

JAN, 4TH 2005

# ABBOTSFORD TRADITIONAL SECONDARY SCHOOL

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## WHAT'S INSIDE?

- IMPORTANT DATES
- TERM 2 ENDS JAN 28<sup>TH</sup>, 2005
- SCHOOL EXAMS BEGIN JAN 26<sup>TH</sup>
- ENGLISH 10 GOVERNMENT EXAM – JAN 28<sup>TH</sup>
- MATHS 10 GOVERNMENT EXAM – JAN 31<sup>ST</sup>
- SCHOOL TURN-AROUND DAYS JAN 31 & FEB 1<sup>ST</sup>
- SCHOOL CLOSURE DAYS FEB 2, 3, AND 4<sup>TH</sup>
- SEMESTER TWO BEGINS FEB 7<sup>TH</sup>
- ANNIE – FEB 15 & 16<sup>TH</sup> – MATINEES AND DINNER THEATRE
- DISTRICT PROFESSIONAL DEVELOPMENT DAY – FEB 18<sup>TH</sup>
- SCHOOL WEBSITE – LOTS OF GREAT INFORMATION [WWW.ATSS.CA](http://WWW.ATSS.CA)

REMINDER  
OUR NEWSLETTER  
IS PUBLISHED  
WEEKLY ON OUR  
WEBSITE AT

# Welcome Back!

We hope you had a wonderful  
Christmas and a Great New Years'  
celebration.

As a final salute to the Christmas season here is a great final Christmas story that Dan Clark tells:

"A friend of mine named Paul received an automobile from his brother as a Christmas present. On Christmas Eve when Paul came out of his office, a street urchin was walking around the shiny new car, admiring it. "Is this your car, Mister?" he asked.

Paul nodded. "My brother gave it to me for Christmas." The boy was astounded. "You mean your brother gave it to you and it didn't cost you nothing? Boy, I wish..." He hesitated.

Of course Paul knew what he was going to wish for. He was going to wish he had a brother like that. But what the lad said jarred Paul all the way down to his heels.

"I wish," the boy went on, "that I could be a brother like that."

Paul looked at the boy in astonishment, and then impulsively he added, "Would you like to take a ride in my automobile?"

"Oh yes, I'd love that."

After a short ride, the boy turned and with his eyes aglow, said, "Mister, would you mind driving in front of my house?"

Paul smiled a little. He thought he knew what the lad wanted. He wanted to show his neighbors that he could ride home in a big automobile. But Paul was wrong again. "Will you stop where those two steps are?" the boy asked.

He ran up the steps. Then in a little while Paul heard him coming back, but he was not coming fast. He was carrying his little crippled brother. He sat him down on the bottom step, then sort of squeezed up against him and pointed to the car.

"There she is, Buddy, just like I told you upstairs. His brother gave it to him for Christmas and it didn't cost him a cent. And some day I'm going to give you one just like it, then you can see for yourself all the pretty things in the Christmas windows that I've been trying to tell you about."

Paul got out and lifted the lad to the front seat of his car. The shining-eyed older brother climbed in beside him and the three of them began a memorable holiday ride.

That Christmas Eve, Paul learned from a small boy that it truly more blessed to give than to receive."

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

## DRESS CODE

A REMINDER THAT ALL STUDENTS ARE EXPECTED TO WEAR SCHOOL DRESS CODE AT ALL TIMES. WE HAVE NUMEROUS ITEMS IN OUR CONSIGNMENT STORE INCASE YOU ARE HAVING DIFFICULTIES FINDING DRESS COED ITEMS.

### 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 Runner:** 

ALL STUDENTS SHOULD HAVE A PAIR OF RUNNING SHOES JUST FOR PE - THESE SHOES MUST NEVER BE WORN OUTSIDE!

# 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:

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

SPC General Member:	Lori Schultz
SPC General Member:	Wendy Swadden

Wendy Swadden  
Acting PAC Chairperson

## Stress Is Not Good for You But There is Something You Can Do...

Everyone seems stressed. Life has a way of doing that, and as we start the new year with school and government exams coming up at the end of January, stress is very real for our students. A little stress is good for your brain, but too much stress causes lots of problems. One such problem is that stress creates a kind of "trap" for your brain that makes it hard to escape the stress cycle. In other words, where the brain is concerned, stress seems to feed on itself.

