



Weekly E-Newsletter
Stay Connected @ BCSS
 Friday, June 2, 2017

Dear Parents and Guardians,

Week 16, semester 2 ended with the start of the last month of the school year. Teams at OFSAA or playoffs, classes winding down, projects, ISU’s, staff/students getting ready for final evaluations and commencement. Arts Showcase is on Wednesday night. You don’t want to miss seeing all our talented artists. It is one of the busiest times of the year. Heed the message at the side!



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?

Perennials for the Front Gardens

I am hoping you will help me beautify the gardens at the front of the school. If you have perennials you are looking to split, could you please bring them in for me to plant? That would be greatly appreciated! Donations of soil, mulch, or anything else garden oriented, would be greatly appreciated as well.

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Approved School Year Calendar for Next Year

The Ministry of Education has approved the Simcoe County District School Board elementary and secondary school year calendars for the 2017-2018 school year. School starts on Tues. Sept. 5, 2017. The Holiday Break takes place Dec. 25, 2017 to Jan. 5, 2018, and March Break is March 12 to 16, 2018. The last day for elementary students will be Thurs. June 28, 2018 and the last day for secondary students will be Wed. June 27, 2018. To view the full calendar for next school year, visit www.scdsb.on.ca – ‘Schools’ – ‘School Year Calendars.’

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SCDSB Approves Strategic Priorities

On May 24, 2017, the Simcoe County District School Board (SCDSB) approved four new strategic priorities to focus on from 2017-2022. These priorities will form the foundation of the SCDSB’s work towards achieving our mission and vision.

The priorities are:

- Excellence in teaching and learning
- Equity, diversity and inclusion
- Well-being
- Community

“Our strategic priorities were developed based on community consultations as well as feedback from our Board, students, parents, staff and partners,” says SCDSB Chairperson Peter Beacock. “They provide a clear direction for the future of public education in Simcoe County.”

The strategic priorities will be supported by an operational plan outlining how the SCDSB will work to realize each objective. More detail about each of the [strategic priorities](#) is available on the SCDSB website.

There's Still Time to Register for Summer School

Summer school credit courses are available this July through in-person classes and eLearning. New this year are full credit grade 9 and 10 courses at Bear Creek Secondary School in Barrie. The in-person courses at Bear Creek will run July 4 to 28 from 9 a.m. - 3:30 p.m. Limited school bus transportation is provided from all areas of Simcoe County. Details are on the Learning Centres website: www.thelearningcentres.com. Students can also get information from the school or from any of the SCDSB's Learning Centres. Online registration for current SCDSB students is available through the student portal. eLearning registration is supported through high school Guidance Offices. Non-SCDSB students can register using the forms on the website.

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RCMP Career Information Session

Interested in learning about a career with the RCMP? There will be an information session held in the Career Centre next to Guidance next Wednesday, June 7th at 10:00 a.m. Come learn about what the job entails, salary, employment opportunities, recruitment and lots more!

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Ministry of Education Seeks Online Engagement Regarding Implementation of First Nations, Métis and Inuit Education Policy Framework

The Ontario Ministry of Education is working with researchers to gather feedback and input to inform the development of the Third Progress Report on the implementation of the First Nations, Métis and Inuit Education Policy Framework. Students, parents/guardians and families, teaching and nonteaching staff, Indigenous communities, organizations and partners, and school boards are invited to participate in an online survey and/or online focus groups to capture successes and help to identify promising practices and opportunities to provide further support to enhance the achievement and well-being of Indigenous students. To learn more, visit the SCDSB website, click on 'About Us', 'News', and look for the article entitled "Ministry of Education seeks online engagement regarding implementation of First Nations, Métis and Inuit Education Policy Framework."

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A Net Tuition Bill Should Land a Bigger Catch - ON's Net Tuition Bill Should Increase PSE Participation: Jones

A student funding system in Ontario that brings together sources of financial help will be watched closely by other provinces seeking to increase access, says Glen Jones

Access is the central issue driving higher education policy in Canada.

