



October 14, 2016

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:  
Mrs. Jaimie Webster

**Online Marks**  
**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. 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](http://www.atss.ca)

Follow us on 

@<https://twitter.com/abbytians>

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

## Principal's Message

Our school year has begun with a smooth start. Thanks to all of our staff members who have worked hard to make all the accommodations necessary for this to happen. Courses are now all settled and students are busily engaged. Thank-you to parents and teachers for attending our "Meet the Teacher Night". We had a good turnout, which is always a goal and we were able to enjoy pizza and samosas.

I want to invite you all out for our Parent-Teacher Conference evening coming up Tues. Oct. 18 from 5:30 pm to 7:00 pm. We are hosting it earlier this year in the hope that it will be more helpful to those parents of students who are missing work or struggling. This will inform you of any concerns sooner rather than later so that efforts can be made to not fall behind. Please mark this date on our calendar and plan to attend. Our teachers are not required to be there, but many wanted to provide the opportunity for you as parents to meet with them outside of school hours. Please ensure this time to be valuable for our teachers by attending. We will have opportunity for you as parents to sign up for appointments or to also just drop in to see the teachers of your child. We will have language translation available on hand if needed, thank-you to Mrs. Randhawa.

We have a good start up to our sports program with both girls and boys volleyball, cross-country and Sr. boys soccer up and running. We will soon be starting up our basketball program for both girls and boys.

We had a great day with our Gr. 9's at Camp Stillwood working on team building and being introduced to our ATSS expectations. From all accounts, the day was enjoyed by all. We are next planning a teambuilding leadership day for our Gr. 11 students for Nov. 2. This will be with the Omada Team Building Program which we have done the past two years. Again, another great opportunity for our Gr. 11's to experience challenge and teamwork in the great outdoors.

Our grad Cruise is coming up on Oct. 20 for all of our grads. Again this is an exciting time of fun and relationship building for our grads early on in the year. Just a reminder that this is an extra time for their fun, not a reason to miss classes the day of. All grads are expected to be here for classes if they wish to go on the cruise that evening.

Again if you have any questions about anything school related please don't hesitate to contact us, either me personally at [glen\\_hildebrand@sd34.bc.ca](mailto:glen_hildebrand@sd34.bc.ca) or anyone of our staff by e-mail on the school website or at 604-850-7029.

Sincerely,

Glen Hildebrand, Principal, ATSS



**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](mailto: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



Instagram

Are you on Instagram?  
Follow us here at "abbytitans"



### UP COMING EVENTS

Collaboration Day -----	Fri, Oct. 14
Grad Parent Meeting at 7pm -----	Tues, Oct. 18
Parent/Teacher Conference (5:30-7pm) -----	Tues, Oct. 18
Picture Re-takes -----	Thurs, Oct. 20
Grad Cruise -----	Thurs, Oct. 20
Non-Instructional Day -----	Fri, Oct. 21
ATSS PAC Meeting -----	Tues, Oct 25
X-Block -----	Fri, Oct. 28
Fright Night: Haunted House (6-7pm) Movie (7-9pm) -----	Fri, Oct. 28
Halloween Costume buy-out (prizes for best dressed) -----	Mon, Oct. 31
Last day for Early Yearbook price \$45 -----	Mon, Oct. 31
½ Grad Fees due -----	Mon, Oct. 31
Grade 11 - Teambuilding Field trip -----	Wed, Nov. 2
Collaboration Day -----	Fri, Nov. 4
UBC Visits ATSS -----	Fri, Nov. 4
Remembrance Day (No School) -----	Friday, Nov. 11

## ATSS PAC NEWS

The first PAC meeting for this year will be on October 25th at 7pm in the ATSS library. We will be electing this year's PAC Executive as well as reviewing some of the roles & functions of our school PAC.

Punjabi translation will be available. All ATSS parents are invited to attend!



## PARENT / TEACHER CONFERENCE

We have a Parent-Teacher Conference evening coming up on:

**Tues. Oct. 18 from 5:30-7:00pm**

Please mark this date on our calendar and plan to attend!

We will have opportunity for you as parents to sign up for appointments or to also just drop in to see the teachers of your child. We will have language translation available on hand if needed.

Please make every effort to attend!



Introducing...

