



**Weekly E-Newsletter**  
**Stay Connected @ BCSS**  
**Friday, June 9, 2017**

**Dear Parents and Guardians,**

Week 17, semester 2 ended with classes winding down, projects, ISU's, staff/students getting ready for final evaluations and commencement. Free dental screening on Monday. Athletic Banquet is on Wednesday night. 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](mailto: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.

**Table of Contents**

- Perennials for the Front Gardens..... 2**
- Dress Code ..... 2**
- Yoga 4 Exams ..... 2**
- Approved School Year Calendar for Next Year ..... 2**
- SCDSB Approves Strategic Priorities ..... 3**
- There's Still Time to Register for Summer School ..... 3**
- RVH Celebrates Student Excellence ..... 4**
- Breakfast Club ..... 5**
- Message From #IGiveAShirt ..... 5**
- Festival of High School Musicals ..... 5**
- Save The Date – Rugby Tour Fundraiser ..... 6**
- Ministry of Education Seeks Online Engagement Regarding Implementation of First Nations, Métis and Inuit Education Policy Framework ..... 6**
- Calling All Textbooks (and Library Books) ..... 7**
- A Net Tuition Bill Should Land a Bigger Catch - ON's Net Tuition Bill Should Increase PSE Participation: Jones ..... 7**
- World Oceans Day – 9 June 2017 ..... 8**
- Apprenticeships Have "Relevance Built Right In" For Students ..... 8**
- Still Collecting Pop, or Any Beverage, Pull Tabs ..... 9**
- Free Dental Screening for Secondary Students ..... 9**
- Bear Creek Celebrates Canada 150 ..... 9**

Canada 150 Challenges.....	11
Bear Creek Secondary School Saves Lives!.....	11
K'SS – Kodiak Safe Space.....	12
Jam Sessions .....	12
Federated Women’s Institutes of Ontario (FWIO) Provincial Scholarship.....	12
Free Math Help for Students in Grade 7 To 10 .....	13
Math Help Room.....	13
Volunteer Opportunities - NEW.....	13
Sports News .....	18
Important Dates .....	18
Positively Speaking .....	18
How Learning to Read Rewrites the Brain .....	18
Parent’s Corner.....	20
EXAMS!.....	20
How to Revise Before the Exams.....	21
Parent Pointer Calendar for the following week .....	21
P.S. (Positive Statement): .....	22

## 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.

[Back to Table of Contents](#)

### Dress Code

As warm weather approaches, please ensure your clothing meets the student dress code. All shorts should reach mid-thigh, and pants are to be worn correctly so undergarments are not visible. Likewise, muscle shirts that fully expose the sides are not to be worn, and the midriff needs to be fully covered. Undergarments, like boxers or bra-straps should be covered.

Remember, all shirt logos should be school-appropriate: any messages regarding profanity or hate, weapons, drug or alcohol use are prohibited.

Students will be asked to change their clothing if it does not meet the dress code. Check the student handbook or ask your teacher if you uncertain. Thanks for your cooperation.

[Back to Table of Contents](#)

### Yoga 4 Exams

Need a way to relax and refocus before exams? Join Ms. Dold in the Dance studio next Tuesday, June 13<sup>th</sup> and Thursday, June 15<sup>th</sup> at lunch for gentle yoga with emphasis on mindfulness. See you there!

[Back to Table of Contents](#)

### 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](http://www.scdsb.on.ca) – ‘Schools’ – ‘School Year Calendars.’

[Back to Table of Contents](#)

## 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.

Source: “SCDSB Approves Strategic Priorities”, May 31, 2017, <https://www.barrietoday.com/local-news/scdsb-approves-strategic-priorities-630264>

[Back to Table of Contents](#)

## 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](http://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.

From Liz McLelland, Program Coordinator – Night School and Summer School:

Summer School is fast approaching and we just wanted to send a reminder that online registration through the student portal will close on June 23<sup>rd</sup> for face to face classes at Bear Creek. We ask that you do this in a timely manner so that we have an accurate idea of class sizes for hiring purposes. If spaces remain in classes after June 23<sup>rd</sup>, students can register using the paper registration form which is available on our website (<http://www.thelearningcentres.com/high-school-student/summer-school>) which can then be dropped off in person at their local learning centre or faxed to us at 705-725-8359.

