



Weekly E-Newsletter
Stay Connected @ BCSS
Friday, October 30, 2015

Dear Parents and Guardians,

Week 8 ends with Bear Creek staff and students showing a lot of spirit.



Another busy week of sports, classes, Haunted House, field trips, and of course, Hallowe'en. Bear Creek is a great place to be

Previous e-newsletters are available on the Bear Creek website: <http://bss.scdsb.on.ca/>

I am always open to suggestions and comments, so please contact me at twilkinson@scdsb.on.ca if you have something on your mind.

Please follow me on Twitter: @VPWilkinson

If you see a topic you want to learn more about, you go to the item and press the “Ctrl” button while you click your cursor and you will be “magically” transported to the topic you chose. To “magically” transport back to the table of contents, go to the “Back to the Table of Contents” words at the end of each article, and press the “Ctrl” button while you click your cursor and you will be “magically” transported back to the table of contents.

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What's Happening at BCSS?

Pop Tabs

If you have lunch in our cafeteria during lunch, you most likely get visited by Konor Moodie, a student in our Life Skills program. He collects pop tabs, sends them in somewhere and they turn into wheelchairs. Last year, his efforts resulted in the manufacture of 2 wheelchairs. I am hoping with your help, we can increase this number.

If you can, please collect pop tabs and have you or your teen bring them to school. They can drop them off at the office to be given to Konor. If your teen sees me, they can give them to me as well, and I will see that Konor gets the tabs.

Thanks very much.

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Breakfast Club

Bear Creek's Eat Well to Excel - Breakfast Club started this week. Students who miss breakfast at home can get a nutritious breakfast at school prior to period 1. This will be located in the main Forum. We are very fortunate and grateful for the assistance of Tim Horton's who are donating some of their baked goods. While there is no cost to the student, the program depends on donations from our community to keep going. We are asking parents and community members for donations of the following to help with our costs: cereal bars (peanut-free), fresh fruit, bagels, jams, non-hydrogenated margarine, light cream cheese, juice boxes, muffins, dried fruit, raisin boxes, granola/fruit bars, and cash. Anything you can assist with, would be greatly appreciated.

Over the last two weeks, we served over 1,200 students and the numbers keep going up.

If you wish more information about the program or wish to donate, please contact Terry Wilkinson at (705)725-7712, voice mail, 43664. Bear Creek's priority is to have healthy students!

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Fund Your Child's Future Contest

Do your parents really know best? It's time to prove it!

Your parents could win⁺ up to \$2,500 in the Fund Your Child's Future contest!

 member exclusive

 Scotiabank[®]



What's the best advice your parents ever gave you about money? The answer to that question could mean extra cash towards your education.

Share the Fund Your Child's Future contest with your parents and who knows?

Their money smarts could give you a \$2,500 head start!

Deadline is December 2, 2015, 3:00 p.m. ET. Please click on the Learn More button below.

[Learn More](#)

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Character Ed.

Character is what we do in situations, when no one is watching. We will be appreciating both students and staff for good character. This is shown on many levels, each and every day. That being said, staff and students will have the chance to nominate each other for a small reward. For the next few months, we are recognizing two of the Board's ten character traits per month. For the month of November, Caring and Responsibility will be acknowledged. Staff and students fill out a ballot and submit it to Mrs. Miller or Mr. Wilkinson.

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2016 Gene Researcher for a Week Program

The Canadian Gene Cure Foundation is pleased to announce that applications will be accepted for the 2016 Gene Researcher for a Week Program November 1, 2015 through December 31, 2015. Funded in part by the Canadian Institute Health Research Institute of Genetics, the Foundation selects motivated and ambitious students in grades 11 and 12 who have an innate curiosity for science, human genetics, and human genetics research. This year we anticipate being able to place 50 plus students in this program.

The program offers high school students:

1. The opportunity for a hands-on learning experience in the field of genetic research. Students gain insight into the world of genetic diseases by observation and are often provided the opportunity of conducting real, hands-on scientific experiments (i.e. DNA isolation, PCTR, gel electrophoresis, SDS-PAGE, Western blotting, cell culture and ELISA assays). Participants may also learn how genes cause human genetic disorders and how top scientists translate these findings into treatments and cures for genetic diseases.
2. The opportunity to work in one of Canada's top genetic research laboratories. These students are placed in labs of influential Canadian scientists for one week over Spring Break. This experience gives young students what many have called "a life changing experience". The GRFAW mentoring program is a great opportunity for young scientists to learn about human genetics research and connect with some Canada's best researchers.
3. The opportunity develop a network of high potential peers. Student gene researchers are bright, talented and highly motivated individuals. By participating in the program, they will have an opportunity to meet people in their host lab and institution. Some labs will host more than one student, providing a further opportunity to network with other students.
4. The unique opportunity to learn about the many exciting career paths in science and genetics

Through the science teachers in the schools, it is our hope that motivated science students across Canada have ready access to this one-of-a-kind opportunity. See what it has done for others and why Canadian researchers support this program <http://genecure.ca/en/programs/gene-researcher-for-a-week/past-success/>.

Please encourage your students that are eligible to apply; Application will be posted on November 1st at www.genecure.ca/en/gene-researcher-for-a-week **November 1, 2015** and will CLOSE December 31, 2015.

