

# The Titan Tribune

Abbotsford Traditional Secondary School

atss.ca

May 2, 2008

Volume 4, Issue 14

2272 Windsor St.  
Abbotsford, B.C. V2T 6M1  
604-850-7029, fax: 604-850-7028

Mr. Hildebrand, our  
Principal



Mr. Parker, our  
Vice-Principal



atss.podcastpeople.com

**Secretaries:**

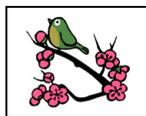
Mrs. Suderman local: 1000  
Mrs. Swadden local: 1001  
Mrs. Mangat local: 1002

**Counselor:**

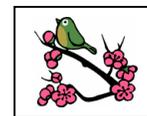
Mr. Abernethy local: 1107

**One-to-One program:**

David Ennis local: 1120



## Principal's Message



We are fast approaching the end of the year. At this point in the year it always comes quicker than expected. As I have mentioned before that we are excited that our numbers continue to grow. We will be looking at a student enrollment of approx. 500 for next year. This will help with our opportunities for offering electives in particular to our senior students. We will be submitting our School Growth Plan to the District later this month which sets out areas of growth in the next couple of years. Please refer to our school goals included in this addition for further information.

We have just completed our annual Spring Swing, hosted by our parents along with our Student Leadership group under the direction of Mr. Abernathy. This was a fun filled event with lots of food, fun and enjoyment. We are looking forward to raffling off a car donated by one of our parents. This raffle is put on by our PAC to raise money for Scholarships for our grads. I would like to extend a large thank-you to Mrs. Strukoff, Mrs. Matties, Mrs. Verrault, Mrs. Schultz our PAC, and all the other parents who joined in to help out with the Spring Swing and the Scholarship Raffle. It is most appreciated. It is great to have that support from our parents.

I would also like to congratulate three of our wrestlers, Mandeep and Lovedeep Sandhu and Navi Dulat, who had very successful season this year progressing all the way to the Canadian National Finals in Saskatoon. We achieved two gold and one silver, a gold each for Mandeep and Navneet, and a silver for Mandeep in a different wt. category.

## Graduation Dates Reminder

**Grad Dinner Dance Friday May 16<sup>th</sup> Hazelmere Golf & Country Club 6pm-12am**

**Grad Convocation Rehearsel Thursday May 29<sup>th</sup> at Northview Church 4-6:30 pm**

**Grad Convocation Friday may 30<sup>th</sup> Northview church 7-9pm (Reception to follow to 10)**

**Dry Grad Friday May 30<sup>th</sup> at MRC**



**Faculty:**  
**Dept Heads:** Local  
 Mr. Fedyna Math/Science #3256  
 Mrs. Neufeldt Humanities #3137  
 Mr. Ennis Perf Arts/Tech #1120  
 Mr. Laity PE #5107  
 Mr. Abernethy/Student/Ldrshp #1107

**Teaching Staff**  
 Mr. Barden #1103  
 Mr. Currie #3252  
 Mrs. Faber #3256  
 Ms. Flagg #3140  
 Mr. Friesen #3138  
 Ms. Hunt #5107  
 Mrs. Kehoe #3134  
 Mr. Lane #3248  
 Ms. McColl #1116  
 Mr. Macphail #5173  
 Mrs. Mihalech #3240  
 Mr. Hill #3235  
 Ms. Vandalfsen #3136  
 Mrs. VanKleeck #3237

**Learning Assistance** #3135  
 Mrs. Collins  
 Mrs. Hiebert  
 Mrs. Silzer  
 Mrs. Botkin

**Library** #3152  
 Ms. Malmas

**Cafeteria** #5169  
 Mrs. Isaak

**International Rep** #1110  
 Mr. Kim

**Youth Worker** #3255  
 Darlene Rayburn

Remember: We are on the web!



Please remember to phone the office if your student is going to be late or absent. Thank you!

