

APRIL 11, 2005

# ABBOTSFORD TRADITIONAL SECONDARY SCHOOL

## Help With Homework Available

### WHAT'S INSIDE?

- IMPORTANT DATES
- NEW WEBSITE FOR STUDENTS TO GET HELP WITH THEIR HOMEWORK — [www.fvrl.bc.ca](http://www.fvrl.bc.ca)
- 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](http://WWW.ATSS.CA)

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



Students can connect on line to a tutor for problems or questions in maths, science, social studies or English for FREE.....

Live Homework Help offers students:

- Innovative after-school program
- Academic help grades 4 thru 12 and College Intro
- One-to-one connections from library / home
- Core curriculum subjects:  Maths  Science  Social Studies  English
- Ability to review past sessions and work with favorite tutors

This is a free service for students to get help online from real tutors for Math, Science, Social Studies, & English for grades 4-12 & college intro.

Students can get one-to-one help by:

1. Going to [www.fvrl.bc.ca](http://www.fvrl.bc.ca) and clicking on the Live Homework Help graphic.
2. Entering their grade level and homework subject
3. Connect to a tutor in the online classroom for expert help

Live Homework Help is available:

- Every Day • 3 pm - 10 pm PST
- At all 23 locations of Fraser Valley Regional Library
- At your home via FVRL's website: [www.fvrl.bc.ca](http://www.fvrl.bc.ca)

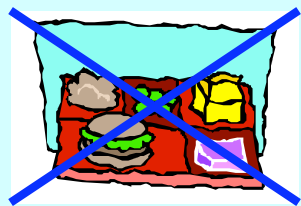
You are invited to attend The Fraser Valley Regional Library

**Got Homework? Launch Party**

**on Tuesday, April 19th**

**@ 7:00 pm**

**@ the Clearbrook Library**



# 30 Hour Famine

Our Student 30 Hour Famine Committee did an excellent job of planning events and activities for our 30-hour famine. In total over \$4000 was raised for this worthy event.



Thank you so much to staff and parent volunteers who supervised the energetic activities during the day and the quieter hours between bedtime and dawn.

Special thanks to Mrs. Wedel for her generous donation of her time, energy, and organizational skills. In addition, Mrs. Wedel donated her hair. Mrs. Wedel promised that if students raised over \$4000 she would allow them to choose a colour and dye her hair.....we love your purple hair Mrs. Wedel!



Hand Prints on the Wall - students paid 50 cents per hand to have their handprints on a chart that is now posted at the entrance of the school. What a great event organizing committee..... and we raised \$26.00 as well!

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.

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



# A Look at the 30 Hour Famine



## 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.



# MediaWise e-News

## National Institute on Media and the Family MediaWise e-News

### Kaiser Family Foundation Study Shows "Media Multi-tasking" Impacts Media Use Among Children and Teens

A new study from the Kaiser Family Foundation finds youth are spending more time using computers, the Internet, and video games without reducing the time they spend with television, print, and music. Young people are able to fill increasing amounts of media content into the same amount of time each day because of "media multi-tasking," e.g. going online while watching television, according to the study.

The study, *Generation M: Media in the Lives of 8-18 Year-olds*, looked at media use among a national sample of more than 2,000 third through twelfth graders, including almost 700 self-selected participants who kept seven-day media diaries.

One area of concern raised by the study is that children's bedrooms are increasingly becoming "multi-media centers." Two-thirds of all 8-18 year olds have a television in their bedroom, and 49 percent have a video game player there. Fifty-four percent have a VCR or DVD player; 37 percent have cable or satellite television; 31 percent have a computer; and 20 percent have Internet access in their bedroom. The study shows that youth with a television in their bedroom spend almost 1.5 more hours in a typical day watching television than those without a set in their room.

The study also finds that a majority of all 8-18 year olds say their parents have no rules about television watching. Forty-six percent indicated they do have rules, but only 20 percent say their parents enforce the rules "most" of the time.

### New Study Links Television in Teens' and Pre-teens' Bedrooms to Risky Behavior

A University of California study finds that teenagers and pre-teens with televisions in their bedroom are more likely to use drugs, smoke cigarettes, binge drink, and have sex. The study was recently published in the *Australian Doctor*.

The study surveyed more than 1,000 10 to 16 year olds and found that over 50 percent of them had a television in their bedroom. They also watch more television than teens and pre-teens without a television in the bedroom.

The study links the risky behavior to the amount of and unsupervised exposure to the high-risk behavior found in the media. The study also addresses how television's replacement for parent-child interaction contributes to harmful behavior. According to the study, parents of teens and pre-teens with televisions in their bedrooms are less likely to know where, and with whom, their children spend their after-school hours.

The National Institute on Media and the Family recommends parents keep televisions out of their teens and children's bedrooms. It is difficult to monitor what your children are watching when they are watching television in their own room. Having a television in a child's room discourages participation in family activities and encourages them to watch television when they could be studying, reading, or sleeping.

To learn more about the effects of media on children, visit the National Institute on Media and the Family at

[<http://www.mediawise.org/>][www.mediawise.org](http://www.mediawise.org)

Course  
Selection  
Sheets

Course  
selection  
sheets for  
grade 8, 9,  
10, 11 and  
12 are  
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.