



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



Principal:
Mr. Glen Hildebrand



Vice-Principal:
Mrs. Jaimie Webster

[Online Progress](http://checkmyprogress.ca)
checkmyprogress.ca

To access up to date information on your child's progress online, please visit checkmyprogress.ca (formerly checkmymark.com). To access information on their learning, you will need to log in with the following information:

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. Chrissy LaJoie local: 1002
Mrs. Sherry Reimer local: 1001
Mrs. Natalie Peters local: 1000


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

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

Principal's Message

Hello to all our parents. Thank-you to those of you who were able to attend our Remembrance Day Ceremonies. Under the leadership and organizing of one of our teachers Mr. Lane and our two Vice-Principals, Mrs. Webster, (ATSS), and Mr. Cochrane, (ATMS), we had an exceptional and well received event. Thank you to our guests of honour, Mr. Bondi, Asst. Superintendent and Mrs. Wilson our School Board representative for their participation in our ceremony. It was great to see our students take leadership, chaired by two of our senior students, Bernadette Draayers and Manjot Sandhu who did an outstanding job leading the service, our colour guard led by guest bagpiper Mr. Davidson and ATSS cadets Jazz Hayer, Vyom Sanghavi, Amey Chawla, Vickram Gill, and ATMS cadet, William Croteau. Our band under the direction of Ms. Sargent did an amazing job in their first public performance. I was proud of our students both those performing and those listening. It was a great moment of respect for those who had sacrificed for us as Canadians.

There are several important details I would like to cover with you. First, I certainly want to extend my sincere condolences to our colleagues at Abbotsford Senior in the very difficult time that they have gone through. This is the worst possible nightmare for us as educators and for those of us responsible for our buildings. Our thoughts, support and prayers go to our colleagues, students and parents of Abby Sr. One of the questions I have been asked in the wake of this tragic event is how safe are our students. I can only assure you that our schools are very safe. Although no one can predict or even possibly prevent such random tragic behaviour, here at ATSS I would like to point out several things that make our school one of, if not the safest in the district. We do have the advantage of



all of our students wearing uniforms making any intruder/stranger easy to quickly spot. We are a small school where all of our students, if not known by name, would be easily recognized by staff again making it harder for an unwanted guest to enter and prowl through our building. Our teachers make it a practice to stand by their doorways during the change of classes where again any stranger can be easily spotted. Also, we do lock our exterior doors with the exception of our front main entry throughout the day. And finally, most of our entrances are covered by video surveillance. Again, these measures do not provide a rock solid guarantee but it gives you some idea as to how we take security seriously here at ATSS.

A second important piece of information is that we will not be producing a term 1 or term 3 report card as in the past. However, we do have our teachers all using checkmyprogress online marking program so that you as parents can access anytime to see what the progress of your son or daughter is. Please take advantage of this opportunity as the instructions for how to access it should be posted on this page in the newsletter. If you cannot get the password from your child, please contact the teacher directly by e-mail and they can provide it for you. We will also be sending a marks summary home via e-mail for those of you who have provided your home e-mail to us. We will send the others home with your son or daughter if you do not have an e-mail contact provided to us. This is not a formal report card in the usual sense but it is a reporting measure we have chosen to keep you informed as best we can. This should be coming to you by Mon. Nov. 21. This will enable you to have this information for the day of parent/teacher conferences schedule for the day of Thurs. Nov. 24. There will be no classes on this day and it will be available for you to schedule an appointment

to see your child's teachers. Please refer to this newsletter for instructions on how to sign up for a teacher appointment.

It's great to see that all of our seasonal sports teams are up and running. Our boys soccer have had a great season again this year, finishing first again in the Fraser Valley East division and losing 3-2 in a game against Langley Fundamental to determine who goes on to the provincials. We have Mr. Muermann coaching our Sr. girls basketball team and former ATSS alumni, Arvind Sangha and Mehtaab Gill coaching our Jr. girls basketball team. Our boys are coached by Mr. Cole who has our Jr. and Sr. boys basketball and Mr. Havilland who is coaching our Gr. 9 boys basketball. This gives us a full complement of teams for this season. We are very thankful to those who are volunteering their time to support our students in this way.

