



February 28, 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

Well Spring Break is approaching and we are well under way for our course planning for next year. Your son or daughter should be bringing home a course planning form by the end of this week. Course descriptions are on our website at [www.atss.ca](http://www.atss.ca). Please take the time to check out the course descriptions and prerequisites. If you go to our website and click on the "student" drop box, then click on "student services" and then click "following link", on that site you will find the title "course descriptions" and then "Course Planning Guide". Here you will find all the descriptions of the courses we offer along with any prerequisites they may have. If you are interested in high academic challenging courses which offer university credit in high school, please check out our AP Course information. The course planning form will need your signature as a parent before we can enter them in for the student. This is a way we can to the best of our ability; ensure your involvement in course selection as a parent. Don't hesitate to contact us if you have any questions. You can do that either by e-mail, our counselor, [colin\\_abernethy@sd34.bc.ca](mailto:colin_abernethy@sd34.bc.ca) or myself, [glen\\_hildebrand@sd34.bc.ca](mailto:glen_hildebrand@sd34.bc.ca) or by phone 604-850-7029.

I would like to congratulate our Key Club led by Sahil and Ekanki Chawla, for the Anti-Bullying presentation they put on here at school last Saturday. They had a number of community resources available, including our mayor, Mr. Banman. It was well done and attests to the leadership abilities that many of our students have here at ATSS.

On the athletic side, we would like to congratulate our wrestlers under the leadership/coaching of Mr. Domke, Mr. Laity and Mr. Cuthbertson for their results this past week. We finished 3<sup>rd</sup> as a team overall in the Upper Fraser Valleys behind Mouat and Guildford Park of Surrey. We did very well overall and especially for a school our size. Gold Medal winners were Navi Gill and Jaskaran Khela. Silver Medal winners were Navdeep Dhillon and Austin Gurm. Bronze medal winners were Tanjot Khalon and Sukman Ladhar. Other ATSS wrestlers qualifying for the Provincials this weekend in Prince George are Sunny Hansra and Tejipaul Khullar.

We want to wish our team well who are attending the BC Provincial Wrestling Championship this weekend in Prince George.

We had a great presentation a couple of weeks ago on Internet Safety and the information was very worthwhile for both students and parents.

Soon the Spring Break will be upon us and the race to the finish will be here. Stay in touch and if you have any questions please don't hesitate to contact us.

Sincerely,

Glen Hildebrand, Principal, ATSS



**Faculty:**

Dept Heads:	Local
Colin Abernethy	1107
Ken Laity	5107
Andrew Macphail	1120
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
Jim Domke	5164/5107
Shawn Fedyna	3251
Grant Gasser	1114/1116
Carlton Haak	3250
James Hill/Valerie Neufeldt	3137
Kim Hunt	5107
Steve Kauffman	3238
Sharon Kehoe	5171
Sandy Lane	3248
Frank Muermann	3138
Michelle Myers	3235
Prem Narang	
Tamara O'Brien	5173
Sarah Peters	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
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**Cafeteria**

Bonnie Hughes	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](mailto:first_last@sd34.bc.ca)

*(Simply use that teacher's name)*

*Remember: We are on the web!*

Follow us on Twitter [@abbytians](https://twitter.com/abbytians)

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



## ATSS Calendar

Mar. 7	Collaboration Day #11
Mar. 9	Fashion Show
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
	Prom/Grand March
May 19	Victoria Day
May 30	Collaboration Day #15
	Convocation
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)





### Course Planning for 2014-2015

All students will be meeting with Mr. Abernethy to go over the course selection form for 2014-2015. Please go over the course selections with your student after reading the "Course Planning Guide" which is on our student services site, please go to [atss.ca](http://atss.ca) and follow the link under "Students". The course planning forms need to be signed by a parent and returned to your student's "homeroom" teacher by Friday, March 7. Any questions please contact the school.

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Neufeld Farms fundraising program for the ATMS & ATSS Band is now on. You can place your order thru a band student. For those interested in placing an order, they are a local business here in Abby...they have fabulous pies & cookies and quality frozen products that are amazing. With Easter just around the corner, you can get your items just in time! (Delivery will be April 10th.) Order deadline is March 12th.



