

DEC. 13, 2004

# ABBOTSFORD TRADITIONAL SECONDARY SCHOOL

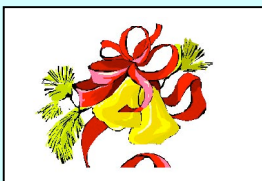


Christmas Banquet

## WHAT'S INSIDE?

- IMPORTANT DATES
- STUDENT BANQUET – DEC. 13<sup>TH</sup> @ 6:00PM.
- LOST AND FOUND ITEMS WILL BE DONATED TO THE CONSIGNMENT STORE OR TO A LOCAL CHARITY ON FRIDAY.
- SCHOOL WEBSITE – LOTS OF GREAT INFORMATION [WWW.ATSS.CA](http://WWW.ATSS.CA)
- CHRISTMAS WEEK SPECIAL EVENTS – DEC. 13 – 17
- CHRISTMAS ASSEMBLY – DEC 17 AT 1:45

REMINDER  
OUR NEWSLETTER  
IS PUBLISHED  
WEEKLY ON OUR  
WEBSITE AT  
[WWW.ATSS.CA](http://WWW.ATSS.CA)  
FIND OUT WHAT IS  
HAPPENING AT ATSS



WE WISH YOU.....

# A Very Merry Christmas

On behalf of  
the staff and students at Abbotsford Traditional  
Secondary School, we wish you a wonderful holiday and all the  
best of the Christmas season. We will see you in January.

## Christmas Activities For This Week

**Christmas Week** = special events for the week organized by our student committees. Each day of this week students will be involved in a special Christmas event such as 'Candygrams' and Deck the Halls (room door decoration contest). Be sure to ask your student what the theme of the day is. Thank you to our student committees for their hard work organizing Christmas cheer at ATSS.

**Christmas Banquet** = a turkey dinner and talent show. Once again our students have taken the lead to organize this Christmas banquet for all the students and staff at the school. The banquet takes place on Monday evening from 6:00 to 8:30pm. Special thanks to our student committee organizers for their hard work setting up the decorations, dinner and talent show, to Mrs. Chalkias for helping to pull everything together, to caterer Adrian Beatty of Seasonal Experience for the dinner, and to artist Katie Grieve for the student portraits.

**Christmas Assembly** = Friday at 1:45. Parents, families and friends are cordially invited to attend our Christmas Assembly on Friday. Students are running a sing-a-long and the Concert Band will play a piece as well, the reading of our honour and effort roles, and our Christmas Story (watch for your name).

**Last Day of School Before the Winter Break** = Friday, December 17. We hope all of our ATSS families have a wonderful and safe holiday. We will see you in the new year – January 4 at 8:15.

**Food Drive** = this week. ATSS families are encouraged to bring tinned goods and other non-perishable food items to the school to support needy families in Abbotsford. Food items will be donated to the Abbotsford Food Bank at the end of the week.

**Clothing Donations** = this week. All items from the **Lost and Found** will be donated, either to our consignment store (school uniform) or to the local charity organizations (non uniform). Please CHECK THE LOST AND FOUND for missing items this week!

**Thank You** to everyone who donated items to the consignment store and to local charities (through the lost and found) – the clothing items are greatly appreciated!

IMPORTANT DATES  
IN DECEMBER

DEC. 13 – 17 – CHRISTMAS WEEK – SPECIAL EVENTS PLANNED BY THE STUDENT COMMITTEES

DEC. 17 – LAST DAY OF SCHOOL BEFORE THE WINTER BREAK.

School Dress Code

**BOYS**    **Tops**

- Black or beige golf shirts with crest
- Black hoodies with crest
- Black or beige sweat shirts with crest
- Black vest with crest

- Black, beige or red dress shirt with crest

**GIRLS**    **Tops**

- Black or beige golf shirts with crest
- Black or beige or red dress T-shirt with crest
- Black hoodies with crest
- Black or beige sweatshirts with crest
- Black vest with crest

**Shirts and Slacks**

- Black or beige slacks – full length
- Black or beige slacks – Capri length
- Black or beige walking shorts
- Black or beige A-line skirt

**SPORTS – PE STRIP**

- White T-shirt with ATSS sports logo
- Black gym shorts with red stripe and ATSS sports logo

**PE Runners!**



**A REMINDER TO ALL FAMILIES**  
ALL STUDENTS SHOULD HAVE A PAIR OF RUNNING SHOES JUST FOR PE – THESE SHOES MUST NEVER BE WORN OUTSIDE!  
PLEASE HELP TO KEEP OUR FLOOR LIKE NEW – BRING PE RUNNERS!

