



Weekly E-Newsletter
Stay Connected @ BCSS
 Friday, January 11, 2019

Dear Parents and Guardians,

Welcome to 2019! Happy New Year! I hope you had a great holiday!



**KEEP
CALM
AND WELCOME
BACK TO
SCHOOL**

EXAM ADVICE

- Get enough rest. Teens need 8 hours.
- Go outside. Breathe some fresh air.
- Get some exercise.
- Make healthy eating choices.
- Stay healthy by washing your hands.
- Drink water.
- Avoid drugs and alcohol.
- Put away your phone. Seriously.
- Put exams in perspective. Exams are important to your mark but they are not a reflection of your value as a human being. It is just a test.



Week 17 ends on a very chilly note. You can feel the anticipation of the end of the courses/semester and a bit of anxiety for the upcoming exams, especially from the grade 9's, most of whom will be writing their first set of exams. Hopefully, the graphic to the left will give you some pointers on how to stay calm and be prepared for the upcoming exams. For more support, Link Crew is having a Cocoa and Cram session on Tuesday, at lunch, in the Library. Grade 9 students can get hot chocolate and learn how to prepare for their final evaluations. The two articles at the end of the e-newsletter also give some pointers on how to lower stress during exam time.

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

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

Please follow me on Twitter: @VPWilkinson

Please follow me on Instagram: spfx8691

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?

ARTS Showcase

On Tuesday, January 15th, we will be holding our winter ARTS Showcase. Come see the wonderful displays in the forum and performances on stage. This is a "pay what you can" event, with a \$5 suggested donation, all proceeds go towards the Arts Bursaries. The forum will be open for viewing to the public at 5:30 pm, performances start at 6:30 pm.

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London/France Trip

Are you heading to London and France in May? This announcement is for you. All students who are travelling with the school to Great Britain and France need to see Mr. Mavor or Mrs. MacDonald ASAP. This is regarding forms, copies of passports and permission to attend Juno Beach ceremony.

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Prom Committee

Attention Grade 12 students. If you are interested in being on the 2019 Prom Committee, please attend a meeting in room 136, on Monday, January 14th, at 11am.

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Get Hired! Teen Job Fair

January 19, 11am-2pm @ the Downtown library

Don't miss this opportunity to meet with multiple employment agencies and employers at one location! Learn about employment pathways and opportunities from various local agencies and employers. Bring your resume to get tips on ways you can improve it. Some employers in attendance will even be accepting job applications on the spot! Ages 16-20.

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Get Hired! Successful Interviewing for Teens

February 2, 1:00-3:00pm @ the Downtown library

Join us for an informative presentation about job interviewing tips and strategies by Nav Kaur, Talent Acquisition Specialist at Loblaw Companies Limited. Get ready to earn that summer job by preparing for an amazing interview!

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Scholarships

ScholarTree is still committed to helping reduce student debt in Canada by making scholarship more accessible. Most people don't realize how many scholarships are awarded early in the school year. ScholarTree.ca has \$997,500 worth of scholarships that are currently accepting applications. Students can find which scholarships are best fit for them by signing up at [ScholarTree.ca](#).

To help with students prepare and transition to post-secondary life we have launched the [ScholarTree Blog](#). University students write the blog because we want the information to be as relevant to current student life as possible. The main areas of focus for the blog are:

1. Student Life: general advice and hacks
2. Scholarship Tips
3. Entrepreneurial Spotlight: stories about students starting their startup or not for profit
4. How to: tips for applying and getting into prestigious programs

Make sure to subscribe, so you don't miss the weekly updates.

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Host Families Needed For International Students

Our partner in providing homestay to the SCDSB's international students, Canada Homestay Network (CHN), is recruiting host families to welcome international students into their homes.

Host families help international students realize lifelong dreams, and benefit from a unique experience with another culture. As a host, you also receive an allowance to offset expenses.

[Learn about a current homestay family here](#) or get more details about the program on [the Canada Homestay Network website](#).

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School's In For Summer At The SCDSB

Are you and your child planning their courses for next school year? Looking for a way to create flexibility in their timetable and earn a credit? Consider summer school!

Each year, the SCDSB offers a variety of summer programs to over 2,000 students. Summer school options include open, college and university level courses from Grades 9 to 12. Courses are offered in-person or online. Interested students can also travel and earn credits with the summer EduTravel program.

Summer school program details can be found on the Learning Centres website at www.learningcentres.com. Current SCDSB students should speak to their guidance counsellor for information and to register. Registration opens January 14!