We still have space in our new grade 9 and 10. Current grade 8 students who are moving into grade 9 in the fall who wish to reach ahead for a credit are eligible to take the grade 9 and 10 credits offered this summer: this is a

great way to get a taste of high school and courses before they get there this September. Cosmetology is a technology credit; personal fitness counts toward the compulsory credit for graduation; guitar is an art credit, also can count as compulsory. Grade 8 students who register through the portal for these courses will need to be approved by their principal.

[Back to Table of Contents](#)

## RVH Celebrates Student Excellence

Nine students were chosen to receive an Outstanding Service Award

Royal Victoria Regional Health Centre (RVH) recently held a celebration honouring student excellence among the ranks of both its student volunteers and co-op education participants.

Nine students were chosen to receive an Outstanding Service Award and of those students three were selected by a panel of judges to receive the new MY CARE Student Award of Excellence.

The winners of a MY CARE Student Award of Excellence – the highest student honour at RVH – were: Dryden Chadwick, in the co-operative education category, and Mikaela Vieira, high school volunteer category, both from St. Joan of Arc Catholic High School.

In the post-secondary category, Kristen Walker, BScN program student through the Georgian-York University partnership, was the recipient.

“We want to inspire and motivate young people to be the best they can be,” says Janice Skot, RVH president and CEO. “We want young people to be excited about working or volunteering in healthcare. We want our staff to be both teachers and mentors as they share their skills and expertise. The three students chosen for the MY CARE Student Award of Excellence are not only exceptional student volunteers and co-op participants, but they are also ambassadors within our walls and in their community.”

Young people are a very important part of TEAM RVH and at any given time RVH has 50 to 60 students on its volunteer roster. In addition, RVH offers 35 to 40 co-operative education placements each year.

The winners of the 2017 Outstanding Service Awards were:

- ♥ Rafael Avezbadalov, Nottawasaga Pines Secondary School
- ♥ Ashley Franks, Eastview Secondary School
- ♥ **Leslie Haddock, Bear Creek Secondary School**
- ♥ Eric McMullen, St. Joseph’s Catholic High School
- ♥ **Amanda Sarris, Bear Creek Secondary School**
- ♥ Chantelle Wiseman, Barrie North Collegiate
- ♥ Mikaela Vieira, St. Joan of Arc Catholic High School\*
- ♥ Dryden Chadwick, St., Joan of Arc Catholic High School\*
- ♥ Kristen Walker, BScN program, Georgian-York University partnership\*

\*Also a MY CARE Student Award of Excellence winner

## **Breakfast Club**

Bear Creek's Eat Well to Excel - Breakfast Club has been very successful this year. It will continue into exams. We have served just over 46,000 students, averaging 292 students/day, at a cost of under 17¢/student/day, since the second week of September!

Students who miss breakfast at home can get a nutritious breakfast at school prior to period 1. This will be located in the main forum. We are very fortunate and grateful for the assistance of Tim Horton's who are donating bagels, muffins, scones and croissants. We would also like to thank Mrs. S. Elines for donations of various breads, buns, pastries, and other bakery items.

While there is no cost to the student, the program depends on donations from our community to keep going. We are asking parents and community members for donations of the following to help with our costs: cereal bars (peanut-free), cheese, fresh fruit, bagels, jams, non-hydrogenated margarine, cream cheese, 100% juice boxes, multi-grain breads, yogurt, muffins, granola/fruit bars, and cash. Anything you can assist with, would be greatly appreciated.

