



January 31, 2014

Abbotsford Traditional Secondary School

2272 Windsor Street, Abbotsford BC V2T 6M1 Tel 604.850.7029

atss.ca

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

**Counselor:**  
Mr. Colin Abernethy    local: 1107

**One-to-One program:**  
Andrew Macphail    local: 1120

All teacher e-mail addresses can be found on our website [www.atss.ca](http://www.atss.ca)

## Principal's Message

As we are about to begin a new semester, I would like to update you on some of our staffing changes. First of all I would like to welcome Chrissy LaJoie as our new Student Information Clerk. Chrissy joined our staff a couple of weeks ago and is on a steep learning curve for the intricacies of our provincial student data system. As well we want to welcome back Mr. Hill who will be doing English and Socials, Mrs. Peters who will be taking over for English from Mrs. Smoes who is leaving on a maternity leave and Mrs. Prem Narang who will be joining us to teach a new Intro. to Punjabi 11 course. We trust their time at ATSS will be very rewarding for both them and their students.

I want to call your special attention to a special presentation on Internet Safety we will be having here for parents on Thursday evening. The presenter is Sgt. Darren Laur of the Victoria Police Dept. This is a very important piece of information for you as parents as we negotiate the complex work of teenagers and social media. Mr. Laur was here a couple of years ago and he will not disappoint you. As well, please feel free to invite members of the community or friends and family to join you. Please see the following information piece for more details.

We will be having our course planning for next year coming up in the last week of February. See the following information for more details. It is important that you as parents are involved in the discussion with your son or daughter about which courses to choose in preparation for graduation and beyond. Our counselor, Mr. Abernethy will be meeting with each of our grades reviewing the different programs and post-secondary requirements. However, should you wish more information please contact the school or Mr. Abernethy directly, [colin\\_abernethy@sd34.bc.ca](mailto:colin_abernethy@sd34.bc.ca) to make an appointment.

Sincerely,

Glen Hildebrand, Principal, ATSS



**Faculty:**

Dept Heads:	Local
Colin Abernethy	1107
Ken Laity	5107
Andrew Macphail	1120/1114
Rebecca Toews	3134
Tracy Wedel	3140
Pam VanKleeck	3237/3256

**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
Val Neufeldt	3137
Tamara O'Brien	5173
Elizabeth Smoes	3136
Olga Ulyasheva	3240
Janet Wade	1121

**Learning Assistance**

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

**Library**

Laurie Salter	3152
---------------	------

**Cafeteria**

Bonnie Hughes	5169
---------------	------

**International Rep**

Christine	1110
-----------	------

**Youth Worker**

Darlene Rayburn	3255
-----------------	------

**Community Support**

Jeven Randhawa	1110
----------------	------

Emails can be sent to all staff under:

[first\\_last@sd34.bc.ca](mailto:first_last@sd34.bc.ca)

*(Simply use that teacher's name)*

*Remember: We are on the web!*

Follow us on Twitter @abbytitans

Check out our website: <http://www.atss.ca>



## ATSS Calendar

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)





### INTERNET SAFETY PRESENTATION

Featuring well known and respected Internet Safety expert Sgt. Darren Laur of the Victoria Police Dept. Darren will be speaking to our Middle school students on Thurs. Feb. 6 from 9:40 to 11:40 and to the high school students from 12:30 to 2:30. He will be doing a special information session specifically for parents and adults Thurs. evening from 7 pm to 9 pm in the ATSS large gym. We really encourage all of our parents to come and bring your friends and relatives with you to hear about this very important topic.

***"Darren is a serving law enforcement professional with over 28 years of experience, an internationally recognized safety expert, published award winning author and highly sought after public/keynote speaker who specializes in the area of Personal Safety. No other company or program can bring the passion, "real world" experience and perspective that we can to personal safety, both on-line and off-line, given our unique educational and professional background."***

***"We have presented our Internet and Social Media Safety program to over 170 Jr and Sr High Schools throughout British Columbia, Saskatchewan and the United States, (approx 140,000 students) and we have already booked another 47 "new" Jr & Sr secondary schools, and one University, from January to June 2014."***

You can find more information on his website at <http://www.personalprotectionsystems.ca/>





### ATSS Exam Schedule January 2014

#### ATSS SCHOOL PROVINCIAL EXAMS - JANUARY 2014

Mon. January 27	Tues. Jan. 28	Wed. Jan 29	Thurs. Jan. 30	Fri. Jan. 31
<b>8:30 am - 11:30 am</b>	<b>8:30 am - 11:30 am</b>	<b>8:30 am - 11:30 am</b>	<b>8:30 am - 11:30 am</b>	<b>8:30 am - 11:30 am</b>
<b>PROVINCIAL</b>	must stay 'til 10:00 am	must stay 'til 10:00 am	must stay 'til 10:00 am	must stay 'til 10:00 am
<b>English 12</b>	<b>English 10</b>	<b>Science 10</b>	<b>Math 10 FMP</b>	
	<b>Communications 12</b>		<b>Math 10 A&amp;W</b>	
<b>SCHOOL</b>				
English 9	Social Studies 9	Science 9	Chemistry 12	
English 11	Meth 11 A&W	Calculus 12	French 11	
	Meth 11 Foundations	Physics 11	Intro. Spanish 11	
	Meth 11 Pre-Calculus			
	Physics 12			
<b>NOON- 3:00 pm</b>	<b>NOON- 3:00 pm</b>	<b>NOON- 3:00 pm</b>	<b>NOON- 3:00 pm</b>	<b>NOON- 3:00 pm</b>
<b>PROVINCIAL</b>	must stay 'til 1:30 pm	must stay 'til 1:30 pm	must stay 'til 1:30 pm	must stay 'til 1:30 pm
<b>Social Studies 11</b>				
<b>SCHOOL</b>				
Social Studies 10	Math 12 Pre-Calculus	Chemistry 11	Conflicts	
History 12	Biology 11	Biology 12		
Modern Languages 9	Math 9			
French 9				