Selection Criteria

Selected students will be placed with their host scientists during Spring Break. Due to the high number of students that apply, candidates will be selected based on the following criteria:

- Must be a resident of Canada
- Must be a high school student in grade 11 or 12
- Must be 16 years of age by January 1st of the year of participation (2015)

- Must have a high academic standing (overall GPA of 85% or higher)
- Must show an interest in pursuing a career/education in human genetics
- Must be well rounded in all areas (academic, volunteer and extra-curricular activities)
- Must be willing to travel to another city or province to participate (up to 35% of our participants are placed outside of their home city/town)

Cost to students: There is no cost to participate in the program or to apply. If travel is required, a stipend will be provided by the Canadian Gene Cure Foundation however it may not cover all travel costs including food and accommodations.

NOTE: Student placements happen during their own school's Spring Break dates. This information is requested on their application. If they have a two week spring break, we will place them during one or the other for one week only.

More information is available on the website www.genecure.ca or you may contact us at info@genecure.ca or phone 250.708.4203.

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Orillia Youth Symphony Orchestra Annual Composition Contest

Students Who Have a Passion for Composing!

Orillia Youth Symphony Orchestra Annual Composition Contest

Students are invited to submit compositions of approximately three minutes in length, for the following:

String Ensemble	Violin 1	Violin 2
Viola	Cello	Bass

Prizes

1st Place - \$125.00 and performance in the Spring Concert on May 29 at 6:30 pm

2nd Place - \$75.00

3rd Place - \$50.00

Guidelines: Pieces should be three to five minutes in length, a three in level of difficulty from one to seven.

Winning piece will be performed at the OYSO Spring concert on May 29, and all prizes will be given out at that time. Scores and parts of the winning piece will need to be provided to the orchestra if chosen.

Submit Scores to:

Oliver Balaburski
St. Paul's Centre,
62 Peter St. North,
Orillia ON L3V4Z1

Contest Closes January 30, 2016

Contact orilliayouthsymphonyorchestra@gmail.com for more information

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Prom Committee

There will be a meeting for all members of the prom committee on Wednesday November 4th, at lunch in room 136. Please bring your lunch and all your creative ideas!

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Principal's Luncheon

Student Voice is a great way for all of us to feel connected to and involved in our school. If you feel you have something to say that would help make Bear Creek an even better place to be, then you are invited to sign up for the first Principal's Luncheon and join Mr. Abram for lunch on Thursday, November 5th.

The sign-up sheet will be on the counter in the main office.

You must bring an open mind, some thoughts, suggestions or questions and an appetite.

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Bus Cancellation Information in Case of Inclement Weather

Winter is just around the corner in Simcoe County, and with it comes the possibility of severe weather, challenging winter driving conditions and, as a result, possible bus and school event cancellations.

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium's bus information website at www.simcoecountyschoolbus.ca. Our school is in the **CENTRAL WEATHER ZONE**. When buses are cancelled, please remember that schools are still open (unless otherwise noted) for student learning.

The Consortium, in conjunction with bus operators, will make the decision to cancel school buses before 6 a.m. and as such, will make every effort to post announcements between 6 and 7 a.m. Parents should also note that inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day.

You can also subscribe to receive bus delay notifications here: <https://scstc.ca/Subscriptions> and you can follow the Consortium on Twitter @SCSTC_SchoolBus.

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Advanced Placement: Students Can Earn a University Credit While Still in High School

Grade 11 and 12 students at 12 Simcoe County District School Board high schools have the option to take Advanced Placement (AP) courses. These courses are designed to cover the Ontario Curriculum, while providing accelerated and advanced level programming to prepare students to write American College Board examinations. Students can earn a university credit while still in high school, gain admission to university or both, depending on the university.

For more information on AP courses available this school year, visit SCDSB's website at www.scdsb.on.ca/Programs/Pages/Advanced-Placement.aspx or contact your Guidance Department. The AP exams for the 2015 school year will be administered over two weeks in May 2016 and fees are due by January.

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November is Financial Literacy Month

Each November, Canadians celebrate Financial Literacy Month. Take control of your financial future, learn how you can increase your financial literacy skills and discover new ways to become more savvy with your money – and show your kids how to be financially smart as well! Learn more with ABC Life Literacy's Financial Literacy tools: abclifeliteracy.ca/financial-literacy.

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A Message from the Health Unit: Updating Your Child's Immunization Record

The Simcoe Muskoka District Health Unit is required by law to keep up-to-date immunization records on file for every student who attends elementary or secondary school in Simcoe County. Parents need to provide the health unit with the updated status each time students receive a vaccine from their health care provider.

The immunization requirements for attending school have recently changed and you will need to ensure that your child's immunization status is up-to-date. Children need to have proof of immunization against meningococcal disease, whooping cough, and for those children born in 2010 or later, chicken pox, to attend school. If proof is not provided your child could be temporarily suspended from school.

Go to www.simcoemuskokahealth.org/immsonline to update your child's record, or call Health Connection at 705-721-7520 or 1-877-721-7520 (toll free).

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Night of Excellence

The Night of Excellence will be held on Thursday, November 5th, 2015 at 6:30 p.m. This evening is a time to celebrate students' achievements during the 2014 - 2015 school year.

Students should have received an invitation in their homeroom class. These need to be returned to the math office (Room 254) before Friday, October 30th.

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Math Help Room

The Math Department offers extra help to students Monday - Thursday from 11:15 - 11:45 in Room 240.