All year long the Breakfast club and the ladies in the café have been providing oatmeal. Thank you to Ornella and her staff, for having it ready in the morning. She has noticed that as the warmer weather has arrived, it is being used less and less, so it will soon come to an end as the supplies run. BUT, it will pick up again next year!

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

[Back to Table of Contents](#)

## **Message From #IGiveAShirt**

Hello Bear Creek Secondary School

Thank you for participating in the inaugural #IGiveAShirt Challenge. During Earth Week 2017 more than 90 schools from across Ontario collected 28,000 kilograms of clothing that will be reused and recycled. To help make this possible we'd like to both thank and congratulate your school for participating and collecting 82 Kg's of material! By diverting 82 Kg's of material from landfill 208 Kg's of Greenhouse Gas were saved!

We were overwhelmed with the enthusiasm and efforts of participating schools and wish we could award grand prizes to everyone.

While your school was not a finalist in this year's challenge, we do want to let you know how much we appreciate your participation and hope you take part in #IGiveAShirt challenge 2018!

Thank you again for participating, The #IGiveAShirt Team

[Back to Table of Contents](#)

## **Festival of High School Musicals**

A big shout out to the cast and crew of "Fiddler on the Roof".

On Tuesday, June 6<sup>th</sup>, at the Festival of High School Musicals, "Fiddler on the Roof" was recognized with several awards, including:

👏 an Honourable Mention for **Emily Gariepy** for her portrayal of Chava,

👏 a technical award for our outstanding beards, **Ms. Runnalls**,

👏 an Award of Excellence to **Delaney Hunsdale** for her portrayal of Tzeitel,

👏 a Best Supporting Actor award to **Jaydon Yerex** as Motel,

👏 a Best Supporting Actress award to **Rhiannon Hoover** as Hodel,

👏 a Best Actor award for **Avi Petliar** as Tevye

👏 and finally, the Best Musical award, a tribute to the excellence and hard work of the entire production team.

Take a well-deserved bow, we are proud of you all.

[Back to Table of Contents](#)

## Save The Date – Rugby Tour Fundraiser

The Bear Creek Rugby Tour is hosting a fundraiser at Boston Pizza in Barrie's South End. The fundraiser is a way for us to raise money for our 2018 UK Rugby Tour. You can help by joining us for dinner on Monday June 12<sup>th</sup> between 5:00 - 8:00 p.m. when members our Rugby teams will be serving you! It's that simple!

Boston Pizza is donating 10% of food sales during this period to our cause and we will be having a silent auction as well as some 50/50 draws, so the more of our family and friends that come out, the more we can raise for our team!

We look forward to seeing you!

[Back to Table of Contents](#)

## 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."

June is National Aboriginal History Month – check this very informative site at <https://www.aadnc-aandc.gc.ca/eng/1466616436543/1466616481533>

[Back to Table of Contents](#)

## Calling All Textbooks (and Library Books)

You would be surprised at the number of students who forget to turn in their textbook when they come to write their final exam. Each semester, we potentially lose several thousand dollars' worth of texts and library books. We would like to ask all parents to look around the house and see if there are any textbooks, library books or other school property tucked in closets, or under beds, or in the trunks of cars. If you see something that looks like it belongs to the school, please send it back to us. Remind your teen to bring his/her textbook to the final evaluation. Every returned textbook saves the school more than \$50! The less money we have to spend replacing lost text books, the more money we will have to support student activities.

[Back to Table of Contents](#)

## 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](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)

[Back to Table of Contents](#)

## **World Oceans Day – 9 June 2017**

Looks like another lovely day here on our Earth, with free rain, air and sun to help the plants grow that benefits all life. Hopefully, on World Environment Day, more of us will remember how totally dependent we are on a healthy Earth and show more green care for this world that cares for us. Always remember that Earth Day is every day.

This week ends with World Oceans Day. The oceans are incredibly important for all life on Earth. Yet, humans are causing great damage to them especially by (surprise) burning so much fossil fuels. This is actually making the oceans more acidic and threatens vital parts of ocean food chains. We're also polluting even the Great Lakes with plastic. It's time to green up our lives and make a difference for the future.

