



Weekly E-Newsletter
Stay Connected @ BCSS
Friday, December 8, 2017

Dear Parents and Guardians,

Week 14 ends with an excellent Dance Recital, “A Night With the Stars”. What an amazing and talented group of young dancers we have, as well as an amazing dance teaching due, Ms. Bruno, and Mrs. Robert. Thanks to everyone for their efforts. Thanks should be garnered to the custodial staff as well as the tech crew.



Winter sports seasons have started, ISU’s and presentations are coming due, and with only 4 and a half weeks left in courses, teachers and students are mentioning final projects and exams. It is a very busy time of year.

This week is the seasonal musical recital, as well as the Kempenfelt Cup.

Oh, and there’s school too! Events like these are what make school fun and interesting – to take part in and to see the performances.

We would like to wish the Jewish members of the Bear Creek community a very happy, illuminating, and festive Hanukkah, from sundown on the 12th to sundown of the 20th. “*Hanukkah Sameach!*”

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?

The Ontario Student, Parent, and Educator Survey

Ontario’s education system according to its most important stakeholders.

The Ontario Student Trustees Association – l’Association des élèves conseillers et conseillères de l’Ontario is thrilled to release the Official 2017 Report of The Ontario Student, Parent, and Educator Survey. This report is comprised of qualitative and quantitative data extracted from the OSPES. Topics addressed include the perceived value and effectiveness of financial literacy education, mental health supports, and student voice in schools across the province. These results serve as a holistic assessment of Ontario’s education system from the perspective of three critical stakeholders.

“The Ontario Student, Parent, and Educator Survey results reveal that a large group of students feel voiceless in their school community. There are evident discrepancies between the vision behind government policy and the reality of a student’s educational experience,” said OSTA-AECO President Dasha

Key Findings of the OSPES Survey:



Metropolitansky. “Student voice is often reduced to a buzzword, however the ability of young people to shape their future should never be used for rhetorical flourish. From financial literacy to mental health resources, we must ensure that the student perspective is not only heard, but is acted upon. The time for appreciation is over; the time for action is now.”

Click to view [The Ontario, Student, Parent, and Educator Survey Official 2017 Report](#)

Source: “The Ontario Student, Parent, and Educator Survey”, December 5, 2017, <http://www.osta-aeco.org/2017/12/05/2017-ospes-report/>

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Register Now for Night School (Semester Two) To Complete High School, Prepare for Post-Secondary Education

Night school at the Barrie Learning Centre offers secondary school credits in a variety of subjects for students completing their Ontario Secondary School Diploma and for students who are preparing for post-secondary education. Subjects include math, english, chemistry, biology, physics, social science and history.

All night school courses are offered in a blended format where students attend in-class sessions once a week and complete the remainder of their assigned weekly work online. Students are welcome to access computer resources and meet with their classroom teacher during the office hours of their online night class. Learn more and register at: www.thelearningcentres.com.

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OSAP Applications For 2018-19 Now Available

Going to college or university next year? The 2018-19 Ontario Student Assistance Program (OSAP) is now accepting applications for full-time students. Apply early to get an estimate of the amount of grants and loans you could receive. Apply now at: www.ontario.ca/osap.

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BCSS Lunchtime Live/Jam Sessions

Jam Sessions is a “safe space” mental health initiative that allows staff and students to learn and play guitar and/or ukulele, for FREE.

Jam Sessions is now in need of any gently used acoustic guitars and currently looking for a Cajun (slap) drum or djembe drums.

BCSS Lunchtime Live provides a venue to showcase their talents - some of which performing for the first time (students with high anxiety too!). BCSS Lunchtime Live mainly features music but will have other themed events like poetry, dance, and improv as well.

Eventually we're looking to have our own sound system for Lunchtime Live as we increase our performances from 2 times per month to every available Friday lunch: microphones and speakers/amps. (Tech crew is busy as is and we can't always rely on booking out their equipment.)

Any community support, donation, connection that will help with equipment or costs would be appreciated.

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SCDSB Implements Land Acknowledgement Policy

At schools in the Simcoe County District School Board, the day will now begin with the following acknowledgement:

“Simcoe County District School Board acknowledges that we are situated on the traditional land of the Anishnaabeg people. We acknowledge the enduring presence of First Nation, Métis and Inuit people on this land and are committed to moving forward in the spirit of reconciliation and respect.”