Robert Sapolsky, professor of neurology at Stanford University, puts it this way:

"Stress pathways are diverse and involve many regions of the brain in feedback loops that can sometimes greatly amplify a response. The process begins when an actual or perceived threat activates the sensory and higher reasoning centers in the cortex. The cortex then sends a message to the amygdala, the principal mediator precipitate activity in the amygdala. The amygdala releases corticotrophin-releasing hormone, which stimulates the brain stem to activate the sympathetic nervous system via the spinal cord. In response, the adrenal glands produce the stress hormone epinephrine; a different pathway simultaneously triggers the adrenals to release glucocorticoids. The two types of hormones act on the muscle, heart and lungs to prepare the body for "fight or flight". Translated into lay language: NOT GOOD FOR YOU OR YOUR BRAIN.

For students facing exams, the best way to deal with the stress is to focus on preparing for the exams. This includes regular homework and daily review of concepts and materials that have been presented throughout term one and two. Stress can be relieved and turned to our advantage if we focus on the source and prepare ourselves.

## 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.



DRESS CODE ITEMS AVAILABLE AT OUR CONSIGNMENT STORE - GREAT ITEMS AT A GREAT BARGAIN PRICE. CHECK AT THE OFFICE TODAY.



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)

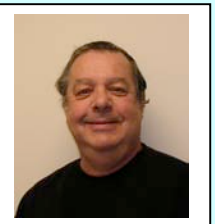
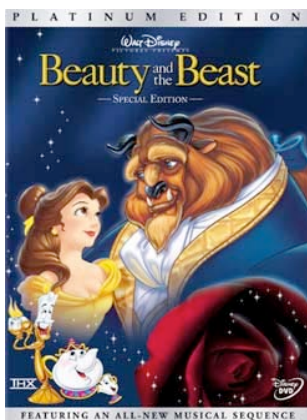
FOOD DRIVE  
THANK YOU SO MUCH FOR YOUR HELP WITH THE FOOD DRIVE. ATSS STUDENTS AND STAFF DONATED OVER 670 ITEMS TO THE ABBOTSFORD FOOD BANK!

# Yale Secondary School

.....presents its 15th annual musical.

This year's show will be the newly released "Disney's Beauty & the Beast".

The show will take place in February 2005 at The Abbey Arts Centre. Performances start with a special family matinee at 2.30 p.m. on Sunday, February 6th, with evening performances on Thursday, Friday, and Saturday, February 10th-12th. at 7:00 p.m. Tickets can be purchased from the Yale Secondary School office from 7:30 a.m. - 4:00 p.m. Monday to Friday.



Our own Mr. Dencer who is producing and directing Annie with the ATSS Musical Theatre Group is also the director of the Yale Musical - Beauty and the Beast!

# Exams Happen in January - Here are Some Study Tips.

## Index study system

**Time is the wisest of all counselors**

Plutarch

**Here is a method of studying that gives you** an accurate perception of how well you know the material, and forces you to think about it, rather than just look over it.

- \* **Review your notes and readings frequently, so the material is "fresh"**
- \* **As you're reading your text or reviewing your notes,** generate and write down questions about the material. Imagine you're teaching the course. What questions would you ask on the exam?
- \* **Keep track of any terms you need to know**
- \* **Write each question or term on the back of an index card**
- \* On the front of each index card, **write an answer** or an explanation for the question or term on the back.  
  
Use your notes and text for a reference, but put the answer or explanation in your own words whenever possible
- \* **Shuffle the index cards** (so you can't figure out any answers based on their location in the deck)
- \* **Look at the card on the top of the deck:** Try to answer the question or explain the term. If you know it, great! Put it on the bottom of the deck. If you don't know it, look at the answer, and put it a few cards down in the deck (so you'll come back to it soon).
- \* **Proceed through the deck of cards until you know all of the information**

### Some Tips:

- \* **Carry your cards with you everywhere.** Take advantage of little pockets of time. Test yourself while you're waiting on line, riding the bus, etc.
- \* **If you think you know an answer,** but can't put it into words, you probably don't know it well enough.  
  
Being able to explain the information is the only way to be sure that you know it. It's also the best way to prevent test anxiety.
- \* **Consider testing yourself someplace where nobody can see you** (and think you're crazy), and reciting the answers out loud. That's the best way to be sure that you can explain them.
- \* **Study with a friend from your class.** You can share ideas and help each other out with concepts. Also, you can use each other to make sure that you're explaining your answers adequately.



TIME IS RUNNING OUT — THERE IS LESS THAN A MONTH REMAINING IN SEMESTER ONE — SO THE TIME IS NOW TO REVIEW FOR THE SCHOOL AND GOVERNMENT EXAMS. ALL STUDENTS IN GRADES 8 THROUGH 11 WILL WRITE SCHOOL EXAMS, PLUS GRADE 10 STUDENTS WILL WRITE THE ENGLISH AND MATHS GOVERNMENT EXAMS.

"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"

### 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/)