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Graphic Design Club

Graphic Design Club, meets Thursdays at 11:00 in room 123.

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Dominican Humanitarian Trip Fundraising

Any students who are traveling to The Dominican on the Bear Creek Humanitarian Trip and want to sell oranges and grapefruits to help fund the trip, are asked to pick up their forms from Mrs. Grant in the Co-op Office room 185.

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Recycle My Cell

Canadian students are challenged to recycle as many old wireless devices and accessories as possible between **October 19** and **November 18** (one month). In addition to helping Mother Earth, students can also win a provincial prize for green initiatives (\$500). As a participation prize, eligible schools will receive \$1 for every phone they collect and recycle through Recycle My Cell*.

Please bring any old mobile devices to Mr. Wilkinson.

Thanks very much.

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Free Math Help for Students in Grade 7 To 10

Homework Help is a free online math help resource for students in Grades 7 to 10. Homework Help provides FREE, live one-on-one tutoring from Ontario teachers, and is funded by the Ontario government and administered by TVO. Students can ask their math questions during chat room hours, Sunday to Thursday, 5:30 – 9:30 p.m. You will need your teen's OEN # - if you don't have that, e-mail me and I will get it for you. For more information and other math resources, visit: <https://homeworkhelp.ilc.org>.

Homework Help Registration Instructions

To register for a student account, the following information is needed:

- The student's date of birth (as on file with the school board)
- The student's Ontario Education Number (OEN) {it might be on your timetable – if not, e-mail me and I'll get it to you}
- Access to a computer with internet

Student Registration Steps:

1. Open a web browser and go to <http://homeworkhelp.ilc.org>
2. Click on the Free Registration button
3. Under 'Student Registration', type in the 9-digit OEN number and your birthday.
4. Click on Register

New User

- a. You will be asked to create a username and password (please do not use your real name – usernames are meant to be anonymous).
- b. Provide an e-mail address in case you forget your password or to receive updates and the Homework Help newsletter.
- c. Check the box beside "I have read and agree to the Terms of Use and the Privacy Policy"

d. Click Register

Returning User

- a. You will be directed to your profile page where you should change your password, update your email address and notifications.
 - b. Click Save Changes
5. Write down your username and password somewhere you won't forget it!
6. Registration is now completed. You may now access the great resources and work with a tutor on Homework Help.

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Yoga

Yoga will be starting soon. Any students interested in exploring yoga are invited to a brief meeting Tuesday at the beginning of lunch, in room 100. No experience necessary. See Mrs. Dold for more information.

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EduTravel

EduTravel visited Bear Creek recently and they have some really neat opportunities to travel and earn credits at the same time. Check out their website: www.edutravelforcredit.com .

The SCDSB has once again partnered with EduTravel to offer SCDSB students the unique opportunity to earn secondary school credits while travelling abroad. They are offering the following programs this year:

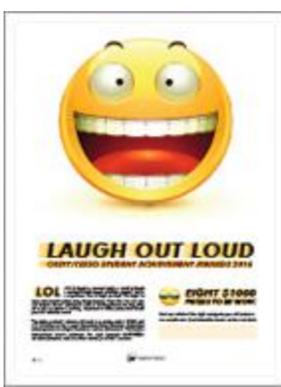
March Break

International Business (BBB4M) and Fashion Studies (HNB4M) – New York City
NEW Environmental Science (SVN3M) and Environment and Resource management (CGR4M) – Dominican Republic

Summer School (July)

Civics and Careers – Ottawa, Montreal and New York City
Biology (SBI3U and SBI4U) – Fiji

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Student Achievement Awards 2016 In Honour of Marion Drysdale

OSSTF/FEESO invites secondary student writers and artists to submit creative work exploring 2016's Student Achievement Awards theme: Laugh Out Loud - A belly laugh, a nervous laugh, a mocking laugh, an uncontrollable laugh, chuckles, giggles, snorts and

guffaws. We all laugh out loud. We laugh for many reasons and under many circumstances. From the innocent coo of a baby to the evil snicker of a villain. Use laughter as the beginning point of your piece of writing, visual art or video production. Share your LOL with the world! A student with the support of an OSSTF/FEESO member who has worked directly with the student, will submit an original piece of writing, visual art or video based on this year's theme, "Laugh Out Loud." The eight provincial winners will receive a cash award of \$1,000 and will be invited to the Ontario Secondary School Teachers' Federation Annual General Meeting in Toronto to receive their award. The Student Achievement Awards celebrate the work between OSSTF/FEESO members (teachers and education workers) and their students. Find out which of the eight categories you will enter at www.osstf.on.ca/studentachievementawards . Eight \$1,000 prizes to be won!

Entry Procedures

1. Students—submit an entry, as well as the appropriate entry form (http://www.osstf.on.ca/~media/Provincial/Documents/Services/Awards-%20Scholarships-%20Grants-%20and%20Bursaries/Student%20Achievement%20Awards/saa-2016-entry-form.ashx?sc_lang=en-CA), to your sponsoring teacher or education worker in one of the divisions and categories listed.
2. Supporting OSSTF/FEESO member —support students with their submission and select one entry per category and submit it to your local OSSTF/FEESO staff representative, branch president, or school Student Achievement Awards coordinator.
3. Sponsoring school—select one entry per category to submit to your local OSSTF/FEESO district office no later than November 20, 2015.
4. Districts—select a local district winner in each category and forward the winning entries to the OSSTF/FEESO Provincial Office no later than December 4, 2015.

