



Oct. 15, 2015

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. Geoff Davies

**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:**  
local: 1001

**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 school has settled in and we are well on our way to our first report card. You should be having an interim report coming home either via e-mail or hardcopy in the next two weeks. If you haven't had any contact please ask your son or daughter and/or contact the school at 604-850-7029. As parents there are a couple of upcoming dates/events to be aware of. First, next week Oct. 22 is an early dismissal day for the district. School will be dismissed at lunch and the afternoon will be available for you as parents to book appointments with the teachers you would like to see. At this point the easiest way to do this is through direct e-mail contact with the teachers. You can access their e-mail addresses from our website, <http://atss.sd34.bc.ca/about/staff> Next, the end of Term 1 will be on Fri. Nov. 13. This will then be followed by report cards on Fri., Nov. 20 and a Parent/Teacher Conference day and evening on Thurs. Nov. 26. We will give more information as we approach this date.

We have just completed our Omada Field Trip with our Gr. 11s last week for team and leadership building. It was a great time of challenge, excitement and getting to know each other better. It was great to see most all of our Gr. 11 students get involved. Reports from our students were that it was a great experience and they were very appreciative.

For our school Growth Plan this year we have centered it around an Inquiry Question. That question is, "How do we develop and foster a school climate which supports strong academic standards and encourages positive character development among its students?" Under this question there are two main objectives that we are focusing on this year. The first is that we are concentrating on our Civility Code, the development of student character in the areas of Consideration, Integrity, Excellence and Compassion. We have had our Civility Code for a number of years but we want to really make it personal and a reflection of how our students interact with each other. This is an area that can always use improvement. The other objective is to develop more effective feedback /assessment for students on their progress or success in their studies. There is considerable research identifying which strategies are most effective in impacting student learning and we want to incorporate them into our instructional practices so that we have the greatest positive impact on our students' learning. We will share more about this as we continue our journey.

Sincerely,

Glen Hildebrand, Principal, ATSS



**Faculty:**

Dept Heads:	Local
Colin Abernethy	1107
Lindsay Faber	1108
Grant Gasser	1114/1116
Carlton Haak	3250
Ken Laity	5107
Andrew Macphail	1120
Rebecca Toews	3134
Tracy Wedel	3140

**Teaching Staff**

Elizabeth Cousar	3141
Brock Currie	3252
Daniel Muller/ Bruce Cuthbertson	3237
Jim Domke	5164/5107
Shawn Fedyna	3251
Kim Hunt	5107
Joel Janzen	3138
Stephan Kauffmann	3238
Sarah Kehler	3136
Sharon Kehoe	5171
Sandy Lane	3248
Alexandra Howie/Alain Lariviere	1103/3240
Frank Muermann	3137
Tamara O'Brien	5173
Kristina Recktenwald	3236
Olga Ulyasheva	3235
Janet Wade	1121

**Learning Assistance**

Phyllis Collins	3135
Tracy Elliot	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**

Christina	1110
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**Youth Worker**

Caydeen Schayes (Clayton)	3255
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**Community Support**

Jeven Randhawa	1110
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Emails can be sent to all staff under:

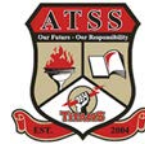
[first\\_last@sd34.bc.ca](mailto:first_last@sd34.bc.ca)

*(Simply use that teacher's name)*

*Remember: We are on the web!*

Follow us on Twitter @abbytians

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



## ATSS Calendar

Oct. 22	2-hour Early Dismissal
Oct. 23	Non-Instructional Day #2
Oct. 30	Collaboration Day
Nov. 11	Remembrance Day
Nov. 13	Collaboration Day / Term 1 Ends
Nov. 20	Report Cards Issued
Nov. 26	Parent-Teacher Conferences (no classes for students)
Nov. 27	Non-Instructional Day #3
Dec. 4	Collaboration Day
Dec. 18	Collaboration Day
Dec. 21 - 31	Christmas Vacation
Jan. 4	School Re-opens
Jan. 15	Collaboration Day
Jan. 25-29	In-School/Provincial Exams
Jan. 29	Collaboration Day
Jan. 29	Term 2 Ends
Feb. 5	Report Cards Issued
Feb. 8	Family Day
Feb. 12	Collaboration Day
Feb. 19	Non-Instructional Day #4
Mar. 4	Collaboration Day
Mar. 11	Last day before Spring Vacation
Mar. 14-24	Spring Vacation
Mar. 25	Good Friday
Mar. 28	Easter Monday
Mar. 29	School re-opens after Spring Vacation
April 1	Collaboration Day
April 15	Collaboration Day
April 15	Term 3 Ends
April 22	Report Cards Issued
Apr. 28	2-hour Early Dismissal Day
Apr. 29	Non-Instructional Day #5
May 6	Collaboration Day
May 20	Non-Instructional Day #6
May 23	Victoria Day
May 27	Collaboration Day
June 10	Collaboration Day
June 21	Secondary Last Day of Classes
June 22-24 + 27-28	In-School/Provincial Exams
June 29	Last day for students
June 30	Year-End Closing (non-instructional)