# PAC News

Congratulations to our new PAC Executive. Thank you for stepping forward to form our **1st PAC Executive** at ATSS!!!!

The positions were filled as follows:

- |                          |                  |
|--------------------------|------------------|
| <b>Chair:</b>            | Vacant           |
| <b>Vice Chair:</b>       | Lori Schultz     |
| <b>Secretary:</b>        | Susan Chalkias   |
| <b>Treasurer:</b>        | Kim Martens      |
| <b>BCCPAC:</b>           | Kim Martens      |
| <b>DPAC:</b>             | Linda Swanepoel  |
| <b>Key Communicator:</b> | Sharon McCracken |
| <b>SPC Exec:</b>         | John Ottom       |
| <b>Gen. Member:</b>      | Suzanne Matties  |

- |                            |               |
|----------------------------|---------------|
| <b>SPC General Member:</b> | Lori Schultz  |
| <b>SPC General Member:</b> | Wendy Swadden |

I look forward to working with all of you!

Regards,

Wendy Swadden  
Acting PAC Chairperson

**The following paragraph illustrates the importance of spelling:**

I cdnuolt blveiee taht I cluod aulacly uesdnatnrđ waht I was rđanieg. The phaonmneal pweor of the hmuan mnid.

Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mttar in waht ordre the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihis is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh?

Yaeh and I awlyas thought slpeling was ipmorantt.

## TEENS/ADULTS Shades of the Arts Classes starting in January 2005

- |  |                   |
|--|-------------------|
| Pencil Drawing & Colour Techniques for Teens | Jan 10 - Feb 14   |
| Sketching (Seniors)                          | Jan 14 - Feb 18   |
| Water + Colour = Paint (Seniors and Under)   | Jan 10 - Feb 14   |
| You Can Draw!                                | Mar 8 - Apr 26    |
| Acrylic Painting                             | Jan 12 - Mar 2    |
| Landscapes in Oil                            | Jan 11 - Mar 1    |
| Portrait Class                               | Jan 11 - Feb 8    |
| Portrait Sketches in Pencil & Charcoal       | Feb 9 - Mar 9     |
| Portraits in Colour                          | Mar 16 - Apr 13   |
| Animal Drawings in Pencil & Charcoal         | Jan 5 - Feb 2     |
| Creative and Freelance Writing               | Mar 7 - 21        |
| Wirey Wearables                              |                   |
| <u>Beginner</u>                              | Feb 5             |
| <u>Intermediate</u>                          | Mar 5             |
| Calligraphy                                  | Jan 11 - Feb 22   |
|  | Jan 12 - Jan 19   |
|  | Jan 20 - Feb 10   |
| Stained Glass Art - Beginners (18+ yrs)      | Jan 6 - Mar 3     |
| Stained Glass Art - Intermediate (18+ yrs)   | Mar 10 - Apr 14   |
| Patio Bricks Workshop (18+ yrs)              | Mar 12 or Apr 21  |
| Human Figure Drawing                         | Mar 9 - Apr 20    |
| Fabric Wax Sculpture                         | Feb 14 or Apr 9   |
| Guitar for Adults (15+ yrs)                  | Jan 13 - Mar 31st |

For class description and further information on courses contact Nancy or Sharole at the Mission Arts Council at (604) 826- 0029. Gift Certificates available now at the Mission Arts Council. Register early to avoid disappointment.



**FOOD DRIVE**  
PLEASE HELP NEEDY FAMILIES IN THE ABBOTSFORD AREA – SEND NON-PERISHABLE FOOD ITEMS TO THE SCHOOL FOR THE FOOD BANK

# Christmas Assembly

FRIDAY AT 1:45



**Our Musical Theatre group is working hard for our February 15 and 16 production of Annie.**

FEBRUARY



JOIN US FOR DINNER THEATRE ON FEB 15 AND 16 WHEN OUR MUSICAL THEATRE GROUP WILL PRESENT ANNIE.