Once submitted to the Provincial Office, district winners will be judged at a regional level and then provincial level.

Divisions and Categories

Select Division A or B. On the entry form, check one box only in the correct category. Please see specific criteria for each division and category. Adult learners are encouraged to participate at the level at which they are studying.

A. Prose and Poetry Division

There are five distinct categories in the Prose and Poetry Division.

- Category 1: Prose and Poetry, Intermediate, 9-10 Academic
- Category 2: Prose and Poetry, Intermediate, 9-10 Applied/Essential
- Category 3: Prose and Poetry, Senior, 11-12 University
- Category 4: Prose and Poetry, Senior, 11-12 College/Workplace
- Category 5: Prose and Poetry, French, 9-12

Prose and Poetry Division Submission Guidelines

Please note that prose and poetry compete against each other in the judging. All entries must be reflective of this year's theme.

To be eligible for judging, entries must:

- Be word processed.
- Have a length of 1000 words or less.
- Include an original title on the entry form, not just the name of the contest.
- Include a detailed written or recorded description of the role your sponsoring teacher or education worker played in the development of your entry.
 - Be accompanied by a fully completed entry form. Each school may submit only one entry per category for a total of five entries in the Prose and Poetry Division.

B. Creative Division

There are three distinct categories in the Creative Division. All categories can be entered in French or English.

Category 1: Visual Arts, Intermediate, 9-10

Category 2: Visual Arts, Senior, 11-12

Category 3: Digital Arts, 9-12

Visual Arts entries could take any of the following forms: painting, drawing, photography, printmaking, digital illustration, mixed media, sculpture, assemblage, installation, etc. Digital Arts includes animation, audio and video submissions.

Creative Division Submission Guidelines

To be eligible for judging, entries must:

- Include a detailed written or recorded description of how the entry relates to the theme.
- Include a detailed written or recorded description of the role your sponsoring teacher or education worker played in the development of your entry.
- Indication of the computer software required to view completed work.
- Include an original title on the entry form, not just the name of the contest.
- Be accompanied by a fully completed entry form.

Please note:

1. Photographs and works on paper should be properly matted and/or backed by cardboard/foam core.
2. Lyrics must be included with musical submissions.
3. Video/animation/presentations must be less than 10 minutes in length.
4. Sourced material must be credited.
5. Heavy pencil, charcoal, pastel or other material that may smear should be treated with an art fixative prior to submission. Such pieces should also have a protective overlay.
6. When submitting any entry, proper packaging must be used to protect the artwork. (Styrofoam or popcorn for sculpture, bubble packs for CDs/DVDs.)
7. Do not submit two-dimensional work that is larger than 32" x 32" (81 cm x 81 cm) or three-dimensional work larger than 18" x 18" x 18" (45 cm x 45 cm x 45 cm). These size limits will be strictly enforced.
8. Do not ship large, heavy, fragile, or three-dimensional sculptures that may easily be damaged.
9. Do not submit work framed with glass. Each school may submit only one entry per category for a maximum of three entries in the Creative Division. OSSTF/FEESO reserves the right to use prose and poetry entries or portions thereof or to use photos or excerpts from creative entries in future Federation publications. Entries will be returned to local District offices following OSSTF/FEESO's Annual Meeting in March 2016.

Take Your Kid to Work Day – Wednesday, November 4th

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?

Take Our Kids to Work Day will take place on Wednesday, November 4th, 2015!

What is the Take Our Kids to Work™ program?

Take Our Kids to Work™ is an annual program in which Grade 9 (or equivalent) students are hosted by parents, friends, relatives and volunteers at workplaces across the country every November. The program supports career development by helping students connect school, the world of work, and their own futures. Employers who register for this program are eligible to apply for the Canada's Outstanding Employers Award. Take Our Kids to Work™ is our signature program which began in 1994 in the Greater Toronto area. Today, students across Canada, from Nunavut to Newfoundland participate in the program.

On the first Wednesday of every November, 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.

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.

Tips To Involve All Students

- ☞ Encourage parents and friends to take their son, daughter and/or a friend with them to work.
- ☞ Bring your own child to work with you if he/she is the appropriate age.
- ☞ Work with the cooperative education teacher to identify potential workplaces.
- ☞ Encourage your school and school board to involve its own employees.
- ☞ Invite workplaces that have been involved in the past to expand their participation.

Who Benefits From the Take Our Kids to Work Program?

The program benefits students, teachers, schools, parents, communities, organizations – and Canada's future workforce.

Students: Experience the world of work first hand.

Students benefit because it's an opportunity for them to explore career options, through:

- ☞ Understanding the importance of staying in school by learning first-hand what skills are required in today's workplace
- ☞ Thinking about what aspects of their "work day" they liked and what they didn't
- ☞ Exploring career options in a practical way and gain a better understanding of just how many career choices are open to them

- 📖 By spending a day in the life of a working adult, they develop an appreciation of their parents' work and motivations

Parents: Introduce your child to the world of work.

Parents benefit because it helps them prepare their children for the future by:

- 📖 Discussing work experiences with their child
- 📖 Beginning a career discussion based on actual experiences
- 📖 Enriching their child's experience with discussions before, during and after the workplace visit

Teachers: Help your students experience a day in the life of a mentor.