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### ★ ATSS CALENDAR REMINDERS ★

#### 2 HR. EARLY DISMISSAL THURS. OCT. 22

There will be no classes for the afternoon on Thurs., Oct. 22 as the district has scheduled a 2 hour early dismissal to accommodate teacher/parent conferences. Students will be dismissed after their morning classes which end at 11:35 am. Please arrange pickup for your son or daughter at this time. As well we encourage you to contact your son or daughter's teacher to meet with them during this time from 12:30 to 2:30 if you have any questions about their progress.

#### OCT. 23 is a PROVINCE WIDE NON-INSTRUCTIONAL DAY

There will be no classes in session on Friday, Oct. 23

#### WED. NOV. 4 is Take Your Kid to Work Day for all our Gr. 9s

**PLANNING AHEAD, NOV. 26 PARENT/TEACHER CONFERENCES**  
On Thurs. Nov. 26 there will be no classes in session as we hold a parent-teacher conference day and evening. We later will give you directions for an on-line system for booking appointments throughout the day, 8:30 to 11:30 and 12:15 to 2:30. This will be followed by an evening open session in the gym where parents can seek out the teacher with availability.

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#### Important Information Regarding Student Absences:

Parents if you know your child is away from school with your permission, please ensure that you contact the school office to inform us of such. As we attempt to track students' attendance it is very important that we know if a student is away with your permission or not.  
You can do so by phoning the office at 604-850-7029.



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### SCHOOL PHOTO RETAKES OCTOBER 16th



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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)

<http://www.sd34.bc.ca/parents-students/CommunityInformation>

\*\* new listings to the community/parent info page on the district website \*\* at

<http://www.sd34.bc.ca/parents-students/CommunityInformation>

#### 1. FRIDAY NITE Basketball Registrations

October 9, 2015 – March 14, 2016 Age 4 to Grade 12 Boys & Girls \$150  
Register @ Colleen & Gordie Howe Middle (3174 Clearbrook Rd)

Saturdays – September 12 & 19 10am – 4 pm

for more information e-mail [frankt@athletesinaction.com](mailto:frankt@athletesinaction.com)





### ATSS PAC

The PAC meets on the 4th Tuesday of each month at 7:00pm in the library with the exception of December, March, and June. Please keep an eye on the website for current information and special events that you as parents can support. If you have any questions please feel free to contact us at [atsspac@gmail.com](mailto:atsspac@gmail.com)

#### ATMS & ATSS Band Fundraiser

**The Neufeld Farm Fundraiser** dates are:

Start: Thursday, October 15th

End: Friday, October 30th

**Delivery/PU: Tuesday, November 10th**

**Purdy's Chocolatier** dates are:

Start: Monday, November 9th

End: Thursday, November 26th

**Delivery/PU: Thursday, December 3<sup>rd</sup>**

**NOW  
AVAILABLE**

Make online payments with  
**SchoolCashOnline**

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

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

 **KEV GROUP**  
School Cash Simplified

Online School Bus Registration now available for the 2015-2016 school year. Please follow the link [School Bus registration](#) to begin the process.



