

APRIL 4, 2005

ABBOTSFORD TRADITIONAL SECONDARY SCHOOL

WHAT'S INSIDE?

- IMPORTANT DATES
- COURSE CHOICE FORMS FOR NEXT YEAR ARE POSTED ON OUR WEBSITE — CHECK OUR COURSE SELECTIONS FOR NEXT YEAR
- 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

THANK YOU TO EVERYONE WHO WORKED SO HARD TO MAKE ANNIE SUCH AS SUCCESS!



Welcome Back

Three months to continue the hard work or catch up on less than satisfactory results

If you are happy with your current standing – keep it up!
If you are not completely satisfied with your standing – here are a few tips to help you manage your time....

There are only so many hours in a day, a week, and a term. You cannot change the number of hours, but you can decide how to best use them. To be successful in school, you must carefully manage your study time. Here is a strategy for doing this.

At the beginning of a **term**, prepare a **Term Calendar**. Update it as the term goes on. Here is what to do to prepare a Term Calendar.

- * Record your school assignments with their due dates and your scheduled tests.
- * Record your planned school activities.
- * Record your known out-of-school activities.

Each Sunday before a school **week**, prepare a **Weekly Schedule**. Update it as the week goes on. Here is what to do to prepare a Weekly Schedule.

- * Record your daily classes.
- * Enter things to be done for the coming week from your Term Calendar.
- * Review your class notes from the previous week to see if you need to add any school activities.
- * Add any out-of-school activities in which you will be involved during the week.
- * Be sure to include times for completing assignments, working on projects, and studying for tests. These times may be during the school day, right after school, evenings, and weekends.

Each evening before a school **day**, prepare a **Daily Organizer** for the next day. Place a ✓ next to each thing to do as you accomplish it. Here is what to do to prepare a Daily Organizer.

- * Enter the things to do for the coming day from your Weekly Schedule.
 - * Enter the things that still need to be accomplished from your Daily Organizer from the previous day.
 - * Review your class notes for the day just completed to see if you need to add any school activities.
- Add any out-of-school activities in which you will be involved the next day.

Your Weekly Schedule should have more detail than your Term Calendar. Your Daily Organizer should have more detail than your Weekly Schedule. Using a Term Calendar, a Weekly Schedule, and a Daily Organizer will help you make the best use of your time.

30 Hour Famine

There are lots of ways
that you can help.....
it is up to each of us!



30 Hour Famine

Our Student 30 Hour Famine Committee has lots of activities organized to support this event and ensure that students have a great time while they support others.

ATSS Car Wash - watch for the details on our 'car wash by donation' coming up very shortly.

The Great Tape Challenge - the idea is for some of our dauntless teachers to be taped to the school wall - how long will it take for them to get free? For only 50 cents per guess per teacher you can take part in this great contest.

Hand Prints on the Wall - students are invited to put their handprint on the wall (on paper) - 50 cents for one hand in your choice of colour and \$1.00 for both hands.

Thank you to the members of the organizing committee who have been busy over the break getting these events organized.

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).

Time to Read

Here is a reading technique that may save you time while not decreasing your enjoyment of reading.

Terry Small

How many of you have a pile of books that you are intending to read someday?! It's hard to find time to read. Everyone's busy! A recent poll recently determined that the #1 cause of stress today is a lack of time. Another poll recently found that 59% of North Americans fail to read a single book in a year. That's too bad. Reading is good for your brain. In fact, exposing your brain to a constant flow of new ideas may be necessary to protect your brain from degenerative disease! At the very least, when you read, you get to learn and think a lot...also very good for your brain

Here is a pre-reading activity that may help you save time - read the first sentence of each paragraph to prepare your brain to read with much better comprehension (non-fiction material). Similar to having blueprints BEFORE you construct a building.

This is a great technique to use when you cannot or do not want to read a book word for word. Read the first and the LAST sentence of each paragraph only. The first sentence contains the main idea. The last sentence contains the summary or linking thought to the next paragraph. There are books in my library that I have never read cover to cover...word for word. And you're thinking, "Well, you missed a lot." True. But not as much as you because you didn't read it at all! You simply cannot read every book you want cover to cover. There are too many books! If you can read every book you want, cover-to-cover, you may want to make your reading list longer. Master learners should have many ways to tackle books.

Francis Bacon said, "Some books are to be tasted, some chewed, and some few to be swallowed and digested."

Try it right now. Grab a book and turn to a chapter that you have not yet read. Quickly read the first and last sentence of each paragraph. You're in for a surprise!

This is also a great review technique for students. After you have read a chapter, come back to it in a couple of days and read the first and last sentence of each paragraph. This will help keep the ideas in long-term memory.

DRESS CODE

A REMINDER THAT ALL STUDENTS ARE EXPECTED TO WEAR SCHOOL DRESS CODE AT ALL TIMES.

WE HAVE NUMEROUS NEW DRESS CODE ITEMS IN OUR SCHOOL STORE AND A FEW 'NEW TO YOU' ITEMS IN OUR CONSIGNMENT STORE IN CASE YOU ARE HAVING DIFFICULTIES FINDING DRESS CODE ITEMS.



Violence and Video Games

Can video games lead to violence? Many children have access to products that are meant for adults only. It's a good topic for discussion, says Lyndsey Turner

Tuesday March 15, 2005

[The Guardian](#)

"Blow stuff up. Blow stuff up some more." The advertising campaign for Mercenaries: Playground of Destruction, the latest in a long line of ultra violent computer games is far from subtle. The game takes the form of a mission in which players hunt down and kill North Korea's "most wanted" terror suspects, each of whom is represented by a playing card in a deck of 52. Just as the world of virtual gaming is starting to borrow from historical scenarios, so too are virtual universes thought to be impacting on the "real" world like never before.

Grand Theft Auto, one of the most successful titles of recent years, has been vilified for leading to drive-by shootings in Tennessee. And in this country Manhunt received adverse publicity last year following the case of Stefan Pakeerah, a 14-year-old beaten to death by a friend who was said to have become obsessed with the game.

The government's decision to clamp down on sales of violent games to under-aged consumers is long overdue. But at the tills of Virgin Megastore and HMV, parents still queue to buy these games for their children. We have come a long way since Pong and Pacman: not only are the current crop of releases utterly baffling for the uninitiated, their effects on the user are often diminished because of the cartoon nature of the violence they contain.

But the video games industry itself cannot be dismissed as easily. Although retailers face hefty fines for selling games to under-aged consumers, many children still play games that are felt to be unsuitable. It is now more financially lucrative than the movie business, and not even the threat of \$5,000 fines for retailers flouting the new classification system has made an impact on the distribution of 18 certificated releases to young children. Harmless escapism, perhaps, but with the introduction of the PlayStation Portable, a new console about the size of an iPod, game play is set to filter its way into more of our pupils' leisure time. A government investigation into the relationship between virtual shoot-em-ups and real life violence is under way. Our classrooms and the opinions of our students will provide just as accurate a picture of the damage – or our hysteria about that damage – that computer games are doing to the minds of the young.

Course
Selection
Sheets

Course
selection
sheets for
grade 8, 9,
10, 11 and
12 are now
posted on
our school
website.

Check out
the
courses
for next
year - with
our larger
population
we will
have more
course
choices
including
advanced
courses
from
grade 9
and up.