# 2014 - Abbotsford Community Foundation Student Awards

Dear Parents/Guardians,

Application details for the 2014 Abbotsford Community Foundation Student Awards Program are now ONLINE on our Student Services Site under “Grads” then “Scholarships & Financial Aid”. To get to our Student Services Site please follow the Links on our ATSS site under “Students”.

This is an excellent opportunity for your Grad to get some money for post-secondary. I will be meeting with students during Homeroom on Friday, Feb. 14 to explain the program details.

Students are allowed to choose a maximum of 20 awards.  
Deadline for completed packages in to Mr. Abernethy is Friday, March 7, 2014.

If you have any questions please email me or call me at the school.

Mr. Abernethy



**FASHION SHOW Sunday, March 9**  
**PROM/GRAND MARCH**  
**Friday, May 16**  
**CONVOCATION Friday, May 30**

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### Grad Photos



Please see Ms. Silzer to sign up for Grad Photos - \$40.00 sitting fee and package details.

Mar. 10 (Mon.) ATSS Grad photo retakes

Thank you.

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### Message from Mrs. Salter

The library will be closed on the following day:

**Mar. 10 (Mon.)**

ATSS Grad photo retakes

Grads: It's the photographer's birthday on Mar. 11 and she likes cupcakes! ;-)

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### District Budget Public Info Meeting

Parents: come learn more about your investment in public education. To better prepare its 2014-15 Operating Budget, the Abbotsford Board of Education invites you to attend a public information meeting to find out more about how we are investing educational resources in the coming year. Please attend our special meeting: **Thursday, March 6<sup>th</sup>, at 7 pm** in the conference room of the Abbotsford Community Library by Abbotsford Senior Secondary School, 33355 Bevan Avenue.

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### Community Events and Information

Please check the district website at

<http://www.sd34.bc.ca/>



For further information please visit the following

websites:

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**Please check Abbyconnect page for New Information:**  
**(Flyers in Abbyconnect in "For Families" folder)**

1. Event: Feb 21+22: Canada West Men's Volleyball Final Four
2. Event: Feb 27+28: Musical "Grease" presented by ASIA on stage
3. Calling all talent! Annual FV Talent Show



### Impact



### Parent ~~ME~~ 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™





Distracted driving remains the third leading cause of fatal car crashes in B.C., trailing behind speed and impaired driving. On average, 91 people are killed each year in B.C. due to driver distractions, such as using a hand-held electronic device behind the wheel. This new, e month-long campaign will include increased police enforcement throughout the province and community volunteers conducting cell watch surveys to remind drivers to leave the phone alone.

We can all do our part to help make B.C. roads safer by leaving our phones alone when behind the wheel. Here are some suggestions on ways you can help us promote the road safety message:

**website:** [www.icbc.com/road-safety/safety-campaigns](http://www.icbc.com/road-safety/safety-campaigns)

**Road Risk Forecast**

Hey hon, what's 4 dinn\_

STOP

**23x**

Drivers who text and drive are 23 times more likely to crash.

**Today's Road Tip**

Resist the temptation to text and drive.

Keep your mind on the road.



### GENERATION | **squeeze**

Are you feeling squeezed between lower incomes and higher costs for housing, tuition, child care and saving for retirement?

**Well we have an event for you!**

Come join Dr. Paul Kershaw, founder of Generation Squeeze ([www.gensqueeze.ca](http://www.gensqueeze.ca)) and policy professor at the University of British Columbia, to talk about the growing squeeze on time, income and services facing Canadian families.

**Join the conversation!**

Join us on March 5,th at 7:00pm at the  
Old Spaghetti Factory located at 2030 Sumas Way *Abbotsford*

Cost: Free, Zero, zilch!

Light refreshments will be provided.