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Questions About Your Teen's Health?

Health Connection offers free, confidential health information from nurses and health inspectors on:

- 📞 Birth control, sexually transmitted infections, stress, drugs and alcohol, safe food and water, quitting smoking
- 📞 Health unit clinics including dental, vaccines, sexual health
- 📞 Web resources for school projects
- 📞 Community resources for mental health, addictions and quitting smoking

Contact Health Connection at 1-705-721-7520 or 1-877-721-7520 Monday to Friday, 8:30 a.m. to 4:30 p.m., or <http://www.simcoemuskokahealth.org/>. If English is not your first language, we have a telephone interpretation service.

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Your Child's Immunization Record

The Simcoe Muskoka District Health Unit is required to keep up-to-date immunization records for all students who attend elementary or secondary school in the County of Simcoe and the District of Muskoka. Parents are responsible for reporting immunizations to the health unit each time their child receives a vaccine from their health care provider. The immunizations that the health unit requires records for include:

- 📌 Diphtheria, tetanus, polio and pertussis
- 📌 Measles, mumps and rubella
- 📌 Meningococcal
- 📌 Varicella (chickenpox) (for those born in 2010 or later)

It's easy to update your child's immunization status. Go to www.smdhu.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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Canadian Blood Services Needs Your Help!

During the winter months, hectic schedules and snowy weather often result in a decrease in the number of blood donations. Canadian Blood Services (and all those in need of donations) want to remind you to be part of Canada's lifeline this holiday season and give the gift of life. You can book online at www.blood.ca. Look for a clinic in your area!

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2019 Prime Minister's Awards – due Monday

As part of the Prime Minister's World Teacher's Day [statement](#), the 2019 Prime Minister's Awards competition is now open!

Teachers play an important role helping to build the next generation of successful, caring, and creative Canadians. We all remember a teacher that changed our lives. The Prime Minister's Awards for Teaching Excellence, Teaching Excellence in STEM, and Excellence in Early Childhood Education honour exemplary teachers and early childhood educators who are preparing our youth for the innovation economy.

Prime Minister's Awards recipients can receive:

- Cash awards worth up to \$5,000
- A certificate from the Prime Minister
- National recognition and promotion of their best teaching practices

The Prime Minister's Award program would like to thank the RBC Foundation for their generous support towards the recipient's monetary awards.

Consider nominating an educator for a 2019 Prime Minister's Award! Download your nomination package and a poster today by clicking on the web button below, or visiting our website at www.pma.gc.ca. Submit your nomination electronically or by mail before **January 14, 2019**.

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Badminton Club

Something new this year is the Badminton Club. It is on Thursday nights from 8 p.m. until 10 p.m. Students can come and play for fun or to be competitive. There will be coaching available. Come for fun! Come for training! Come for exercise!

We are opening this opportunity for the family of schools for Bear Creek. Grades 7 and 8 students are welcome to participate as well, from 8 p.m. until 9 p.m.

See Mr. Wilkinson for more information.

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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) to the Guidance office as soon as it is signed by both you and a parent.

1. Do you like sports? Are you in need of community service hours? Do you want to get a jump on community service hours? Well the home game crew might be for you! We are in need of capable and trustworthy students to help with sports scorekeeping for the year. Basketball and volleyball are the main sports in which we require help.

2. Mr. Wilkinson is looking for students to be part of the Grounds Crew. Please see him in his office (upstairs admin tower) on Thursday for more information.

3. Mr. Wilkinson is looking for students to be part of the Breakfast Club. Please see him at the Breakfast Club table any day for more information and to sign up.

4. Are you a grade 12 University bound student currently taking advanced functions? If you are interested in tutoring mathematics to a younger Bear Creek student for either cash or community involvement hours, then come see Mr. Gunson, in Guidance, to learn what's available.

5. Teen Advisory Board (TAB)

Build your leadership skills. Join the Teen Advisory Board (TAB) which meets monthly to help plan new programs and services for teens. There will be pizza!

6. BPL Teen Reviewers

Practice your writing. Read a book, watch a movie, or play a video game and submit a review to earn two hours of volunteer time.

7. Life Skills will be hosting their annual Winter Ball on January 30th. This year's theme is Enchanted Forest. We need volunteers for this full day to give opportunities to students with exceptionalities to attend a semi-formal event that they might not have the opportunity otherwise.

There are plenty of jobs for volunteers throughout the day from hosting, organizing food, decoration preparation, concession stand and many more.

