess Park in a thrilling five-set battle to claim the Zone Championship. Both teams displayed exceptional skill and resilience, keeping fans on the edge of their seats until the final point.

The victory secures College Heights a coveted spot at the BC AAA Provincial Championships in Vernon, where they will represent the zone against the best in the province.

The match also showcased the incredible talent across the region, with several athletes earning Zone All-Star honors:

- Duchess Park: Ana Mackenzie, Bella Saro, Zahra Ngabo
- College Heights: Maggie Glover, Taylor Freeman, and Zone MVP Olivia Young

With momentum on their side and a roster full of standout performers, College Heights heads to Vernon ready to make an impact on the provincial stage.





SPORTS

Duchess Park Condors Capture Provincial Championship in Five-Set Thriller

The Duchess Park Senior Boys volleyball team etched their name into the history books this past weekend, claiming the provincial title in dramatic fashion. In a game that will be remembered for years to come, the Condors battled through a nail-biting final against the Richmond Christian Eagles, showcasing resilience, teamwork, and sheer determination.

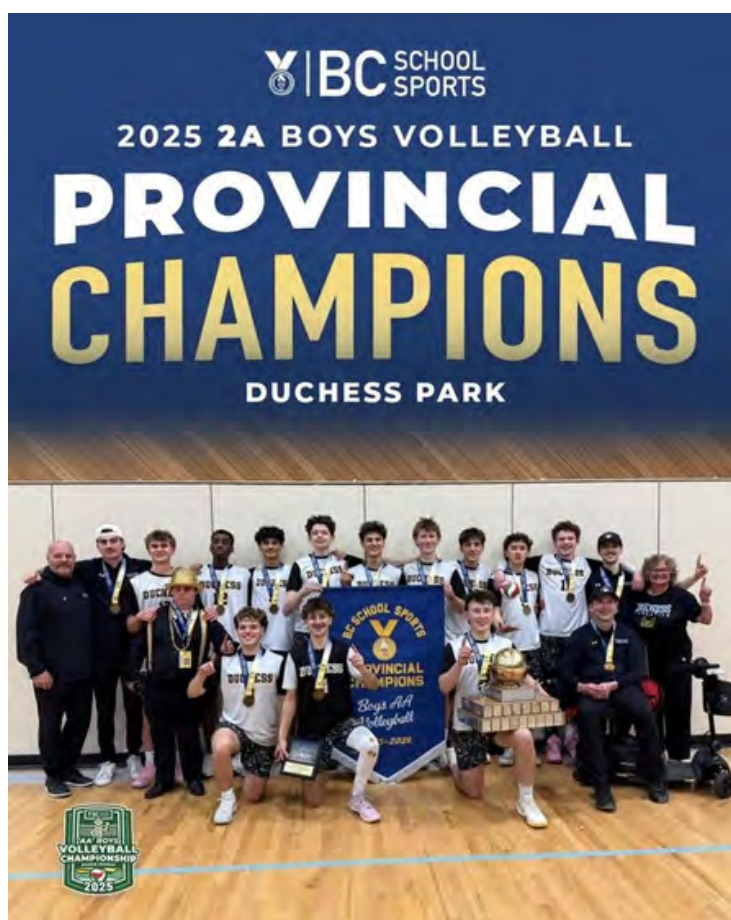
The championship matchup was a rollercoaster. After winning the first two sets, the Condors looked poised for a sweep, but Richmond Christian stormed back to force a decisive fifth set. In the end, the Condors prevailed in a five-set marathon, winning 25-23, 25-21, 25-27, 24-26, 15-12. With the pressure at its peak, Jude Poulin delivered the provincial-winning point, sealing the victory and igniting celebrations among players, coaches, and fans alike.

Sam Cramer was instrumental in the Condors' success, leading the team with poise and earning recognition as the tournament's standout performer. Adding to the accolades, Owen Martin was named to the Second Team All-Star, highlighting the depth of talent on this roster. The future looks bright for Duchess Park as well, thanks to standout performances from Grade 10 rookies Sawyer Roberts and Rhome Secor, who played beyond their years and made key contributions throughout the tournament.