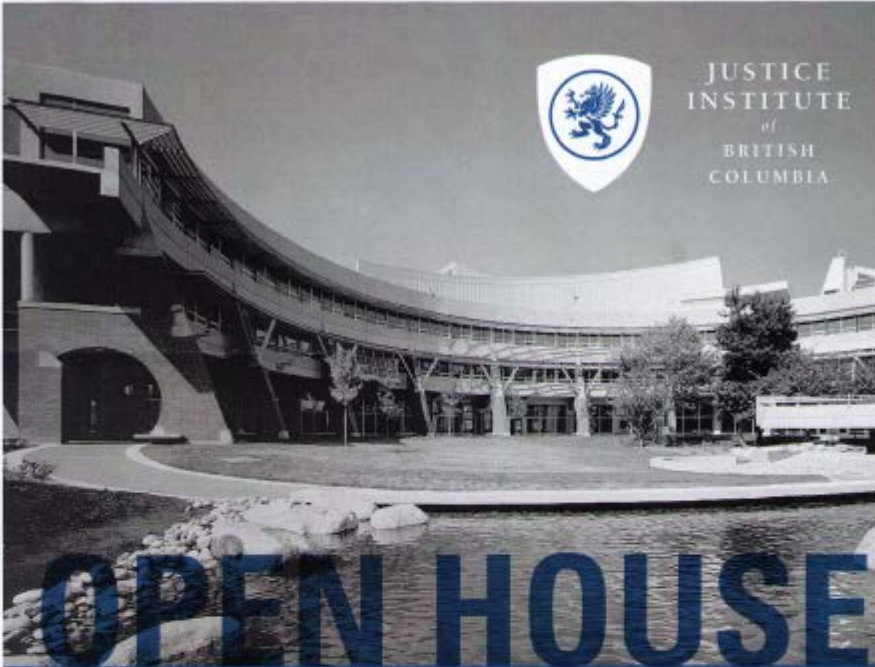
Please RSVP to [literacymattersabbotsford@gmail.com](mailto:literacymattersabbotsford@gmail.com)


Space is limited so reserve your seat now!

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JUSTICE  
INSTITUTE  
of  
BRITISH  
COLUMBIA

# OPEN HOUSE

Every day, JIBC graduates working in B.C., throughout Canada, and abroad are there for people in need. When there is an accident, a natural disaster, a crime that has been committed, or conflict that needs resolving, justice and public safety professionals educated at JIBC are at the frontlines of the emergency response. Our graduates also contribute to a larger spectrum of safety—from prevention to response to recovery.

As Canada's leading public safety educator, JIBC looks forward to welcoming you to the New Westminster Campus. Participants will have the opportunity to speak with representatives from JIBC program areas, as well as organizations associated with JIBC.

**For more information, contact:**  
Bridget Malcom  
604.528.5621  
bmalcom@jibc.ca

jibc.ca

**DATE:** February 28, 2014  
**TIME:** 10:00 am to 2:00 PM  
**LOCATION:** 715 McBride Boulevard  
New Westminster, BC  
**PARKING:** Free parking is available



## February News for High Schools

Welcome to February, which for many of you means the start of semester number two! It also means that some UFV programs have closed applications for the Fall 2014 intake. The recommended deadline of January 31st has come and gone, but most of our programs are still accepting applications; for more info on Fall 2014 applications check out the following article from UFV's Office of the Registrar.

This edition of the UFV e-newsletter includes some important admissions information and fantastic opportunities for teachers and students to get connected with UFV. Please feel free to pass this newsletter along to colleagues and encourage them to sign up!

## Important Admissions Updates - February 2014

Applications are still open for many programs for Fall 2014. Students are encouraged to apply as soon as possible. Check out <http://www.ufv.ca/admissions/admissions/acceptaooos/> to see what program are still accepting applications.

UFV has made many improvements to the admissions process for 2014:

1. *Self-reported grades* – UFV will now be utilizing students' interim grades from the BC Ministry of Education (PSI). Please ask your students to submit their PSI



information as soon as possible to meet the March deadline.

2. *Communication* – Applicants will now receive all communication to their personal and MyUFV email accounts as they progress through the application process.

Please ask them to ensure a personal email is provided on their application, and encourage them to check their MyUFV account often. UFV will send only the final admission letter to the student by postal mail all other correspondence will be via email.

3. *Conditional Admission* – Most grade 12 students will receive an early confirmation email that they have been conditionally admitted. Further review of their interim grades will provide them with a follow-up decision, if required.

#### Some helpful Admissions links

Details about how to apply - <http://www.ufv.ca/admissions/admissions/apply/>

Program admission requirements - <http://www.ufv.ca/calendar/>

Programs currently accepting applications -  
<http://www.ufv.ca/admissions/admissions/acceptapps/>

#### Admissions Questions?

For more information please contact Admissions at [admissions@ufv.ca](mailto:admissions@ufv.ca).

## Geography Wants You!

Please forward this opportunity to all Geography teachers.

The University of the Fraser Valley's Geography Department would like to visit your classroom! Current UFV Geography professors and undergrads are ready to come and present to your students about UFV and life as a geographer.

