

# The Titan Tribune

Abbotsford Traditional Secondary School  
atss.ca

Nov. 22, 2013  
Volume 10, Issue 6

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](http://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](mailto: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

Report cards will be coming home today. Please take the time to check how your son or daughter is doing. We do have Parent/Teacher conferences coming up next week and again I do encourage you to take the time to set up an appointment with your child's teachers to review their progress. On Thursday Nov. 28, the daytime from 9:15 a.m. to 2:30 p.m. is reserved for appointments for parent conferences. Please contact the teacher you would like to see for an appointment. This again is best done by e-mail. You can access all of our teachers' e-mails on our website, [www.atss.ca](http://www.atss.ca) or you can contact the office at 604-850-7029 and leave a message. Thursday evening from 6:30 to 8:00 p.m. will be our usual drop in conference in the ATSS gym. This will be shorter as we attempt to accommodate as many parents as we can. Please take advantage of this opportunity to discuss areas for improvement for your son or daughter with their teacher.

Thanks to all of you who came out and supported your children and our students at our Annual Socials Fair. It was another great success as our students displayed the learning that they have undertaken in their Social Studies classes. A special thanks to Mrs. Dhillon who organized the event, and the other members of the Humanities Department who assisted, Mrs. Toews, Mrs. Wedel, Mrs. Cousar and Mr. Muermann. There were amazing projects completed and it was interesting to see what the students have researched in preparation for this illustration of student learning. It was also encouraging to see all of the parents out to support their sons and daughters.

Also thanks to Mr. Currie and our Student Leadership class for organizing and running last week's Student Pep Rally. It was a fun time of competing homerooms, as students for each grade dressed in grade colours. This was followed by a teacher-student basketball game. This was a good enthusiastic time for our students.

Christmas will soon be here and we anticipate the joyful holiday season. There will be a number of special events taking place. Events like the Christmas Band Concert, Christmas Dinner and Dance and other events. Please join us in the celebration of our students' accomplishment and this special season.

Just a reminder that tomorrow is Collaboration day again. Classes will be starting at 9:10 a.m. as our teachers meet to collaborate first in the morning.

Sincerely,

Glen Hildebrand, Principal







### Parent/Teacher Conference Day coming up on Thurs Nov. 28.

Following our report card distribution we will be having a full day of parent/teacher interviews. Different this year as the entire day from 9:15 to 2:30 and again 6:30 to 8 pm will be set aside for teachers to meet with you as parents. Teachers will be in their classrooms for the day, 9:15 to 2:30, available for parent conferences. Please e-mail your teachers for an appointment. The evening will follow past practice of meeting in the gym for brief 5 min. sessions with teachers from 6:30 to 8:00 pm. No appointment is necessary for this time. Punjabi Language support will be available.

#### ATSS ਲਈ ਮਾਪਿਆਂ ਦੀ ਜ਼ਰੂਰਤ ਹੈ

ਸਾਡੇ ਸਕੂਲ ਵਿੱਚ ਮਾਪਿਆਂ ਦੀ ਬਹੁਤ ਜ਼ਰੂਰਤ ਹੈ। ਮਾਪੇ ਹੋਣ ਦੇ ਨਾਤੇ ਸਾਨੂੰ ਤੰਦਰੁਸਤ ਅਤੇ ਅਗਾਂਹ ਵਧੂ ਸਕੂਲ ਦੀ ਲੋੜ ਹੈ।

ਮਾਪੇ ਹੋਣ ਦੇ ਨਾਤੇ ਅਸੀਂ ਆਪਣੇ ਆਪ ਹੀ Pac (Parents Advisory committee) ਦਾ ਹਿੱਸਾ ਹਾਂ। ਕ੍ਰਿਪਾ ਕਰਕੇ ਕਿਸੇ ਇੱਕ ਥਾਂ ਲਈ ਸੇਵਾਵਾਂ ਲਈ ਸ਼ਾਮਲ ਹੋਵੋ।

ਮਾਪੇ ਕਿਸ ਤਰ੍ਹਾਂ ATSS ਵਿੱਚ ਮਦਦ ਕਰ ਸਕਦੇ ਹਨ :