Higher education is the responsibility of the provinces under the country's federal arrangements, but while there are considerable differences among these provincial systems in terms of structure, tuition fee levels and funding approaches, increasing participation is a core policy objective across the country. In that light, a new national study and a new Ontario initiative are receiving considerable attention.

The study, [Postsecondary Enrolment by Parental Income: Recent National and Provincial Trends](#), was published by Statistics Canada in April. While Canada has had very high participation rates in post-secondary education (meaning universities and community colleges) for quite some time, the study – by Marc Frenette, a highly respected researcher – illuminates how these rates have continued to rise during the 21st century.

Overall, the participation of 19-year-olds increased from 53 per cent in 2001 to 64 per cent by 2014. But perhaps most surprisingly, Frenette finds that the greatest gains in participation rates have been among those whose families are in the lowest quintile for income. Their participation rates climbed by 25 per cent, from 38 per cent to 47 per cent, compared with an 8.3 per cent increase, from 73 to 79 per cent, among those in the top quintile.

But the study also notes that there have been major differences in the participation gains across the country. The eastern provinces have been far more successful than those in the west. The greatest overall gains were in Newfoundland and Labrador (19 per cent) and Ontario (16 per cent), while Prince Edward Island, New Brunswick and Quebec all had increases of more than 10 per cent. The greatest gains in the west were in British Columbia (6 per cent) and Alberta (4 per cent).

The differences between the provinces are even greater for students from low-income families. There were dramatic increases in Ontario and New Brunswick, while their participation rates actually declined in Saskatchewan, in the west.

What accounts for these disparities? The availability of high-salary, low-skill jobs in agriculture and natural resource industries in the west clearly influences participation in post-secondary education. But there have also been important differences in whether and in how provincial governments have supported enrolment growth.

Affordability is a key issue, but prospective students have frequently found it easier to obtain information about tuition costs than about the full level of financial assistance that may be available to them. One big reason for this is that student financial assistance often involves a number of different, independent mechanisms. Students have access to needs-based grants and loans from governments, merit- and needs-based funding from institutions and a range of credits available through the tax system.

The problem has been exacerbated by policy discussions that have tended to focus on tuition fee increases, rather than taking a more holistic look at affordability for low- and middle-income families. But things are finally taking a turn for the better in that regard. The government of Ontario is moving towards a new approach.

With full implementation planned for 2018, the province is introducing an integrated student funding system that will link provincial and some institutional mechanisms so that students will receive a net tuition bill at the beginning of the academic year. Many students will learn that their tuition expenses will be wholly covered by government grants, and that they will have access to additional grants and loans to support living costs.

Implementation of the new approach is quite challenging because it involves a restructuring of funding mechanisms and the linking of government and institutional processes and data systems. But Ontario's initiative has tremendous potential to further increase participation rates, especially among low-income and other under-represented populations. For would-be students concerned about tuition costs and debt, net tuition billing will represent a new level of transparency in terms of understanding the real price of post-secondary education, allowing them to make more informed choices.

Other provinces are already considering adopting this approach, and there is little doubt that participation rates in Ontario will be closely monitored to assess its impact.

Source: "A Net Tuition Bill Should Land a Bigger Catch - ON's Net Tuition Bill Should Increase PSE Participation: Jones", Glen Jones, June 1, 2017, https://www.timeshighereducation.com/opinion/net-tuition-bill-should-land-bigger-catch?utm_source=Academica+Top+Ten&utm_campaign=700585ba0e-EMAIL_CAMPAIGN_2017_06_01&utm_medium=email&utm_term=0_b4928536cf-700585ba0e-47835553

Still Collecting Pop, or Any Beverage, Pull Tabs

Thanks to Bayview Elementary School, in Midland, as they sent 4 paper boxes of pop tabs to us. Bayview Elementary, you guys ROCK!

I believe we reached our goal of over 400,000 and we still have half a year to go. We are still collecting. Thanks to everyone who has donated.

