

# The Titan Tribune

Abbotsford Traditional Secondary School

atss.ca

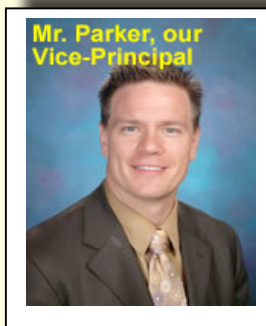
February 19, 2009

Volume 5, Issue 11

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. Hall local: 1107

#### One-to-One program:

Andrew MacPhail local: 1120

## Principal's Message

Course Planning is well under way with Mr. Hall having visited all of the classes by this time. You should have seen by now a Course Planning sheet that your son or daughter has filled out and needs your signature. We will not necessarily be running every course next year but it is based on student signup so please make sure your son or daughter completes it to their preference before handing it back to Mr. Hall. If you have any questions Mr. Hall can be reached Mon, Wed. and Fri. mornings at school, 604-850-7029 or by e-mail, russ\_hall@sd34.bc.ca

You may have come across the stories in the Vancouver Province and in our local papers about the success of our boys wrestling team. The Abbotsford News ran a feature story this past Tues. and the Times will publish one this Friday. Congratulations to our wrestlers and to our coaches, Mr. Laity who worked hard to get the program off the ground and Mr. Domke and Mr. Cuthbertson who have worked hard in developing the team this year making us, at a school of 470 students, the number two ranked wrestling team in the province. We look forward to the results from the provincials scheduled for next week Fri. and Sat. at Simon Fraser University. We have nine wrestlers going to the provincials.

As well thank-you to Mr. Lane who has taken on the challenge of developing a "Reach for the Top" team this year. They are scheduled for the "Reach for the Top" provincial playoff rounds this next week Fri. the 27th.

It is great to see some of the successes from the hard work of both our students and our teachers begin to pay off.

Thanks for your ongoing support in our attempt to get a handle on our students "late in the morning" challenge. As a result of our recent efforts, we have dropped from averaging 30 - 50 lates in the morning to 2 - 8. This is certainly more acceptable. We will continue monitoring and holding our students accountable for being "on time". This is indeed an important job/life skill for all our students to have.

Just a reminder that Spring Break will be from March 9 - 20. We trust you will all have a safe and enjoyable Spring Break this year.

### Neufeldt Farm Fundraiser Pick Up Date and Time:

As the fundraising efforts are now complete with Neufeldt farms, we need to be aware of deliveries dates for the goods. Our orders will be brought to the school (near the Band room) by Neufeldt farms on Monday March 2, 2009 at 2:30 PM. Please have parents or other forms of transportation ready for pick up. The truck will be leaving at 3:00PM, so please make sure that you and your rides are prepared and waiting for deliveries. Furthermore, arrange to have order recipients available for delivery or pick up from your home as these are frozen goods and must be stored accordingly. Boxes are big and several boxes may not fit in your home freezer. Thanks for all of your fundraising efforts!





# Grad Info



**Faculty:**

**Dept Heads:**

Mrs. VanKleeck Math/Science	#3237
Mrs. Neufeldt Humanities	#3137
Mr. MacPhail	#1120
Mr. Laity PE	#5107
Mr. Hall/Student/Ldrshp	#1107

**Teaching Staff**

Mr. Barden	#1103
Mr. Currie	#3252
Mr. Cuthbertson	#3236
Ms. Dewar	#3234
Mr. Domke	#3240
Mrs. Faber	#3256
Mr. Fedyna	#3251
Mr. Friesen	#3138
Ms. Hunt	#5107
Mrs. Kehoe	#3134
Mr. Lane	#3248
Ms. McColl	#1116
Mr. Lawrence	#3238
Mrs. Myers	#3235
Ms. Royer	#5173
Mrs. Schneider	#3141
Ms. Vandalfsen	#3136
Mrs. VanKleeck	#3237

**Learning Assistance** #3135

Mrs. Collins
Mrs. Hiebert
Mrs. Silzer
Mrs. Botkin

**Library** #3152

Ms. Malmas
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**Cafeteria** #5169

Mrs. Isaak
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**International Rep** #1110

Mr. Kim
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**Youth Worker** #3255

Darlene Rayburn
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Remember: We are on the web!



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

**Attention all grads and grad parents: This is a reminder that important grad information can be found at <http://faber.thain.ca>. If you have any questions please email Mrs. Faber, Ms. Dewar, or Ms. Van Dalfsen.**

**Grad wear: Order forms will be distributed this week in homeroom. An electronic copy can be found at <http://faber.thain.ca>. All order forms must be returned to Mrs. Faber by : **March 6th, NO EXCEPTIONS!****

**This will be the only order placed this year, don't miss out!**

### WEAR PINK

**The student leadership is leading the move to recognizing the provincial anti-bullying day of next Wed. Feb. 25 We will allow student to wear pink along with their uniform, not in place of. This is to recognize the efforts in the province to take a stand against bullying in all contexts. Students are not to wear jeans or other non-pink clothing items. They can wear a pink shirt or pants along with their dress code uniform.**



Here is the final list of schools who will be participating in the Intermediate/Junior Reach for the Top Provincial Tournament on February 27th.