The SCDSB worked with Indigenous partners, local elders and the First Nations Education Advisory Committee to develop this land/territory acknowledgement as an act of reconciliation. The acknowledgement is based on the First Nations’ tradition of acknowledging the land of others when they were guests in that territory. The statement will be used daily in schools as well as at SCDSB meetings and significant events.

This has been implemented already as we have the above announcement read before we play “O Canada”

Source: “SCDSB Implements Land Acknowledgement Policy”, By Lisa Morgan, 07.11.2017,
<http://1075koolfm.com/scdsb-implements-land-acknowledgement-policy1/>

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Chess Club

Chess Club started on Friday December 1st, in the Career Centre, from 2:30 until 4-ish. All are welcome. No experience necessary.

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Sponsor for Kempenfelt Cup Sought

On Wednesday December 13th, Bear Creek's hockey teams will be competing in the 4th annual Kempenfelt Cup in support of the Barrie and District Christmas Cheer. We are looking for sponsors for this event. For a minimum \$500 donation, you will have your company logo displayed on every t shirt that is provided to the event. Eastview, Bear Creek, Innisdale, Nantyr and North all participate in this event held at the Barrie Molson Centre. Over 2,500 students will be wearing the t shirts! The sponsor donations will be made directly to the Barrie and District Christmas Cheer and you will receive a receipt from Christmas Cheer for your support.

If this sponsor opportunity interests you, please email Doug Wilkey at dwilkey@scdsb.on.ca as soon as possible.

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RVH Film Festival Welcomes Student Submissions

Barrie’s Royal Victoria Regional Health Centre (RVH) has partnered with the Simcoe County District School Board, the Simcoe Muskoka Catholic District School Board and Unity Christian High School to offer students, classes and schools the opportunity to participate in RVH's annual Film Festival in two external categories:

 Kindergarten to Grade 6

 Grade 7 and up

This year’s theme is “Making mental health matter - how are you making a difference?” Students and classes are invited to make a two-minute video showing how they promote mental health. The deadline for submissions is Feb. 5, 2018. Voting will take place from Feb. 16 to 26 and those with the winning entries will be invited to an

awards ceremony on March 8. Find out more and submit your video at:
www.rvh.on.ca/SitePages/rvhfilmfestival.aspx.

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Parents, Guardians Invited to Learn About Special Education in the SCDSB at Upcoming Information Sessions

The Simcoe County District School Board (SCDSB) will host a series of six information sessions for parents and guardians to learn about special education in the SCDSB, and how to support students with special education needs.

The following sessions will be offered:

December 18, 2017

Identification, Placement and Review Committee (IPRC) Information for Families

January 22, 2018

Assessments in Special Education: Psych Ed and Other Assessments

February 19, 2018

Transition Planning Grade 8 to 9

March 19, 2018

Accessing Supports in the Community

April 16, 2018

Understanding Alternative/Non-Academic IEP Goals

“Parents play a critical role in supporting students’ success, especially for those with special education needs,” says Chris Samis, Superintendent of Program/Special Education. “Being the parent of a child with special education needs can be complicated and confusing. Finding ways as a school system to reduce that confusion helps make the pathway simpler and straightforward, and ensures chances of success for everyone, especially the child.”

The information sessions take place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst.

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Schulich Leader Scholarship Program

Western University is proud to be one of the 20 participating university partners of one of the largest and most prestigious scholarship programs, the Schulich Leader Scholarship program.

With this partnership, Western is in support of students pursuing their dreams to become the next global pioneers in science, technology, engineering and mathematics. The scholarships are awarded to students on the basis of academic excellence and demonstrated ability for creative and innovative thought and a passion for higher learning.

Each year, Western will select 2 students to receive a Schulich Leader Scholarship:

\$100,000 to a student pursuing an Engineering degree

\$80,000 to a student pursuing a Science, Technology or Math degree

For more information on the Schulich Leader Scholarships including nomination process please visit:

<http://www.schulichleaders.com/>

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Gene Researcher for a Week

The Gene Researcher for a Week (GRFAW) program, developed in 2003 by The Canadian Gene Cure Foundation, was created to support the goal of fostering the growth of genetic clinician-scientists by inspiring and mentoring high school students in Canada. In the years to come, these emerging scientists may be the ones who will make ground breaking discoveries, and translate these findings to improved patient treatment and care. Under the sponsorship and guidance of the Canadian Institutes of Health Research – Institute of Genetics (CIHR-IG), the GRFAW Program can look forward to the longevity and growth of the program.