We apologize for any inconvenience, however due to increasing difficulties in depositing anything other than Canadian dollars we will **no longer be accepting American money as of September 2015.**



### Abbotsford Traditional Secondary School Presents Disney's



**Music & Lyrics**  
**Stephen Schwartz**

**Book**  
**David Stern**

**School Matinees Jan. 12-14 11:00 am**  
**Evening Performances Jan. 15-16 7:30pm**

**Abbotsford Arts Centre**  
**2329 Crescent Way, Abbotsford**

**DISNEY'S MY SON PINOCCHIO JR**  
is presented through special arrangement with Music Theatre International (MTI).  
All authorized performance materials are also supplied by MTL.  
421 West 54th Street, New York, NY 10019  
Phone: (212) 541-4684 Fax: (212) 397-4684 www.MTIShows.com

#### Synopsis of the musical:

My Son Pinocchio tells the classical children's story of Pinocchio from the perspective of his father, Gepetto. Gepetto is at his wits end, frustrated by his son who is not what he expected a boy to be like. Gepetto tries to 'return' Pinocchio to the Blue Fairy because he is defective. Through a series of events Gepetto learns that Pinocchio is his son and that their bond is unbreakable. This classic tale with a twist showcases the musical, technical, and theatrical talents of ATSS students and will be a 'must see' this coming January!



Bussing Schools only! We now have an online registration at the following link, which we would ask you to encourage parents to use.

<http://survey.sd34.bc.ca/TakeSurvey.aspx?SurveyID=n4K09mm3>

We still accept the pdf form...see NEW ONE ATTACHED...which requires student PEN number & an email address. Ensure these items are completed 'before' faxing them to us. If you are not sure if we can provide bussing, please give us a call, or an email and we can confirm. *We have several buses that are now at capacity, so please do not promise bussing to new registrants!* Thank you!

www.sd34.bc.ca  
email: school\_bus@sd34.bc.ca

### ABBOTSFORD SCHOOL DISTRICT (NO.34)

Transportation 604.855.5278 Fax: 604.854.1448  
**STUDENT TRANSPORTATION REQUEST**

(one request form for each student, **MUST BE SIGNED BY PARENT**)

STUDENT _____ <small>LAST NAME</small>	STUDENT _____ <small>FIRST NAME</small>	STUDENT _____ <small>MIDDLE NAME</small>
ADDRESS _____ <small>STREET ADDRESS</small>	STUDENT PEN NUMBER _____ <small>CAN BE FOUND ON STUDENT REPORT CARD OR PHONE SCHOOL</small>	
CITY _____	SCHOOL ATTENDING _____	
POSTAL CODE _____		
HOME PHONE _____	BIRTHDATE _____	<small>(MM/DD/YYYY)</small>
ALTERNATE PHONE _____	GENDER Male <input type="checkbox"/> Female <input type="checkbox"/>	GRADE _____
PARENT/GUARDIAN _____ <small>LAST NAME</small>	PARENT/GUARDIAN _____ <small>FIRST NAME</small>	
PARENT/GUARDIAN EMAIL: _____		
PARENT/GUARDIAN _____ <small>SIGNATURE</small>	DATE: _____	
REQUESTED START DATE: _____		

NOTE: ALL CANCELLATIONS MUST BE DONE 5 DAYS PRIOR TO THE END OF THE MONTH

Please allow up to five days for approval and processing

FAX TO TRANSPORTATION 604.854.1448

All Riders on Abbotsford School District Buses are required to pay an annual fee. Information on the amount payable and payment options for Student Bus Riders can be found on the District's Website. [www.sd34.bc.ca](http://www.sd34.bc.ca)

**\*\*DO NOT ATTACH MONEY/CHEQUES TO THIS REQUEST!\*\***

AFTER BUS INFORMATION IS ENTERED BY THE TRANSPORTATION DEPARTMENT YOU ARE REQUIRED TO REGISTER FOR THE NEW SCHOOL DISTRICT ONLINE PAYMENT SYSTEM AT [abbotsford.schoolcashonline.com](http://abbotsford.schoolcashonline.com). ONCE REGISTERED, YOU WILL RECEIVE AN EMAIL FROM 'NoReply@SchoolCash.net' WHICH WILL GIVE A LINK TO THE LOGIN SCREEN TO MAKE YOUR BUS PAYMENT ONLINE FROM YOUR BANK ACCOUNT OR CREDIT CARD. ONLY IF YOU REQUIRE A MONTHLY PAYMENT PLAN - PLEASE ATTEND AT THE SCHOOL BOARD OFFICE, 2790 TIMS ST. ABBOTSFORD TO MAKE PAYMENT ARRANGEMENTS. ANY AND ALL QUESTIONS REGARDING PAYMENT CONTACT FINANCE AT 604 859 4891