# ATSS



ATSS is excited to announce the newest student group, The ATSS Green Team! This is an exciting new initiative that seeks to bring awareness to our impact on the local and global environment. Recently, six of our members joined the District's Youth Green Team in an important meeting where they:

- Connected with student leaders at other schools
- Learned about the ties between environmental sustainability and social justice
- Discussed and debated current environmental issues
- Shared success stories about past campaigns and ideas for new ones
- Started planning campaigns for our school in collaboration with other students

We are eager to start the good work around sustainability and environmental awareness.

If you are interested in joining, please see Mrs. Webster for details.

## Take Our Kids to Work™

*I LIKE school and I LEARN a lot.*

*BUT when people ask me WHAT I want to be when I GROW up – I am LOST.*

*I am confused. How do I find my CAREER path?*

**On the first Wednesday of every November (November 2, 2016) Grade 9 students spend the day in the workplace** of a parent, relative, friend or volunteer experiencing and learning about the world of work as they begin to explore possible career paths. The program supports career development by helping students connect school, the world of work, and their own futures.

Research suggests that today's students will have multiple careers over the span of their working years. To be successful, they will need to master both new technologies and complex social and organizational systems. Learning in school becomes more effective and relevant if students can see where their education might lead them in the future. Spending a **'day in the life'** of a profession or workplace is a fun and fascinating way to explore the world of work, think about career options, and make informed educational decisions.

Your Grade 9 student has brought home a consent form which needs to be signed before they can be involved in the program. If you have an employment that may not be suitable ( long distance trucking, work in the federal prison, etc.) your child can go the workplace of a friend or relative. This is a school day so your child is either involved in Take our Kids to Work or they are at school where alternative work will be provided.

If you have questions or concerns, feel free to contact Mr Lane at ATSS.



### **YEARBOOKS!**

#### **EARLY BIRD PRICING!**

**Purchase before  
October 31 and SAVE!**

Purchase by October 31 - \$45

After October 31 - \$55

**PURCHASE ONLINE THRU  
SCHOOLCASH**



### **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.

### ATSS Musical Theatre Presents:



#### Dates

Evening Performances  
January 13th & 14th, 2017  
Show Begins at 7:30pm

#### Tickets

AVAILABLE SOON!

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



Make online payments with  
**SchoolCashOnline**

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

Register at [abbotsford.schoolcashionline.com](http://abbotsford.schoolcashionline.com)

**KEYGROUP**  
School Cash Simplified



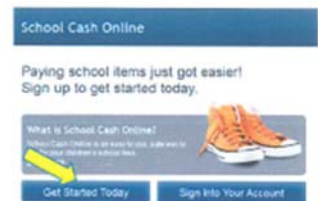
### SchoolCashOnline

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

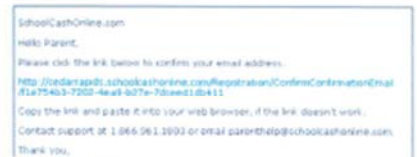
- a) If you have not registered, please go to the School Cash Online home page <https://abbotsford.schoolcashonline.com> and select the "Get Started Today" option.
- b) Complete each of the three Registration Steps  
\*For Security Reasons your password, requires **8 characters**, **one uppercase** letter,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





## Looking for a Tutor?

Parents looking for a Tutor for their ATSS student please look on our Student Services Website:  
[http://start.sd34.bc.ca/atsss/?page\\_id=120](http://start.sd34.bc.ca/atsss/?page_id=120) or speak to Mr. Abernethy.

## TEACHERS' TUTORING SERVICE

Need a Tutor? Contact us:  
604-730-3410    [teacher@tutor.bc.ca](mailto:teacher@tutor.bc.ca)

**BC Certified Teachers**  
**No contract to sign**  
**Non-profit society**  
**Operating since 1983**





The Abbotsford School District proudly presents Capilano  
University instructor Marion Haythorne's

### **"PARENTS AS CAREER COACHES" PRESENTATION**



High school grads don't have the same menu of post-secondary choices that their parents did. Now it's super-sized, with more programs, schools and competitions than either can stomach. In Capilano University's "Parents as Career Coaches Program", Marion Haythorne turns uneasy parents into confident guides in just two fun evening classes.

Join Marion and other parents as they laugh, share, and explore what's most important to their kids and how to access education and career resources.