What is geography like after high school? What do you learn about? What types of jobs are available with a Geography degree?

Interested? Please contact Mike Smith for further information at [mike.smith@ufv.ca](mailto:mike.smith@ufv.ca) or 604.317.5066



### UFV Theatre Presents Contemporary Version of Romeo and Juliet

UFV Theatre presents a contemporary version of William Shakespeare's *Romeo and Juliet*. Adapted and directed by Paul Gélinau, the production runs March 5 – 23 at UFV's Performance Theatre at 45635 Yale Road (at Airport Road) in Chilliwack. Preview performances are on March 5 and 6. The opening night performance and reception is on March 7 and 7:30 pm performances continue on March 8, 14, 15, 20, 21, and 22. The two Sunday matinees at 2 pm are on March 18 and 23. Student matinees at 12 pm are on March 12 and 13. Ticket prices range from \$11 to \$23 (plus service fees) and are available for purchase by phone at 604-795-2814 and online at [www.UFV.ca/theatre](http://www.UFV.ca/theatre).

UFV Theatre continues its tradition of educating students and entertaining Fraser Valley audiences with a spring Shakespeare production. Featuring seductive love poetry and thrilling stage combat, this version of *Romeo and Juliet* is set in a post-apocalyptic Verona. Surrounded by violence and chaos, a pair of star-cross'd lovers from feuding families take their lives.

"Everybody understands how much it means to love and how much it can hurt to love and everybody understands feuding," said Paul Gélinau, director.

While the original play was first written by Shakespeare around 1595, UFV Theatre's production has been adapted for a contemporary audience by UFV Seasonal Instructor and renowned Fight Director, Paul Gélinau. Gélinau has received local, national, and international recognition for his fight direction. UFV Theatre's production of *Romeo and Juliet* will feature 24 student actors, 21 students and alumni working as designers and production crew members, and Chilliwack School of the Performing Arts student Bethany Meyers in the role of Queen Mab.

### Cascades Athletics Update

It has been a great run for many of the Cascades teams as of late, most notably the Men's Basketball team. The guys have shattered previous UFV records on its current 12 game win streak. Both the Men's and Women's Basketball teams wrap up the regular season this



weekend with a home & home series against rivals TWU.

Both Volleyball teams will close out the regular season with games on Friday and Saturday night against local rivals Columbia Bible College. The defending national champion women's team is well on its way to making noise in the playoffs once again. The men have put in a tenacious effort as of late, but will fall just short of making the playoffs.

Keep on top of all the Cascades action at <http://www.ufvcascades.ca/>  
Follow the Cascades on Twitter at <https://twitter.com/UFVCascades>

## Kinesiology Entrance Requirements

On page 54 in our current viewbook, the Bachelor of Kinesiology states that it requires a B in two of Biology, Chemistry, or Physics 12. **In actuality, we require a C+ in two of these courses.** Our apologies for the error.

For the most up-to-date entrance requirements, always refer to the online academic calendar here: <http://www.ufv.ca/calendar/winter-summer-2014/General/programindex.htm>

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Abbotsford School District Career Programs  
**Your Future, Your Job!**

- Earn University Credits
- Gain Valuable Job Skills
- While Still in High School

### Position Yourself for Success!

Position yourself for success and starting planning your future NOW! Enroll in a Career and Technical Program while still in high school.

Leave high school with post secondary credits, industry certification, highly sought after job skills, and relevant work experience that will give you a leg up when applying to work or furthering your studies.

#### Graduate from your Home High School

Complete the academic high school course requirements at your home high school.

Complete the required technical training where it's offered, for example, some programs are offered at the University of the Fraser Valley Campus in Chilliwack or on King Road in Abbotsford; another program is offered at the Kwantlen Polytechnic University Campus in Langley, while others are offered at the various secondary schools in Abbotsford. The length of training varies with each program. See Abbotsford School District Career Program Options on back of page.

**Then ....** Return to your home high school to complete regular high school academic requirements and/or to participate in graduation related activities and events.