<b>BUSING DATA: To be completed by Transportation Department</b>			
START DATE: _____	SCHOOL: _____		
A.M. _____	_____	_____	_____
BUS # _____	TIME _____	AM BUS STOP _____	DROP OFF _____
TRANSFER TO BUS # _____	TIME _____	AM TRANSFER LOCATION _____	DROP OFF _____
P.M. _____	_____	_____	_____
BUS # _____	TIME _____	PM SCHOOL PICK UP _____	DROP OFF LOCATION & TIME _____
TRANSFER TO BUS # _____	TIME _____	PM TRANSFER LOCATION _____	DROP OFF LOCATION & TIME _____
APPROVED? NO <input type="checkbox"/>	COMMENTS: _____		
RIDER STATUS: ELIGIBLE <input type="checkbox"/>		CHOICE <input type="checkbox"/>	

\*\*\*ALL STUDENTS ARE EXPECTED TO BE AT THEIR BUS STOP 6 MINUTES AHEAD OF PICK UP TIME\*\*\*



### Start With Strengths: Change the Lens, Change the Story

What happens when we shift away from focusing on our kids' challenges towards exploring and honouring their strengths? How can curiosity and storytelling strengthen relationships between our children, youth, families and community?

Learn how to move away from focusing on all the things we "can't" do and find out how celebrating the things we "can" do makes a huge difference for our children, families and school communities.

**Thursday October 15, 2015**  
**7pm - 9pm**  
**Abbotsford Arts Centre**  
2329 Crescent Way

**Who Should Attend?**  
Youth, Parents,  
Educators,  
Community Members

**FREE  
EVENT**

**Presented by:** **Chris Wejr, Principal, James Hill Elementary School (Langley)**  
**Karen Copeland, Parent, Champions for Community Mental Wellness**

**Register Via Eventbrite:** <http://bit.ly/eventbritestartwithstrengths>

**Register Via Email:** [dpac.sd34@gmail.com](mailto:dpac.sd34@gmail.com)

By popular demand, due to the success of the parent portion of last years Shared Learning conference, DPAC is excited to be presenting the upcoming free event 'Start with Strengths: Change the Lens, Change the Story.' This free evening is for parents, guardians, teachers, school staff and anyone with interest in the success of our young people.

We are proud to be funding this event with support from SD34.

Sincerely,  
The Abbotsford District Parent Advisory Council



### Drug Ed for Parents – it's about relationships, not facts, stats and scare tactics

Parenting is a lot like being on a road trip. It can be fun to experience new places with your growing child, but it can also be challenging. Parents often wonder about the best way to protect their children when it comes to issues like alcohol and other drugs. Here are some important steps parents can take to help their children (and their families) navigate life successfully (including avoiding harm from alcohol and other drugs):

- Have open, honest conversations about alcohol and other drugs.** Young people are more likely to explore ideas and share what they're thinking when offered a more realistic way of looking at things. For some tips to do so check out [www.alcoholsensebc.ca](http://www.alcoholsensebc.ca).
- Be a positive role model** – part of being a parent is modelling healthy behaviours and attitudes
- Have fun and focus on building a positive relationship**
- Show your child you believe in them** by supporting their interests and encouraging them to pursue their passions
- Help your child solve their own issues** – it helps build their self-esteem and skills for managing life
- Resist the urge to know everything**—they're growing up and need some 'space' to find their own meaning of things
- Recognize we all make mistakes** and use them as opportunities to learn
- Stay connected** (more than anything, your child needs you!), expect to be challenged and pick your "battles" wisely. Being respectful and prepared to negotiate on some things (e.g., hair colour) helps support your child's development – and lets you stick to your expectations on matters related to alcohol or other drug use
- Be available**—by encouraging open and regular communication, you're showing your child their thoughts and concerns matter

### Additional Resources for Parents:

*The Road Ahead: A Guidebook for Parents of Young Teens about Alcohol and Other Drugs*  
[http://www.heretohelp.bc.ca/sites/default/files/images/The\\_Road\\_Ahead\\_2007.pdf](http://www.heretohelp.bc.ca/sites/default/files/images/The_Road_Ahead_2007.pdf)

*Cannabis Use and Youth: A Parent's Guide.* This guide explores facts and misunderstandings about cannabis and helps parents find ways to engage their children in conversations about cannabis (or any other subject).  
(<http://heretohelp.bc.ca/sites/default/files/Cannabis%20Use%20and%20youth%20A%20parent%27s%20guide.pdf>)

Healthy Families BC ([www.healthyfamiliesbc.ca](http://www.healthyfamiliesbc.ca)) "Alcohol Sense"