Green Team will be listening for our EcoSchools celebration at lunch time someday next week.

[Back to Table of Contents](#)

## **Apprenticeships Have “Relevance Built Right In” For Students**

Postsecondary institutions need to embrace apprenticeships and the many benefits they can bring to students, writes Scott Carlson for the Chronicle of Higher Ed. Carlson argues that the traditional college track has given many students overwhelming debt instead of workplace skills, and discusses how apprenticeships can allow students to earn while they learn. The article examines trends in the US postsecondary sector related to apprenticeships, and looks at how several US colleges have integrated apprenticeships into their institutions. “If

a student understands the relevance of what they are doing in their aspiration for work, then you've got them,” explains Colorado Department of Higher Education Executive Director Kim Hunter Reed, adding that apprenticeships “have the relevance built right in.”

This is why taking a co-op is SO important - TW

Source: “Apprenticeships Have “Relevance Built Right In” For Students”, By Scott Carlson, June 04, 2017, [http://www.chronicle.com/article/Why-Colleges-Need-to-Embrace/240248?cid=wsinglestory\\_hp\\_1&utm\\_source=Academica+Top+Ten&utm\\_campaign=d3fd0f759c-EMAIL\\_CAMPAIGN\\_2017\\_06\\_07&utm\\_medium=email&utm\\_term=0\\_b4928536cf-d3fd0f759c-47835553](http://www.chronicle.com/article/Why-Colleges-Need-to-Embrace/240248?cid=wsinglestory_hp_1&utm_source=Academica+Top+Ten&utm_campaign=d3fd0f759c-EMAIL_CAMPAIGN_2017_06_07&utm_medium=email&utm_term=0_b4928536cf-d3fd0f759c-47835553)

[Back to Table of Contents](#)

## **Still Collecting Pop, or Any Beverage, Pull Tabs**

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.

[Back to Table of Contents](#)

## **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](http://www.simcoemuskokahealth.org).

[Back to Table of Contents](#)

## **Bear Creek Celebrates Canada 150**

If you walk through the halls of Bear Creek Secondary School, you'll see a display case filled with 150 items representing Canada. From Tim Horton cups, Roots apparel, maple syrup and Inuit carvings, this display case capsules Canadian heritage.

Since the beginning of the year, Bear Creek has been celebrating Canada's 150th anniversary with some impressive projects!

One of the most extraordinary things the school has done is arrange an “Eat Together” event. Inspired by a President's Choice commercial, over 60 participants gathered to share a meal in the front foyer of the school.

The event was so successful that the organizers are considering hosting another Eat Together event in the fall to welcome Grade 9 students and their families to Bear Creek.

Some of the other projects include:



150+ pounds of food donated to the food bank



\$150 in Canadian Tire money donated to Jump Start



150 pints of blood donated to Canadian Blood services



\$150 raised from the Winter Ball, all proceeds going to Life Skills



150 books written by Canadian authors read by staff and students



150 bowls of soups prepared by cooking classes donated



150 minutes of spin class completed by staff



150 pillow cases made by fashion classes to be donated to Sick Kids



150 pounds' staff weight loss challenge



150 coats donated to Barrie Out of the Cold



\$150 raised for FNMI Grade 7/8 trip to Toronto



150 blankets/food items donated to Humane Society

Bear Creek will continue their celebrations into December until Canada's 150th year comes to an end.

Go Canada!

Source: "Bear Creek Celebrates Canada's 150", [June 7, 2017](https://sharingsimcoe.com/2017/06/07/bear-creek-celebrates-canada-150/) By [Communications Team](#), <https://sharingsimcoe.com/2017/06/07/bear-creek-celebrates-canada-150/>

[Back to Table of Contents](#)

## 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.

[Back to Table of Contents](#)

## 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](http://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!

[Back to Table of Contents](#)

## **K'SS – Kodiak Safe Space**

Attention all students, K'SS (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.