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 Nick/Aidan. If your teen sees me, they can give them to me as well, and I will see that Nick/Aidan gets the tabs.

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Kodiak Claws - new

Tracking forms are due to Mr. T. Smith by Friday June 9th to room 185 (Co-op office).

Kodiak Claw tracking sheets are now available in the Guidance office for graduating students. Pick up a form and complete all of the activities you were involved in during your time at Bear Creek and receive Kodiak Claws at commencement. If you qualify in 4 of the 6 categories, you will also be presented with the Kodiak Paw.

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Free Dental Screening for Secondary Students

Good oral health is essential for overall general health. Oral health problems can affect health growth and development, self-esteem and ability to learn. Dental screening is important for detecting oral health problems.

Oral Health program staff from the Simcoe Muskoka District Health Unit visit secondary schools each year to offer on-site dental screening for students. They will be here providing dental screening on June 12, 2017.

Students who choose to participate in a school dental screening can expect to have their teeth looked at by a Registered Dental Hygienist, who uses a separate sterile mouth mirror for each student to determine any oral health concerns. The dental hygienist will also answer any questions and share information about no cost dental programs available to high school students. Please encourage your child to have a dental screening.

For more information on the program call 705-721-7520 or toll free 1-877-721-7520 ext. 8804 (Monday to Friday, 8:30 a.m. to 4:30 p.m.) or visit our website at www.simcoemuskokahealth.org.

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Canada 150 Challenges

To honour our great country's sesquicentennial celebration, we at Bear Creek have put out some challenges: 150 donations of blood (see below); 150 jackets for Out of the Cold; 150 pairs of new socks; 150 laps of our indoor track; accumulated 150 pounds of weight off. Mr. Limoges has 150 Canadiana artifacts (I contributed 6 Canadian themed ties and a BC Lions Tim's card) in the front foyer. He put up some Canadian Tire money and we came up with another idea – \$150 of Canadian Tire money that we can donate to the Jumpstart program.

Check out the following link to see the challenges: <http://bit.ly/Canada150Challenges> . I have added a few to this list as well: 150 pounds of pet food for the Barrie OSPCA, 150 pounds of food to the Barrie Food Bank and read collectively 150 books (<http://bit.ly/read150bookschallenge>). If you would like to donate, please bring the donations to the office and we will distribute them as appropriate. If you can think of other “150” challenges, please let me know and I’ll put them out there for everyone to participate.

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Bear Creek Secondary School Saves Lives!

Dear Staff, Students, Parents and members of the Bear Creek community,

Have you ever donated blood before? It’s easy to do, takes about an hour, and you’ll have a direct impact on the life of a hospital patient in need.

Did you know?

- ☞ 52% of Canadians say that they or a family member has needed blood or blood products
- ☞ There is no substitute for human blood and it can’t be stored for long. In fact, some components of the blood have a shelf life of only 5 days.
- ☞ Leukemia patients can use up to 8 units of blood per week during treatment and 50 units of blood could be needed to help just one car accident victim.
- ☞ Canadian Blood Services collects blood every day of the year, except Christmas Day, because it is used every day.

Will you join our team of Life Savers?

As an exciting initiative celebrating “Canada 150”, Bear Creek Secondary School would like to donate 150 units of blood in 2017, and we invite you to help us reach our goal.

Not sure if you are eligible to donate?

Take the online quiz [Click HERE](#) or call 1-888-2DONATE (1-888-236-6283).

Find a clinic near you and book an appointment!

The Barrie blood donor clinic located at 231 Bayview Drive, Suite 100 is open:

Tuesdays & Thursdays : 4:00 p.m. – 8:00 p.m.

Wednesdays, Fridays & Saturdays : 8:00 a.m. – 12:00 p.m.

Visit their website www.blood.ca to find other community clinics near you and to book your appointment, or download the GiveBlood app

How to make your donation count towards our goal?