CIHR-IG is pleased to announce that applications will be accepted for the 2018 Gene Researcher for a Week Program November 1, 2017 through December 24, 2017. Funded by the Canadian Institute Health Research Institute of Genetics, CIHR-IG 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.

Please encourage your students that are eligible to apply; Application will be posted on November 1st at www.grfaw.ca and will CLOSE December 24, 2017.

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 (2017)
- ✓ 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 CIHR-IG, 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.

Important dates:

Application Deadline	24 December 2017
Teacher recommendation letter due date	12 January 2018
Parental Consent due date	12-January 2018
Review & selection period	8 January–9 February 2018
Anticipated notice of Decision	12–16 February 2018

More information is available on the website www.grfaw.ca or you may contact us at cihr-ig@mcgill.ca or phone 514-398-3416.

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Inclement Weather Days & Road Conditions

The Simcoe County Student Transportation Consortium (SCSTC) provides student transportation services within Simcoe County for the Simcoe Muskoka Catholic District School Board (SMCDSB) and the Simcoe County District School Board (SCDSB). The role of the SCSTC includes contracting bus and vehicle operators on behalf of the SMCDSB and SCDSB.

As winter weather approaches, the SCSTC reminds all students and their families that school vehicles may be cancelled due to poor weather, road conditions or visibility concerns.

Home-to-school transportation for Bear Creek is cancelled when the SCSTC announces:

- 1) All school vehicles are cancelled in Simcoe County; or
- 2) Central Weather Zone school vehicles are cancelled in Simcoe County

These announcements are made by the SCSTC through the local media. Cancellation information for Simcoe County is also available through the SCSTC website at: www.simcoecountyschoolbus.ca or via Twitter

@SCSTC_SchoolBus. When school vehicles are cancelled in the morning, the decision remains in effect for the entire school day.

If you are on Remind, I will let you know almost immediately when the cancellation message comes through.

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Sanofi Biogenius Canada – Biotechnology Competition

For over two decades, the Sanofi Biogenius Canada (SBC) program has nurtured young minds and fostered great talent for the future by challenging high school students to carry out groundbreaking research projects in the field of biotechnology. Detailed information about the competition can be found at www.biogenius.ca.

This is an opportunity for students to work under the guidance of an expert scientific mentor and gain access to a real-world laboratory environment. Not only will students learn how to structure, conduct and report on your experience, but you'll also learn how to share your discovery with others and communicate high-level scientific concepts to a wide audience.

Ready to apply? Submit your application now! You DO NOT NEED a mentor to submit your application: <http://biogenius.ca/apply/>.

More detailed information and promotional posters can be downloaded from their website: www.biogenius.ca. for more information about SBC's key managing partner, Partners In Research, visit www.pirweb.org.

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A & E Canadian Classroom - 2017 Lives That Make a Difference Essay Contest – For Students and Teachers

Welcome to the 2017 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 2017. 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 31, 2017**

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Green Team

Hello Bear Creek!

Waste Reduction is still the Green Team's current campaign because everyone can help in this area. Besides proper recycling at school, at home you can use your green bin and help reduce food waste. On average, wasted food makes up 1/3 of our garbage, so efforts here can help those who don't have enough food and reduce greenhouse gas production and climate change from the landfill. Let's do it!

Thanks for contributing to a greener future!

To help more, see you at the Green Team meeting Monday at 10:45 in 207.

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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. Please sign up on the list outside of the student success office room 110 or see Mr. Wilkey.
2. 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.
3. Kidney Clothes Christmas Elf Campaign

Earn 15 hours stuffing 30 bags of clothes. Please see attached for more information.

4. If you are a student still looking for volunteer hours we have an opportunity for you. Gift Wrapping Helpers are needed for a fundraising event at the Georgian Mall. There are many shifts still available. Please see Guidance for more details.

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Sports News

To check out scores, schedules, standings, etc, please go to: <http://www.scaasports.ca>.