ਇਹ ਯਕੀਨੀ ਬਣਾਓ ਕਿ ਸਕੂਲ ਵਿੱਚ ਤੁਹਾਡਾ Phone number ਅਤੇ email ਸਹੀ ਹੈ ਤਾਂ ਕਿ ਤੁਹਾਨੂੰ Pac ਦੀ email list ਅਤੇ ਸਕੂਲ ਦਾ News letter ਮਿਲ ਸਕੇ ਅਤੇ ਤੁਸੀਂ Pac ਵਾਸਤੇ Lori Toews ਨਾਲ ਸੰਪਰਕ ਕਰੋ ਉਸ ਦਾ email ਪਤਾ ਹੈ toews.team@gmail.com

ਸਕੂਲ ਦੀ website ਦਾ ਪਤਾ [www.atss.ca](http://www.atss.ca) "contact us" tab ਦਬਾਓ ਜਾਂ ਸਕੂਲ ਵਿੱਚ ਫੁਨ ਕਰੋ।

ਨਵੇਂ ਪ੍ਰਵਾਰਾਂ ਵਾਸਤੇ [www.atss.ca](http://www.atss.ca) ਉਪਰ ਬਹੁਤ ਸਾਰੀ ਜਾਣਕਾਰੀ ਹੈ।

ਸਕੂਲ ਵੱਲੋਂ ਮਹੀਨੇ ਵਿੱਚ 2 ਵਾਰ Newsletter ਘਰ ਆਉਂਦਾ ਹੈ ਉਸ ਨੂੰ ਜ਼ਰੂਰ ਪੜ੍ਹੋ।

ਜੇ ਤੁਸੀਂ ਕਦੇ ਅਧਿਆਪਕਾਂ ਵਾਸਤੇ "ਖਾਣਾ" ਜਾਂ Treat ਦੇਣ ਦੀ ਦਿਲਚਸਪੀ ਰਖਦੇ ਹੋ ਤਾਂ ਸੰਪਰਕ ਕਰੋ ਤਾਂ ਈਮੇਲ ਕਰੋ toews.team@gmail.com

ਧੈਕ ਮੀਟਿੰਗ ਤੇ ਆਉ ਅਤੇ ਦੋਸਤਾਂ ਨੂੰ ਵੀ ਲੈ ਕੇ ਆਉ।

ਅਗਲੀ ਮੀਟਿੰਗ ਅਕਤੂਬਰ 22, 2013 ਨੂੰ ਜ਼ਰੂਰ ਪਹੁੰਚੋ ਜਿਥੇ ਤੁਹਾਡੀ ਬਹੁਤ ਜ਼ਰੂਰਤ ਹੈ।

ਸਾਨੂੰ ਹੇਠ ਲਿਖੇ ਖੇਤਰਾਂ ਵਿੱਚ ਵਲੰਟੀਅਰਾਂ ਦੀ ਲੋੜ ਹੈ:

- \* Chaperone dances
- \* Organize a fundraiser
- \* Attend sporting events
- \* ਹਫਤੇ ਵਿੱਚ ਸਕੂਲ ਵਿੱਚ ਇੱਕ ਵਾਰ ਜ਼ਰੂਰ ਆਉ
- \* ਟੀਚਰ ਨਾਈਟ, ਸਕੂਲ ਮੀਟਿੰਗ ਅਤੇ ਧੈਕ ਮੀਟਿੰਗ ਵਿੱਚ ਜ਼ਰੂਰ ਹਾਜਰ ਹੋਵੋ