Bear Creek Secondary is a proud Partners for Life organization and to make your donation count, you must be a member of our team. [Click HERE](#) to join our team.

When you have finished entering your details, click “Submit”. This is a one-time registration. Once registered, all past and future donations for the calendar year will automatically count towards the annual donation goal. Thank you for saving lives!

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K’S’S – Kodiak Safe Space

Attention all students, K’S’S (pronounced KiSS) Kodiak Safe Space is meeting Tuesdays in the drama studio at 11 a.m. Please eat your lunch before and bring your ideas and a friend.

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Jam Sessions

Jam Sessions is back for semester 2. Every Wednesday in the drama studio at 11 a.m. Please eat your lunch before entering. Bring you ukulele or guitar. All levels welcome. Staff and students.

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Federated Women’s Institutes of Ontario (FWIO) Provincial Scholarship

Deadline: June 30, 2017

Value: \$1,000

Selection:

This scholarship is provided for students furthering their formal education as a full-time student at a post-secondary institution (in their first year). For scholarships to be awarded, proof of enrolment must be received by the FWIO Provincial Office by September 30th. Scholarships are forfeited after this date and will be awarded to the alternate.

Eligibility:

1. For the 2017 scholarship, students must complete a 500-word essay, answering the question:

"Canada’s Sesquicentennial and the Federated Women’s Institutes of Ontario’s 120th Birthday are both in 2017. What good qualities brought our great country and FWIO this far and how can these same qualities continue to lead us into the future?"

2. Awarded on the basis of academic achievement upon entrance into the program. A transcript of marks for the most recent academic year showing the numerical grade average in percentage form for the complete year (e.g. 85%).
3. Three signed reference letters from community organizers and/or high school faculty (no more than 2 from the school).
4. Applicant must be a Canadian Citizen, a resident of Ontario, and a prospective high school graduate. Previous winners are not eligible.
5. Full-time students entering their first year of studies at a post-secondary institution.

Conditions:

1. Candidates may apply only once in any one year.
2. When only one application is received, a grade point average of 75% must be attained for the full scholarship award. Half of the scholarship amount will be awarded for a mark under 75%.

[2017 FWIO Provincial Scholarship Application Form](#) (PDF)

Go to <http://fwio.on.ca/fwio-scholarships> for more information.

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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>.

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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.

As you can see, it is a busy room full of students and teachers. Students helping each other, alongside teachers helping students.

You don't have to stay for the full half hour. Come and get, or give, help with math.

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Volunteer Opportunities - NEW

**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 online 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. **Daffodil Campaign – Canadian Cancer Society**

AGE: 16+

ACTION: Volunteers needed to sell daffodil pins, promoting our daffodil flowers, or canvassing your neighbourhood. Please sign up and find your schedule at <http://myccsschedule.ca/events/index> . We are currently looking for volunteers for our three Relay For Life events in June.

June 9, 2017 in Alliston at the PPG Fairgrounds

June 16, 2017 in Orillia at ODAS Park

IMPACT: Volunteers are critical to our accomplishments. We wouldn't be able to support, inform and empower those touched by cancer without you. When you join our nationwide team, you have the combined strength of volunteers from across the country standing behind you to help you make a difference in someone's life.

CONTACT: Amanda Delgado amanda.delgado@ontario.cancer.ca 705-719-8063

3. **Sorter - Glowing Hearts Community Give & Get**

ACTION: Volunteers needed to accept donations; sorting through donations; distribute items to display floor.

IMPACT: Volunteers receive lunch and beverage. For every 4 hour shift your name is entered into our monthly draw for a 50.00 gift card to a local supermarket. Volunteers can select items from the donations for themselves. You are giving back to your Community, and meeting new people. Paying in forward is a feel good feeling.

CONTACT: Victoria Potter, victoriapotter369@msn.com, 705-719-8063

4. **Store Associate - Glowing Hearts Community Give & Get**

AGE: 16+

ACTION: Volunteers needed to hang/organize clothing and linens; do light cleaning (sweeping, dusting, etc); shelve new merchandise; greet and thank customers.