[Back to Table of Contents](#)

## **Jam Sessions**

Jam Sessions is on 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.

[Back to Table of Contents](#)

## **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 120<sup>th</sup> 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.

[Back to Table of Contents](#)

## 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>.

[Back to Table of Contents](#)

## 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.

[Back to Table of Contents](#)

## 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 on-line or at the Guidance office; I also have attached it) to the Guidance office as soon as it is signed by both you and a parent.

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

### 2. **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](mailto: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](mailto: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](mailto:victoriapotter369@msn.com), 705-719-8063

5. Youth Volunteer Options - More opportunities at [www.CommunityReach.ca](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:admin@tift.ca) 705-792-1949 ext 21

#### 13. Cody's House - Youth Mental Health Centre [www.codyshouse.org](http://www.codyshouse.org)

Cody's House is seeking Volunteers to assist with our 3<sup>rd</sup> 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](mailto: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](mailto: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](mailto:gbacn@on.sja.ca)      (705)726-0991

**16. 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 8<sup>th</sup>. 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](mailto:mmclaughlin@innisfil.ca).

**17. MEC Barrie Paddlefest – June 17<sup>th</sup>**

**AGE:** 9 – 17

**ACTION:** Help MEC with this event that celebrates the fun with floating. Learn new things, meet new people, and help MEC deliver a great event. Lots of positions are available so why not get in touch with Sarah to find out more!

**IMPACT:** MEC helps make sure our community has Good Times Outside – safely! Why not volunteer and participate in this fun experiential event.

**CONTACT:** Sarah Donnelly      [barriepaddlefest@mec.ca](mailto:barriepaddlefest@mec.ca)      705-792-4675

**18. 2<sup>nd</sup> Annual Volley For Johnny – June 24<sup>th</sup>**

**AGE:** 14+

**ACTION:** There are lots of volunteering options including registration, marshaling, helping with lunch & more. Contact Alexis to find out how you can help!

**IMPACT:** This event raises funds for Parkinson Canada and shows support for Johnny Farrell who was diagnosed with Parkinson's about 7 years ago and raises awareness and funds for this disease.

**CONTACT:** Alexis Farrell      [alexis.farrell@live.ca](mailto:alexis.farrell@live.ca)      705-229-0618

**19. 13<sup>th</sup> Annual MS Beach Volleyball Tournament – July 15<sup>th</sup>**

**AGE:** 14+

**ACTION:** There are lots of volunteering options including registration, marshal, food server, cheerleader, signage, set-up/tear-down and more!

**IMPACT:** Events further the MS Society's mission to be leaders in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

**CONTACT:** Jessica Rapson      [Jessica.Rapson@mssociety.ca](mailto:Jessica.Rapson@mssociety.ca)      705-733-0488

[Back to Table of Contents](#)

## Sports News

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

The 2017 Athletic Awards Banquet is on Wednesday, June 14<sup>th</sup>. Come celebrate the end of the year in sports with your team mates and coaches. Tickets will be sold for \$5 if you played a sport that paid an athletic fee, \$10 for sports that didn't. That fee includes dinner, and a gift.

[Back to Table of Contents](#)

## Important Dates

Monday, June 12	free dental screening
Wednesday, June 14	Athletic Banquet
Wednesday, June 14	EQAO Math
Thursday, June 15	EQAO Math
Sunday, June 18	Father's Day
Wednesday, June 21 – Tuesday, June 27	Sem 2 Final Evaluations
Wednesday, June 21	National Aboriginal Day
Tuesday, June 27	Canadian Multiculturalism Day
Thursday, June 29	Commencement
Friday, July 7	Report cards out

[Back to Table of Contents](#)

## Positively Speaking

I am an avid reader. I'd say 20 - 30 books a year. I found the article below from a science website about neuroplasticity, which, as I understand, the ability of the brain to re-train/train itself to perform tasks. Arrowsmith Institute, in Toronto and Peterborough, use neuroplasticity to help children/teens overcome 19+ learning disabilities. It re-affirms the idea that you will always learn if you read.