BC Partners for Mental Health and Addictions: [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

Centre for Addictions Research of BC: [www.carbc.ca](http://www.carbc.ca)

Alcohol & Drug Information & Referral Service: 1-800-663-1441



University  
of Victoria

Centre for Addictions  
Research of BC





PRESENTS:



# “TEEN LOUNGE”

## Teen Grief Group 2015:

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



In our 10 week group, we will:

- 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



**When:** Thursdays, starting October 1st, 3:15pm-5:15pm

**Where:** Abbotsford Hospice Society 206-32555 Simon Ave, Abbotsford (Simon Centre)

**Cost:** No charge, but please register ASAP as space is limited

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



**BCIT 50 YEARS**

### Big Info Session and Program Expo

[About BIG Info](#)   [Welcome & Information Sessions](#)   [Ask and Win](#)   [Getting Here](#)   [Big Info Blog](#)

#### About BIG Info

BCIT hosts a "BIG Information Session & Program Expo" at the main campus in Burnaby. This free event is open to everyone and provides a unique opportunity for you to find out more about BCIT's full-time programs and part-time courses and programs all in one place, at one time.

BIG Info gives you the opportunity to hear from successful BCIT grads, meet with faculty, staff and program advisors.

For 50 years, BCIT students have learned by doing. It's why our grads are more than ready to succeed in the real world.

The next **BIG Info** will take place on **Wednesday, November 18, 2015**

Don't forget to check out the [photos from BIG Info](#)

#### What is Big Info?

Big Info is a free event, open to everyone, providing a unique opportunity for people interested in attending BCIT to find out more about BCIT's full-time programs and part-time courses and programs all in one place, at one time. [More >](#)

Next BIG Info will take place on **November 18, 2015**

[f](#) [t](#) [p](#) [i](#) [y](#)

#### About BCIT

There are lots of ways to find out about BCIT. Search our programs and part-time studies courses. Check out other upcoming info sessions. Spend a day with us. Take a tour. Find out about admission and registration.

#### The Link at Big Info



BCIT 50 YEARS  
BRITISH COLUMBIA  
INSTITUTE OF TECHNOLOGY

HOME | MY BCIT | EMPLOYERS | BIRTHDAY | CALENDAR | SHORTCUTS

SITE | PROGRAMS | COURSES

Programs & Courses | Admission | Student Services | About BCIT | Research | Connect

### SPEND A DAY

## Be a BCIT Student For a Day

Experience BCIT from a student's perspective.

Sign up to spend a day in your [program](#) of interest and find out what it's like to be a BCIT student!

### How does it work?

As a student for a day, you'll pair up with a BCIT mentor student who's currently enrolled in a participating full-time technology or trades program.

While experiences will differ from program to program, as a student for a day you will:

- Spend a half day at BCIT (morning or afternoon visit, subject to program availability)
- Attend an instructor-led lecture and lab alongside real students
- Experience what BCIT campus life is really like

Ready to spend a day at BCIT? [Find a participating program now.](#)

BCIT requires one full week's notice to organize your Spend A Day visit. Dates may vary and are based on program availability.

Looking for other ways to explore BCIT? [Learn more.](#)

#### In This Section

- Overview
- [Participating Programs](#)
- [Register](#)
- [More About BCIT](#)

#### Page Tools

- [Print this Page](#)
- [Email this Page](#)

Spend A Day Program will not be available for Technology programs during the summer months May - September.

### MY LIFE AT BCIT

Real Students.  
Real Life.

[Check it out!](#)

Feedback wanted! Love it? Hate it? Let us know how BCIT's website is working for you.

LEARN | FIND | CONNECT | INFO FOR | FIND US



# UBC ENGINEERING

## Upcoming Events

### Engineering Explorations 9: Go ENG Girl Saturday, October 17, 2015 | 9:00am - 3:30pm

Join us for an exciting opportunity for Grade 9 girls across BC to visit UBC Engineering on our beautiful Point Grey campus, to learn from women professionals, academics, and students about the wonderful world of engineering.

Enjoy fun, hands-on activities led by current university students, meet amazing mentors and tour one of our top research labs.

This event is **FREE** but space is limited so RSVP soon.

### Lab Tours

Join UBC Engineering for a guided lab tour exposing you to the world of engineering and the engineering research we do here at UBC. Advising available after tour.