IMPACT: Volunteers receive lunch and beverage. For every 4 hour shift your name is entered into our monthly draw for a 50.00 gift card to a local supermarket. Volunteers can select items from the donations for themselves. You are giving back to your Community, and meeting new people. Paying in forward is a feel good feeling.

CONTACT: Victoria Potter, victoriapotter369@msn.com, 705-719-8063

5. Youth Volunteer Options - More opportunities at www.CommunityReach.ca

6. Want to make an outstanding difference to the life of a senior? Be a Friendly Visitor to a Senior at Roberta Place. Volunteers 12 & older are needed to:
- Visit residents in Roberta Place's long term care residence
 - Assist by playing games, providing hand & hair care, baking, doing some arts & crafts, puzzles & reading
 - Help with taking residents for walks outdoors, Zumba/exercises

Develop customer service skills. Must complete intensive orientation; undergo a Police/Criminal Reference check for Vulnerable Sector Population, supply 2 personal references. 2-step tuberculosis skin test will be done at Roberta place at no charge.

CONTACT: Sheila MacDonald PHONE: 705-733-3231, ext. 501 Email: smacdonals@jarlette.com

7. Lesson Volunteers – Hope Haven Riding Centre

AGE: 14

ACTION: Horse Leaders assist riders prepare horses for lessons and lead the horses during the lessons. Side Walkers walk beside the horse and rider providing support and stability. Our Winter and Summer sessions are 8 weeks long; Spring and Fall sessions are 12 weeks long. We provide volunteer training.

IMPACT: Volunteers help special needs children learn basic, fundamental movement skills, while making a profound and life-altering difference for youth and adults with special needs.

CONTACT: Julie Brown program@hopehavencentre.org 226-909-0558

8. 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.
9. Need volunteer hours but want to have fun at the same time? Join the “Youth Involvement” program as a Peer Volunteer with Simcoe Community Services!

From September to June, high school-aged youth from all over Barrie come to attend “Wednesday Evening Bash” events. Youth participate in bowling, craft and games nights, dance classes, movie nights, and have the chance to connect with friends.

All volunteers are required to submit a Criminal Reference Check and complete a volunteer orientation.

If you are interested in becoming a Peer Volunteer, please contact:

Jamie Hall, Stakeholder Relations Manager
705-726-9082 extension 5280
jhall@simcoecommunityservices.ca

10. Clothing Sorter – Dress For Success

ACTION: volunteers 14+ are needed to sort donated clothing, take inventory, & keep the store organized.

IMPACT: after school & weekends you can get your community hours and earn a reference for you resume. Most importantly you will enjoy meeting new people & have the satisfying experience of helping women return to the workforce.

CONTACT: Linda Reid orilliaandbarrie@dressforsuccess.org (416) 568-0766 (705) 324-7323, ext 163

11. Recreation Assistant – Coleman Care Centre

AGE: 14+

ACTION: Enrich in our resident's lives by providing social, mental, spiritual and physical involvement. Participate in our programs and special events, outings, parties, Bingo, Music Events & Crafts.

IMPACT: Being part of our organization offers you the chance to meet new and inspiring people, develop fresh ideas, use your skills or learn new ones, but most of all you will be an important part of our community.

CONTACT: Andrea Boddy andrea.boddy@schlegelvillages.com (705)726-8691

12. Theatre Volunteer – Talk Is Free Theatre

AGE: 14+

ACTION: We have various positions to fill, including ushering, bingo, set up and tear down of sets, data entry, assisting with administrative duties and assisting with inventory of costumes and props. There are also opportunities to help with one time special events.

IMPACT: We can't offer the quality of performances that we do without our volunteers! When you usher, you get to watch the performance!

CONTACT: Cara McRae admin@tift.ca 705-792-1949 ext 21

13. Cody's House - Youth Mental Health Centre www.codyshouse.org

Cody's House is seeking Volunteers to assist with our 3rd Annual Golf Tournament.