Teachers benefit because the Take Our Kids to Work™ program allows real life experiences to bridge with learning in the classroom.

- 📖 Helps make the connection between education and future career paths
- 📖 Demonstrates the complexity of career choices and the benefits of early exploration
- 📖 Allows teachers and students to explore career options in practical ways

See Mr. Hawes, in Guidance, or your teen's grade 9 teacher for more information.

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Recycle Your Books

If you have any young readers at home that have outgrown their books and they ready to part ways with them, we will gladly accept them in the Learning Centre. Please let us know as we are adding new books to our collection daily.

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Citrus Fruit Fundraiser for Rugby

A box of oranges can be purchased for \$30 or grapefruit for \$25. If a student does not ask you and you would like an order please email Deanna or myself and we will get those delicious items to you in early December. Citrus is fresh from Florida and last for months in the cold cellar.

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#tweetsweet @ Georgian College

On Wednesday, November 18th from 11am to 12:00 pm, Georgian College is excited to host April Reimer, the founder of #tweetsweet as part of Georgian College's Mental Health and Addiction Awareness Week. During the 2013-2014 season, April was cyber-bullied through Twitter after her husband James Reimer (Toronto Maple Leafs goalie) was not performing up to standards on the ice. Since her husband does not have a Twitter account, fans decided to take out their frustrations on her. In addition to her Twitter attack that made national news, she also had "frustrated fans" calling and texting her personal cell phone number, without identifying themselves.

In response, she is taking what others intended for pain and turning it into something positive. She started the #tweetsweet campaign challenging students to say positive things online and in return using her resources to reward students for contributing to a healthy online community.

Unfortunately, cyberbullying is a reality for both secondary and post-secondary students, with this in mind, Georgian College would like to extend an invitation to our local secondary students to attend this free event. It is an opportunity for students to hear about the impact of cyberbullying and strategies for addressing it. We want secondary students to know that this is an issue that Georgian College takes seriously.

If your teen is interested in going, please see Guidance and/or Student Success.

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Samsung Solve for Tomorrow Challenge!

Would you like to win a share of \$500,000 in Samsung technology for your school? Sign up for the Samsung Solve for Tomorrow Challenge!

The Learning Partnership is joining Samsung Canada to launch the Samsung Solve for Tomorrow Challenge, a national educational challenge designed to inspire Canadian students to reach their full potential and get closer to science, technology, engineering and math (STEM) subjects by applying them to help better their communities – and win new technology for their schools!

- Students will be asked to identify an existing challenge or issue they are passionate about in their town, city or neighbourhood, and use STEM to help solve it.
- The challenge is open to all students and teachers in Grades 6-12 at publicly funded schools across Canada.
- Finalist schools will share in \$500,000 in Samsung classroom technology. Solve for Tomorrow Challenge partners include Canadian YouTube stars Mitch Moffit and Greg Brown of [AsapSCIENCE](#). Mitch and Greg will visit two grand prize winning schools to learn about their winning student projects and feature them in an AsapTHOUGHT video; they'll also host an epic STEM lab experience at the winning schools.
- The first phase of the contest runs September 23 to November 30, 2015.

To learn more, visit solvefortomorrow.ca and follow @SamsungCanada and #SamsungSolve on Twitter, Facebook and Instagram.

Contact: Paul Cartwright,
North Strategic for Samsung Canada at paul.cartwright@northstrategic.com

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A & E Canadian Classroom - 2015 Lives That Make a Difference Essay Contest – For Students and Teachers

Welcome to the 2015 Lives That Make a Difference Essay Contest.

If you go to <http://www.livesthatmakeadifference.com/index.html> , you can learn more about this year's essay contest and Official Rules, check out last year's essay winner, and submit your own essay into the competition!

A Bear Creek Student Could Win \$3,000!

Students in grades 5-12 may enter by writing an essay based on someone they think made the biggest impact on Canadian society in 2015. Prizes are awarded in two grade levels: 5th - 8th grade and 9th - 12th grade. Two winners will be selected in each level.

GRAND PRIZE
Student: \$3,000 Prize
Department/Classroom
of Teacher: \$1,000 Cash

FIRST PRIZE
Student: \$2,000 Prize
Department/Classroom
of Teacher: \$1,000 Cash

Contest ends **December 11, 2015.**

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2016 Canada's Outstanding Principals – due tomorrow

DO YOU KNOW AN INNOVATIVE AND OUTSTANDING SCHOOL PRINCIPAL?

Every year The Learning Partnership honours principals across the country who exemplify excellence in public education. Nominations for the 2016 Canada's Outstanding Principals awards are now open. Submissions are invited from school boards, colleagues, parents, teachers, students and all community members.

[Nominate an Outstanding Principal Today!](#) Submission Deadline is **November 2, 2015**

For more information, please contact: Jon Powell, Program Manager at 416.440.5112 or jpowell@thelearningpartnership.ca

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University and College Upcoming Dates

SOME GRADE 12'S: University Application Tutorial: Tuesday, November 3 per. 2 in the cafe

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Music Repertoire

Music Repertoire class – meets Tuesdays, at 11:15 sharp - come ready to play!

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Wind Ensemble

A reminder to Wind Ensemble that our first rehearsal goes Tuesdays at 2:30! Please ensure you have all of your equipment assigned prior to rehearsal!

