

MARCH 14TH 2005

ABBOTSFORD TRADITIONAL SECONDARY SCHOOL

WHAT'S INSIDE?

- IMPORTANT DATES
- ANNIE JR — MATINEES MARCH 15TH & 16TH, EVENING PERFORMANCE



MARCH 15TH, DINNER THEATRE AND SILENT AUCTION MARCH 16TH

- RECOGNITION ASSEMBLY — MARCH 18
- SCHOOL WEBSITE LOTS OF GREAT INFORMATION WWW.ATSS.CA

REMINDER
OUR NEWSLETTER IS PUBLISHED WEEKLY ON OUR WEBSITE AT WWW.ATSS.CA
FIND OUT WHAT IS HAPPENING AT ATSS



Musical Theatre

March 15 & 16

Monday is your last chance to buy dinner theatre tickets



Purchase your tickets for dinner theatre by Monday — we are organizing a delicious meal for the evening — we need numbers now!



Show Times — don't miss out on our very first ATSS Musical Theatre

- Tuesday March 15— 12:30 matinee performance — students from other schools will join us for this performance
- Tuesday March 15 — 7:30 evening performance — tickets \$3.00 — all ATSS parents and students are invited to see the show
- Wednesday March 16 — 9:30 our first performance for 300 King students and 150 Simpson students.
- Wednesday March 16 — Dinner Theatre and Silent Auction — 6:30 — dinner, 7:30 performance — tickets — \$10.00 for parents and \$6.00 for children (under 12)

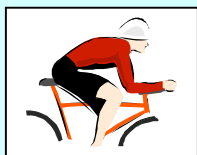
Silent Auction

MARCH 15

Final call for donations for our silent auction. Donations of a variety of items, both large and small (small items can be put into baskets) would be most appreciated. We would also appreciate services (eg. an oil change, the use of a cabin for a weekend, yard work, a portrait sketch, etc). Please bring items to the school office — thank you.



In Motion



In Motion's upcoming lecture series is open to everyone, and involves three health and fitness professionals from the University College of the Fraser Valley.

Cost is \$15 for the series. All lectures will be held at Matsqui Centennial Auditorium (attached to City Hall) and will run from 7 p.m. to 8:30 p.m. (doors open at 6:30 p.m.)



Lecture 1, March 23: Physical Activity - For the Health of It! with Greg Anderson, PhD.

How much exercise is required to increase one's health and wellness? This lecture will talk about physical activity as it relates to the prevention of disease, disability and death, and its contribution to quality of life. Further, based on the best scientific evidence available, this lecture will guide you through the surplus of physical activity guidelines, and help you understand how much physical activity is required for increased health and wellness.

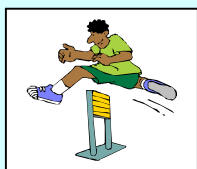


Lecture 2, April 13, The Role of Nutrition on High Quality Physical Activity with Rebecca Frechette.

This lecture will focus on understanding the Science of Nutrition. Treat your body well: high quality food + liquid = high energy and good health. When to eat and drink when engaging in activity and how to make good food choices a high priority every day!



Lecture 3, May 18, Stress - EMPOWER yourself to deal with it! with Karen Strange, PhD

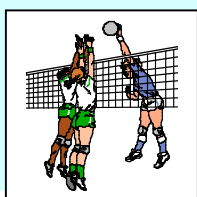


Stress has an effect on our lifestyle and our health. How can you manage it? This lecture will look at the effects of stress on your health and empower you with tools that can be used to maintain a healthy lifestyle when life gets hectic.



For more lecture information and registration, visit:

[<http://www.abbotsfordinmotion.ca>] www.abbotsfordinmotion.ca or call 604-615-DO IT (3648).





Abbotsford has a
GIRLS HOCKEY LEAGUE

Did you know that Abbotsford has hockey for girls?
 All girl teams playing in an all girls league.



Abbotsford Minor Hockey Association is looking for girls to play hockey next season.

There will be a **FREE** "Introduction to Hockey" for girls only on Saturday, May 7th. It is open to girls ages 5 - 14. **No experience is necessary.** The session is intended to allow girls who have **NOT** previously played organized hockey, an opportunity to come out and see what it's all about.



Place: Matsqui Rec. Centre
 3106 Clearbrook Road
 Date: Saturday, May 7th
 Time: 12:30 p.m.

****FREE INTRODUCTORY CLINIC****



Interested in a computer security cable. Contact Mrs. McDonough in the main office.

**National Institute on Media and the Family
 Calls upon Take-Two
 Interactive Software to
 Stop Killing Cops as Entertainment**

**Institute Urges Concerned Citizens to Sign Online Petition at [<http://www.mediawise.org/>]
www.mediawise.org**

The National Institute on Media and the Family today released an online petition calling on Take-Two Interactive Software to stop depicting cop killings in their video games.

The petition follows a recent 60 Minutes story on the role of "Grand Theft Auto?" in the 2003 killing of two police officers and a dispatcher in Alabama. Dr. David Walsh, president and founder of the National Institute on Media and the Family, appeared in the 60 Minutes segment as a psychological expert based on his book Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen and his standing as the country's foremost authority on the impact of violent video games on children.

Take-Two's Rockstar Games develops the "Grand Theft Auto?" video game series where players are rewarded for senseless and horrible acts such as stealing the guns and squad cars from police officers and brutally murdering them. The online petition calls on Take-Two to publicly apologize and to stop depicting cop killings and other acts of trivialized violence in their video games.

To participate in the online petition, please go to [<http://www.mediawise.org/>]
www.mediawise.org. The National Institute on Media and the Family also appreciates you urging your family and friends to participate as well.

**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 IN CASE
 YOU ARE HAVING
 DIFFICULTIES
 FINDING DRESS

Last chance to purchase tickets for DINNER THEATRE!

Buy your tickets in the main office!



Can you help with...

1. Buy your tickets for dinner theatre TODAY!



2. Bring in items for our SILENT AUCTION!

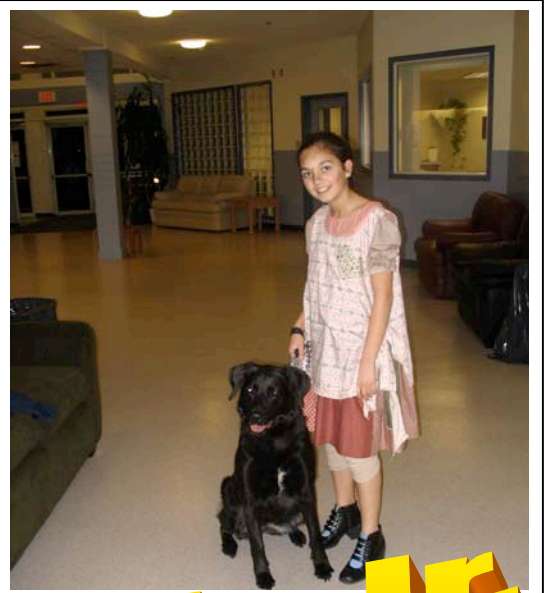
3. Sign up to help with the evening performance and serving at our DINNER THEATRE!

Do you have any items for the silent auction? We need your help!

COURSE FEES

Course Fees for Semester Two are due now..

If you have not paid your first term fees, please do so as soon as possible in the school office.



Annie Jr.