Should you have any questions about any of this please feel free to contact me or the Vice-Principal, Mrs. Webster, for further information.

Sincerely,
Glen Hildebrand, Principal, ATSS

ATSS PAC NEWS

**PAC meeting: Tuesday, November 15, 2016
at 7 pm in the ATSS library**

All parents of ATSS students are welcome and encouraged to attend.

Mr. Hildebrand will be discussing school goals for this year as well as school safety issues.

Get informed about what's happening at ATSS and share questions & concerns with other parents.

Ranjit Gill, PAC Chair

email: ranjit_gill@sd34.bc.ca

cell: 778-240-5929



Faculty:

Dept. Heads:	Local
Colin Abernethy	1107
Grant Gasser	1114/1116
Carlton Haak	3250
Kim Hunt	5107
Andrew Macphail	3151
Rebecca Toews	3134
Tracy Wedel	3140

Teaching Staff

Elizabeth Cousar	3141
Brock Currie	3252
Jim Domke	5164/5107
Shawn Fedyna (Anita Gordon)	3251
Alexandra Howie	1103
Joel Janzen	3138
Stephan Kauffmann	3238
Sharon Kehoe	5171
Ken Laity	5107
Sandy Lane	3248
Frank Muermann	3137
Daniel Muller	3237
Elizabeth Smoes	3136
Mercedes Sargent	1121
Olga Ulyasheva	3235

Learning Assistance

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

Library

Laurie Salter	3152
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Cafeteria

Bonnie Hughes	5169
Cheryl Riffin	5169

International Rep

Karen Hiebert	3135
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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!



ATSS Calendar

School Calendar 2016 - 2017

School Opening (1/2 day)	September 6
Non-Instructional Day #1	September 23
Thanksgiving Day	October 10
Non-Instructional Day #2	October 21
Remembrance Day	November 11
Parent/Teacher Conference Day (no school)	November 24
Non-Instructional Day #3	November 25
Non-Instructional Day #4	December 5
Last Day Before Christmas Break	December 16
Christmas Vacation	December 19 to January 2
School Reopens	January 3
In-school /Provincial Exams	January 23 - 27
Semester 1 Ends	January 27
Semester 2 Begins	January 30
Family Day	February 13
Non-Instructional Day #5	February 24
Last day before Spring Break	March 10
Spring Break	March 13-24
School reopens after Spring Break	March 27
Good Friday	April 14
Easter Monday	April 17
Parent-Teacher Conference Day (no school)	April 27
Non-Instructional Day #6	April 28
Non-Instructional Day #7	May 19
Victoria Day	May 22
Last Day of Classes	June 21
In School/Provincial Exams	June 22 to 23 and 26-29
Last day for students	June 29





ATSS	Timetable 2016/2017					
Time	Monday	Tuesday	Wednesday	Thursday	Friday #1 Collaboration Time	Friday #2 (X Block)
8:05	Warning Bell	Warning Bell	Warning Bell	Warning Bell		Warning Bell
8:10-9:15 (65 min)	Period 2	Period 4	Period 3	Period 5	Collaboration Time (no students) 8:10-9:10 (60 min)	Period 2 Period 7 (Linear) 8:10-9:10 (60 min)
9:20-10:25 (65 min)	Period 3	Period 5 Period 10 (Linear)	Period 4 Period 9 (Linear)	Period 2	Period 2 Period 7 (Linear) 9:15-10:15 (60 min)	Period 3 Period 8 (Linear) 9:15-10:15 (60 min)
					Homeroom 10:20-10:43 (23 Min)	Homeroom 10:20-10:46 (26 Min)
10:30-11:36 (66 min)	Period 4	Period 2 Period 7 (Linear)	Period 5	Period 3 Period 8 (Linear)	Period 3 Period 8 (Linear) 10:48-11:48 (60 min)	X BLOCK 10:51-11:51 (60 min)
11:36-12:15 (44 min)	Lunch	Lunch	Lunch	Lunch	Lunch 11:48-12:25 (42 Min)	Lunch 11:51-12:25 (39 Min)
12:20-1:25 (65 min)	Period 4 Period 9 (Linear)	Period 2	Period 5 Period 10 (Linear)	Period 3	Period 4 Period 9 (Linear) 12:30-1:30 (60 min)	Period 4 Period 9 (Linear) 12:30-1:30 (60 min)
1:30-2:35 (65 min)	Period 5	Period 3 Period 8 (Linear)	Period 2 Period 7 (Linear)	Period 4	Period 5 Period 10 (Linear) 1:35-2:35 (60 min)	Period 5 Period 10 (Linear) 1:35-2:35 (60 min)