For more information please go to: [www.abbotsfordcareerprograms.com](http://www.abbotsfordcareerprograms.com)





[www.abbotsfordcareerprograms.com](http://www.abbotsfordcareerprograms.com)

### Abbotsford District Career Programs



## How to Apply

Earn  
University  
Credits

Gain  
Valuable  
Job Skills

While  
Still in  
High School


1. Visit the District Career Programs web site to download and complete an application - [www.abbotsfordcareerprograms.com](http://www.abbotsfordcareerprograms.com)
2. Have a teacher complete a "school reference form."
3. Complete the "statement of interest form."
4. Attach a copy of your most recent report card.
5. Deliver your completed application form to the District Career Programs Office, located at 2606 Alliance Street, Abbotsford, BC V2S 3J8. For more information contact 604-504-4618 Local 1802.

### It's easy!



Students will be contacted to set up an interview time. There are often not enough seats for of applicants applying to these programs. Don't be disappointed. Apply Early. Apply Today. Admission Priority is given to those who apply before **March 3, 2014.**

### Abbotsford School District Career Program Options:

CORE - Pre-Apprenticeship Program Animation Arts Certificate Applied Business Technology Automotive Service Technician Carpentry - Green Building Professional Cook Drafting Electrical Hairstylist Heavy Equipment Operator Health & Human Services Horticulture Welder/Fitter	Grade 10-12 Grade 11/12 Grade 12 Grade 12 Grade 12 Grade 11/12 Grade 12 Grade 12 Grade 11/12 Grade 12 Grade 12 Grade 12 Grade 11/12 Grade 12 Grade 12 Grade 12 Grade 12 Grade 12 Grade 12 Grade 12	Yale Secondary and Abbotsford Sr. Secondary RBSS, UFV - King Road Campus, Abbotsford UFV - Justic Way, Abbotsford UFV - Trades & Technology Centre - Chilliwack Abbotsford Sr. Secondary Abbotsford Sr. Secondary UFV - Trades & Technology Centre - Chilliwack UFV - Trades & Technology Centre - Chilliwack Abbotsford Sr. Secondary Yale Secondary UFV - King Road Campus, Abbotsford Kwantlen Polytechnic University, Langley Trades Technology Centre - Chilliwack
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Tentative - Dairy Technician  
 Grade 11 or 12 -  
 UBC Dairy Education and Research Centre - Agassiz



**ABBOTSFORD**  
**HEAT**

# JOB FAIR

IN PARTNERSHIP WITH  AT THE AESC

**MARCH 8TH 11 AM TO 4:30 PM**

**EMPLOYERS FROM:  
FINANCIAL - HEALTHCARE - MANUFACTURING  
CONSTRUCTION - RETAIL - EDUCATION AND MORE!**

**FREE FOR  
JOB SEEKERS!**

Abbotsford**WORKS**

 We Build Mobility.  

**PRIZES & TICKETS TO BE GIVEN OUT TO APPLICANTS!**

**ABBOTSFORDHEAT.COM**



British Columbia Institute of Technology

SCHOOL OF BUSINESS

### Radio Arts and Entertainment

Full-time Diploma



#### BCIT Radio Arts and Entertainment Diploma

**Note: New admission procedures effective November 15, 2013. Review the instructions carefully. [View summary of the changes](#)**

The BCIT Radio Arts and Entertainment diploma program prepares students for a career in media behind the scenes or in front of a microphone or camera.

You will learn vocal development, radio journalism, media marketing and advertising, the Canadian broadcast media system, professional voicing, audio production, the business of the music industry, online design, documentary production and career development. You will also have an active role in operating all departments of a fully licensed FM radio station in Metro Vancouver.

Many BCIT Radio Arts and Entertainment grads work across Canada and around the world in a variety of media and media-related positions.

#### BCIT RADIO ARTS & ENTERTAINMENT DIPLOMA

BCIT Credential:	BCIT Diploma
Program Length:	2 years, Full-time
Program Start:	September
Number of Courses:	29 courses, 110.5 credits
Total Tuition/Cost:	Learn about <a href="#">Tuition &amp; Fees</a>
Internship/Practicum:	4 weeks, 5 days a week
Job Rotations:	Work at <a href="#">Evolution 107.9FM</a> (news, sports, documentaries, production)
1st Year Entry:	<a href="#">View Requirements</a>

#### Evolution 107.9 FM Radio

Radio students operate [Evolution 107.9](#), a CRTC-licensed FM radio station. All on-air content, including news, sports, advertising messages, and short and long-form features, are written and presented by second year students. Students also participate in various marketing opportunities throughout the community with the Evolution 107.9 Promo Team. Evolution 107.9 is also the radio play-by-play voice of the Simon Fraser University men's hockey team.