### How Learning to Read Rewrites the Brain

People who learn to read as adults show profound changes in deep [structures of the brain](#), according to a new study. The findings may change researchers' perspectives on the extent of [plasticity in the adult brain](#), the study said.

In the study, researchers recruited a group of completely illiterate women from villages in northern India and taught them to read. The women also underwent brain scans, both before and after they learned to read.

The researchers, to their surprise, observed changes in deep, evolutionarily old structures of the brain that were thought to be rather inflexible in adults.

"What previously has been found is that changes occur in the outer layer of the brain, in [the cortex](#)," said Falk Huettig, a senior investigator at the Max Planck Institute for Psycholinguistics in the Netherlands, who led the study, published May 24 in the journal Science Advances. "But what was quite surprising [was] that even the very deep structures, such as the thalamus and the brain stem, change and couple their activity with the outer layers of the brain."

[The thalamus](#) works to filter visual information and helps one of those outer layers, [the visual cortex](#), pick out the important bits even before people consciously perceive the information. The better the coordination between the thalamus and the visual cortex, the better [a person's reading performance](#), Huettig told Live Science.

The women in the study were all at least 30 years old and all were able to achieve a level of reading ability similar to that of a first grader in only six months. As the women's [reading skills](#) improved, the exchange of information between their thalami and cortices became more efficient, the researchers found.

"We knew that children's brains are very flexible, and that's why they are so much better in [learning foreign languages](#), for example, than adults," Huettig said. "However, what we found in this study [is] that even adults' brains are still very flexible and adaptable for the learning of new skills, and the extent in which this is possible was quite surprising."

The researchers focused on reading because it's a rather new skill from the perspective of [human evolution](#), they said. Humans started using written words only 5,000 years ago, which means the human brain — which had evolved over the course of several million years previously — does not have structures specialized to support reading. Instead, when humans started reading, structures that had developed in response to other environmental pressures began to cooperate and adapt, allowing the understanding of written words, the researchers said.

"We are trying to understand, on the basic level, [how the brain works](#) and functions," Huettig said. "One of the ways to do it is to look at these cultural inventions and what changes in the brain when it adapts to these completely new things."

However, the new study was aimed at more than just gaining a better theoretical understanding of how changes in the brain may work, he said. The researchers also wanted to gain more insight into disorders, such as [dyslexia](#), that develop when the brain circuitry cooperates in less optimal ways, Huettig said.

"In previous studies, we observed that [people with dyslexia](#) show abnormalities in these areas deep inside the brain, compared to people who read normally, he said. "But our study shows that these abnormalities are probably not the cause of dyslexia. These differences in these brain structures are essentially just a function of reading experience."

That means that the more a person reads, the better the various brain areas involved in reading may synchronize their activity, and the better the person will become at reading, Huettig said.

"There still must be a cause of dyslexia, but quite a lot of differences between people who read very well and people who don't read very well is [explained] just [by] experience," he said. "That means that everybody should be encouraged to read as much as possible, even if it's a challenge."

**Source:** "How Learning to Read Rewrites the Brain", by Tereza Pultarova, June 1, 2017, <https://www.livescience.com/59335-adults-who-learn-to-read-show-profound-brain-plasticity.html>

[Back to Table of Contents](#)

# Parent's Corner

There are eight, yes 8, days left in this semester, in this school year. Where did that year go? It is most difficult to get students to focus on the biggest assessment of the year but hopefully some pointers below will help you help your teen pass this last hurdle!

## EXAMS!

So you have an exam coming up soon and you need to learn a few excellent passing secrets. You are worried you have not learned enough or that you may not remember all you have learned. Do not beat yourself over feeling this way, because it is a very natural feeling.

However, you must ensure you have a learning plan and strategy in place, because if you do not have a plan then you are planning to fail or just want to have an average pass.