This is a great opportunity to give back to your community, accumulate volunteer hours and get a free lunch. Plus, it looks fantastic on a resume!

To sign up come see Ms. Chappel in room 108 for more information.

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Sports News

The scores and schedules across the County are on www.hometeamsonline.com; type “scaa ‘your sport’” in for league (i.e. scaa football).

Next week’s sporting events look like:

Monday 14 th	Tuesday 15 th	Wednesday 16 th	Thursday 17 th	Friday 18 th
Jr./Sr. Boys’ Basketball vs. Orillia		Boys’ Hockey @ Banting		
Jr./Sr. Girls’ Volleyball		Girls’ Hockey @ Banting		

@ Orillia				
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If you see “vs.”, that means it is a home game; if you see “@”, that means it is an away game.

Are you a new student to Bear Creek in grade 10, 11, or 12 and are interested in playing sports? Did you transfer from another high school? Please come to see Mr. Wilkey in Student Success, room 110, to fill out the necessary forms so you can play sports this year.

All girls interested in trying out for the **Girls’ Varsity Soccer** team are asked to sign up on the list posted outside the Dance Studio (room 190) this week. If you have any questions, please see Miss Bruno.

On Thursday, December 20th, the **Boys’ Hockey** team defeated the Innisdale Invaders 3-1 to improve their record to 4 and 1, placing them second overall in the standings. The Kodiaks came out strong, and were able to pick up an early goal in the opening period. Innisdale pushed back, and despite a second period filled with penalties, the score remained 1-0 after two. In the third period, the Kodiaks were able to net two more to Innisdales’ lone goal. The next game is in the new year when the boys will face Nantyr Shores.

The **Senior Girls’ Volleyball** team travelled to Collingwood on Wednesday, December 19th. With hard hitting from **Ayleen** and **Breanna**, great blocking from **Ally** and **Vanessa**, consistent setting from **Victoria**, wonderful passing from **Ashton** and **Willow** and good touches from **Emma**, we won after coming back twice in the fifth set.

If you are a downhill skier and you are interested in joining the **Alpine Ski** team, there is a sign-up sheet in the phys. ed. area. You do not need any racing experience, but you do need to know how to ski. There was a meeting this week. If you missed it, see Mr. Doucette ASAP.

Now, if you don’t want to touch anyone who is hot, sweaty, and gross, (or hugging), try **Badminton** – Thursday nights, from 8 - 10. There will be team tryouts/practices starting Tuesdays and Thursdays, from 4:15 – 6, starting on Tuesday, February 5th. See Mr. Wilkinson for more information.

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Important Dates

Wednesday, January 16 -	
Thursday, January 17	gr. 9 EQAO Math assessment
Thursday, January 17 -	
Tuesday, January 22	Moratorium
Wednesday, January 23 -	
Wednesday, January 30	Semester 1 Final Evaluations
Thursday, January 31	P. D. Day
Friday, February 1	P. D. Day
Monday, February 4	Semester 2 starts

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Positively Speaking

To somewhat quote “Game of Thrones”, the end of the semester is coming! OR, exams are coming!

Below are some good exam study tips.

It is not too early to start to prepare.

I hope you find this helpful!

Exam Preparation: Ten Study Tips

Preparing for exams? Give yourself the best chance with these top ten study tips, and [try not to let the stress get to you!](#) Remember: [you've got this.](#)

Give yourself enough time to study

Don't leave it until the last minute. While some students do seem to thrive on last-minute cramming, it's widely accepted that (for most of us) this is not the best way to approach an exam. To help sort out your [time management](#), set up a timetable for your study. Write down how many exams you have and the days on which you have to sit them. Then organize your study accordingly. You may want to give some exams more study time than others, so find a balance that you feel comfortable with.

Organize your study space

Make sure you have enough space to spread your textbooks and notes out. Have you got enough light? Is your chair comfortable? Are your computer games out of sight?

Try and get rid of all distractions, and make sure you feel as comfortable and able to focus as possible. For some people, this may mean almost complete silence, for others, [background music helps](#). Some of us need everything completely tidy and organized in order to concentrate, while others thrive in a more cluttered environment. Think about what works for you, and take the time to get it right.

Use flow charts and diagrams

Visual aids can be really helpful when revising. At the start of a topic, challenge yourself to write down everything you already know about a topic - and then highlight where the gaps lie. Closer to the exam, condense your revision notes into one-page diagrams. Getting your ideas down in this brief format can then help you to quickly recall everything you need to know during the exam.