**ON FRIDAY APRIL 25TH KRISTYN BUHLER, WITH HER SPEECH "SUICIDE IN THE MEDIA" AND GABRIELLA GUBIOTTI, WITH HER SPEECH "WHY GIRLS HAVE IT HARDER THAN BOYS" COMPETED AND REPRESENTED ATSS IN THE DISTRICT WIDE COMPETITION. BOTH KRISTYN AND GABRIELLA DELIVERED PHENOMENAL SPEECHES AND KRISTYN PLACED SECOND OVERALL! AN EXCELLENT JOB LADIES!**

**Congratulations to Pavan Kooner, Clara Trueman, Caleb Davisson and Katie McPhedran who qualified to advance to the Fraser Valley Championships in Track two weeks from now! Go Titans!**

# GRADUATION 2008 INFO



**Wednesday May 7**  
**GRAD FUNDRAISER**  
**NON DRESS CODE DAY**

Dress up as a person from the 1920's  
 Funds raised go towards grad events

Hello grad parents and congrats on an exciting year for you and your child. We are selling space in the yearbook for a message from family and friends to their grads. This is a confidential message so you can keep it as a surprise to the student. Each ad is individually designed and a fabulous way to tell your child how proud you are of their accomplishment.

Message only	\$30
1/8 page photo and message	\$60
1/4 page photo and message	\$125
1/2 page photo(s) and message	\$160
Full page	\$200

I am sorry for not giving you more notice. I would need your photos and message by **April 14th**. You are welcome to email me a scanned photo or drop off a photo and it will be returned in the same condition. If you have any questions or would like to book space in the yearbook, please email me at [denise\\_silzer@sd34.bc.ca](mailto:denise_silzer@sd34.bc.ca)  
 Thank you!  
 Denise Silzer

Attention all Grads who are planning on attending UCFV in the fall: UCFV Advisors will be on site at ATSS on Thursday May 22 from 11:45-2:00. They will meet with you as a whole and then take appointments for individual meetings in the afternoon. The purpose of the meetings are to answer all your questions about attending UCFV.





*TAC Summary - Apr 22/08*

### *ATMS/ATSS Library Dedication*

*It was a privilege to attend the dedication of the 'Dr. Marg McDonough library.' The event was well organized and well attended. Dr. McDonough was honoured by many trustees, parents, and students who all fondly remembered her 'hard work and dedication.'*

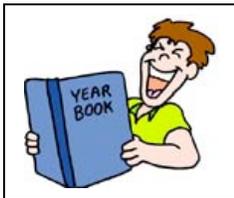
*When the founding traditional parents drafted a proposal to the school board and got approval to go ahead with a 'traditional school,' they needed a principal with vision, courage, and dedication. They got that and more in Marg McDonough. She combined her commitment to children, empathy toward parents, support of teachers, and skills at diplomacy to achieve success at King in a very short time. Then, to take matters further opened Auguston Traditional Elementary School while she was still a principal at King. THEN, opened Simpson Traditional Middle School while principal at Auguston! Finally, after opening the first Traditional Secondary School in the province, it was still her unwavering dedication to the children that overshadowed all those amazing achievements.*

*Attending these events brings to the forefront what it took to develop the legacy that we are so fortunate to be a part of today. It is that level of excellence and unwavering conviction, in the face of opposition, that has allowed our children to attend a school where they are safe, respected, and encouraged.*



### How to Access your student's marks.

Use our atss.ca website for easy access to your student's marks and missing assignments. Simply log onto atss.ca and select "Online Marks", there you will see the teachers "Classwords" for your student's individual classes. There is a direct link to mygradebook where you will enter the classword and your student's 9-digit PEN number. This can be accessed at any time and is a great way for parents to stay aware of their student's academic progress. If you are unaware of your student's PEN number, simply call the school's office and our secretaries will be glad to give it to you.



### GET YOUR PICTURES IN THE YEARBOOK

The Yearbook Staff invites students and parents to submit photos for the yearbook. If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them.

Here is how you can submit photo's online.  
Log onto: [images.jostens.com](http://images.jostens.com)

Enter Login ID: 300813745  
Password: yearbook08

- Browse to select the photo(s) you wish to upload, click on "Image Share".
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Save Details".

It's that easy! Submit your photos today!

The Yearbook Staff will review all photos and determine final yearbook content. We cannot guarantee that all submission can be used in the book.