Please see ATSS website [www.atss.ca](http://www.atss.ca)



### **Schedule for Semester 2 Student Timetable Changes & 2014-2015 Course Planning Assembly Dates**

#### **Semester 2 Course Change Dates**

Friday, January 17: S 2 Timetables are distributed to students in HR

#### **Students Make Appointments at Office Outside of Class Time**

Monday, January 20: Grade 12's

Tuesday, January 21: Grade 11's

Wednesday, January 22: Grade 10's

Thursday, January 23: Grade 9's

#### **Students Have Appointment with Counselor to Make Course Change**

Monday, January 27: Grade 12's

Tuesday, January 28: Grade 11's

Wednesday, January 29: Grade 10's

Thursday, January 30: Grade 9's

---

#### **Course Planning Dates for 2014-2015**

**Thursday, February 15:** Course Calendar and Student Course Planning Forms go live online on our Student Services Site under Course Planning.

**\*Monday, February 24:** Grade 8 Course Planning Assembly at ATMS

**\*Tues/Thur, February 25/27:** Grade 10 Course Planning in Planning 10

**\*Friday, February 28:** Grade 9 & 11 Course Planning Assemblies in Gym

\* These Assemblies will take place during the school day and times will be announced soon. More details to follow.



### Grad Photos



Please see Ms. Silzer to sign up for Grad Photos.

Grad Photos  
February 24 to 25  
starting at 2:30 p.m.  
Thank you.

---

### Community Events and Information

Please check the district website at  
<http://www.sd34.bc.ca/>



For further information please visit the following  
websites:

---

Please check Abbyconnect page for New  
Information:

(Flyers in Abbyconnect in "For Families" folder)

1. a. Literacy Matters day  
b. Literacy Matters Abbotsford's pancake breakfast for all families  
c. Literacy Matters Abbotsford's 3rd annual reading challenge
2. **Lost & Found for district pick up**  
The Abbotsford Pathfinders (Girl Guides of Canada) are collecting gently used clothing and shoes for an ongoing Big Brothers clothing drive Fundraiser. If you would like your schools Lost & Found items picked up at any time throughout the year please contact: Stefanie Donneck @ 604-853-9974 or email [doughnut@shaw.ca](mailto:doughnut@shaw.ca) or [Joanne\\_styran@sd34.bc.ca](mailto:Joanne_styran@sd34.bc.ca) Thank you for your support!
3. **AYC – Winter activities**
4. **Abby Roller Hockey League**
5. **Pro-D Days in the Park**
6. **Ball Hockey for youth (Flyer in Abbyconnect)**





### Impact



### Parent**6** MERGE Group

[for caregivers of substance using youth & young adults]

### 7-week group

TUESDAYS: January 28 to March 11, 6 to 8:00 p.m.

Information or to register, please call (604) 853-1766, email [impactlaurie@telus.net](mailto:impactlaurie@telus.net) or visit [www.impactabby.com](http://www.impactabby.com).

The Impact **MERGE** Group strives to provide support, awareness, knowledge and skills for caregivers.

### Topics

- Understanding Substance Use
- Adolescent Development
- Communication
- Boundaries
- Crisis Management
- Self-Care
- Guest Speakers (e.g. Child & Youth Mental Health, Abbotsford Police Department, Youth/Parent Alumni)



NOTE: Youth do not need to be engaged in Impact services for Parents/Caregivers to attend this group or receive other services.

Major Funding Provided by:



Made possible, in part, by a grant from:



Vancouver  
community board™



## 2014 ACF Student Awards Program

Directory and Application Forms  
available February 12, 2014  
at [www.abbotsfordcf.org](http://www.abbotsfordcf.org)



ABBOTSFORD  
COMMUNITY  
FOUNDATION

*201—2890 Garden Street, Abbotsford, BC V2T 4W7*  
*604-850-3755*





# COPIING WITH CUTTING

## A GUIDE FOR PARENTS

Some youth may find painful and intense emotions quite distressing. For some teens, handling these emotions can be overwhelming because they have not learned to deal with emotions effectively. Some may release themselves of these agonizing emotions by hurting themselves. While self harm provides immediate relief, it can have serious consequences.

This presentation will discuss self harm, its causes and frequency, warning signs, risk factors, and will provide information on how to help struggling teens.

**Date & Time:** February 3, 2014, 8-9pm

**Location:** #200-8661-201 Street, Langley

### Presenters:

**Shahla Mazlouman, MA, CCC**

Shahla is an experienced counsellor and educator who has been helping adult and adolescent clients from various backgrounds with anxiety, grief and loss, and trauma.

**Carolynn Turner, MA, CCC**

Carolynn is an experienced counsellor and educator who has been supporting children, adolescents and adults with anxiety, and depression. She has worked extensively with adolescents who self harm.

**Cost:** \$15 per person, or \$25 for a pair

**Contact:** [reception@lavendercounselling.com](mailto:reception@lavendercounselling.com) or 604-546-7544