Everyone is welcome to participate.

Duties include prep, setup, running and tear down.

Light lifting, standing for extended periods of time and organizational skills an asset.

Please contact Samantha Murray smurray@keymindset.com (705)241-9241

14. Ducks Unlimited Canada – Barrie

AGE: 13+

ACTION: You can get involved with fundraising activities and events such as: administration & record keeping | advertising and promotions | bookkeeping & financial management | cashier duties at events | data entry | event planning | Organizing tasks & people

IMPACT: Become one of our over 5,300 volunteers nationally and gain a sense of pride and accomplishment by assisting Ducks Unlimited to preserve and protect Canada's important wetlands

CONTACT: Joanne Barbazza du_barrie@ducks.ca (705)721-4444

15. St. John Ambulance Youth Group Barrie

AGE: 9 – 17

ACTION: St. John Ambulance’s Youth Program is a structured health-oriented program that provides young people with opportunities for social, educational and personal development through training, community service opportunities, leisure activities and participation at special events.

IMPACT: Youth volunteers are given the opportunity to learn first aid and volunteer in their communities, fostering their personal development and commitment to service.

CONTACT: gbacn@on.sja.ca (705)726-0991

16. W C Little Fun Fair

WC Little is looking for volunteers for this year’s fun fair. This is a fun way to earn your hours! They are in need of students to run inflatables and games, for face painting, and help clean up at the end. Help for an hour, or help all evening; any help is appreciated! Feel free to contact Cindy Jamieson at 705-735-0070, or email the school at Wcparentcouncil@gmail.com.

17. Innisfil Farmer’s Market

Volunteers needed for the Innisfil Farmers' Market! Are you looking for community service hours for school or perhaps you would like to be a little more involved in the community? The Innisfil Farmers' Market is looking for volunteers on Thursdays, starting June 8th. There are various time slots available. Please contact our Farmers' Market Coordinator, Megan McLaughlin, if interested, at (705) 436-3740 ext. 4314 mmclaughlin@innisfil.ca.

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Sports News

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

This week in sports at Bear Creek:

Monday 5 th	Tuesday 6 th	Wednesday 7 th	Thursday 8 th	Friday 9 th
	Girls’ Slo-Pitch playoffs		Boys’ Football Safe Contact	

On Wednesday, May 31st, the **boys’ baseball** team faced Stayner Collegiate in a semi-final game, in Midhurst. They lost a tough battle, 6 – 2, which ended their season. Coaches Martynuik and Wilkinson are very proud of the efforts of the young men.

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Important Dates

Wednesday, June 7

Monday, June 12

Wednesday, June 14

Wednesday, June 14

Thursday, June 15

Wednesday, June 21 – Tuesday, June 27

Thursday, June 29

Arts Showcase

free dental screening

Athletic Banquet

EQAO Math

EQAO Math

Sem 2 Final Evaluations

Commencement

Positively Speaking

I like to praise people! I like to make feel good about themselves, using my words. What is interesting is how they react – teenagers and adults. I told my nephew how proud I was that he got into university – he got all “stumbly” and seemed uncomfortable. I told a student that I thought her haircut really suited her. She looked at me as if I had two heads. You tell people nice things about themselves and you watch them squirm about how to respond. People don’t know to respond to compliments. This definitely applies to adults, too. I thought the below two articles were useful on how to take a compliment.

The Reason Why I Give Compliments to Strangers

People wonder why I give so many compliments out to strangers. I’m not being fake and I’m not looking for people to like me. But if I pass someone and I like something, I say it. “Love those shoes!” or “Great hair!” or “Wow your eyes are beautiful!” ...why? Because life is hard and this world can be a shitty place, and people are mean. You never know how much those few words mean to someone, you never know what hell they may be going through; and when you put positivity out there into the universe YOU yourself become a happier person. It’s hard to be nice and be miserable yourself. It’ll reflect from the outside in. I’m telling you random compliment giving will change your life; and maybe someone else’s, too.