- |                   |                  |
|-------------------|------------------|
| Churchill         | Burnaby North    |
| Crofton House     | Johnston Heights |
| David Thompson    | Burnett          |
| Gladstone         | McMath           |
| Kitsilano         | McRoberts        |
| St. George's      | Meadowridge      |
| St. John's        | Abbotsford       |
| University Hill   | Sutherland       |
| Transition        | West Vancouver   |
| Vancouver College |                  |
| Windermere        |                  |
| York House        |                  |



Details for game day will be forthcoming. The tournament will start a bit after 3 o'clock. The game schedule will be formed for these 21 schools, starting with several elimination rounds to determine the top 16 teams, then knockout rounds until the final game.

The TV show that Tyler our ATSS student is on is called: "In Real Life", premiering on YTV Wednesday, March 4 at 7:00 pm. Be sure to watch this reality based show and support Tyler!





### ATSS School Year Calendar

TRACK SEASON HAS ARRIVED! We welcome all athletes interested in participating on the track team to come out starting Monday Feb. 23rd. See Mrs. VanKleeck or Ms. Hunt. We will be doing core conditioning for first two weeks; Monday, Wednesday and Thursday 2:45pm to 4pm. The tentative track schedule is as follows:

<b>BC Championship (Swangard)</b>	<b>June 5, 6</b>
<b>BC Multi Events (Rotary)</b>	<b>May 29, 30</b>
<b>FV's (Langley)</b>	<b>Mon May 11 Tues May 12 Wed May 13 (Rotary - pole</b>
<b>vault only)</b>	<b>Thurs May 14</b>
<b>UFV's (Rotary)</b>	<b>Tues/Wed May 5, 6</b>
<b>A/M Championship</b>	<b>Wed/Thurs April 29, 30</b>
<b>League #3</b>	<b>Thurs April 23</b>
<b>League #2</b>	<b>Thurs April 16</b>
<b>League #1</b>	<b>Wed April 8</b>



<b>February 20</b>	<b>Pro D Day</b>
<b>February 27</b>	<b>Recognition Assembly</b>
<b>March 6</b>	<b>Last Day before Spring Break</b>
<b>March 6</b>	<b>Multicultural Day</b>
<b>March 9-20</b>	<b>Spring Break</b>
<b>March 23</b>	<b>School Reopens</b>
<b>April 3-4</b>	<b>30 Hour Famine</b>
<b>April 9</b>	<b>Term End</b>
<b>April 10</b>	<b>Good Friday</b>
<b>April 13</b>	<b>Easter Monday</b>
<b>April 23</b>	<b>Report Cards Issued</b>
<b>April 23</b>	<b>Parent/Teacher Interviews</b>
<b>April 24</b>	<b>Pro D Day</b>
<b>April 30</b>	<b>Spring Swing</b>
<b>May 1</b>	<b>Recognition Assembly</b>
<b>May 14</b>	<b>Immunizations HPV 3<sup>rd</sup> Round</b>
<b>May 18</b>	<b>Victoria Day</b>
<b>May 22</b>	<b>Prom and Dry Grad</b>
<b>June 4</b>	<b>SS Fair</b>
<b>June 5</b>	<b>Convocation at South Abby</b>
<b>June 15</b>	<b>Awards Night at Ebenezer</b>
<b>June 16</b>	<b>Term End</b>
<b>June 17-25</b>	<b>In school/district exams</b>
<b>June 17-18</b>	<b>1 Hr. Early Dismissal</b>
<b>June 26</b>	<b>Report Card &amp; Yearbook Pickup</b>

Abbotsford Whalers Swim Club  
 Summer Registration  
 Sunday, March 1, 2009  
 Abbotsford Rec. Centre, Multipurpose Room 2/3  
 8:30am - 11:00 am  
 New Members Receive \$25 Voucher Towards Team Suit



Contact Karen Bennett at 604 855-9292 for further information or  
 HYPERLINK  
 "http://www.abbotsfordwhalers.com"www.abbotsfordwhalers.com

#### February 2009

Tips for School Fundraising with the Food and Beverage Guidelines for Schools

**Selling cupcakes, pop and chips isn't the only way to raise money for schools, try out some of these healthy ideas for your next school fundraiser.**