ਧੰਨਵਾਦ





## 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.

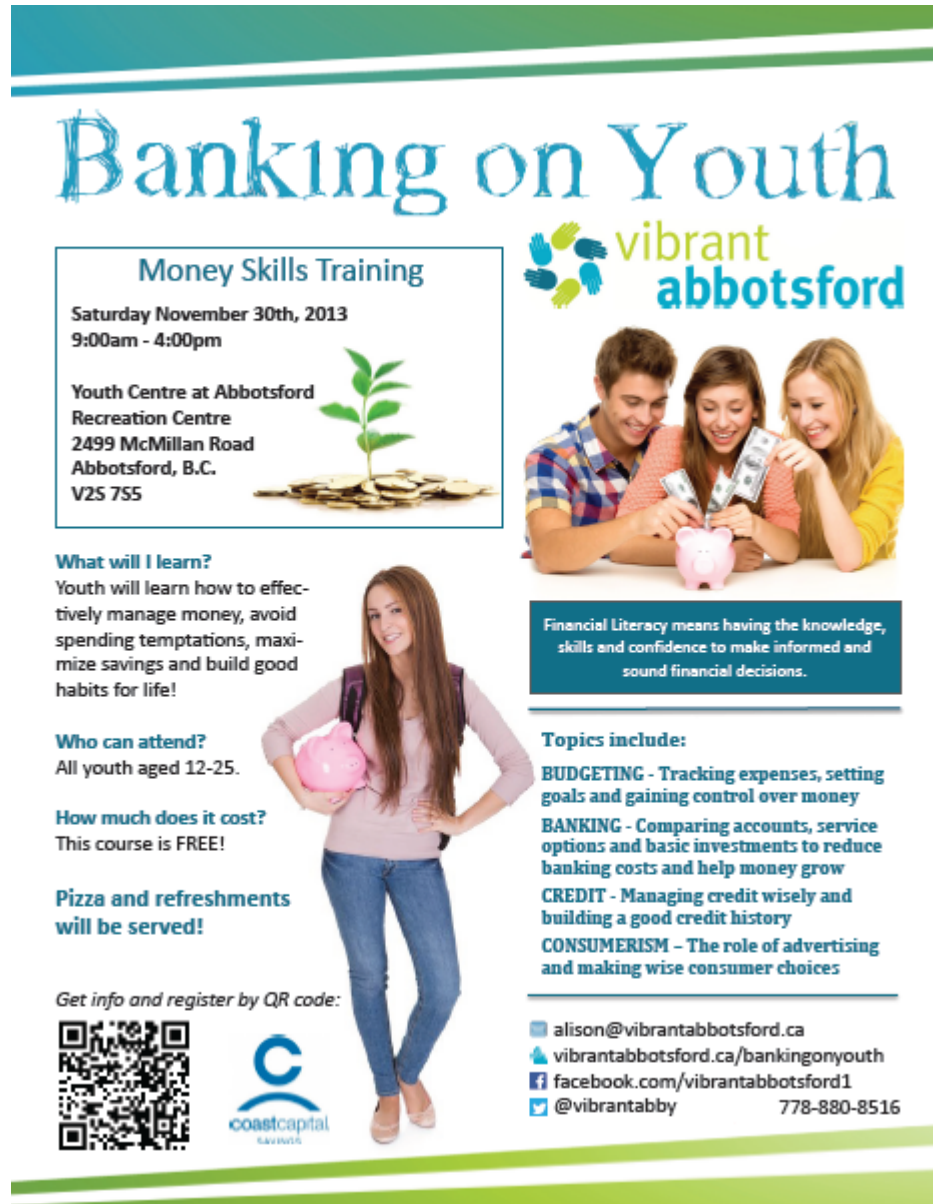
Helpful ways to be involved at ATSS, as parents:

- **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](mailto:toews.team@gmail.com); to get on school email list, visit school website ([www.atss.ca](http://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](http://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](mailto: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.
- Volunteer to organize a fundraiser
- 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.



## **Community Events and Information**

For further information please visit the following websites:

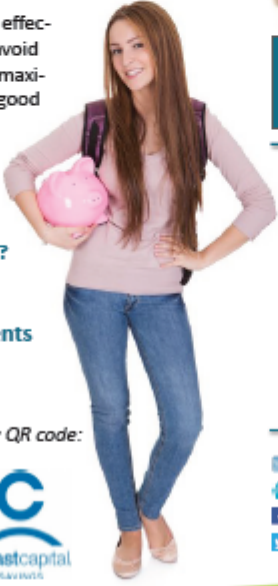




# Banking on Youth

**Money Skills Training**

Saturday November 30th, 2013  
9:00am - 4:00pm

Youth Centre at Abbotsford  
Recreation Centre  
2499 McMillan Road  
Abbotsford, B.C.  
V2S 7S5





**What will I learn?**  
Youth will learn how to effectively manage money, avoid spending temptations, maximize savings and build good habits for life!