Friday, September 25: 3 - 4:30pm  
Friday, October 9: 3 - 4:30pm  
Friday, October 23: 3 - 4:30pm

### Geering Up After School Clubs

Engage with mentors, go on tours and field trips, and participate in some fun Science, Technology, Engineering and Math activities. All grades.

### Innovators Speaker Series: STEM Talks at Science World

In honour of Ada Lovelace Day, Science World invites you to celebrate five inspiring women working in science, technology, engineering and mathematics. Hear their thoughts on what it's like to work in STEM fields, along with their insights on how we can be part of the positive change in our environment to help cultivate talent and promote full inclusion.

Tuesday, October 13  
6-15pm, Science World  
Buy tickets at [www.scienceworld.ca/stemtalks](http://www.scienceworld.ca/stemtalks)

### Open House

Save the date: **Saturday, November 28, 2015.**

Cool demonstrations, fascinating lab tours, informative presentations, talk to advisors, professors and current students about all your options. Learn how engineering can make a world of difference.

### Join Our Mailing List

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

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

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





### ENGINEERING EXPLORATIONS 9: Go ENG Girl

Saturday, October 17, 2015  
9:00am - 3:00pm | 8:30am Registration  
UBC Vancouver Point Grey Campus, Fred Kaiser 2020/2030.  
Cost: Free! Lunch and snacks provided.

This is an exciting opportunity for Grade 9 girls across BC to visit UBC Engineering on our beautiful Point Grey campus, to learn from women professionals, academics and students about the wonderful world of engineering. You will enjoy fun, hands-on activities led by current university students, meet amazing mentors and tour one of our top research labs.

Parents are welcomed to a parent information session later in the day. Learn why engineering is an amazing career opportunity for your daughter and how to encourage her to consider all of her options as she moves forward in her secondary and post-secondary education.

This event is for limited to Grade 9 girls.

Register by October 12 at  
[www.engineering.ubc.ca/student-events](http://www.engineering.ubc.ca/student-events)

*go* **ENG GIRL**  
GENtles, les filles

HOSTED BY

**eng•cite**      **UBC Engineering**      **3ONWEE**      **UBC100**

 a place of mind      THE UNIVERSITY OF BRITISH COLUMBIA



### PROACTIVE STRATEGIES FOR CHILDREN WITH CHALLENGING BEHAVIOUR

Professional Development for teachers/assistants, administrators, parents and community agencies

#### About the Presenter



**Colleen DeVeyrac** is an international public speaker, teacher, and educational consultant presenting workshops across Australia, Canada, and New Zealand. Colleen graduated from the University of Calgary, Canada with a Bachelor of Education and Bachelor of Physical Education and has completed her Master of Learning Innovation from QUT. She has worked with youth at risk for over 15 years and has implemented early intervention and adolescent programs to assist students in transitioning into mainstream schooling. Colleen believes it is paramount to be proactive and positive when working with students to create an atmosphere that encourages engagement and excitement for learning. Examining educator's reactions and ability to handle stressful situations in relation to challenging children can be powerful in creating a more positive environment.

Colleen's "Save Your Sanity" workshops concentrate on presenting those skills and strategies to increase resiliency in students as well as providing specific strategies for educators to decrease their stress levels and reactions to challenging situations. Colleen is committed to presenting workshops that are engaging, informative and motivating to all participants.

**SAVE YOUR SANITY** is a full day workshop (8:30am – 3:00pm) covering the following topics for all age groups:

- Discipline vs. Punishment
- Managing Teacher Stress
- Developing skills to analyse our own behaviour in relation to challenging situations
- Empowering students to become part of their learning community
- Proactive vs. Reactive strategies
- The Power of "YOU" as a strategy
- Antecedents to Avoid
- Organization, Communication, Cognitive, Social Skills, Goal Setting and Anger/Oppositional Strategies
- Executive Functioning Strategies for ADHD and ASD
- Developing an intervention plan using functional assessments

ONGOING  
SUPPORT  
FOLLOWING  
THE  
WORKSHOP!