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Concert Choir

If your teen loves to sing, that Concert Choir started rehearsing Wednesday, after school, in the Music Room. It is not too late to join. Just meet us in Room 156 at 2:35 ready to sing and have fun. We hope to see you there.

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S.W.A.T.

Attention all past, present and future “BOB” (The Bunch of Believers) club members! We are now called Students With A Testimony. Bring your lunch and get ready to enjoy The Teen Alpha Program! We will be meeting on Tuesdays at lunch, in room 206 on Tuesdays! Please see Mr. Rourke or Mrs. Grant if you have any questions!

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National Democracy Challenge 2015

Canada's Democracy Week (#CDW2015) and its flagship activity, the National Democracy Challenge (#NDC2015), coincide this year with the 42nd federal general election.

#CDW2015 and #NDC2015 are aimed at Canadians under voting age. The initiatives feature hands-on activities to enhance knowledge and understanding of how Canada's democracy works and the role under-18s play in it.

This year's theme, *Let's Get Canada Ready to Vote!*, encourages Canadians to plan their participation in the 2015 federal election.

For more information on where, when and how to register and vote, check out the [**Elections Canada website**](#).

The deadline to enter the Challenge will be **November 9**, 2015. Canadians aged 14 to 17 can enter the National Democracy Challenge 2015.

Prizes

Video Category

1st Place – Trip to Ottawa to attend Encounters with Canada's Democracy and Youth Week

2nd Place – GoPro Hero4 camera

3rd Place – \$200 Best Buy gift card

Text Category

1st Place – Trip to Winnipeg to participate in a human rights program at the Canadian Museum for Human Rights

2nd Place – Apple iPad Air 2 64GB

3rd Place – \$200 Best Buy gift card

Image/Artwork Category

1st Place – 64GB Apple iPhone 6

2nd Place – Kobo Aura H2O and \$100 Indigo gift card

3rd Place – \$200 Best Buy gift card

School Challenge - The school with the most eligible entries

Trip for one student to attend Forum for Young Canadians' week-long civic education program in Ottawa. More information is available at www.democracy-democratie.ca .

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The Gay-Straight Alliance meets during lunch in room 120 on Fridays. Bring your lunch, and new members are always welcome.

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College Visits

The sign up binder for college rep visits is now available in guidance. Sign up today to get a spot reserved, for:

No college visits this week.

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University Visits

The sign up binder for university rep visits is now available in guidance. Sign up today to get a spot reserved, for:

Algoma University	November 2
Redeemer Windsor	November 3
Guelph University	November 4

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Me2We Club

Do you want to change the world? The Me2We club meets every Monday, in room 238, at lunch. Come on out and see what it's all about!

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Volunteer Opportunities

**VOLUNTEER!
GET INVOLVED!
BE A PART OF YOUR COMMUNITY!**

Do you want to volunteer or get a summer job? Not sure where to start? Check out Bear Creek's volunteer and student job opportunity board located outside of the Guidance office. It is updated weekly with fantastic opportunities! Still not sure what to do? Make an appointment with your Guidance Counsellor for some further suggestions.

Remember, EVERY student must complete a minimum 40 hours of volunteer work to graduate.

Please submit your "Completion of Community Involvement Activities" sheet (this sheet can be found either on-line or at the Guidance office; I also have attached it) to the Guidance office as soon as it is signed by both you and a parent.

1. Do you need community service hours? Do you enjoy watching sports? Do you want to get involved in the sporting community at Bear Creek? Then the Home Game Crew might be for you! The home game crew is a group of people who help to set up for and score keep all the various sports that happen at Bear Creek. If you are interested, please see Mr. Wilkey in Student Success room 110.

2. The South Simcoe Theatre, Innisfil's home for Great Community Theatre, is getting ready to begin another year of entertainment. They are putting the call out for student volunteers from our local high schools, whether they are looking to complete volunteer hours, continue a love for the arts, or are just looking for a great experience! They've had countless former and present students take part and many have returned even after their hours are completed.

This year, South Simcoe Theatre will be presenting two musicals, one play, one Christmas pantomime, and a play reading weekend. Mounting this season will require volunteers in different capacities from September through to June.

They are always looking for technical and backstage crew to help put their shows on. Students that are interested in learning this side of the theatre work closely with the director, stage manager, and actors to craft the show and bring it to the stage. These positions require a commitment to be at the theatre for rehearsals and shows for the run of the show, which is roughly three to four months, three to four nights a week that could include weekends.

If you can't commit to something long term or on a set schedule, they also need help on their Saturday set building crew. Headed up by experienced artisans, students will construct set and prop pieces and use any number of techniques to make them as realistic as possible. There are many students who come out to help with all the season's productions in this capacity. No previous artistic skill is required, just a great attitude and a willingness to learn.

If you have a sporadic schedule filled with a lot of other commitments, volunteering with the Front of House team allows you the flexibility of coming in on your own schedule. Their shows run for three weeks on Thursday, Friday & Saturday nights and Sunday afternoons. The commitment here would be three to four hours on whatever days you could make it. The Front of House team collects tickets from patrons at the door, hands out programs, prepares and sells the snacks for sale and intermission and provides any general information a patron could ask for.

Their business has always run on the strength of volunteers and they welcome you to join in that long standing tradition. They want to work with you to find the best fit for you. Please contact them at the theatre's box office number of 705-458-4432 or by e-mail at info@southsimcoetheatre.com or to Daniel Galea at danielgalea99@hotmail.com. You can also check them out on our website www.southsimcoetheatre.com that has a link to their Facebook page.