**Who can attend?**  
All youth aged 12-25.

**How much does it cost?**  
This course is FREE!

**Pizza and refreshments will be served!**

Get info and register by QR code:




**Financial Literacy means having the knowledge, skills and confidence to make informed and sound financial decisions.**

**Topics include:**

- BUDGETING** - Tracking expenses, setting goals and gaining control over money
- BANKING** - Comparing accounts, service options and basic investments to reduce banking costs and help money grow
- CREDIT** - Managing credit wisely and building a good credit history
- CONSUMERISM** - The role of advertising and making wise consumer choices


alison@vibrantabbotsford.ca  
vibrantabbotsford.ca/bankingonyouth  
facebook.com/vibrantabbotsford1  
@vibrantabby 778-880-8516



## Come Learn to skate with the Abbotsford Skating Club!

This is where it starts. Join today and enroll in our **CanSkate**  
Learn the fundamentals (basics) that give you a strong foundation for :  
**Hockey, speed skating, ringette or figure skating!**  
*\*All it takes is a pair of skates\**  
All participants require a CSA approved hockey helmet.


**CanSkate, Star/Skate Academy sessions on Tues & Thur.**  
**Also offer private lessons for Junior and Senior skaters.**  
**CanPower-Thurs**                      **Ice Show – April 5, 2014**



SKATE CANADA

SKATING CLUB LOCATED AT MRC ARENA                      PROUD MEMBER OF SKATE CANADA  
Email: [registrar@abbotsfordskatingclub.org](mailto:registrar@abbotsfordskatingclub.org)                      [www.abbotsfordskatingclub.org](http://www.abbotsfordskatingclub.org)

## The RED Zone! *Effectively Understanding Anger*



Location: YRC basement-Abbotsford Community Services


Oct 22nd –Nov 26th  
Tuesdays 3:00 pm-4:30 pm

*This Workshop will meet every Tuesday for 6 weeks to develop an understanding of Emotions, Communication Styles and Coping skills when you are in the RED Zone!*


to register for this Fun workshop:  
Email: [infoyrc@abbotsfordcommunityservices.com](mailto:infoyrc@abbotsfordcommunityservices.com) OR call 604-870-4972




**City of Abbotsford  
Fire Rescue Service**  
32270 George Ferguson Way  
Abbotsford, BC V2T 2L1  
Telephone: 604-853-3566  
Fax: 604-853-8452  
www.abbotsford.ca/fire



*City of Abbotsford Fire Rescue Service*



**Secondary School  
Fire  
Academy**

The **Secondary School Fire Academy** is a program designed to meet the requirements and parameters of the Secondary School Graduation Program where students are required to complete 100 hours of career related work.

Several students have expressed an interest in fire fighting as a career; however, they may have little knowledge of the skills and training required for this career choice.

The **Secondary School Fire Academy** will allow the students to learn about, and practice some of the skills and training fire fighters must undertake. In addition, the students will learn information that will enhance their current skills and knowledge, particularly in physical training, teamwork and mechanical aptitude.

The students selected for the **Secondary School Fire Academy** will have the opportunity to participate in Rescue Techniques, Auto Extrication, and Certification in C.P.R., Fire Prevention, Fire Extinguisher Use, Live Fire and Physical Training. The participants will be selected from the Secondary School Graduation Program and will be screened by the school and Fire Rescue personnel.

**Selection Process:**

To be eligible to participate in this program students must complete the application form, attach a resume and submit their application package to their sponsor teacher.

Their sponsor teacher will deliver two exams one relating to mathematical skills and the other relating to English.



**Screening Process:**

All applicants will be screened at their school for suitability for this program.

**Acceptance Process:**

1. screening of the applicants by the school
2. Written aptitude tests
3. Online application
4. Interview with the Fire Rescue Service Selection Committee

The Fire Chief will have the final approval of all selected participants.

Failure to meet all of the criteria listed below will result in the disqualification of any application.

**Criteria for applicants:**

1. Current Grade 11 or 12 students.
2. Minimum 16 years of age.
3. An active student in the Abbotsford schools and also resident of Abbotsford.
4. Minimum C+ grade average.
5. Good homework ethic.
6. Reference from a teacher or the school.
7. Physically and medically fit (doctor's certificate may be required).
8. Parental permission and waiver completed.
9. If the student has a driver's license, it must have no more than 6.0 points.
10. No criminal record.
11. Interest in fire fighting as a career choice.

**Online Application must be submitted under the guidance of the sponsoring teacher or the school career coordinator. Any questions about this program should be forwarded to the school career coordinator.**



## JOIN ITA'S YOUTH PROGRAMS

Get a head start on your career.

ITAs youth programs let you apprentice for a trade—and earn credits and money at the same time.



**SSA and ACE-IT**  
Sign up for ACE-IT (Accelerated Credit Enrolment in Industry Training) and SSA (Secondary School Apprenticeship) and start your career while you're still in high school.

