

The Titan Tribune

Abbotsford Traditional Secondary School
atss.ca

Sept. 27, 2013
Volume 10, Issue 2

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



Principal: Mr. Glen Hildebrand

Vice-Principal: Mr. Michael Hendricks

OnlineMarks **Checkmymark.com**

Student marks are available online at www.checkmymark.com. In order to access your child's marks, you will need to login with a

USER TYPE:
Select " Student/Parent "

SCHOOL:
"Abbotsford Traditional
Secondary"

LAST NAME:
Student's Last Name

PASSWORD:
The Password is randomly generated and teachers will provide each student with their unique password. For Login help or password resets, please contact Mr. Macphail
Andrew_macphail@sd.34.bc.ca or the classroom teacher

Office Staff:

Mrs. Hartley local: 1002
local: 1001

Counselor:
Mr. Colin Abernethy local: 1107

One-to-One program:
Andrew MacPhail local: 1120

Principal's Message

Well we are well into the start of the 2013/14 school year with students settled and teachers engaged in instruction. We have had a good start to the year with our enrollment numbers being about the same as they were last year. Although we have seen some students trickle away from each grade as they seek other programs and perhaps closer schools, we have virtually all of the ATMS Gr. 8 class moving over for Gr. 9 and with new registrants our numbers have held. This is very encouraging.

Our athletics are off to a good start with students and coaches already engaged in cross country, girls' Jr. and Sr. volleyball, boys' Jr. volleyball, boys' soccer and boys' rugby. It is great to see our students involved with athletics.

We have just completed our meet the teacher night and although the turnout was lower than in the past, we still had a great time with those who came out to meet the teachers of their child and to hear about the courses and expectations they have.

We have just had an inspiring and informative assembly with Robb Nash and his group who with music, story and humour deal with the many challenges our teenagers face including suicide, addictions and the feeling of inadequacy. It was a great and positive time for our students as they begin their school year.

We are looking to take all of our Gr. 11s for the development of Social Responsibility and teambuilding in an activity hosted by Omada a Teambuilding organization of TWU. We are sure it will be a great time of challenge, competition and team and relationship building with our Gr. 11 students. We are looking forward to this. Gr. 11 students should show up at school Monday morning with clothing suitable for outdoors and for the weather, likely wet.

The district has been working hard with trying to get the new technology system up and working for us as we are a unique school, being one to one with laptops. Please bear with us as we attempt to get our student e-mail accounts up and running and continue to set up our firewall capacities to ensure that students use their laptops appropriately. If you have any questions with this please don't hesitate to contact Mr. Macphail here at ATSS. This can be done by e-mail, Andrew_macphail@sd34.bc.ca or by contacting the office by phone, 605-850-7029.

We are looking forward to hosting an evening with all of our Grade 12 parents in a couple of weeks. We will be talking about subjects which are relevant for you and your sons and daughters in their grad year. We will cover topics such as what are the post secondary options and which may be best for you depending on what you are looking for, further updates on our technology program and things to be aware of in terms of social media etc., what we are looking for in terms of leadership from our grade 12 students, and information about upcoming grad events. Please stay tuned for an exact date.

Again should you have any questions about anything related to school and your child don't hesitate to contact us at 604-850-7029.

Sincerely,
Glen Hildebrand

Upcoming events to be aware of are:

- Mon. Sept. 30, Gr. 11 Field Trip
- Fri. Oct. 4, Collaboration Day
- Mon. Oct 7, Grad Lunch BBQ
- Fri. Oct 11, X period = ½ period student support
- Mon. Oct. 14, Thanksgiving
- Mon. Oct. 18, Collaboration Day
- Thurs. Oct. 24, 4:45pm Grad Cruise
- Fri. Oct. 25, Non-Instructional Day
- Mon. Oct. 14, Thanksgiving
- Mon. Oct. 18, Collaboration Day
- Thurs. Oct. 24, 4:45pm Grad Cruise
- Fri. Oct. 25, Non-Instructional Day



ATSS Calendar

Faculty:

Dept Heads: Local

Dept Heads:	Local
Colin Abernethy	1107
Ken Laity	5107
Andrew Macphail	5173/1120/1114
Rebecca Toews	3134
Tracy Wedel	3140
Pam VanKleeck	3237

Teaching Staff

Don Barden ringer :2244	1103
Elizabeth Cousar	3141
Brock Currie	3252
Bruce Cuthbertson	3236
Reena Dhillon	3137
Jim Domke	5164/5107
Shawn Fedyna	3251
Grant Gasser	1114/1116
Carlton Haak	3250
James Hill	3137
Kim Hunt	5107
Steve Kauffman	3238
Sharon Kehoe	5171
Sandy Lane	3248
Frank Muermann	3138
Michelle Myers	3235
Elizabeth Smoes	3136
Olga Ulyasheva	3240
Janet Wade	1121

Learning Assistance

Phyllis Collins	3135
Heidi Ens	3135
Colleen Gould	3135
Karen Hiebert	3135
Denise Silzer	3135

Library

Laurie Salter	3152
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Cafeteria

Julie McCaughey	5169
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International Rep

Christine	1110
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Youth Worker

Darlene Rayburn	3255
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Community Support

Jeven Randhawa	1110
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Emails can be sent to all staff under:
first_last@sd34.bc.ca
(Simply use that teacher's name)

Remember: We are on the web!