Don't Forget!

If you know your child is away from school with your permission, please ensure that you contact the school office to inform us.

To excuse for a late we must hear from a parent by 10:30am.

You can do so by phoning the office at 604-850-7029

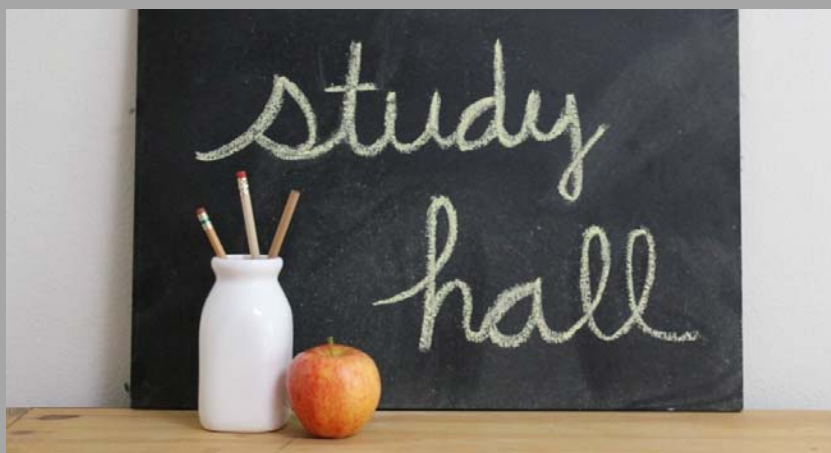




UP COMING EVENTS

PAC meeting at 7:00pm	Tues, Nov. 15
X-Block 5	Fri, Nov. 18
Parent/Teacher Conference	Thurs, Nov. 24
Non-Instructional Day	Fri, Nov. 25
Collaboration Day	Fri, Dec. 2
Non-Instructional Day	Mon, Dec. 5
Christmas Band Concert at 7:00pm	Tues, Dec. 6
Christmas Banquet and Dance	Thurs, Dec. 8
X-Block 7/2	Fri, Dec. 9
Collaboration	Fri, Dec. 16
Winter Break	Dec. 19 – Jan. 2

STUDY HALL IS NOW IN SESSION!



Students who find themselves behind in their work or in need of extra time may soon be asked to take advantage of the opportunity to improve and succeed at our lunchtime Study Hall. Students can be referred by their classroom teachers to attend in room 236 on Tuesdays, Wednesdays, or Thursdays during lunch to complete missing assignments, study for exams, work on projects, or receive basic extra assistance on work in progress. See Mrs. Webster for more information.



Student OF THE MONTH

- September Tanawin Nantawinyoo
- October..... Manjot Sandhu
- November
- December
- January
- February
- March
- April
- May
- June

ATHLEE OF THE MONTH

- September Caleb Byun
- October Erik Quach
- November
- December
- January
- February
- March
- April
- May
- June

CHRISTMAS BANQUET & DANCE

Thursday, December 8th

Tickets on sale SOON!