### STUDENT FEE PAYMENT NEEDED:

Please ensure that your child's Activity Fee of **\$30.00** is up to date. This fee is to cover costs of student agenda's, guest speakers, student cards, school events, student recognition, student leadership, lock and locker rental. If payment has not been paid, please have your child bring cash/cheque to the office **ASAP** to update records. For further questions, please contact Mrs. Mangat, Accounting Clerk. Available: Mon, Tue, Wed from 9:00am-1:00pm). *Thank you for your co-operation.*

**Auditions for Abbotsford Children's Theatre will be held on June 7, 2008 from 9:00 a.m. to 12:00 noon at the Matsqui Centennial Auditorium. These auditions will replace the September dates. Appointments are to be booked prior to June 2 at: [acttheatre@hotmail.com](mailto:acttheatre@hotmail.com) or by calling Brenda at 604-504-7727 with your name and phone number. To audition students must be between the ages of 8 and 18 years.**



### NEW UNIFORM SUPPLIER

Please be advised that our uniform supplier is now TEAM GEAR. Uniforms can be purchased directly. They have change rooms and sample sizes available to try on, and are located near the school ,at the following address:

TEAM GEAR  
#102 - 31120 Peardonville Road  
Abbotsford, BC V2T 6K7  
Phone: 604-854-0110  
Fax: 604-854-2338  
Web: [www.teamgearsport.com](http://www.teamgearsport.com)

**Don't miss out!  
YEAR BOOK orders must  
be placed ASAP.  
Price: \$55.00 each.  
Bring your cheque or cash  
to the office.**

### User Pay Bussing Forms for 08/09

**Pre-registration forms are now available in the main office if your student needs user pay bussing for next year. They should be completed and handed in no later than May 15<sup>th</sup>.**





# ATSS School Year Calendar

## Computer Help Schedule 2007-08 Semester Two

Location: Room S120  
Teachers: Mr. Macphail and Mr. Ennis

**Monday**  
After School

**Tuesday**  
Lunch  
Block A1 Period 4  
After School

**Wednesday**  
Block B1 Period 1  
Block A2 Period 5  
After School

**Thursday**  
Block B1 Period 4

**Friday**  
Block A2 Period 1  
Block B2 Period 2  
Lunch  
After School

Note - Students will need teacher permission during class time.

May 2	Student Leadership Conference
May 2	Esl Fieldtrip to Abby Arts
May 5	Café Night Postponed
May 7	Grad fundraiser Day
May 8	SS Fair
May 16	Prom 6-12 @ Hazelmere
May 19	Victoria Day
May 20	TAC Meeting
May 22	UCFV Reps at ATSS
May 30	Convocation and Dry Grad
June 11	Sports BBQ
June 17	Awards Ceremony
June 19 & 20	In School Exams
June 18-26	Provincial Exams
June 27	Year End Closing



Parent Newsletter Insert: May 2008

## Nutrition for the Sporty Ones



Athletes are like race cars; they don't run their best if you don't put proper fuel in them. Active people need to fuel their body. As an athlete, this means making sure you eat food containing carbohydrates, protein and yes, even some fat.

When it's time to exercise, you'll get energy from the foods you've been eating all week, but it's still a good idea to eat well on that day. A meal should be eaten 1½ - 3 hours before exercise to allow time to digest. For long practices, competitions, or all-day events your body will need a snack to keep you going. Eating right after exercise "reloads the muscles" for the next set of training or competition. Rapid recovery of fuel to the muscle after exercise is a basic nutrition goal for all athletes.

Hydration is very important during exercise. Drinking before, during, and after exercising is the best way to stay hydrated and water is the best fluid to choose. Sport drinks (and other electrolyte drinks) are usually not necessary unless the exercise period exceeds one hour.

The best foods for athletes are high carbohydrate foods like vegetables, fruit, breads, cereals, rice or other grain products. It is wise avoid sugary stuff like pop or candy bars, they might provide a little energy boost, but fade fast leaving you feeling drained. Sports bars, or energy bars, are convenient, but they aren't necessary for athletes. You can get the same energy from healthy foods.

For more detailed information on sports nutrition download the 'Sports Nutrition Kit' at [www.fraserhealth.ca](http://www.fraserhealth.ca) - search 'school nutrition'.



## **New Teen Reality Program wants to put your town on the map!**



The call is out nationwide to find Canada's best overall teenagers for the first ever **Top Teen of Canada Competition!** Fifty teenagers from across the country will be chosen to represent their communities in a competition that will award a **\$5,000.00 cash scholarship** prize.