Local schools also made their mark at provincials: College Heights Secondary finished 8th overall, while D.P. Todd Secondary claimed 9th place, showcasing the strength of Prince George volleyball on the provincial stage.

This triumph marks a crowning achievement for the program, reflecting months of hard work and dedication. The Condors' journey to the top included overcoming tough competition throughout the tournament, proving they belong among B.C.'s elite.

Congratulations to the Duchess Park Condors on an unforgettable run and a well-deserved provincial championship!



 SPORTS

College Heights Sr. Girls Volleyball Team Places 8th at Provincials

The College Heights Secondary School Senior Girls volleyball team capped off an impressive season with an 8th-place finish at the Provincial Championships. Competing against the top teams in British Columbia, the Cougars showcased resilience and skill throughout the tournament.

After earning their spot at Provincials through strong regional play, the team faced tough competition in pool play and bracket rounds. Despite some close matches, the Cougars demonstrated determination and teamwork, securing a top-10 finish among the province's best.

Head coach Hali Drezet praised the players for their commitment and growth this season: "This group worked incredibly hard and represented our school with pride. Finishing 8th in the province is a testament to their effort and character."

Adding to the team's accomplishments, Olivia Young was named a First Team All-Star, and Nadia Lennox earned recognition as the tournament's Top Libero, highlighting the individual excellence that complemented the Cougars' strong collective performance.

The Cougars' showing at Provincials marks another milestone for the program, building on their success earlier in the year at tournaments like the UBCO Heat event, where they earned a bronze medal.





DP Todd Senior Boys Triumph Over College Heights at Condor Classic

On December 19th at Duchess Park Secondary, the DP Todd Secondary Senior Boys delivered a powerhouse performance to capture the Condor Classic championship, overcoming College Heights Secondary in a hard-fought final. The Trojans entered the tournament with determination and left as champions, showcasing depth, resilience, and clutch execution when it mattered most.

Throughout the weekend-long event, DP Todd impressed with their fast-paced offense, sharp decision-making, and stifling defense. Their semifinal win demonstrated that the team was locked in and ready to compete, but it was the final against College Heights that truly summed up their character. In a game filled with high-energy play and shifting momentum, the Trojans never wavered during the tight closing minutes.

Tied in the final stretch, DP Todd seized control with a pair of game-changing sequences, an emphatic block followed by a transition bucket, and a crucial three-pointer sparked a decisive run. Their composure under pressure allowed them to pull ahead and seal the championship.

Veteran leaders set the tone early, with strong performances on both ends of the court. Key bench players also rose to the occasion, contributing timely scoring and defensive energy that swung the momentum in DP Todd's favor. The collective effort underscored the program's team-first ethos, a quality crucial for tournament success.

This title adds a major highlight to the Trojans' season, fueling momentum as they move into league play and look ahead to their zone tournament ambitions. Beyond just a trophy, the victory serves as a testament to the team's work ethic, unity, and commitment to one another.





Prince George Secondary Dominates Spirit Game Cup with 5-0 Victory Over College Heights

The annual Spirit Game Cup brought electrifying energy to the CN Centre as students from Prince George Secondary School and College Heights Secondary, along with elementary schools that feed into these high schools, packed the stands for one of the most anticipated hockey events of the year.

This spirited tradition is more than just a game, it's a celebration of school pride and community. The atmosphere was buzzing with cheers, signs, and school colors as future high school students got a glimpse of the excitement that awaits them.

On the ice, PGSS delivered a commanding performance, defeating College Heights 5-0 in a game that showcased skill, teamwork, and determination. From the opening puck drop, PGSS controlled the pace, applying relentless pressure and capitalizing on scoring opportunities. Their defense was rock-solid, shutting down every offensive push from College Heights and keeping the scoreboard clean.

The victory not only secured bragging rights for PGSS but also highlighted the strength of their hockey program. For College Heights, despite the tough loss, their players demonstrated resilience and sportsmanship, earning applause from the crowd.

The Spirit Game Cup continues to be a cornerstone event for Prince George schools, fostering connections between elementary and secondary students while celebrating athletic excellence and school spirit. With this year's thrilling matchup in the books, anticipation is already building for next year's showdown.