**1. Reprogram Your Mindset:** Do you believe you are the best and you deserve to have that excellent grade - the grade that you can be proud to tell people about?

What goes on in your mind about your study is what will determine how serious you take your books, which will in turn determine your grade. Begin to reprogram your mind that, success is yours for the taking if only you will apply yourself to deep studying and not shallow studying. Deep learning involves asking questions, sharing learned information with others, recording yourself while reading your notes and have these play over and over again on an ipod/mp3 player, using mind maps and any learning aid to help you with your revision. How your mind is programmed can make you a success, an average person or a failure.

**2. Be Health Conscious:** Truth is if you are not feeling healthy how will you bring yourself to study? Your health is a direct reflection of your studying power and ability. If you are feeling tired and sick in any part of your body, how will you be able to take your mind off the pain so you can concentrate on your studies?

A wise man once said, "The wise man should consider that health is the greatest of human blessings. Let your medicine be your food and your food your medicine."

What kind of food are you constantly putting in your body? Are your meals packed with vegetables, fruits, nuts, oily fish and lots of water, or are you indulging in fast foods?

Are chips your favourite snack and what quenches your thirst - pop? These kinds of foods will eventually suck up all your energy and not provide any nutrients to you. Just because you cannot see what happens after you eat your meal should not make you abuse your body.

**"Those who think they have no time for healthy eating will sooner or later have to find time for illness." - Edward Stanley.**

**3. Daily Exercise:** Emphasis cannot be placed on how a few minutes of exercising will increase your ability to study, by rushing blood to your brain. The simplest of exercises which may just be jogging or climbing up stairs could be great. It could also be something more fun, like dancing to your favorite music or whatever form of exercise you can easily do just before you settle down to study. I can assure you that 10 to 15 minutes of exercise will greatly increase your absorption rate of the material you may be studying. Also, try and take a 15 to 30 minute break time while studying. All these help with your absorption of the material you may be studying and concentration levels.

**4. Make Your Study Time Fun:** Everybody loves fun and so find ways you can inject some fun and joy into your studies. You will discover that a little bit of fun, will keep you wanting to study some more. Studying is something that most people, especially teens, find boring. The secret,

however, is those who have learned to have fun while learning are the same students who get excellent grades. If, let us say, you are a visual learner, then you want all your notes to be in picture form, brightly and colourfully labelled, create fun with sketches, link what you are learning to things around. You could have a pen represent number one in your memory. Likewise, the number zero could be represented visually as a happy face or an orange. Whatever your learning style is, use it in a fun way to make your studies enjoyable.

**All the best in your exams. Good luck!**

Source: "4 Exam Secrets For Teens", [Laura Lyseight](http://ezinearticles.com/?4-Exam-Secrets-For-Teens&id=2878567), <http://ezinearticles.com/?4-Exam-Secrets-For-Teens&id=2878567>

## How to Revise Before the Exams

Exam preparation starts at day one of semester. But don't panic if you haven't started yet, it's never too late! What you have to think about is what MUST be studied, what SHOULD be studied and what CAN be ditched, especially if you are running out of time. But if you are reading this, then you are well on the way to being proactive and taking effective steps towards exam success.