3. Why you should volunteer at Goodwill:

Goodwill offers flexible, 7 days/week scheduling for the following positions:

- Build new skills to improve your resume
- Enhance your communication and customer-service skills
- Obtain results-oriented experience
- Complete your 40 hours of community service

Apply online at www.goodwill.on.ca or email volunteer4good@goodwill.on.ca

Volunteers must be a minimum of 14 years of age. Accumulation of community involvement hours may begin the summer after completing Grade 8.

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Sports News

The scores and schedules across the County are on <https://www.hometeamsonline.com>; type "scaa 'your sport'" in for league (i.e. scaa football).

Next week's sporting events look like:

Sports Calendar for the following week (Nov. 2 – Nov. 6)

Monday 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th
	Jr./Sr. Girls' Basketball @ Playoffs	X-Country Race OFSAA @ Duntroon	Jr. Boys' Volleyball @ Playoffs, CCI	X-Country Race OFSAA @ Duntroon

All **junior boys** interested in being on the **basketball** team sign up outside the gym office as soon as possible.

Congratulations to all members of the **Cross Country Team** who competed yesterday at the GBSSA Championships in Duntroon. Our **Midget Boys'** team qualified for OFSAA with a GBSSA Championship and an Overall League Championship. Team members were led all season by **Michael Paul** and **Braden Degrase** who finished a tight 3 and 4, followed closely by **Paul Mysl**, **Benny Olak**, **Jaden Arnott**, and **Graydon Johnson**.

Our **Junior Boys'** team led by **Graham Jones**, **Chris Veenstra**, **Clayton Harris**, **Angus Rawding**, and **Joe Giffen** qualified for OFSAA for the first time. **Matthew Courtenay** finished second in his race in a field of 150 **Senior Boy** runners and finished first in League. **Lida Fathi** individually qualified for the **Senior Girls'** race for OFSAA.

Anyone interested in **Senior Boys'** basketball were to meet Tuesday, the 13th, at 3 p.m. on the bleachers outside the phys. ed. office. If you didn't go, or you missed this announcement, please see Mr. Corrigan in the Math office ASAP.

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Important Dates

Saturday, October 31
 Sunday, November 1
 Wednesday, November 4

Wednesday, November 4
 Thursday, November 5
 Tuesday, November 10
 Wednesday, November 11
 Wednesday, November 11
 Thursday, November 12
 Friday, November 13
 Wednesday, November 18

Hallowe'en
 Clocks "Fall" back by one hour
 School Council, 7 pm in Career Centre
 Take Our Kids to Work Day
 Night of Excellence
 end of term 1
 start of term 2
 Remembrance Day
 Semi-Formal
 PD Day
 Cosmo Grand Opening/Open House (please see attached)

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Positively Speaking

Speaking to many people daily, as I generally do, the conversation can tend to head in the direction of November (and February for that matter) being the start of a long, dark, cold winter. The weather is usually wet and dreary. It is easy to become very negative just based on the weather, never mind what difficulties occur in life. In order to stay positive, we must detox our thoughts and focus on the positive things in our life! We recently had Thanksgiving to focus on what we are grateful for – we have to try to not lose that feeling of gratitude.

Detox Your Negative Thinking Patterns

Ever get your mind stuck in a bad groove? Negative thoughts going round and round your head for hours, days, weeks: "Why am I so... unhappy, thin, fat, hairy, bald, short, tall, stupid, geeky, too busy, not busy, focused, unfocused, _____" [fill in the blank or delete as appropriate]!

Doing this is toxic, especially if we're already feeling down. It's a serious block to our happiness, both now and in future. But the good news is that research shows it's a habit we can break.

Why do it?

Learning to stop getting stuck in negative thoughts is a vital skill for a happy and fulfilling life. If we're feeling down it's helpful to be honest with ourselves and reflect on the reasons why. But research shows that over-thinking or chewing over negative thoughts for too long increases our sadness, unhappiness and pessimism.

What's more it saps concentration, motivation and initiative and affects our ability to solve problems. In other words, it makes us even more stuck and unable to see a way forward.

The more we get stuck the closer it takes us into a downward spiral that leads to hopeless thoughts, such as: "I'll never be any good", "I'll never find a job" or "I'll never find a partner". These can lead to loss of confidence, anxiety or even depression.

A similar type of destructive and negative, self-focused thinking is comparing ourselves to others. "She's richer", "he's thinner" "he's got a bigger house", she's got a promotion" and so on. We're surrounded by images of the rich and famous, so much so we forget they're not normal. With the exaggerated stories and glossy photos we often miss the fact that the people we see as successful are often struggling with their own problems too.

However successful, clever, rich or beautiful we are there will always be someone with things we don't have that we might think we need to be happy. But what's clear from scientific studies is that this this way of thinking isn't the route to happiness. So we need to learn to detox our negative thoughts.

Where to Start?