Source: “The Reason Why I Give Compliments To Strangers”, Jordan Sarah Weatherhead,
<https://positiveoutlooksblog.com/2016/05/21/give-compliments-to-strangers/>

The Art of the Compliment

Compliments are one of the most extraordinary components of [social life](#). If given right they create so much positive energy that they make things happen almost as if by magic. They ease the atmosphere around two people and kindly dispose people to each other. Of course, there is a way to give them. And, just as important, a way to receive them. And everyone needs to know how to do both.

Compliments derive from taking notice of praiseworthy situations and efforts. So they are a mark of awareness and consciousness. We need to cultivate awareness of the good developments that are all around us. Once praiseworthy situations are noticed, the awareness needs to be spoken. In other words, the compliment needs to be put forth into the world in spoken form. We deliver praise. People benefit from being the objects of compliments, but we also benefit being givers of them. Recipients benefit from knowing that we notice and learning that we value them. So compliments are powerful in motivating continued efforts. People strive to do more of what brings praise from others.

Focusing on and noticing the good qualities in the world around us gives our moods a boost all by itself. Plus, it is a kind of [cognitive](#) training, a training of attention. In addition, compliments amplify positivity; they not only deliver positive effects to others, those effects bounce back on us, ramping up the positive atmosphere we breath.

Compliments are little gifts of [love](#). They are not asked for or demanded. They tell a person they are worthy of notice. They are powerful gifts. But compliments work only if they are sincere reflections of what we think and if they are given freely and not coerced. Compliments backfire if they are not genuine. And faux flattery is usually highly transparent. A false compliment makes the speaker untrustworthy; it raises suspicions about motives. And that can undermine a whole relationship.

The art of the compliment is not only a powerful social skill; it is one of the most fundamental. You don't need to be an expert to do it well. You just need to be genuine. Compliments are in fact one of the finest tools for acquiring more social skills, because the returns are great and immediate. They escalate the atmosphere of positivity and become social lubricants, fostering the flow of conversation and advancing communication by enhancing receptivity.

Because compliments make the world a better place, everyone needs to learn how to compliment. For starters, they must be genuine. The more specific they are, the better. "The way you handled that question at the meeting was brilliant. You really refocused the discussion onto our plans."

Compliments work best when they are forthright and not incidental. So you need to clear a little space for a compliment and deliver the praise as a statement. Compliments on appearance are fabulous for making people feel good and help put people at ease. But they don't work in situations where appearance isn't an issue. Telling a colleague she looks fabulous is always good, except in a meeting about strategic planning or anything else. If compliments are a gift from a donor, their reception is equally a gift—a return gift to the giver. How a compliment is received can invalidate both the giver and the observation that inspired it.

Sadly, too many women discount compliments. Perhaps you've been in this situation yourself. Someone says, "Wow, you look great today." And you say, "oh, but I feel so fat (ugly) today." Or you get complimented on an outfit and you say, "Oh, this old thing, I've had it for years." Or someone says, "Hey, you gave a really good presentation." And you say, "oh, I just slapped some stuff together in five minutes." Such answers instantly suck the positivity out of the air and deflate the donor. They make the giver feel stupid for noticing and commenting on something so unworthy of praise. They totally invalidate the person's judgment. At the very least, they create social awkwardness.

There is only one way to receive a compliment—graciously, with a smile. The art of receiving a compliment teaches us an important lesson about life. It tells us that how we feel is highly subjective, known only to us. And it isn't necessarily observable to the world. And often the world is better off without knowing how we personally feel. And so are we. Because the positive atmosphere created by a compliment, if we allow ourselves to inhale it, can be powerful enough to transform our feelings.

Source: "The Art of the Compliment", By Hara Estroff Marano, March 1, 2004, last reviewed on June 9, 2016, <https://www.psychologytoday.com/articles/200403/the-art-the-compliment>

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Parent's Corner

Reading the below letter sent to me by my aunt "as an interesting read", I was reminded of a conversation I had with a male colleague a number of years ago, where he said, "My wife is out tonight, so I am babysitting". "No", I said somewhat self-righteously, "You are parenting!"