Next week's sporting events look like:

Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
		K-Cup	Sr. Boys' Basketball	Jr. Boys' Basketball Tournament
			Girls' Hockey	Wrestling

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.

Badminton Club runs every Tuesday and Thursday from 4:15 to 6. You need a student card to play. **Anyone** can come out. There may be a slight cost to cover equipment. The various badminton teams will be chosen from the club members. See Mr. Wilkinson for more information.

Anyone interested in **Nordic Skiing (Cross Country skiing)** are welcome to join in for practices from 2:30 to 4:00 p.m. after school here at Bear Creek on Tuesdays and Thursdays. Please see Mr. or Mrs. Loucks in the Phys. ed. office for details.

Any **wrestlers** wishing to compete this week in Brampton are reminded of the mandatory practice tonight after school. New athletes still wishing to try out for the wrestling team are encouraged to see Coaches Cryer or Chestnut.

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Important Dates

Wednesday, December 13

Tuesday, December 12 – Wednesday, December 20

Thursday, December 14

Friday, December 22

Friday, December 22

Monday, December 25

Tuesday, December 26

Tuesday, December 26 – Monday, January 1, 2018

Monday, January 1, 2018

Monday, January, 8, 2018

K-Cup

Hanukkah

Seasonal Musical Recital

Winter starts

last day of classes for the calendar year

Christmas Day

Boxing Day

Kwanzaa

New Year

classes resume

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Positively Speaking

With the New Year just a few short weeks away, it might be time to reflect on habits that need to be changes, like negative thinking, unhealthy eating, living mindfully, etc.

I know I have A LOT to reflect on!

It usually starts with a simple idea – “I’ve got to quit doing ...”

I hope that this article provides some insights on quitting.

You Just Gotta Quit...!

As we go through our life, we pick up a lot of thoughts that over time become habits. At the time we acquire them, they often fit the situation we are dealing with so we decide to keep them. But as time goes by, these thoughts lose their usefulness and we file them away for future use. Sadly, the thoughts end to cloud our thinking and colour our vision for the future. Unfortunately, we now feel comfortable with them and are reluctant to let them go. But, if we wish to progress in life, we must exchange those “bad” mind habits for “good” new thoughts that will allow us to grow.

You just gotta quit...

Thinking small: Instead, think big, get a big dream and go for it. It’s better to aim for the moon and hit the side of the barn, than to aim for the barn and hit and land in the manure pile.

Thinking like a loser: If we think like a loser we will lose. Losers never win – winners never lose, they just learn from their mistakes and grow. For even failure contains the seed of equal or greater opportunity and reward.

Thinking mediocre: Strive for excellence. Only in the struggle to achieve can we experience our greatest highs. Mediocre thinking leads to mediocre actions, which, in turn, steals our dreams and accomplishments.

Thinking broke: Broke thinking will keep us broke. If we want more out of our lives, then we must stop thinking about what we don’t have and concentrate our energy on what we want and how we can get it. Seek out the changes we must make and make them.

Thinking negative: Think Positive! Don’t think, “I’ll try to do it”; think, “I will do it!” Negative thinking gets negative results and the numerical equivalent of negative is “0”. A positive attitude can turn a Zero into a Hero!

Enough Already – You Just Gotta Quit...Now!

Source: “You Just Gotta Quit...!”, May 10, 2017, The Perkolator

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Parent’s Corner

We have a Christmas/Holiday/Winter break coming up in two weeks. When we come back in January, we have about two and a half weeks, and then exams, or final evaluations (maybe not quite as scary sounding).

I know Link Crew will have “Cocoa and Cram” sessions to assist the grade nines, many of whom have not written exams, to get ready and develop study habits to prepare for their exams.

In previous e-newsletters, I have given exam study tips, but I have often wondered if it is too late – the habits needed to be developed earlier.

With two “uninterrupted” weeks coming up, it might be a time to start to get ready for exams. I know I will be spending some time getting my son ready for his exams, with tips and tricks I have learned and used over the years.

I realize that this is most likely filled time hence the quotes around uninterrupted, but taking a bit of time from each day, may reduce the overall stress that exams bring to students AND parents.

I hope you find the below article enlightening.

How to Study for Finals or Semester Exams Over Winter Break

If your school’s final exams (or semester exams) are after your winter holiday, it can be easy to fall into one of two extreme camps: either you spend the whole break studying (or at the very least, worrying about studying) or you don’t do anything at all because, hey, you’re on break!