Apprenticeships combine classroom instruction with on-the-job training, so you'll be applying your skills and earning a pay cheque while you learn. By the time you graduate, you'll be on your way to completing your final year of apprenticeship—and beginning an exciting career that pays well.

**SAVE TIME AND MONEY**  
ACE-IT and SSA save you money. You'll get your final year of post-secondary training free, and you may be eligible for a \$1,000 scholarship.

### MOST POPULAR TRADES

Electrician  
Carpenter  
Professional Cook  
Automotive Service Technician  
Plumber

Welder  
Heavy Duty Equipment Mechanic  
Hair stylist  
Millwright  
Refrigeration Mechanic



## GET A HEAD START ON YOUR CAREER.

ITAs youth programs let you apprentice for a trade—and earn credits and money at the same time.



### ACCELERATED CREDIT ENROLMENT IN INDUSTRY TRAINING

Begin technical training for an apprenticeship program while you're still in high school. As an ACE-IT participant, you'll attend a trades training class—usually at a college—and receive dual credit for your time. Best of all, there's no tuition fee!

You'll graduate from the ACE-IT program with credits that count towards your high school diploma and at least one level of technical training for your industry training program.



To be eligible for ACE-IT, you must be:

- Currently attending high school.
- Prepared to finish the training within three months of graduating.
- Under the age of 20 when you complete the program.

[Itas.ca/youth/trades/programs](http://Itas.ca/youth/trades/programs)



### SECONDARY SCHOOL APPRENTICESHIP

Begin work-based training for an apprenticeship program while you're still in high school. As an SSA participant, you'll "earn while you learn" and get credits towards your high school diploma and apprenticeship. Your school's career counsellor can tell you more about the types of work that qualify.

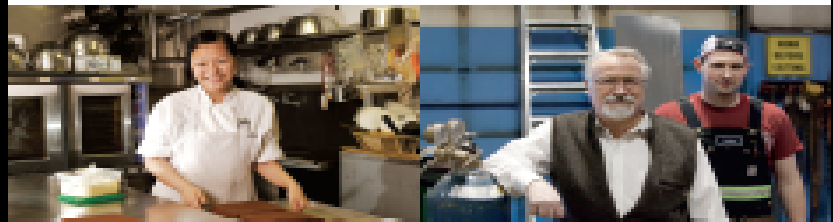
You'll graduate from the SSA program with 18 high school credits and 600 work-based learning hours that count towards your trade credential. Plus, you might be eligible for a \$1,000 scholarship.



To be eligible for SSA, you must be:

- School-aged (19 or under by June 30th)

[Itas.ca/youth/trades/programs](http://Itas.ca/youth/trades/programs)





## Youth Mentor Program

Match youth aged 10 – 18 with an Adult Youth Mentor.  
This is a program of the South Asian Community Resource Office (SACRO).



Movies	Arts & Crafts
Job Search Help	Fitness/Sports
Homework Help	Games

So much more!

**For more information contact:**  
Anoop Dhallwal  
Youth Mentor Facilitator  
604.217.6244  
Anoop.Dhallwal@abbotsfordcommunityservices.com



The SACRO Youth Mentor Program is one of 40 services offered at Abbotsford Community Services.

**THINK THAT SOMEONE SHOULD DO SOMETHING ABOUT BULLYING?**

**THAT SOMEONE IS YOU!**



**PREVENT BULLYING**  
**WITS** YOUTH LEADERSHIP CONTEST

### GOT AN IDEA?

How would you prevent bullying? Would you write a song? Make a video? Get creative with your own unique idea?

### TELL US ABOUT IT!

If you're 18 or under, we want to hear from you! Send us your idea on Facebook at [facebook.com/witsprograms](https://facebook.com/witsprograms) or on our website [witsprogram.ca](http://witsprogram.ca)



### NEED FUNDING?

WITS offers funding of **\$500** for youth to develop projects that aim to prevent bullying.

### FIND OUT MORE!

Visit [witsprogram.ca](http://witsprogram.ca) to see how others are working to prevent bullying. Questions? Contact [wits@rocksolid.bc.ca](mailto:wits@rocksolid.bc.ca)





30 years. One million volunteers. Experience it!