We are looking for behind the scene volunteers to assist with:

- costume making
- set production
- Prop management

We also require:

- fabric donations (yards and yards of narrow elastic and twill tape)
- coats, long capes, hats, gloves (suited to 1930 time period)
- a tux with tails approx. size 34 tall
- Three piece suit approx size 32 regular
- A top hat,
- Old sheets to make aprons and bloomers

Thank you for your support, we are very excited about our first Musical Production and invite everyone to be a part of the success.

If you can help please call Louise (850-9065) or Susan (855-7029)

# ATSS Honour and Effort Role

TERM 1 - 2004

Congratulations to the following students who have earned HONOUR ROLE (75% in all subjects) and EFFORT ROLE (all G) status for the first term of the 2004-2005 school year.

## HONOUR ROLE

Jocelyn Blahut	Karalee Chalkias
Brittany Collet	Josiah Dahl
Kacey de Jong	Levi de Jong
Andy Dhaliwal	Jimmy Dhaliwal
Jelisa Fast	Melissa Friesen
Kevin Fritzke	Brian Gerbrandt
Kevin Gerbrandt	Jas Gill
Alysha Heam	Joshua Herrett
Jocelyn Hewlett	Jennifer Jeon
Sarah King	Brook Lawrence
Jessica Mann	Dylan Murray
Ben Robinson	Meghan Sahlstrom
Melissa Sahlstrom	Chris Schmitke
Kristin Stewart	Jesse Strating
Stephanie Swanepoel	
Tiffany Turner	



## EFFORT ROLE

Jocelyn Blahut	Karalee Chalkias
Brittany Collet	Josiah Dahl
Kacey de Jong	Andy Dhaliwal
Jimmy Dhaliwal	Jelisa Fast
Paul Fehr	Melissa Friesen
Kevin Fritzke	Brian Gerbrandt
Kevin Gerbrandt	Jas Gill
Maya Grant	Alysha Heam
Josh Herrett	Jennifer Jeon
Tristan Kooner	Brook Lawrence
Jessica Mann	Ryan McCracken
Jacque Mitton	Dylan Murray
Brittany-Ann Potts-Coy	Meghan Sahlstrom
Chris Schmitke	Kyriel Schulte
Kristin Stewart	Jesse Strating
Stephanie Swanepoel	Tiffany Turner
Laura Yamaguchi	



## Lost and Found

Did you know that we have a large Lost and Found box in the office that is almost full? Did you know that on Friday all items in the Lost and Found will be donated to our consignment store or to charity? **PLEASE be sure to check out the lost and found!**



# What I Have Learned About Living

By Maya Angelou 80+ as shared on the Oprah show

- "I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.
- I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.
- I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.
- I've learned that making a "living" is not the same thing as making a "life."
- I've learned that life sometimes gives you a second chance.
- I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back.
- I've learned that whenever I decide something with an open heart, I usually make the right decision.
- I've learned that even when I have pains, I don't have to be one.
- I've learned that every day you should reach out and touch someone.
- People love a warm hug, or just a friendly pat on the back.
- I've learned that I still have a lot to learn.
- I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

"Wherever you go, there you are,"

"Live is what happens when you are busy doing something else."

"We do not remember days – we remember moments."

"If you look for the good in others – you will surely find it."

"Our future – our responsibility"



## HEALTH UPDATE – BOYS – DO NOT PUT THE LAPTOP ON YOUR LAP

Dr. Yefim Sheynkin, associate professor of urology at the State University of New York has just completed the first study of the effect of heat from computers on male reproductive system.

There are opposite opinions on the subject – Dr. Steven J. Soundheimer of the University of Pennsylvania has stated that, "it is not clear that it (the warming effect) is clinically important."

While there is no definite evidence so far that heat will produce lasting damage, there is consensus that the warming effect does have at least a temporary effect on male fertility. "The effects of short-term exposure (to heat) can be reversible," Sheynkin believes, "If a user can't put the computer on a desk, laptop use should be limited to just a few minutes at a time, but even then, frequent laptop use can be damaging,"

Study on this topic is ongoing. In the meantime, it is better to be overly cautious until we have the facts. We recommend that boys use a table or bench for their computers and do not put the lap top computers on their laps.

### Virtual Library

Our Musical Theatre teacher, Ray Dencer has developed a virtual online library. This library is now available on the web.

The virtual library is a tremendous resource for students – with huge potential for research and projects.

Check out the virtual library at.....

[www.sd34.bc.ca/schools/virtuallibrary/](http://www.sd34.bc.ca/schools/virtuallibrary/)