#### Radio Internship

Radio Arts and Entertainment students participate in a four week internship with a radio station, TV station, marketing firm, or production company to learn on the job and develop connections within the media industry. Many students find internships in communities throughout British Columbia, across Canada, and around the world.



### Radio Arts & Entertainment Jobs & Careers

Graduates of the BCIT Radio Arts and Entertainment diploma program have a strong foundation in vocal and script performance, writing, broadcast journalism, marketing and advertising, audio and video production and social media.

Students gain valuable skills that can lead to a wide variety of broadcast and media-related job opportunities.

- News/Sports/Entertainment Anchor
- On-Air Host
- Digital Audio Producer
- Social Media Coordinator
- Marketing Coordinator
- Sales Representative
- Play-by-Play Announcer
- Reporter
- Technical Producer
- Voice-Over Talent
- Podcast Producer
- Music Director
- Media Relations Coordinator
- Interviewer
- Researcher
- Web Designer
- Promotions Coordinator
- Commercial Copywriter

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Programs and courses are subject to change without notice.

### Links

1. [bcit.ca/admission/changes](http://bcit.ca/admission/changes)
2. [bcit.ca/admission/fees/fulltime](http://bcit.ca/admission/fees/fulltime)
3. [evolution1079.com](http://evolution1079.com)
4. [bcit.ca/6110dipma#entry](http://bcit.ca/6110dipma#entry)

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© BCIT



### Abbotsford Police Department

2838 Justice Way, Abbotsford, BC V2T 3P5 Phone (804) 850-5225 Fax (804) 850-4812

*"Protecting with Pride"*

February 25, 2014

Dear Parents/Students:

Cellular phone thefts and robberies are on the rise because wireless devices can be sold for cash on the black market by criminals.

In an effort to curb this from occurring a new industry-led database to blacklist lost or stolen wireless devices has been established. By reporting the International Mobile Equipment Identity (IMEI) of your device to your wireless provider you can render it virtually worthless as the device's operating features will be disabled.

**To find the IMEI number:**

- Type \*#06# on the call screen
- Check behind the battery on a white label
- Look on the box the device came in

**If your phone is lost or stolen:**

- Contact your local police department to report it
- Report the IMEI number to your Canadian wireless provider

**To determine if a device has been lost or stolen:**

- Visit [www.protectyourdata.ca](http://www.protectyourdata.ca)

Crime Prevention is everyone's business!

For more information on this or any of our Crime Prevention programs please contact our Community Police Office at 604-864-4818.

Sincerely,

Casey Vinet, Sergeant  
Youth Squad/Community Police Office  
Abbotsford Police Department  
[cvinet@abbvpd.ca](mailto:cvinet@abbvpd.ca)  
[www.abbvpd.ca](http://www.abbvpd.ca)

*Mission Statement: To make Abbotsford the safest city in BC*





# Helping Your Anxious Child

### What it looks like and what parents can do

Presented in partnership with AnxietyBC and The FORCE Society For Kids' Mental Health



Anxiety is the most commonly diagnosed mental health condition in children and youth. 1 in 4 children experience significant anxiety at some point in their lives. This event will explore common childhood fears and how parents can respond with empathy, and coach children to think helpful thoughts and gradually face their fears.

#### Presenters:

Christine Yu, M.A., R.C.C. and Victoria Keddis, PhR

*Christine has worked extensively in the field of anxiety, both as a researcher and a practitioner. In addition to individual and family therapy, Christine conducts workshops and presentations about childhood anxiety for schools and parent-groups around the Lower Mainland*



*Victoria is a Parent in Residence with The F.O.R.C.E. Society for Kids' Mental Health and she is a parent with lived experience. Victoria is a certified FRIENDS for Life and FUN Friends Parent Trainer which has reinforced the learning along the way.*

**Date:** Thursday, Mar. 20, 2014 7-9pm

**Location:** Chan Centre for Family Health Education at BC Children's Hospital - 938 west 28th Ave in Vancouver (entrance is on the ring road inside the BC Children's Hospital campus. The access to the parking in front of the theatre is on Oak St.)

This presentation is free, however seating is limited; to RSVP:

<https://helping-anxious-child-talk.eventbrite.ca>

For information phone 604-878-3400.



Funding provided by BC Partners