Early bird price till November 30: \$20

December 1st – 8th price: \$22

Pay for your tickets online at <https://schoolcashionline.com>

Bring your receipt to Mr. Currie to redeem for a ticket





SchoolAppointments.com
Scheduling Parent Teacher Appointments
Can be Easy for Everyone!



ATSS Parent Teacher Conferences – Thursday Nov. 24th 8:30am-2:30pm

Parents are encouraged to come during the day to speak to teachers about their child's progress. Appointments can be booked online to ensure teachers are available, by following the instructions below.

School Appointments - Parent Instructions

1. Go to our school appointments web site: <http://atss.schoolappointments.com/>
2. Register for an account by clicking the "**REGISTER**" menu tab and filling in the on-line form. Choose a user id and password for yourself and then click the "**Register Now**" button.
3. Add your children into the system by clicking the "**Add a Student**" button. Click "**Insert New**" button to add more children.
4. Click the "**date**" icon beside each child's name to schedule appointments. Select the staff you wish to book appointments with and the "**View Calendars**" button. Use the "**Ctrl**" or "**Command**" key to select multiple staff to view at the same time.  
5. Click on available time slots to book your appointments and then click the "**Book Appointments**" button to save your bookings.

**NOW
AVAILABLE**

Make online payments with
SchoolCashOnline

- ✓ Field trips
- ✓ Sports Events
- ✓ Activity Fees

Register at abbotsford.schoolcashionline.com

KEVGROUP
School Cash Simplified

Pay your student fees!

Any students with amounts owing will be receiving a monthly statement. These fees are best paid online thru our School Cash website. If you have never used this method before, please use the guidelines on the following pages as a helpful tool to walk you thru. Any questions? Don't hesitate to contact Sherry Reimer in the office.



SchoolCashOnline

For safety and efficiency reasons, Abbotsford School District would like to reduce the amount of cash & cheques coming into our school. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE! It takes less than 5 minutes to register. Please follow these step-by-step instructions, so you will begin to receive email notifications regarding upcoming events involving your child(ren).

NOTE: If you require assistance, select the **GET HELP** option in the top right hand corner of the screen.

Step 1: Register

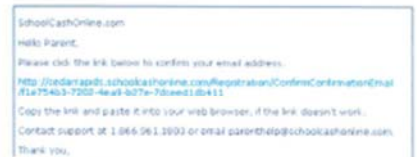
- a) If you have not registered, please go to the School Cash Online home page <https://abbotsford.schoolcashonline.com> and select the "Get Started Today" option.
- b) Complete each of the three Registration Steps
*For Security Reasons your password, requires **8 characters**, **one uppercase** letter, **one lowercase** letter and a **number**.



Step 2: Confirmation Email

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and School Cash Online account.

The confirmation link will open the School Cash Online site prompting you to sign into your account. Use your email address and password just created with your account.



Step 3: Find Student

Note: Student Number is Not Required

This step will connect your children to your account.

- a) Enter the School Board Name
- b) Enter the School Name
- c) Enter Your Child's Name & Birth Date
- d) Select **Continue**
- e) On the next page confirm that you are related to the child, check in the Agree box and select **Continue**
- f) Your child has been added to your account

Find Student

School Information

School Board Name: School Board 1575
 Looking for a student in a different school board?

School Name: Eagle High School

Student Information

Do you have the student number?

Student Number:

First Name:

Last Name:

Birth Date:
Date format: mm/dd/yyyy

(No students? [Click here](#))

Step 4: View Items or Add Another Student

If you have more children, select "Add Another Student" option and repeat the steps above. 5 children can be added to one parent account.

If you do not wish to add additional children, select "View Items For Students" option. A listing of available items for purchase will be displayed.

Register for SchoolCash Online following these 4 simple steps!