Practice on old exams

One of the most effective ways to prepare for exams is to practice taking past versions. This helps you get used to the format of the questions, and - if you time yourself - can also be good practice for making sure you spend the right amount of time on each section.

Explain your answers to others

Parents and little brothers and sisters don't have to be annoying around exam time. Use them to your advantage. Explain an answer to a question to them. That will help you to get it clear in your head, and also to highlight any areas where you need more work.

Organize study groups with friends

Get together with friends for a [study session](#). You may have questions that they have the answers to and vice versa. As long as you make sure you stay focused on the topic for an agreed amount of time, this can be one of the most effective ways to challenge yourself.

Take regular breaks

While you may think it's best to study for as many hours as possible, this can actually be counterproductive. If you were [training for a marathon](#), you wouldn't try and run 24 hours a day. Likewise, studies have shown that for long-term retention of knowledge, [taking regular breaks](#) really helps.

Everyone's different, so develop a study routine that works for you. If you study better in the morning, start early before taking a break at lunchtime. Or, if you're more productive at nighttime, take a larger break earlier on so you're ready to settle down come evening.

Try not to feel guilty about being out enjoying the sunshine instead of hunched over your textbooks. Remember Vitamin D is important for a healthy brain.

Snack on brain food

You may feel like you deserve a treat, or that you don't have time to cook, but what you eat can really have an impact on energy levels and focus, so keep away from junk food. Keep your body and brain well-fueled by choosing [nutritious foods](#) that have been proven to aid concentration and memory, such as fish, nuts, seeds, yogurt and blueberries. The same applies on exam day - eat a good meal before the test, based on foods that will provide a slow release of energy throughout. Sugar may seem appealing, but your energy levels will crash an hour later.

Plan your exam day

Make sure you get everything ready well in advance of the exam - don't leave it to the day before to suddenly realize you don't know the way, or what you're supposed to bring. Check all the rules and requirements, and plan your route and journey time. If possible, do a test run of the trip. If not, write down clear directions.

Work out how long it will take to get there - then add on some extra time. You really don't want to arrive having had to run halfway or feeling frazzled from losing your way. You could also make plans to travel to the exam with friends or classmates, as long as you know they're likely to be punctual.

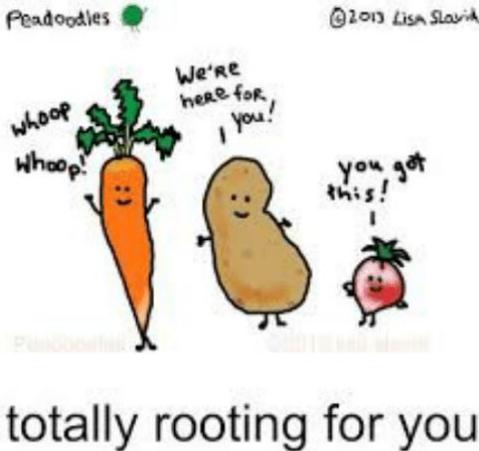
Drink plenty of water

As a final tip, remember that being well hydrated is essential for your brain to work at its best. Make sure you keep drinking plenty of water throughout your revision, and also on the exam day.

Good luck!

Source: "Exam Preparation: Ten Study Tips", May 3, 2017, <https://www.topuniversities.com/student-info/health-and-support/exam-preparation-ten-study-tips>

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Parent's Corner

I have found that I learn better and pay attention closer attention to information if there is a story involved. That is how I used to teach.

So, I found a story from a parent who helped her daughter deal with exam stress. I hope you find it useful.

A Parent's Story About Exam Stress

Communication has always helped us

My daughter's final year of school was really difficult for her and for me. Her mother and I are divorced and we decided she should come and live with me for her final year of school. We get along really well.

Communication is a really big part of this:

- ☞ I always say what's on my mind and I expect my children to do the same to me.
- ☞ I've always set clear boundaries for them - they know what is okay and what's not acceptable in my house.
- ☞ When I talk to them I try to be honest. For example, if they ask me something and I don't know the answer then we'll look it up together.

How I helped Annie deal with her stress

About halfway through Year 12, when she was doing her mid-year exams, Annie started to feel the pressure. She'd come home from school and have a meltdown. I helped her organise her study routine by being patient and sometimes just by giving her a big hug if she felt overwhelmed. These tips in particular helped:

- ☞ If Annie came home from school in a bad mood I'd give her about 15 minutes in her room to calm down, then I'd go in there and ask about it.