OPERATION  
**RED  
NOSE**  
COM



## Be a deer. Volunteer!

**DON'T DELAY, APPLY TODAY.**

Drivers, navigators, phone operators  
& dispatchers needed.

**604-746-0601**

or email:

[abbotsford-mission@operationrednose.com](mailto:abbotsford-mission@operationrednose.com)

Pacific  
SPORT



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NewsHUB

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THE  
NEWS  
MAGAZINE

MISSION RECORD

COUNTRY 102.1

star



Nov. 29, 30, Dec. 6, 7, 13, 14, 20, 21 & 31  
**PROTECT** your community.  
We're in it **TOGETHER.**



# teen

# transition

## P L A N N I N G



[www.TeenTransitionPlanning.ca](http://www.TeenTransitionPlanning.ca)

**TRANSITION PLANNING:  
PARENT ORIENTATION BOOT CAMP**  
November 27, 2013 from 6 - 9 pm

Pivot Point office- #153- 34334 Forrest Terrace, Abbotsford

**Vision of Teen Transition Planning**

The vision of Teen Transition Planning is to provide a positive, safe, welcoming, and practical transition experience for youth and their families as they transition into adulthood. Transition planning involves finding shared and unique goals for the future of your teen and special needs. While your teen is still in school, you can help them prepare for the opportunities and experiences of living as an adult.

Transition planning involves the entire family providing and providing educational, and government and staff who support youth transitioning to adulthood. In order to best prepare a teen, family and community support, it is essential that transition planning be implemented as a family-wide program. Youth and their support networks in educational, medical and employment planning beginning at age 16 and continuing into young adulthood.

**Facing the Future... with courage!**

Teen Transition Planning, as well as the **Teen Transition Planning** website, is a program of Pivot Point Family Growth Centre Inc. The team is sponsored by Pivot Point and trained through collaboration with the Transition Planning Committee of your local community. Through these partnerships, the committee hopes to increase community capacity to support successful adult transitions for all youth.



### About Parent Boot Camp:

We playfully call this training a "Boot Camp" because we want to acknowledge that for some parents, facing the task of planning for their child's future can be overwhelming. Many parents have no idea where to begin, some have been avoiding it for years, and most have inaccurate ideas about what's involved. All are scared. Some parents say they wish they had a leader or guide, or a "road map" to help them begin their journey.

The Parent Orientation Boot Camp provides essential "boot training" to all parents who need to know how to begin and what their journey will look like. It will encourage some parents to share their struggles with other parents, helping to create all participants in our common experience. It will help you parents find courage and focus. Lastly, it will help all parents to learn how to take charge of their family's future!

#### The goals of boot camp are to:

- ✓ Introduce philosophy of Person-Centered Planning and the NCTJ planning tool.
- ✓ Identify the steps in Transition Planning.
- ✓ Identify the roles and responsibilities of team members.
- ✓ Learn about how to use the Teen Transition Planning Guide.
- ✓ Acknowledge some of the emotional barriers and struggles parents face, and
- ✓ Provide parents with an opportunity to link up with other parents who are beginning the journey.

### About the event:

The boot camp is for all adult parents. Their learning, their discovery, and their sharing. An event, not a "one-way" class.

- ✓ A held in a safe and comfortable location where discussion will not be disrupted.
- ✓ A facilitated by an expert in Transition Planning who is also a PARENT.
- ✓ Interactive questions, discussion, and sharing.
- ✓ A "Parents Only" group that is NOT designed for "professionals".



### About the goods:

- ✓ Each family will receive
- ✓ Teen Transition Planning Overview Guide

### Registration:

Cost - \$90.00 per person, or \$75 per family couple (one ticket is provided)  
 Location - Pivot Point office #153- 34334 Forrest Terrace, Abbotsford  
 To register - Register online at [www.teentransitionplanning.ca](http://www.teentransitionplanning.ca) or call 1.888.531.4564 (Toll Free)  
 Registration deadline - Friday November 15th at 5:00pm



### Autism Funding:

Parents who receive Autism Funding may use 50% of the total fee for supplies, training, and travel costs. The TTP Parent Orientation Boot Camp is considered an eligible expense by the Autism Funding Unit.

### Cancellations:

Requests for registration, fees, or handling change, are available. Please that is informed in writing (you must) before the registration date.