ਸਕੂਲ ਕੈਸ਼ ਆਨਲਾਇਨ

ਸੁਰੱਖਿਆ ਅਤੇ ਕੁਸ਼ਲਤਾ ਕਾਰਨਾ ਕਰਕੇ ਐਬਟਸਫੋਰਡ ਸਕੂਲ ਡਿਸਟਰਿਕਟ ਸਕੂਲਾਂ ਵਿੱਚ ਆ ਰਹੇ ਕੈਸ਼ ਅਤੇ ਚੈਕਾਂ ਦਾ ਗਿਣਤੀ ਘਟਾਉਣੀ ਚਾਹੁੰਦਾ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ ਉਹਨਾ ਮਾਪਿਆਂ ਦੀ ਗਿਣਤੀ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਵੋ ਜੋ ਪਿਹਲਾ ਹੀ ਰਜਿਸਟਰ ਕਰ ਚੁੱਕੇ ਹਨ ਤੇ ਆਨਲਾਇਨ ਪੇਮਨਟ ਸੇਵਾ ਦਾ ਲਾਭ ਉਢਾ ਰਹੇ ਹਨ। ਰਜਿਸਟਰ ਕਰਨ ਨੂੰ ਸਿਰਫ 5 ਮਿੰਟ ਲਗਦੇ ਹਨ। ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਨਿਰਦੇਸ਼ ਦੀ ਪਾਲਣਾ ਕਰੋ ਤਾਕਿ ਤੁਸੀਂ ਆਪਣੇ ਬੱਚਿਆਂ ਸਬੰਧੀ ਚੱਲ ਰਹੀਆਂ ਗਤੀਵਿਧਿਆਂ ਬਾਰੇ ਈ-ਮੇਲ ਪ੍ਰਾਪਤ ਕਰ ਸਕੋ।

ਸੂਚਨਾ: ਜੇ ਤੁਹਾਨੂੰ ਮਦਦ ਦੀ ਲੋੜ ਹੋਵੇ ਤਾਂ ਸੱਜੇ ਪਾਸੇ ਉੱਪਰ ਦਿੱਤੇ 'GET HELP' ਉਪਸ਼ਨ ਦੀ ਚੋਣ ਕਰੋ।

ਪਿਹਲਾ ਕਦਮ : ਰਜਿਸਟਰ

- ੳ) ਜੇਕਰ ਤੁਸੀਂ ਪਿਹਲਾ ਰਜਿਸਟਰ ਨਹੀਂ ਕੀਤਾ ਹੈ ਤਾਂ ਸਕੂਲ ਕੈਸ਼ ਆਨਲਾਇਨ ਵੈਬਸਾਇਟ ਦੇ ਪਿਹਲੇ ਪੰਨੇ <https://abbotsford.schoolcashionline.com> ਤੇ ਜਾਓ ਅਤੇ "Get Started Today" ਆਪਸ਼ਨ ਚੁਣੋ।
- ਅ) ਰਜਿਸਟਰ ਕਿਰਿਆ ਦੇ ਤਿੰਨਾਂ ਕਦਮਾਂ ਦੀ ਪਾਲਣਾ ਕਰੋ।
*ਸੁਰੱਖਿਆ ਕਾਰਨਾ ਕਰਕੇ, ਪਾਸਵਰਡ ਵਿੱਚ 8 ਅੱਖਰ, ਇੱਕ ਛੋਟਾ ਅੱਖਰ, ਇੱਕ ਵੱਡਾ ਅੱਖਰ ਅਤੇ ਇੱਕ ਨੰਬਰ ਹੋਣਾ ਜ਼ਰੂਰੀ ਹੈ।