My wife tends to cook during the week as kids are hungry and I am not home yet. However, on the weekends and larger gatherings, I tend to do the cooking. Usually, everyone "applauds" my cooking but they didn't see the hard work that went into cleaning the house, decorating, etc. that my wife did while I was doing the cooking.

What I am saying, whether husband/wife, or wife/wife, or husband/husband, is that you don't "help out" but work together to achieve the overall common goal, whatever that may be. I have had this similar (not quite as lengthy or as preachy) talk with male students over the years – the only defining task that gender really segregates is child birth – you CAN do the laundry, you CAN clean the bathroom, you CAN cook, and on and on. I think that most people do, but we shouldn't, take our life partners/spouses for granted. Anyway, let me just get off my soapbox and let you decide what you think of the below article.

I Do Not Help My Wife!

I do not help my wife.

A friend came to my house for coffee, we sat and talked about life. At some point in the conversation, I said, "I'm going to wash the dishes and I'll be right back."

He looked at me as if I had told him I was going to build a space rocket. Then he said to me with admiration but a little perplexed: "I'm glad you help your wife, I do not help because when I do, my wife does not praise me. Last week I washed the floor and no thanks."

I went back to sit with him and explained that I did not "help" my wife. Actually, my wife does not need help, she needs a partner. I am a partner at home and through that society are divided functions, but it is not a "help" to do household chores.

I do not help my wife clean the house because I live here too and I need to clean it too.

I do not help my wife to cook because I also want to eat and I need to cook too.

I do not help my wife wash the dishes after eating because I also use those dishes.

I do not help my wife with her children because they are also my children and my job is to be a father.

I do not help my wife to wash, spread or fold clothes, because the clothes are also mine and my children.

I am not a help at home, I am part of the house. And as for praising, I asked my friend when it was the last time after his wife finished cleaning the house, washing clothes, changing bed sheets, bathing her children, cooking, organizing, etc. You said thank you.

But a thank you of the type: Wow, sweetheart !!! You are fantastic!!!

Does that seem absurd to you? Are you looking strange? When you, once in a lifetime, cleaned the floor, you expected in the least, a prize of excellence with great glory ... why? You never thought about that, my friend?

Maybe because for you, the macho culture has shown that everything is her job.

Perhaps you have been taught that all this must be done without having to move a finger? Then praise her as you wanted to be praised, in the same way, with the same intensity. Give her a hand, behave like a true companion, not as a guest who only comes to eat, sleep, bathe and satisfy needs ... Feel at home. In his house.

The real change of our society begins in our homes, let us teach our sons and daughters the real sense of fellowship! "

Source: "I Do Not Help My Wife!", Tee Edwards, May28, 2017, South Adelaide, Australia, posted by Laura Dewar, June 2nd, 2017

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Parent Pointer Calendar for the following week (June 5 – June 9)

Monday 5 th	Tuesday 6 th	Wednesday 7 th	Thursday 8 th	Friday 9 th
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One night this week, sit down and watch your teen's favourite TV show. Then talk about it with your teen.	A parent can tolerate behaviour without approving it. Know the difference.	If your teen has strong opinions on an issue, encourage them to write a letter to the editor of your newspaper.	Is your teen's room messy? Set the timer for a 15-minute pick-up blitz before they go out with friends.	Do a Friday night check for school supplies. Ask your teen if they are running low on any school-related items.
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Enjoy the weekend!

Go Jays!

Go Pittsburgh!

Go Golden State! Go Cavaliers! I don't really care as long as the game is good!

Be well!

Terry Wilkinson

Vice-Principal
Bear Creek Secondary School

P.S. (Positive Statement):

“Keep your feet on the ground, but let your heart soar as high as it will.

Refuse to be average...”

- Arthur Helps, British Historian

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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.