- ☞ We set up a study plan above her desk in her room, with blocks of time for each subject. She found that helpful because she felt more in control.
- ☞ Every night we'd have dinner together with no TV, no phones, no gadgets or gizmos on the table. That was always a good chance to talk.

Stress is harder for her because she has Asperger's

Annie was diagnosed with Asperger's when she was really young. She's quite outgoing, but does have trouble with socialising and also with calming herself when she is stressed.

For Annie that means crying, yelling and screaming and retreating to her room. She also has a couple of repetitive physical behaviours – I call them tics. One is that she flaps her arm up and down; often hitting her leg so hard she'll bruise it. That gets very intense when Annie is under stress.

The best help for stress was our study strategies

Annie takes some medication to help with her symptoms of Asperger's and we thought maybe tweaking the meds might help her. But after talking with the paediatrician we decided not to go down that path, as ordinarily her medication works quite well. So it was up to Annie and me.

Some days were harder than others, but she came through the mid-year exams and it was choppy but we sailed through until the end-of-year exams. She found these difficult again stress wise, but with the same strategies and a bit of patience we got through those as well. Now she's at university and I couldn't be prouder of her.

What Annie and I have learned

I asked Annie what she learned from her difficult final year of school and she told me she's got more confidence in herself. She doesn't stress as much about study because she knows she's capable of getting through it. And having Asperger's means she needs to take a bit more time.

The biggest thing I've learned is not to yell back when she gets angry. It only ever makes things worse. When I stay calm, she eventually comes back to my level. When you treat your children with respect, saying please and thank you and being there for them when they need you, that's the best way of weathering the tough times.

Source: "A Parent's Story About Exam Stress", <https://parents.au.reachout.com/common-concerns/everyday-issues/a-parents-story-about-exam-stress>

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encourage mint

Parent Pointer Calendar for the following weeks (Jan. 14 – Jan. 18)

Monday 14 th	Tuesday 15 th	Wednesday 16 th	Thursday 17 th	Friday 18 th
One night this week, sit down and watch your teen's favourite television show with them. Then, talk about it with your teen.	If your teen breaks the rules, avoid setting punishment in the heat of the moment	Challenge everyone in your family to learn and use three new words every day. That's over 1,000 words a year!	Estimate how many bowls of cereal you can pour from one box. Keep track until the box is empty.	Ask your teen to tell you about a punishment you gave them that they thought was really unfair.

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Have a great weekend!

Stay warm! Drive safely!

Be well!

Terry Wilkinson

Vice-Principal
Bear Creek Secondary School

P.S. (Positive Statement):

“When you do exams, always remember the order in which to do the questions.

- 1 - easy questions, first
- 2 - medium questions, next
- 3 - hard questions, last

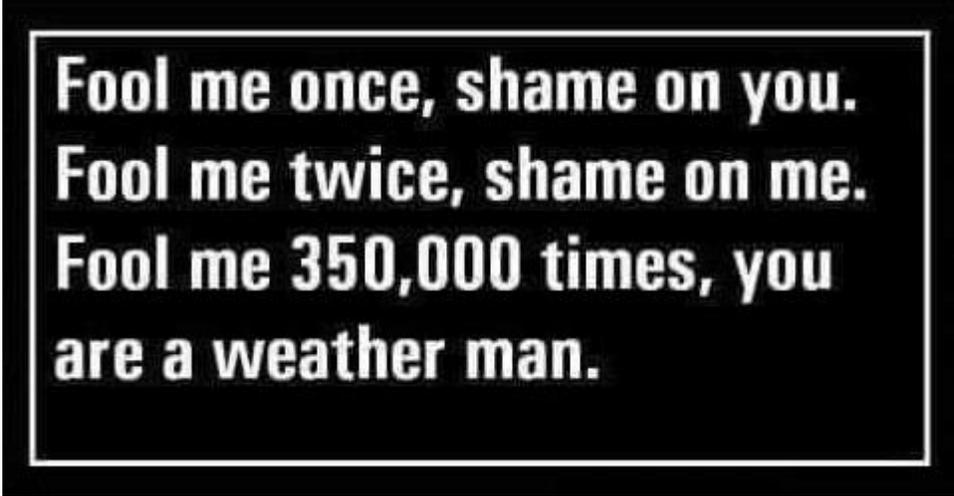
If you do it in any other order, you run the risk of running out of time.”

- Anthony T. Hincks

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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.

In homage to the “lovely” weather we had over the Christmas Break!



**Fool me once, shame on you.
Fool me twice, shame on me.
Fool me 350,000 times, you
are a weather man.**