For more information please contact:  
CRD Consulting - PO Box 20025, Sehall Mall Kamloops, BC V2C 6X1  
Or email us at: [saveyour sanity@saveyour sanity.ca](mailto:saveyour sanity@saveyour sanity.ca)  
Phone: 250 572-4144 Fax: 250 483 6423  
[www.saveyour sanity.ca](http://www.saveyour sanity.ca)  
BN: 84797 8566



### PROACTIVE STRATEGIES FOR CHILDREN WITH CHALLENGING BEHAVIOUR – REGISTRATION FORM

**Please Register Early as Spaces Fill UP!**

**Workshop Locations**

**Friday November 13<sup>th</sup>, 2015:** Coast Kamloops Hotel & Conference Centre, 1250 Rogers Way, **KAMLOOPS, BC**

**Monday November 16<sup>th</sup>, 2015:** Sandman Signature, 2990 Recreation Place, **PRINCE GEORGE, BC**

**Friday November 27<sup>th</sup>, 2015:** Ramada Plaza 36035 North Parallel Road, **ABBOTSFORD, BC**

**Monday November 30<sup>th</sup>, 2015:** Harbour Towers Hotel & Suites, 345 Quebec Street, **VICTORIA, BC**

**Wednesday February 24<sup>th</sup>, 2016:** Holiday Inn Vancouver Airport, 10720 Cambie Road, **RICHMOND, BC**

**Monday February 29<sup>th</sup>, 2016:** Holiday Inn & Suites, 700 Old Lillooet Rd, **NORTH VANCOUVER, BC**

**Monday April 4<sup>th</sup>, 2016:** Holiday Inn Express Kelowna Conference Centre, 2429 Highway 97 North, **KELOWNA, BC**

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NEWS RELEASE

September 23, 2015

### Boost your mental immune system

#### Canadian Mental Health Association offers 6 tips to help winter-proof your mental health

As the leaves and thermostats fall, people's moods can too. That's why October is good timing for mental illness awareness activities like Beyond the Blues: Education and Screening Days in order to recognize and help prevent mental health problems like depression and anxiety.

"People seem more ready to think about and talk about mental health in the fall," says Sarah Hamid-Balma, Director of Mental Health Promotion for the Canadian Mental Health Association's BC Division (CMHA BC) and Beyond the Blues provincial coordinator. "Families are in the thick of school and work schedules and stresses are mounting. Daylight changes can affect routines too. Cold bugs aren't the only thing we should be thinking about keeping at bay; our mental immune system can use a boost, too, right about now."

To that end, CMHA BC offers six common-sense tips for protecting your mental well-being this fall:

1. **Embrace routines** – For many of us, getting back to the grind of work and school can be challenging but our routines can actually be very healthy for us, says Hamid-Balma, and especially for kids. "If you build healthy habits now—including regular slots for exercise, clubs or social outings—you're less likely to drop them when it gets cold and dark," she says.
2. **Build some outside time in** – As daylight changes begin to really sink in, people can find themselves commuting both ways to school or work in the dark, and retired people may find themselves not leaving the house much. Finding small ways to take breaks and get outside during the day is a good idea, even more so if you're prone to winter blues. Add a quick brisk walk with a friend and you've added two more mental health boosters: exercise and social support.
3. **Get more face-time with people** – Social media, texting, and video-calling can be great ways to stay in touch with loved ones or make new friends. Use them to enhance rather than replace face-to-face interactions. Make a date to talk to someone in real life at a regular time each week or month. If you don't have a close friend or relative nearby, see if there's a local Meetup group or club you'd like to join, walk your dog with a neighbour, or try tai chi at the mall.
4. **Little more water, little less caffeine** – Water replenishes brain cells and helps you concentrate and feel less tired. Most of us don't drink enough of it. While you're drinking more water, try to also limit caffeinated drinks because they can dehydrate you, make you anxious or reduce the quality (and quantity) of your sleep. Try more often to have herbal tea, decaffeinated black tea, or smaller cups of coffee.

-more-

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5. **If you can't solve your problem, solve a different one.** If you're stressed out by a problem that just doesn't seem to budge, it could be that you're trying to solve the wrong problem. "A common example," Hamid-Balima says, "is when we frame our problem as one of how to change someone else's behaviour when our own behaviour is all we really have control over. Sometimes just by reframing the problem, we might be able to do something about it and reduce our stress."
6. **Do a screening self-test...or two.** "People of all ages love using blood pressure machines at pharmacies; screening for our mental health can be just as fun, interactive and easy," says Hamid-Balima. BC is gearing up for its 21<sup>st</sup> season of **Beyond the Blues: Education & Screening Days**, a mental health education initiative which CMHA BC has helped lead provincially since 1995, helping almost 80,000 British Columbians to date. "If you're feeling low, anxious or stressed, go to a local Beyond the Blues event. Even if you're feeling OK but want to know how to recognize and prevent problems in yourself or a loved one, coming to an event is a free, friendly way to learn more."