[www.teentransitionplanning.ca](http://www.teentransitionplanning.ca)





## Healthy Together

A MONTHLY NEWSLETTER






### Healthy Gift Ideas

Give the gift of healthy living with:

- pedometers, yoga mats, a physical activity book or healthy cookbook
- tickets to a sporting event, swimming pool, skating rink or local ski pass
- personalized jars of homemade granola, muffin mixes, spices or soup. See recipe below for a delicious soup in a jar recipe.

### LAYERED CURRIED LENTIL SOUP IN A JAR

<ul style="list-style-type: none"> <li>■ 1 (1 quart) jar with tight-fitting lid</li> <li>■ 250 ml (1 cup) dried red lentils</li> <li>■ 2.5 ml (1/2 tsp) salt</li> <li>■ 55 ml (1/4 cup) mixed dried onions</li> <li>■ 25 ml (1/4 cup) corn powder</li> <li>■ 5 ml (1 tsp) garlic powder</li> <li>■ 250 ml (1 cup) dried green lentils</li> <li>■ 80 ml (1/3 cup) dried apple pieces, cut into 1/2-inch pieces</li> <li>■ 25 ml (1/4 cup) dried parsley leaves</li> <li>■ 1 bay leaf</li> </ul>	<ul style="list-style-type: none"> <li>■ Add each ingredient to the jar in the order outlined below. To achieve a colourful layered effect, gently shake the jar to ensure each layered ingredient makes it to the outside edge of the jar (it can be helpful to use a funnel).</li> <li>■ Begin to layer the ingredients starting with the red lentils, then layer with salt, dried onions, corn powder, garlic powder, green lentils, apple pieces, parsley and the bay leaf, in that order. Seal jar.</li> <li>■ Prepare label with cooking directions and attach to jar before giving as a gift.</li> </ul>
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#### COOKING DIRECTIONS

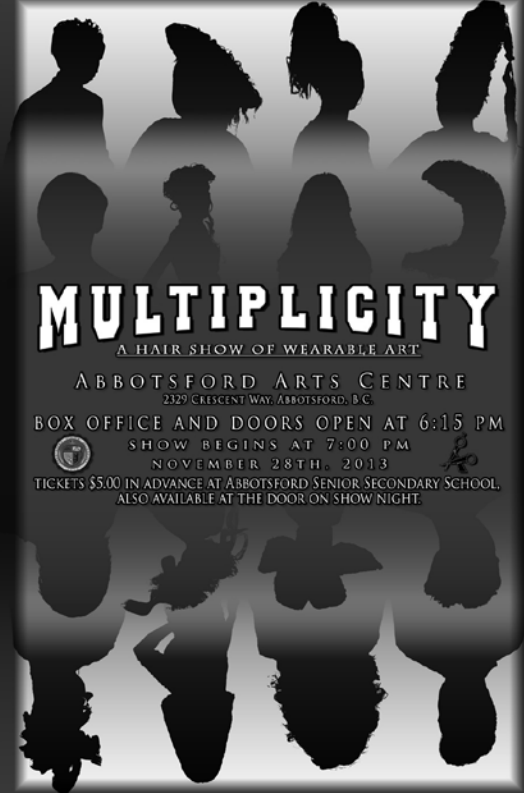
Place lentil soup mix in a saucepan with 7 cups water. Heat to a boil on high. Reduce heat to low. Cover and simmer 20 to 30 minutes, stirring occasionally. Makes 8 cups of soup. Dry soup ingredients can be kept in jar at room temperature for up to 1 month.

To help maintain a healthy body and balanced lifestyle try limiting inactive, recreational screen time to 1-2 hours per day. [www.childhoodobesityfoundation.ca](http://www.childhoodobesityfoundation.ca)

For school based healthy eating or physical activity information visit [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca). For general nutrition information call HealthLink BC at 811 and speak to a dietitian, or visit [www.healthlinkbc.ca](http://www.healthlinkbc.ca).




24121980



# MULTIPLICITY

A HAIR SHOW OF WEARABLE ART

ABBOTSFORD ARTS CENTRE

2329 CRESCENT WAY, ABBOTSFORD, B.C.

BOX OFFICE AND DOORS OPEN AT 6:15 PM

SHOW BEGINS AT 7:00 PM

NOVEMBER 28TH, 2013

TICKETS \$5.00 IN ADVANCE AT ABBOTSFORD SENIOR SECONDARY SCHOOL, ALSO AVAILABLE AT THE DOOR ON SHOW NIGHT.