ਦੂਜਾ ਕਦਮ : ਈ-ਮੇਲ ਪੁਸ਼ਟੀ

ਤੁਹਾਨੂੰ ਪੁਸ਼ਟੀ ਲਈ ਇੱਕ ਈ-ਮੇਲ ਭੇਜੀ ਜਾਵੇਗੀ। ਆਪਣਾ ਐਡਰੈਸ ਅਤੇ ਸਕੂਲ ਕੈਸ਼ ਆਨਲਾਇਨ ਖਾਤਾ ਪੁਸ਼ਟੀ ਕਰਨ ਲਈ ਈ-ਮੇਲ ਵਿੱਚ ਦਿੱਤੇ ਗਏ ਲਿੰਕ ਤੇ ਕਲਿਕ ਕਰੋ।
ਦਿੱਤਾ ਹੋਇਆ ਲਿੰਕ ਤੁਹਾਨੂੰ ਸਕੂਲ ਕੈਸ਼ ਆਨਲਾਇਨ ਵੈਬਸਾਇਟ ਤੇ ਲੈ ਜਾਵੇਗਾ ਅਤੇ ਖਾਤੇ ਵਿੱਚ ਸਾਇਨ ਇਨ ਕਰਨ ਲਈ ਪੁਛੇਗਾ। ਸਾਇਨ ਇਨ ਕਰਨ ਲਈ ਆਪਣੀ ਹੁਣੇ ਬਣਾਈ ਈ-ਮੇਲ ਅਤੇ ਪਾਸਵਰਡ ਭਰੋ।

ਤੀਜਾ ਕਦਮ : ਵਿਦਿਆਰਥੀ ਲੱਭੋ

- ਸੂਚਨਾ : ਵਿਦਿਆਰਥੀ ਖਾਤਾ ਨੰਬਰ ਦੀ ਲੋੜ ਨਹੀਂ ਹੈ।
- ਇਹ ਕਦਮ ਤੁਹਾਡੇ ਬੱਚੇ ਨੂੰ ਤੁਹਾਡੇ ਖਾਤੇ ਨਾਲ ਜੋੜੇਗਾ।
- ੳ) ਸਕੂਲ ਬੋਰਡ ਦਾ ਨਾਮ ਭਰੋ।
- ਅ) ਸਕੂਲ ਦਾ ਨਾਮ ਭਰੋ।
- ੲ) ਆਪਣੇ ਬੱਚੇ ਦਾ ਨਾਮ ਅਤੇ ਜਨਮ ਤਰੀਕ ਭਰੋ।
- ਸ) ਕੰਨਟੀਨਿਊ ਚੁਣੋ।
- ੲ) ਅਗਲੇ ਪੰਨੇ ਤੇ ਪੁਸ਼ਟੀ ਕਰੋ ਕੇ ਤੁਸੀਂ ਬੱਚੇ ਨਾਲ ਤਾਲੁਕ ਰੱਖਦੇ ਹੋ, ਸਹਿਮਤੀ ਡਿੱਖੇ ਵਿੱਚ ਕਲਿਕ ਕਰੋ ਅਤੇ ਕੰਨਟੀਨਿਊ ਚੁਣੋ।
- ਕ) ਤੁਹਾਡਾ ਬੱਚਾ ਤੁਹਾਡੇ ਖਾਤੇ ਵਿੱਚ ਦਰਜ ਹੋ ਚੁਕਾ ਹੈ।

ਚੌਥਾ ਕਦਮ : ਖਾਤਾ ਵੇਖੋ ਜਾਂ ਹੋਰ ਵਿਦਿਆਰਥੀ ਦਰਜ ਕਰੋ

ਜੇਕਰ ਤੁਹਾਡਾ ਕੋਈ ਹੋਰ ਬੱਚਾ ਹੈ ਤਾਂ "Add Another Student" ਆਪਸ਼ਨ ਚੁਣੋ ਅਤੇ ਉਪਰਲੇ ਕਦਮ ਦਹੁਰਾਓ। ਇੱਕ ਮਾਪੇ ਦੇ ਖਾਤੇ ਵਿੱਚ 5 ਬੱਚੇ ਦਰਜ ਕੀਤੇ ਜਾ ਸਕਦੇ ਹਨ।
ਜੇਕਰ ਤੁਸੀਂ ਹੋਰ ਬੱਚਾ ਦਰਜ ਨਹੀਂ ਕਰਨਾ ਚਾਹੁੰਦੇ ਤਾਂ "View Items For Students" ਚੁਣੋ।
ਖਰੀਦਣ ਯੋਗ ਸਾਮਾਨ ਦੀ ਇੱਕ ਸੂਚੀ ਵਿਖਾਈ ਜਾਵੇਗੀ।