Tickets are available online at: <https://www.eventbrite.com/e/parents-as-career-coaches-marion-haythorne-presentation-tickets-28296618949>

### **WHEN**

**November 2 & 9, 2016  
6pm - 8pm**

### **WHERE**

**Abbotsford Senior  
Secondary  
33355 Bevan Way, Abbotsford,  
V2S 0E7**

### **ADMISSION**

**Free**

### **TICKETS**

**Available on a first-come,  
first-serve basis starting  
Oct 7**

<https://www.youtube.com/watch?v=thytJ4GiegI>

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



**Abbotsford Senior  
Secondary School**



# Healthy Relationships GROUP

Emotional Regulation  
Boundaries

Sexual Health  
Self-Esteem

Communication  
Abusive Relationships

**When:** Thursdays, 3:00-4:30pm from October 20th to December 8th.

**Where:** YRC Livingroom 2420 Montrose Avenue

**Who:** For Girls aged 15-18

**For more information please contact:**

**Linda Noble 604-870-4972 or Email at**

**[Linda.Noble@AbbotsfordCommunityServices.com](mailto:Linda.Noble@AbbotsfordCommunityServices.com)**





**Some common signs and symptoms of anxiety and depression:**

- stomach aches • headaches
- unable to sleep • sleeping too much
- crying more easily • can't eat
- unsettled stomach • heart pounding
- trouble breathing • missing school
- withdrawing from friends and family
- severe mood swings • angry outbursts
- repeated use of alcohol or drugs
- self-harm • trouble concentrating
- feeling overwhelmed

**1 in 3 students** > **in grades 7-12** > **are reporting moderate to severe levels of** > **emotional distress, anxiety or depression**

### Helping students cope with stress, anxiety and depression

Each year, the back-to-school time for BC children and youth is full of activity, expectations, excitement — and for some — stress, anxiety and even depression. Recent Canadian research shows that 1 in 3 students in grades 7 to 12 are reporting moderate to severe levels of emotional distress, particularly anxiety and depression.

Help is available. This sheet has been created by BC mental health experts, with youth input, in order to share information with youth and families on common signs and symptoms, what can help, and how to find support.

#### A few simple things that can help

- talk to others
- healthy food
- regular mealtimes
- bedtime routine
- simplify schedule
- fun exercise
- limit screen time
- yoga
- breathing exercises
- journal emotions
- no phone or computer in bed

**BC RESOURCES** Information, support, tips and techniques can be found on many BC websites. Free mental health and relaxation apps can also be downloaded for phones. A few to visit include:

**Kids Help Phone:** 1-800-668-6868; [kidshelpphone.ca](http://kidshelpphone.ca)

FREE, confidential, 24/7 telephone counselling service for youth anywhere in the country.

**Here to help:** [heretohelp.bc.ca](http://heretohelp.bc.ca) Information, support and links, created by seven leading BC mental health and addictions agencies, to help people prevent, manage and live with mental health and substance use problems.

**Mind Check:** [Mindcheck.ca](http://Mindcheck.ca) A youth-focused, interactive, BC website with quizzes, self-help tools and links to web resources and professional help in BC.

**Kelty Mental Health Resource Centre:** [keltymentalhealth.ca](http://keltymentalhealth.ca) Offers information, resources, peer support, and more. Their "Help Finder" tool helps you navigate the mental BC health system.

**Anxiety BC Youth site:** [youth.anxietybc.com](http://youth.anxietybc.com) Teen-friendly interactive site with lots of helpful information, videos, tips, and more; aiming to provide "resources, results, relief" for anxious youth.

**Youth in BC Chat Line:** [youthinkbc.ca](http://youthinkbc.ca) An online resource where youth in distress can have a real-time online chat with a trained volunteer, from noon to 1 am daily.

**For youth in crisis or with suicidal thoughts:** call the BC youth crisis line 1-800-SUICIDE (1-800-784-2433), or go to the Emergency Department of your nearest hospital.

**"It may feel really scary at first to tell someone how you're feeling, but it can really help."**

*Youth with anxiety*

This poster is a product of the Child and Youth Mental Health and Substance Use (CYMH/SU) Collaborative (a partnership of Doctors of BC and the BC government), with the support of the BC School Superintendents Association.