### Revision essentials:

- ✓ Get organized. Get all your material together and organize your study space.
- ✓ Find out about your preferred learning style and match your study techniques to suit this.
- ✓ Start reviewing early: daily reviews, weekly reviews and major reviews.
- ✓ Use active learning techniques for revision.
- ✓ Keep a record of all the exam hints that lecturers and tutors give through the semester, especially towards the end of semester. Never miss lectures at this stage!
- ✓ Create and plan a revision topic list and study schedule (work backwards).
- ✓ Know where you stand! Find out what your cumulative marks are so far and how many marks you need to just pass the exam or get the credit, and any hurdle requirements.
- ✓ Learn about the exam type, length and format. For example, exams can consist of any combination of the following formats: essay exams, multiple choice questions, open book exams, short answer questions, problem-solving questions, take-home exams, practical exams, oral exams and so on.
- ✓ Obtain previous exam papers so you can do relevant exam questions and obtain feedback from teachers.
- ✓ Maintain a balance of mind, body and spirit. Eat well, and eat healthy foods.
- ✓ Continue to exercise as it has been shown to improve memory and reduce stress. Take time to relax and visualize success!
- ✓ Enlist support from friends and family. Ask others to do your chores for you! Remember you can always reciprocate after exams!
- ✓ Study difficult subjects when you are at your peak concentration and study subjects you dislike most first.
- ✓ Use course outlines to revise objectives, list of topics and brief content descriptions.
- ✓ Use the SQ4R (Survey, Question, Read, Review, Recite, Recall) method.
- ✓ Prioritize! It's better to know a few topics well than to know bits and pieces.
- ✓ As the exam gets closer find out about the location, time and transport.
- ✓ Do past exam papers under mock exam conditions. Have an exam party with your friends!

Source: <http://www.educationforum.co.uk/revisionstyles.pdf>

[Back to Table of Contents](#)

## Parent Pointer Calendar for the following week (June 12 – June 16)

Monday 12 <sup>th</sup>	Tuesday 13 <sup>th</sup>	Wednesday 14 <sup>th</sup>	Thursday 15 <sup>th</sup>	Friday 16 <sup>th</sup>
Encourage your teen to avoid all-nighters and cramming just before an exam!	Ask your teen to keep a “to-do” list. By writing down the things they need to do, they are less likely to forget them.	Be an attentive listener! This will improve communication with your teen.	Set aside time to listen as your teen tells you about each of their teachers, classes, and exams.	Go on a “date” with your teen to do something fun. They have just finished their in-class evaluations – they need to de-stress.

[Back to Table of Contents](#)

Enjoy the weekend!

Go Jays!

Go Pittsburgh!

Go Golden State! It would be cool to see a team go unbeaten in the playoffs!

Be well!

*Terry Wilkinson*

Vice-Principal  
Bear Creek Secondary School

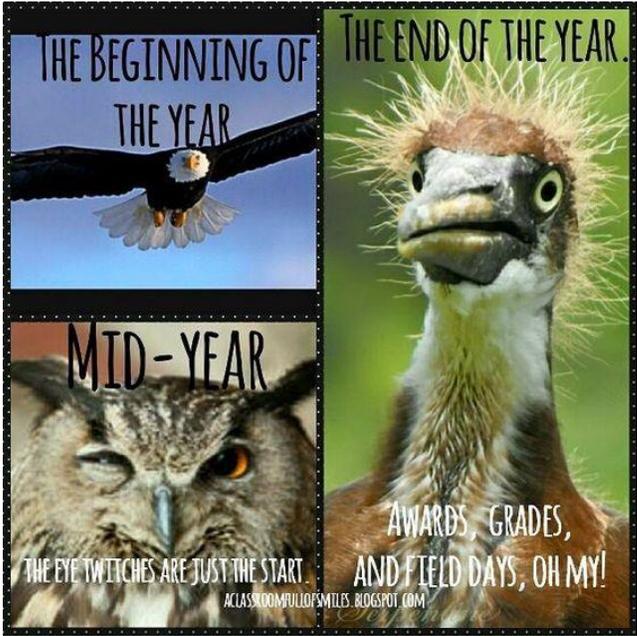
**P.S. (Positive Statement):**

“We must view young people not as empty bottles to be filled, but as candles to be lit.”

- Dr. Robert H. Shaffer, American educator”

[Back to Table of Contents](#)

**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.**



THE BEGINNING OF  
THE YEAR



MID-YEAR



THE EYE TWITCHES ARE JUST THE START

ACLASSROOMFULLOFMILES.BLOGSPOT.COM

THE END OF THE YEAR.



AWARDS, GRADES,  
AND FIELD DAYS, OH MY!