Abbotsford Traditional Secondary Presents



Cinderella

Dates

EVENING PERFORMANCES
JANUARY 13TH & 14TH, 2017
Show Begins at 7:30PM

Tickets

TICKETS \$10/PERSON
Tickets can be purchased at the ATSS school office
or at the Abbotsford Arts Centre on performance night

Location

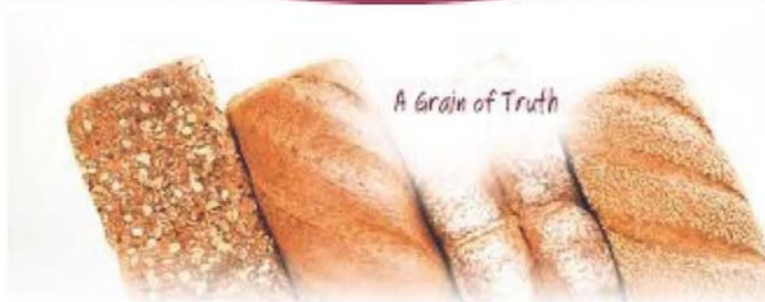
ABBOTSFORD ARTS CENTER
2329 Crescent Way, Abbotsford B.C

For more information contact the Atss Office.

BY RODGERS & HAMMERSTEIN'S
MUSIC BY
RICHARD RODGERS

BOOK AND LYRICS BY
OSCAR HAMMERSTEIN

PRESENTED WITH SPECIAL ARRANGEMENT WITH: R&H THEATRICALS
229 W. 28TH ST., 11TH FLOOR-NEW YORK, NY 10001



For healthy choices, choose COBS Bread!

✓ no added sugar ✓ no preservatives ✓ no dairy ✓ high in fibre

We have an on going Fundraising relationship with COBS Bread at Gladwin Crossing!!
Please support the Band by mentioning ATSS Band **prior to your order**
and 5% of your order will be funded towards the school Music program.
Tell your friends and tell your family. Every little bit counts!

GLADWIN CROSSING

Unit 111, 2777 Gladwin Rd, Abbotsford, T: 604 556 7725

Thank you for your continued support!!

Band Fundraising Coordinator, Mrs. Paolucci for Ms. Sargent



WE'RE FUNDRAISING WITH PURDYS CHOCOLATIER!

THIS PROGRAM GIVES 25% OF SALES DIRECTLY TO THE STUDENT, FOR THEIR MARCH 2017 BAND TRIP TO VICTORIA

Abbotsford Traditional Secondary School 2016 Band Fundraiser



Purdys' chocolates are made fresh in Vancouver from only 100% sustainable cocoa. They have a great selection of chocolate gifts so you can help us out while you get your Christmas shopping done.

Thank you for supporting your School and Music Program!

EASY ORDERING ONLINE:

1. Login or create a new account at purdysgpp.com
2. A search bar will pop up once you're logged in.
3. Review attached list and find the email associated with your child's name.
4. Enter email into search bar and click JOIN GROUP.
5. You can also invite friends and family to help! Simply ask them to follow the same steps above.

PLACE & PAY FOR ORDERS BY:

DATE **Thursday, November 24th**

PICK UP ORDERS ON:

DATE **Friday, December 2nd**

— AT —

LOCATION **ATSS Band Room (SEE Mrs. Paolucci)**

NOTE: If you want to accept CASH payments for your orders, it will be up to you and your parents to decide and PROCESS your customer orders online with your credit card, under your name. All cash orders can easily be processed by YOU online, directly to Purdy's Fundraising Program. (Please note the school will not be collecting cash or cheques. YOUR CASH ORDERS need to be processed online directly by YOU if you decide this with your parents.) This is an online fundraiser. Thank you.