Here are some other options that hopefully will allow you to strike a better balance between chaos and over-regimentation.

The “One Hour a Day” Finals Study Plan

Many students promise themselves they are going to study hard over winter break, but since vacation time can be so unscheduled, whole days often slip by before they realize they haven’t done anything at all. Prevent this slip-up by incorporating just a little bit of discipline into your days.

Schedule a “final exam review/essay writing/winter reading/whatever you’ve been assigned to do” period in every day. Sticking to the same time will help this plan be more successful. You can boost your discipline by scheduling some fun me-time around this as well. For example, “Yoga 9-10 AM,” “Study Time 10-11:30 AM,” “Video Game Break “11:30 AM-12 PM,” then keep the rest of the day open-ended if you want.

Over winter break, you’ll be gifted about 8 or so hours per weekday that were previously taken up by school, so it hopefully shouldn’t be too painful to keep a few hours of your morning regimented, and then allow yourself to take the rest of the time off.

The “Take a Break First” Final Exam Study Plan

If you are entering winter break feeling completely burned out by school, it’s understandable if you don’t feel like scheduling study time into your first morning of freedom. If this is the case, it’s ok to allow yourself a few days (or even a week if you have longer break) of total decompression. Put your backpack in your closet and get fully rejuvenated. It may mean you need to put more hours of work into each day once you resume studying, but if you are feeling completely refreshed when you do, you will likely get more out of your efforts.

But just so the procrastination train doesn’t go completely chugging off the ends of the earth, I highly suggest you spend the first evening or morning of break making a list of everything you need to do and how much time you think you need to devote to studying overall. Then determine how many days you can take completely off and when you will resume your studies. Once you’ve done this, you can put it all out of your mind until it’s time to pick up those books again.

The “Holiday Rewards” Finals Study Plan

There's often no time like the holidays for gratuitous treats. When I was a kid, we always got chocolate-filled Advent calendars from my grandmother. Every day of December, you opened the door and got a chocolate, but my mom used to make me wait until after homework to eat mine. The wait was agonizing, but it made the chocolate all the more sweeter and helped stave off the procrastination that otherwise would have inflated my homework time. Find your own holiday or wintertime rewards that help you get your studying done: whether it's a cookie or evening ski time with friends. No reward unless you finish that day's (or hour's) studying task.

The "Avoid-My-Relatives" Final Exam Study Plan

I'm kind of joking about this one (but only kind of). Winter break often involves some family time, and sometimes it involves a lot of family time. Now, I hope you love spending time with your loved ones, but if it gets to be a bit much, you might be able to strategically schedule some study time around it. So make sure you know what your family's winter break plans look like. Studying for your history test or writing an English essay just might get you some much needed alone-time holed up in your room instead of endless rounds of board games with your cousins. And don't forget to make full use of travel time. Several hours on a plane or in a car without Wi-Fi can provide some distraction-free study time and might help you put a lid on that harmonized family sing-along. Ok, ok, get in one round and then slip on the headphones; your parents can hardly complain about your studiousness :).

Enjoy your break with a little study-time snuck in, and you'll be ready to head back to school both refreshed and ready to conquer those exams!

Source: "How To Study For Finals Or Semester Exams Over Winter Break", by Kristin Fracchia, December 22, 2015, High School Life, <https://magoosh.com/hs/gen/2015/how-to-study-for-finals-or-semester-exams-over-winter-break/>

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Parent Pointer Calendar for the following week (Dec. 11 – Dec. 15)

Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
If your teen is saving for a special purchase, have him/her keep a picture of it in his wallet/her purse for motivation.	Look over your teen's homework. Give compliments and constructive criticism.	Do you have to drive your teen to activities? Use the time in the car to talk.	Ask your teen to imagine life 150 years ago. How about 150 years in the future?	Host a team or club party. Seeing your teen's peers will give you new insights into her character.

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Have a great and restful weekend!

Stay warm and drive safely/carefully!

Be well!

Terry Wilkinson

Vice Principal
Bear Creek Secondary School

P.S. (Positive Statement):

“I hope people will finally come to realize that there is only one ‘race’ – the human race – and that we are all members of it.”

- Margaret Atwood

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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.