# TEEN LOUNGE

## Teen Grief Group 2016

For teens who have experienced the death of a friend or a family member and who are ready to engage in their 'grief work'.



Thursdays  
4:15 - 6:15  
Oct. 6 - Dec 8

Come to a safe place to explore difficult feelings and normalize the experience of grief.

Connect with peers who are on a similar grief journey and discover that we are not alone in this process.

Develop skills to cope with grief in safe and healthy ways.

There is no cost for this 10-week group, but please register ASAP as space is limited.

Contact Yoko at 604-852-2456 or [yoko@abbotsfordhospice.org](mailto:yoko@abbotsfordhospice.org)



32780 Marshall Road, Abbotsford



### Exciting Changes... Now and in the Future!

Starting **August 31st**, the AYHC will be moving to its 5th location since it opened in November of 2010. Our current location on McCallum has seen tremendous growth of the AYHC and has built a lot of memories for staff, youth, families and the community. But, we're excited to be moving to a new area of town, where new youth will have us closeby - while still being on a main bus route (Route 2). **See details below.**

In June of this year, Abbotsford was selected to be the Fraser Health Region pilot site for the **BC Integrated Youth Services Initiative...** which means the AYHC will move to a **new Youth Hub sometime in 2017.** This falls right in line with what youth and families have been telling us since we opened... The more of a one-stop shop we can have, the more likely we'll achieve the AYHC's mission of **"Helping Abbotsford's youth develop the lifelong habit of protecting and enhancing all aspects of their health."**

Obviously, **the best people to collaborate with to develop the youth hub, run it, and help it evolve over time is youth and families themselves.** We've already got a bunch of youth and family members involved, but there's a lot to do... so more people, perspectives and knowledge are always welcome! **See below for information about joining one of our working groups.**



### YOUTH CLINIC IS MOVING!!

We'll be closed:

- Thursday, August 25
- Monday, August 29
- Tuesday, August 30

We're open again on Wednesday, August 31 at:

#201-31205 MACLURE RD

CORNER OF MACLURE AND TOWNLINE

IN THE FRUITICANA MALL

RIGHT BESIDE THE MEDICINE SHOPPE PHARMACY

You can get there on the #2 bus

We'll have our sandwich board sign out for you.

If you have a question or will run out of medication, email us at: [info@ayhc.ca](mailto:info@ayhc.ca)

Our new days and hours at the new location:

- Tuesdays 3 - 7pm
- Wednesdays 3 - 6pm
- Thursdays 3 - 6pm





# UBC ENGINEERING

## Upcoming Events

### Engineering Explorations 9

Saturday, October 15, 2016

Grade 9 girls: join us for an exciting day of exploration. Get creative and participate in fun engineering activities. Tour engineering labs, connect with other like-minded students and talk to current students and professionals who will share their stories and experience!

### Engineering Open House

Saturday, November 26, 2016

There'll be cool demonstrations, informative presentations, fascinating lab tours. Talk to advisors, professors and current students about all your options. Learn how a career in engineering can make a world of difference.

### UBC Engineering Tours

Join us for guided lab tours to explore engineering and engineering research. This one hour session takes you through engineering labs and student team spaces at UBC, followed by an optional 30 minute question and answer session with an advisor.  
RSVP with email to [outreach@apsc.ubc.ca](mailto:outreach@apsc.ubc.ca).

### Engineering Explorations 12

Saturday, November 5, 2016

Are you a grade 12 girl curious about a career in engineering? Want to see what university is like? Come to UBC for our inaugural grade 12 girls conference in November!

The conference is an exciting opportunity to participate in hands-on workshops, explore the UBC, meet engineering students and compete in a design competition!

### Geering Up! Clubs for ALL Students

September - December, January - April

Join us for hands-on engineering and science. Dissect a squid, build a rocket or program your own video game. Projects are decided by the club group, so bring your biggest ideas and come on down!

Saturdays, 10am - 12pm

### Join Our Mailing List

Suscribe to our mailing list and we'll let you know about all of our upcoming events!

To RSVP or learn more: [engineering.ubc.ca/student-events](http://engineering.ubc.ca/student-events)

engineers without borders  
ingénieurs sans frontières  
Canada  
University of British Columbia Chair

Engineers are humanitarians, visionaries, innovators, pioneers, entrepreneurs.

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