If you have any questions please contact Band Fundraising Coordinator, Lynn Paolucci @ 778-241-4926.



Guidelines for parents/guardians to support children through times of grief

Be yourself – Demonstrate your natural concern calmly and in your own words.

Be available – Spend time with your child. Attempt to distract your child by reading, walking, going to a movie, etc.

Listen – Let your child express his/her thoughts, concerns, feelings, and perceptions in a nonjudgmental, emotionally safe environment.

Explain – Talk about what you know in short, truthful statements. Don't be afraid to admit that you do not have all the answers.

Do not speculate.

Develop resiliency – Your child will look to you for reassurance. Do not convey your own feelings of hopelessness, but rather let your child know that they will get through this difficult period.

Provide comfort – Physical and verbal comforts are great healers.

Attend to physical manifestations of trauma - Children will often complain of headaches, stomach aches, backaches, etc. Monitor physical symptoms such as loss of appetite, anxiety, sleep disturbance, etc. and determine whether medical intervention is required.

Maintain regular routines – As much as possible, attempt to provide normalcy to your child. Humans are creatures of habit and derive comfort from regular routines.

Monitor media exposure – Do not overexpose your child to media reports (especially preschool and elementary age children).

Seek additional support – When appropriate, your child should be directed to community support agencies.



Impact



Parent MERGE Group

[for caregivers of substance using youth & young adults]

8-week group

TUESDAYS: January 31 to March 21, 6:00 to 8:00 p.m.
Information or to register, please call (604) 853-1766, email jessica@impactabby.com or visit 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, Parent Alumni)
- Youth/adult Connection Point

Monthly follow-up facilitated peer support group available for all Parent MERGE Group 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:



**Humanitarians · Entrepreneurs
Visionaries · Innovators · Pioneers**

Save the world! Prevent disease, reduce poverty, create solutions to protect people and our planet; Find out how:

**UBC Applied Science
OPEN HOUSE**

- Engineering
- Nursing
- Architecture & Landscape Architecture

**SATURDAY, NOVEMBER 26, 2016
10 AM - 4 PM**

Students, parents, and family welcome!
Demonstrations, presentations, lab tours, admissions advisors, professors, current students, hands-on activities and more.

**RSVP: apsc.ubc.ca/openhouse or
engineering.ubc.ca/openhouse**



FREE PUBLIC DIALOGUE IN RECOGNITION OF NATIONAL ADDICTIONS AWARENESS WEEK
Show the bookmarks in this folder

Stay **W O K E*** *Learn*

What the Current Overdose Crisis is Teaching Us about Drug Use

You are invited to this free public dialogue

Fri. Nov. 18, 2016 from 12:30 to 4 pm

**Langley Cascades Casino and Conference Center
20393 Fraser Hwy. Langley, British Columbia**

*WOKE is a term that encourages non-complacency

Join leading and time-honoured thinkers, educators, researchers, evaluators and clinicians in drug prevention, harm reduction and addiction treatment for an afternoon in the heart of the Fraser region. Why, you ask? We invite you to witness and participate in a social and historic examination of the current overdose medical emergency in a 'salon-like' conversation. The coffee and tea will be strong and the chemistry right to tap into a deeper understanding around and below the edges of our awareness about substance use. Together, these luminaries represent close to 100 years of service, and more so, exemplify the resolve it will take to turn this crisis into an opportunity. Below are just two of the salon presenters and conversationalists featured in this event.

Joel H. Brown has served as a professor, educator, evaluator and clinician who has dedicated his career to the research and application of resilience in drug education and treatment as well as a variety of social welfare and public health systems.

Glen Grigg is a clinical therapist, professor, policy leader and researcher across Canada. For over 25 years, Grigg has been providing clinical counselling focused on the unique understanding of human life and their related networks.



No registration or rsvp required for this event. Coffee, tea, assorted juices will be provided.



This free public event is brought to you by Fraser Health, CERD & SOURCES BC

"social wellness for our community"