This August, the chosen delegates will travel to Vancouver, BC for one week, where the focus will be entirely on them and what they can contribute to the nation should they be chosen as the Top Teen of Canada. During the week, they will receive professional training in various genres to enhance the skills they will need to impress the judges who will determine the winner. The training will include public speaking, speech presentation, interview skills, stage presence, modeling, and media etiquette. In addition, they will attend workshops dedicated to life-long learning such as self-defense, manners and etiquette, stress management, relaxation, and health and fitness. A judging panel will determine the winner based on a speech presentation, interviews, a personal showcase (otherwise known as talent) and how the delegates can handle the media. The fifty contestants will receive media attention and will be viewed as role models for other teenagers. This is a great opportunity for smaller communities to get national recognition and exposure through their local youth.

“We are very excited to launch this program,” says creator Darren Storsley, a high school teacher and winner of the 2004 Canadian Male Model Search. “Teenagers can make an incredible difference in their community and have great potential for leadership. The Top Teen of Canada Program will allow all the candidates to exceed and for the overall winner, allow for a year of public appearances representing Canadian youth.”

Furthermore, the Top Teen of Canada Program represents the “Cops for Cancer” charity and each delegate will do one fundraiser towards this cause in his/her hometown prior to attending the final event. The Top Teen of Canada Competition is open to all teenagers aged 13-18. For more information on becoming a contestant visit:

[www.topteenofcanada.com](http://www.topteenofcanada.com)

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See Mr. Abernethy for more information.

Academic Completion Program		
Date	Time	Location
July 7 – August 1, 2008	8:00 a.m. – 1:05 p.m.	Abbotsford Collegiate
Academic Upgrading Program		
July 7 – August 1, 2008	Block 1: 8:00 a.m. – 10:30 a.m.	Abbotsford Collegiate
	Block 2: 10:35 a.m. – 1:05 p.m.	2329 Crescent Way
Self-Paced Program		
July 7 – August 1, 2008	Mon. – Thurs. 9:00 a.m. – 2:00 p.m.	Abbotsford Continuing Education
	Friday 9:00 a.m. – 11:00 a.m.	(ACE) 2606 Alliance Street
English Language Training		
Date	Time	Location
July 7 – August 1, 2008	9:00 a.m. – 12:00 p.m.	Abbotsford Collegiate

## REGISTRATION INFORMATION

All Academic Summer School Programs are open for registration :

May 19 – 30, 2008

All SD #34 students, including SD #34 International students, register with their home school counsellors.

June 24, 25, & 26, 2008\*

2:00 p.m. – 7:00 p.m.

GENERAL REGISTRATION for non- and late SD #34 students (if space available)

SD #34 SCHOOL BOARD OFFICE  
2790 Tims St.

July 2, 2008\*

9:00 a.m. – 2:00 p.m.

LATE REGISTRATION for non- and late SD #34 students (if space available)

ABBOTSFORD COLLEGIATE  
2329 Crescent Way  
604-853-0286

\*To register, students must bring their most recent report card and counsellor recommendation form.

Registration will only occur during the designated dates and times listed above.

# SD No.34 (Abbotsford) Secondary Academic Summer School 2008

July 7 – August 1



For more information, please visit our website @ [abbynet.sd34.bc.ca/~summerschool](http://abbynet.sd34.bc.ca/~summerschool)

Or contact:

Principal: Ms. Shelley Maximitch Johnston  
(604) 853-3367 EXT 3101

Vice Principal: Mr. Dean Fetterly  
(604) 853-3367 EXT 3210





# School Growth Plan 2007-2008

## Goals and Objectives:

### Goal One: To Increase Student Achievement at ATSS

#### Objective 1:

Students will increase their academic success rates as measured by standardized test measurement.

#### Objective 2:

Students will improve their participation and success in school athletics and fitness as indicated by participation rates and success in competition.

#### Objective 3:

Students will increase their participation and success rates in the Fine Arts and Skills programs

### Goal Two: The Development of a Positive "Traditional" School Climate

#### Objective 1:

Students will demonstrate a high standard of pride and responsibility in their school by caring about themselves and the school community.

#### Objective 2:

Student will feel safe at ATSS