Follow us on Twitter

@abbytitans

Sept. 30	Grade 11 Field Trip
Oct. 4	Collaboration Day #3
Oct. 4	During Homeroom UBC visits ATSS Gr.11/12
Oct. 7	Grad Lunch BBQ
Oct. 11	X Period = ½ period student support
Oct. 14	Thanksgiving Day
Oct. 18	Collaboration Day #4
Oct. 24	School Photo Re-Takes / Grad Cruise 4:45 pm
Oct. 25	Non-Instructional Day #2
Nov. 8	Term 1 Ends/Collaboration Day #5
Nov. 11	Remembrance Day
Nov. 22	Report Cards Issued/Collaboration Day #6
Nov. 27	1-hour Early Dismissal Days
Nov. 28	Parent-Teacher Interviews
Nov. 29	Non-Instructional Day #3
Dec. 2	All Gr. 11's attend Career Fair at Tradex
Dec. 13	Collaboration Day #7
Dec. 20	Last day before Christmas Vacation
Dec. 23 – Jan. 3	Christmas Vacation
Jan. 6	School Re-opens after Christmas Vacation
Jan. 10	Collaboration Day #8
Jan. 24	Term 2 Ends/Collaboration Day #9
Jan. 27-31	In school/Provincial Exams
Feb. 3	Semester 2 Begins
Feb. 7	Report Cards Issued
Feb. 10	Family Day
Feb. 14	Collaboration Day #10
Feb. 21	Non-Instructional Day #4
Mar. 7	Collaboration Day #11
Mar. 12-13	1-hour Early Dismissal Days
Mar. 14	Last day before Days-in-Lieu/Spring Vacation
Mar. 17-28	Spring Vacation
Mar. 31	School re-opens after Spring Vacation
Apr. 4	Collaboration Day #12
Apr. 18	Good Friday
Apr. 21	Easter Monday
Apr. 11	Term 3 Ends
Apr. 25	Report Cards Issued/Collaboration Day #13
May 8	Parent-Teacher Interviews
May 9	Non-Instructional Day #5
May 16	Collaboration Day #14
May 19	Victoria Day
May 30	Collaboration Day #15
June 2	Non-Instructional Day #6
June 13	Term 4 Ends/Collaboration Day #16
June 18-24	In-School/Provincial Exams
June 27	Report Cards Issued
	Year-End Closing (non-instructional)





ATSS PAC NEWS

September 2013

We wish to welcome all parents and students back to another school year, and invite all parents to feel welcome to join us in our endeavors to build a relationship between home and school. "PAC" stands for "Parent Advisory Council" and is (can be) an integral part of our school community. *Every parent is automatically a member!* ☺

Our first PAC meeting of the year will be next Tuesday, September 17, 2013 at 7:00 in the ATSS/ATMS library. We welcome and invite your attendance and input. A huge responsibility/privilege we have each year is to decide how to disburse gaming funds (which usually total over \$ 10,000). Your input would be appreciated. We also like to build cohesiveness amongst parents and staff, support our students in their extra-curricular activities, hear reports and be able to hear directly from our principal (& ask questions)

Nominations are now open for the following elected PAC positions on the Exec.: Chair, Vice-Chair, Secretary, DPAC representative, TAC representative and 2 "General Members." The positions have "job descriptions" in our ATSS PAC Constitution, but really become what one makes them to be. Current acting Chair: Heather Schmidt (heatherschmidt91@gmail.com), Treasurer: Anita Gill (anitagill_3@hotmail.com). Voting will take place at our October PAC meeting on October 22, 2013 at 7:00.

Lastly, we regularly receive material describing fundraising opportunities throughout the year. If you or your student is interested in starting or participating in a fundraiser for a certain extra-curricular activity/group, please contact one of us to review opportunities. For the past several years, our PAC has not been involved in a fundraiser, but we seriously need to consider one this year to build to our General Fund, and welcome your input on this issue as well.

Important Dates to note:

Oct. 22 - 7:00 p.m. - 2nd PAC meeting, Elections, voting for budget suggestions/approval



**NEXT PAC MEETING: Tuesday evening, October 22
at 7 p.m. in the library.**



**AGENDA: Discuss and vote in many new Exec. members
and allocate Gaming Funds**

PLEASE consider getting involved. We need you!



ATSS NEEDS PARENT INVOLVEMENT!

Our school very much needs increased parent support and help. As parents, we need you to have a healthy, positive school. As a parent, you are automatically part of the PAC (Parent Advisory Committee). Please consider at least ONE way you can be involved.