Step 1: Break the loop

Here are five strategies to break the loop. They take a little bit of will power, but not too much. Find the one that works for you:

- 1. Find some distraction.** If you find yourself stuck in a negative thought trap, find some upbeat distraction. Try watching a funny video, meeting up with a fun friend or doing some exercise you enjoy. It's scientifically proven that even a small burst of positive emotions can work wonders.
- 2. Say "STOP" to yourself.** Refuse to keep going over your negative thoughts. Stay focused on this until you can re-direct your mind on to something more constructive.
- 3. Try a bit of reverse psychology.** Allow yourself a fixed time period each day, say 20 minutes, when you will allow yourself to wallow. Pick a time when you are usually in a good frame of mind. Then at other times of the day if negative thoughts keep coming up tell yourself that you will think about it later, at the appointed time. Chances are at that time you won't want to go over it and if you do - you've limited the time you've allowed yourself.

4. Phone a friend. Call someone you trust and who will help you think in a different way. Be honest about how you feel but try to limit how long you talk about your troubles. Don't call people who will encourage you to wallow in your problems or bring you down further.

5. Write it down. Writing about the things that are going around in your mind can be really helpful in clearing your head. It helps you see your negative thoughts for what they are which makes it easier to move on from them.

Step 2: Take some action

Ok, so you've got out of that negative loop. Now you need to take a quick step, however small, towards solving what's been bothering you. This could be making a list of possible solutions and putting it somewhere visible, making an appointment to get some advice, looking up options on the internet, or asking someone you know how they dealt with something similar (or if they know someone who has). Taking positive action puts you back in control.

Step 3: Work out the warning signals

To avoid this happening in future, you need to spot the things that trigger your toxic thoughts. What situations, places, people or times cause you to get stuck on negative thoughts? What can you do to change or avoid them? Are there typical themes to these thoughts? How can you notice the warning signs and stop yourself getting stuck? Try writing your thoughts on these things down.

Source: "Detox Your Negative Thinking Patterns",
http://www.actionforhappiness.org/take-action/detox-your-negative-thinking-patterns?gclid=CNaLw6L_xboCFYgWMgodXj8AAA

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Parent's Corner

One facet of my life/job is to motivate people to do what is necessary to succeed, including myself. As a teacher, I had to motivate students to work hard, show up and do the best they can, as well as the curriculum. As a teacher of upper level Mathematics and Physics, this was generally not a difficult task, as the students were generally intrinsically motivated (as those courses were electives), thus, I would try to do "innovative" things that today are more common practice (i.e. choice of topic and delivery method for ISU's, make-up tests to improve marks, journaling, etc.) As a Vice Principal, I try to motivate students from all walks of life in as many different ways I can.

As a Dad, my wife and I find ways to motivate our children and it has been interesting to witness what motivates people, changes as they get older – not surprising – just very interesting to witness. There are Triple P Parenting workshops that may be beneficial in understanding more about children as they grow up, including determining what motivates them. I thought the article below would be useful for ideas on how to motivate teens.

Motivating Your Teen to Succeed in the Classroom and in Real Life

Whether your teen wants to earn a place on the honour roll, make a school team or get a part-time job, they may need a boost in motivation. Here are some tips you can give them:

✓ List their goals. When goals are on paper, they become more real. Have your teen post their goals where they can see them daily and regularly.

- ✓ Make sure they are goals, not dreams or wishes. Goals are “dreams with deadlines”. If your teen says they want to try out for the school soccer team but never practices, they have a dream. Only if they are taking action to make the dream a reality, can they call it a goal.
- ✓ Visualize success. Successful people, from Wayne Gretzky and Michael Jordan to Albert Einstein and Chris Hadfield, all said the same thing: They imagined themselves in a situation where they were successful. Before a big test, your teen might imagine their self sitting at the test paper and knowing the answers. No, it doesn't replace studying, but it will keep them motivated and focused to hit the books again.
- ✓ Start every practice (or study session) with something you like the least {this also works for dinner time – start with the broccoli or brussel sprouts before eating the meat and potatoes, even for me}. If your teen dislikes taking penalty kicks, free throws or wrist-shots, that's what they should do first in their sport. After they finish, everything else will seem easy and there is something to look forward to. If they dislike Algebra, they should get that homework done first. Once that is over, the rest of the study session will be more enjoyable.

Source: “Motivating Your Teen To Succeed in the Classroom and in Real Life“, High School Parents *Still* Make the Difference, © 2013, The Parent Institute, www.parent-institute.com

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Parent Pointer Calendar for the following week (Nov. 2 – Nov. 6)

Monday 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th
Remind your teen of the long-term benefits of achieving in school.	Don't say, “I know how you feel.” Teens believe their feelings are unique.	Encourage your teen to keep a journal of their accomplishments. This can be an account of positive feelings.	Skim over your teen's homework and ask them questions to help them review.	If your teen breaks the rules, avoid setting their punishment in the heat of the moment.

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Have a great, restful, “BOO”-tiful weekend.

Be well!

Terry Wilkinson

Vice-Principal
Bear Creek Secondary School

P.S. (Positive Statement):

A couple of Hallowe'en quotes from television:

I've often felt that dreams are answers to questions we haven't yet figured out how to ask.

- Fox Mulder, The X-Files

It is the middle ground between light and shadow, between science and superstition, and it lies between the pit of man's fears and the summit of his knowledge. This is the dimension of imagination. It is an area which we call the Twilight Zone.

- Narrator (best ride at Disney World, "The Tower of Terror")

Scary...

Hold on, man. We don't go anywhere with "scary," "spooky," "haunted," or "forbidden" in the title.

- Shaggy

Not so scary.

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P.P.S.: If you like what you have read so far, please tell another parent/guardian, get them to e-mail me, and I'll add them to the e-mail list.