

The Titan Tribune

Abbotsford Traditional Secondary School

atss.ca

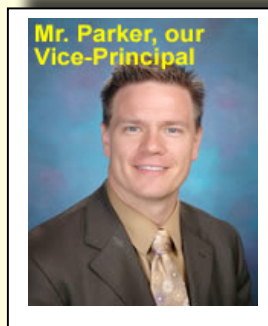
March 6, 2009

Volume 5, Issue 12

2272 Windsor St.
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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

It has been an exciting couple of weeks. As we look forward to the two weeks of Spring Break we have some successes to look back on. Our wrestling team placed third in the Provincials bringing home a nice big trophy. Congratulations to all the wrestlers and our coaches Mr. Cuthbertson, Mr. Domke and Mr. Laity. Three of our wrestlers came home with gold, Mandeep Sandhu, Lovedeep Sandhu and Manny Gill. Two came home with silver, Navi Dulat and ATMS's Maneet Klair at the meet held at SFU this past weekend. One of our wrestlers Mandeep Sandhu won the trophy for the best wrestler of the tournament. Also I would like to congratulate our Reach for the Top team coached by Mr. Lane, which is an academic quick answer competition with questions from a large variety of topics who placed in the top 16 of the province at the Provincial finals played at Vancouver College in Vancouver. There were over 20 teams competing and the team who beat us out in the final 16 "sudden death" was St. Georges a Vancouver private school that went on to win the finals. This was our first year in the competition and we were the only team from the valley.

There are a number of exciting events on the way. We have just celebrated our Awards assembly with a high number of students earning academic and effort honour role. Great job to students, teachers and parents. It is rewarding to see our academic side begin to build and develop. Today is our Multicultural day with everyone dressing up in their cultural dress culminating in a fashion show, several ethnic dance troops performing and an international food court. Upcoming after spring break will be our 30-hour famine fundraiser.

Everyone should have their course planning completed by this time and handed in to Mr. Hall. It is important that you declare your intentions as well as your courses for next year as we are growing and beginning to run into the challenge of full courses with no room. Early course planning registration will further ensure that your son or daughter get the courses they wish.

I trust everyone will have a restful and safe break for the holidays. We will see you all back on Monday Mar. 23

Titans Wrestling

The Abbotsford Traditional Titans Wrestling Team continued to show its strength at the BC Championships on Saturday putting an athlete into the final in five different weight classes. The team was lead by Mandeep Sandhu (63kg) who did not allow a point against him during the entire weekend. He received the gold medal and the award for BC's Most Outstanding wrestler. His brother Lovedeep Sandhu (54kg), a grade 10 student won his second BC Championship in 3 years with a dominating performance in the final. Grade 9 prodigy Mandeep Gill (57) hammered all competitors and scored a spectacular throw in his final match to take his first BC Gold. Heavyweight Juggernaut Navi Dulat made the final for a second consecutive year, but got caught in a throw and settled for the silver medal. Middle School rookie sensation Maneet Klair (38kg) also won the silver medal after a great tournament. He was the highest placing middle school participant in the event. After the team points were calculated, the Titans were an impressive third out of the 110 teams. Burnaby Central took the title followed by last year's champions Guildford Park. The Titans were two athletes short of winning the title and hope to rectify this for next year's championship. Complete results at bcwrestling.com





Faculty:

<u>Dept Heads:</u>	<u>Local</u>
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

Mrs. Collins	#3135
Mrs. Hiebert	
Mrs. Silzer	
Mrs. Botkin	

Library

Ms. Malmas	#3152
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Cafeteria

Mrs. Isaak	#5169
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International Rep

Mr. Kim	#1110
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Youth Worker

Darlene Rayburn	#3255
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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!

The ATSS Reach for the Top Team competed in the 2009 BC Junior Reach for the Top Provincial Tournament in Vancouver on February 27th.

ATSS is the only team in the Fraser Valley to compete and we reached the round of 16 in the playoffs. St Georges who went on to win the tournament knocked out the team. Members of our team are **Stephen Dass, Ben Donaldson, Simon Grant, Sandeep Poonian, Chris Sakurdeep, Grace Tsai and Jackson Welt**. The team is coached by Mr. Lane. Next year we will have junior and senior teams competing.



We have a growing list of overdue library books. Students may borrow books to read over Spring Break. They will be due March 23 -- the first day back, so if you go away for the holiday, please don't leave them behind. If you don't go away for a holiday, could we suggest a spring cleaning' of your bedroom / study area over Spring break -- looking for those stray library books and English novels?



Grad Info



The second installment of grad fees is due **Friday March 6th**. There are many students who still have not paid their first installments. As venues need to be booked and supplies need to be purchased it is imperative that we have the means to do so. Please help us make grad 2009 as special as your son or daughter wants it to be.

Keep your eyes and ears open for a grad parent meeting coming up after spring, date TBA.

A reminder to check Mrs. Faber's website frequently for important updated grad information: <http://faber.thain.ca>



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:

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



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

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



March 2009

9-Tips to Get Your Family Back to the Table

1. Make family meal time a priority - aim to eat together 4 or more times a week.
2. Be creative and flexible about when and where to eat.
3. Make meal time fun for everyone by keeping the conversation pleasant and saving arguments for another time.
4. Serve a variety of foods by including food from each of the food groups from Canada's Food Guide.
5. Keep meals simple and easy - cook it quick and eat it slow.
6. Involve everyone by shopping and cooking together.
7. Eliminate interruptions and distractions, turn off the TV and take phone calls later.
8. Respect each individual's right to decide how much to eat.
9. Show children the respect and good manners that you want them to have - children learn by watching adults.



Family meals can be a challenge; but scheduling simple meals daily improves the health of the entire family.