Helpful ways to be involved at ATSS, as parents:

- **Make sure the office and the PAC has your email and correct phone number for messages.** (To get on PAC email list, email Lori Toews: toews.team@gmail.com; to get on school email list, visit school website (www.atss.ca) and enter email under the "Contact Us" tab, or call the school).
- Become familiar with the new, improved school website: www.atss.ca. Lots of good information!



- Read school newsletters – they come out twice a month – either by email, website or printed.
- Provide baking and “treats: for our staff (If interested, email: toews.team@ gmail.com)
- Come to PAC meetings, and bring a friend. Next one: October 22, 2013. We need you! (In current need of Vice-Chair, Secretary, and parent reps for TAC, DPAC, SPC, General Members).
- Volunteer to chaperone dances.
- Attend sporting events
- Come into the school once a week and talk to at least one other person (student or staff!).
- Talk to another parent and make sure they are reading newsletters, website and getting involved.
- Come to Meet the Teacher Nights, school meetings, concerts and Parent/Teacher Interviews
- Be you! We need you and any input you have.



Finally the results are in ! At the first cross country meet of the season our top finishers were two senior runners - Delaney Chapman, who finished 4th out of 34, and Albel Deol, who finished 6th out of 26. Following strongly behind them, our top junior finishers were Parmvir Waring, who was 9th out of 34 runners and Sarbjit Khosa who was 13th out of 25 runners. All runners ran a good race, the next meet is next Monday the 23rd at the Aldergrove Bowl. Go Titans! Ms. Hunt

Home of the Titans
2272 Windsor Street
Abbotsford, B.C.

Community Events and Information

For further information please visit the following websites:



Dr. Ross Greene Presents: Collaborative Problem Solving

Wednesday November 6, 2013

7pm-9pm

Hilton Vancouver Metrotown, Crystal Ballroom
6083 McKay Avenue, Burnaby, BC

This FREE workshop is recommended by parents from the F.O.R.C.E., and is intended for parents and caregivers.



Dr. Greene will describe his model of solving problems collaboratively with behaviourally challenging kids, what's hard about it, how to get good at it and invite participants to participate and practice these effective skills.

To register for this event please visit:

<http://rossgreene.eventbrite.ca>

Dr. Ross Greene is the author of the books *The Explosive Child* and *Lost at School* and the founding director of the non-profit Lives in the Balance (www.livesinthebalance.org). He is also Associate Clinical Professor at Harvard Medical School, on the teaching faculty at the Cambridge Hospital, and Senior Lecturer at Tufts University.



Pack it Light. Wear it Right.

Are you carrying around too much weight in your backpack? Lighten your load. Excessive weight can cause problems for your back including pain and injury. When it comes to your backpack, remember to Pack it Light and Wear it Right. For more information, ask your family chiropractor or go to bcchiro.com/backpacksafety



Don't carry more than
15% of your body weight
in your backpack
(10% for younger kids)

Your Weight	Maximum Load
23 kg / 50 lbs	2.2 kg / 5 lbs
32 kg / 70 lbs	3 kg / 7 lbs
40 kg / 90 lbs	6 kg / 14 lbs
50 kg / 110 lbs	7 kg / 16 lbs
59 kg / 130 lbs	9 kg / 19 lbs
68 kg / 150 lbs	10 kg / 22 lbs
77 kg / 170 lbs	11 kg / 25 lbs
86 kg / 190 lbs	13 kg / 28 lbs

Pack it Light and Make a Difference

BC's Chiropractors are proud to support the Salvation Army's annual Backpack and School Supply Drive. Each year, over 5,000 BC kids in need receive a backpack full of supplies to start off the school year.



Help children and families in your community. Text **GIVEBC** to **45678** to donate \$5 to the Salvation Army. **#SABackpacks**

Giving Hope Today



When it comes to your backpack, remember to
Pack it Light and Wear it Right!



Don't Hunch
If your backpack is too heavy, lighten that load.



Straighten-Up!
Use both shoulder straps and avoid leaning postures.



Lift Safely
Always bend your knees to lift your bag or heavy objects.



Use Those Pockets
Take advantage of compartments and pockets to help space out the load.






Time to Wear
Put your bag on one strap at a time from a chair or table.



Heavy Items
Pack heavy items close to your body and use a waist belt if you have one.



British Columbia Chiropractic Association
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Richmond, BC V6X 2W2
Phone: 604-270-1332
Fax: 604-278-0093
Email: info@bcchiro.com

bcchiro.com 
facebook.com/bcchiro 
@bcchiro 
youtube.com/bcchiropractic 



Strengthening Families Together



Strengthening Families Together

is a **free** 10-week course for family members who have a loved one living with a mental illness.

The course provides participants with the information, tools and support to help them cope with the challenges they face.

Strengthening Families Together will be offered on **Thursdays** in Abbotsford

Beginning **October 10th** to **December 12th 2013** from 6:30-8:30 pm.

It is open to residents of:

Mission, Abbotsford, Chilliwack, Agassiz/Harrison and Hope.

Class size is limited and **registration** is required.

Contact Francesca at 1 877 717 5518 xtn 1 or francesca@bcss.org



A REASON TO HOPE. THE MEANS TO COPE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