At an education and screening site, you can take part in fun and engaging activities to learn more about mood and anxiety problems, community resources and self-care. At most sites, you can then fill out short self-tests on mental well-being, depression, anxiety and risky drinking and then talk privately with a clinician about next steps. The events are free, anonymous, confidential and walk-in. Most sites also host presentations, videos, games, and/or health fairs.

"A big part of winter-proofing your mental health is to know what risks to look out for, what things in your life are already helping you that you should keep doing, and when to ask for help," says Hamid-Balima. "Beyond the Blues helps with all those pieces."

To see all 70+ BC events in October and November, please visit [www.here-to-help.bc.ca](http://www.here-to-help.bc.ca)

**Provincial media contact:**

Sarah Hamid-Balima | Canadian Mental Health Association | 604-688-3234 x 225

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*"NOTE TO MEDIA ABOUT VISUALS: Media are asked not to attend these events for photos or interviews to respect the anonymity and confidentiality of attendees. For visuals, please ask us about stock photos or contact your local site planner to see about getting photos/footage before the event day"*

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**About our Supporters:** Funding for provincial coordination of Beyond the Blues has been provided by BC Mental Health and Substance Use Services, an agency of the Provincial Health Services Authority, with additional support from the Ministry of Children and Family Development. Special thanks also to provincial media sponsors Black Press, and to our vast list of provincial endorsing agencies.



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 competition 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.

"So many parents want to tell their kid what to do, where to go and what to be," said Haythorne. "What we're trying to do is change the conversation with your kid so you're supporting them." Originally designed by the Nova Scotia Department of Labour and Workforce Development and now offered across the Lower Mainland, the program uses activities to get parents laughing, sharing, and exploring what's most important to their kids and how to access education and career resources. The most important thing Haythorne teaches is her essential recipe: know your child's values, interests and skills; match all of those to a career; and watch them grow happy.

Don't miss out! Tickets are only \$10 and are available on a first-come, first-serve basis at all Abbotsford public high schools starting October 15th.



Event takes place at  
Yale Secondary  
School Theatre  
34620 Old Yale Road

November 5 and 12  
from  
6:30 – 8:30 p.m.

[Parents as Career Coaches on YouTube](#)

[Abbotsford Career Programs](#)





### OCD AWARENESS DAY

Friday, October 16, 2015 9:30 – 1:00pm

Join us!

**Chan Centre for Family Health Education & Chieng Family Atrium**  
Child & Family Research Institute  
950 West 28<sup>th</sup> Avenue, Vancouver

In recognition of International OCD Awareness Week, the Pediatric OCD Program at B.C. Children's Hospital is hosting an event with:

- Talks from local experts on childhood OCD and treatment
- Recent study findings
- Family panel discussion

All are welcome

Light lunch provided

For families, clinicians, researchers, etc.

Free!

#ocdweek

**RSVP requested:**

Please RSVP at: <https://ocdawarenessday.eventbrite.ca>

Questions? Contact Tracy at [t1au@cfri.ca](mailto:t1au@cfri.ca)

Co-hosted by Anxiety BC and OCDbc



**A seat is reserved for you in First Class.**

**What other class would you rather be in...?**

**If a career in Aviation is something you have dreamed about... then get ready to Take Off. Earn your wings while still in High School.**

**AV-161...Ground School. Designed to get you in the air.  
Tuesdays and Thursdays after School starting February 2<sup>nd</sup>, 2016.  
From 4pm to 7pm.**

AV-161 Ground School theory is provided for individuals who are interested in obtaining their private pilot's license and/or those interested in gaining knowledge in an exciting career in aviation. This course allows students to maximize opportunities for future career development in aerospace while still in high school. Preferred entry into the joint University of the Fraser Valley/ Coastal Pacific Aviation program will be given to candidates who successfully complete ground school.

**Students receive:**

- High School grade 12 course credit (4 credits.)
- Coastal Pacific Aviation course credit, and UFV AV161 Theory
- Transport Canada Private Pilot training record and
- Preferred entry into UFV Business of Administration-Aviation and/or UFV Aircraft Structures Technician program.

**To see if your eligible or for more information contact your school counsellor.**



**Abbotsford School District Aviation**