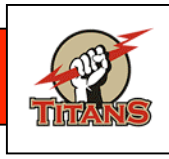
- Host a healthy bake sale. But first check out the new baked goods recipe book designed for schools. It is called 'Bake Better Bites: Recipes and Tips for Healthier Baked Goods'. All the recipes fall into the 'choose sometimes' category of the Guidelines for Food and Beverage Sales in B.C Schools. Along with recipes, it includes tips on how to make your favourite recipes healthier. This resource is available online at: [www.bced.gov.bc.ca/health/bake\\_better\\_bites.pdf](http://www.bced.gov.bc.ca/health/bake_better_bites.pdf)
- Raffle gift baskets with different themes: gardening, spa, kitchen
- Partner with a nursery and sell plant or flower baskets
- Host a silent auction - be sure to include items that students can bid on
- Get your school moving by selling tickets to a bowl-a-thon, walk-a-thon or dance-a-thon!

#### PARK, WALK, TALK, PRAY

*Parents or relatives of ATMS or ATSS students interested in meeting together to walk and pray outside around the school campus are invited to join us on Tuesday mornings at 8:30*

**Questions? Call Lori Toews, 604-857-2233**





Hi again! It's me, Pam Jones, the Transition Coordinator at UFV. In my visits to schools I sure notice how crazy it is for Grade 12 students right now. For many of you, provincial and school-wide exams have just passed and the new semester is underway. February also means scholarship season and the stress over all of that is high. Many of you have just been struck with the reality that high school will end in a few short months and, while that's exciting, it's scary too. Add to all of that the weight of the making those decisions about the rest of your life. You want to make the right decisions, particularly about if, when and where to go to school but there are so many things to choose from. Pretty overwhelming isn't it?

I recently ran into a UFV student I knew from my days of working in high schools and we were talking about how hard it is to be a Grade 12 student. She reminded me of her experience. She had such great things to say, I asked her to write them down. I was particularly interested in why she chose to go to UFV and her observations might just help you. Read on. and enjoy!

## Notes from a UFV student:

I am Sidrah, a third-year Arts student at the University of the Fraser Valley. It wasn't all that long ago that I was where you are now: stressed over scholarship applications, worried about keeping my marks up, concerned about making the right decisions about post-secondary, and nervous about being set free into the big unknown of adulthood. A lot of things to worry about!

Okay, I'll admit it. I was a pretty good student at Chilliwack Secondary School and was really plugged into all that extracurricular leadership stuff. Most of my friends thought I was crazy for even being worried at all. They thought that I'd have my pick of universities, that I'd be rolling in scholarships, and that my future looked pretty rosy. What they didn't know is that everyone worries about making the right decisions, especially when those decisions are big ones that will affect the rest of your life. It doesn't matter what kind of a student you are, you still want to try to make the best future you can for yourself.

I was lucky enough to earn a scholarship to UFV but that wasn't the reason I ultimately chose to come here. Going to university immediately after high school, I knew it would be a challenge to move away from home. I heard so many kids say they couldn't wait to be away but I knew I'd probably end up being a better student if I could still have that little bit of support from home. In addition, coming from a family of four children and understanding that costs of living are expensive, I realized that living away from home would not be an option. I think I heard that staying in residence at one of the bigger universities could cost up to \$12,000 a year. I knew my family couldn't afford tuition AND living costs.

So, I began at UFV in the fall after my high school graduation. I decided to take advantage of the CHARTS program, a supported cohort of first-year Chilliwack students who take classes together, form study groups, and have tutorials together. I think that made the transition from high school easier because I made friends in that program right away. I also really love the smaller class sizes at UFV. You get to know your profs, they know you, and if you need help, you can get it. I've taken some amazing classes here that have really changed the way I see the world and myself in general.

The academic side of things is important but there is so much more to being at UFV. There are about 100 clubs and organizations to be involved in. If you are an athlete (which I'm not) you can play intramurals or team sports. If student government is your thing, you can find it here. Leadership? Yep, we have that too! The best thing I've done since I've been here is get involved in the Cooperative Education program, where you can build paid work experience into your study. Last year I was lucky enough to do my Co-op term in UFV's Career Centre, which allowed me to plan one of the biggest events on campus — the Career Fair (by the way, lots of students get their first jobs out of university from the Career Fair). Co-op has allowed me to see how many opportunities we have right here in the Valley and how many opportunities there are for students at UFV. I would definitely say that every student should consider Co-op as part of his or her educational experience.

What started out as a practical decision to attend UFV became the best decision I could have made. It could be your best decision too! I hope to see you here next year.

Inspired by Sidrah's story? Read about other UFV students and alumni at our online Success Gallery (<http://www.ufv.ca/MarCom/SuccessGallery.htm>) then call us at 604-557-4088 or 604-792-0025, Ext 4008. All programs at UFV are still accepting applications!