



Weekly E-Newsletter
Stay Connected @ BCSS
 Friday, March 29, 2019

Dear Parents and Guardians,

Week 7 of semester two ends with a collective sigh of grade 10 students, teachers, and administration as the OSSLT was on Wednesday of this week.

This week also ends on a darker note than usual – nothing bad happened, it’s just our way to acknowledge Earth Hour. At least half the lights were off in the building most of the day on Friday.

This weekend brings the Simcoe County Science and Technology Fair to Bear Creek. Hundreds of students from grades 4 to 12 bring their projects to the school to be presented and judged. We had to turn off the heat as the heat from all the energy that the students generated. Not to mention that there were judges and parents and public at the school. It is such a great event!

The first week of April brings our school musical, “Freaky Friday”. You will NOT want to miss it.

If you used the on-line interview sign-up format, would you please take 30 seconds to do the following quick survey: <https://bit.ly/2U5KlmZ> . Thanks very much.

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

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

Please follow me on Twitter: @VPWilkinson

Please follow me on Instagram: spfx8691

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

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one of the pledge cards (available online at simcoe.ca/ITSTARTS), upload a photo or video (30 sec. max) showcasing your school's work, or take a photo using the social media frames we'll be providing to secondary schools and post it on social media. Be sure to use #ITSTARTS and share with @simcoecounty on Twitter or Facebook, and with @experiencesimcoecounty on Instagram. Pledge cards are also available through the Equity, Diversity and Inclusion team by emailing Denise Cole at dcole@scdsb.on.ca.



For the pledge cards, participants are asked to fill the line with a word like “inclusion”, “community”, “understanding” etc. rather than their name.

For more information, and for additional pledge cards, please go to simcoe.ca/ITSTARTS or email scip@simcoe.ca

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Introducing the YouthfulCities Urban Work Index

We know that the world of work is changing, and that the jobs of the future will be vastly different than today's. We know, too, that educators, policy makers, and change-makers share a collective responsibility to help young people prepare for this changing world, but how about our cities? How are our Canadian cities preparing for the future of work, and how do they fare as places for young people to work and gain an education? What makes a healthy, vibrant, youthful city?

Find out in the inaugural [YouthfulCities Urban Work Index](#).

The Index

The YouthfulCities Urban Work Index is a research-driven report created in partnership with [RBC Future Launch](#), which pulls together data and key insights on 21 Canadian cities, all through a youthful lens. The Index ranks each city against indicators categorized by four central themes: Employment, Education, Affordability, and Entrepreneurship, and the rankings result in a cumulative “score” for each city.

The indicators are as interesting as they are varied. Affordability indicators, for example, measure the monthly cost of a one bedroom apartment; the cost of a one month gym membership; and the cost of a monthly public transportation pass, among many others. Education indicators, on the other hand, measure the average tuition cost; the number of post-secondary institutions per capita; and the number of local, federally funded summer student jobs. Each indicator represents an important building block, adding to a comprehensive assessment model for our Canadian cities.

The Results

How did cities across Canada rank?

In the overall rankings, Edmonton was the top ranked city in the country for youth to work. Edmonton scored 713.86 points out of a possible 1310, with Montreal placing a very close second (708.13 points), and Ottawa following in third (697.91). Toronto (622.60) and Vancouver (571.00) ranked tenth and fifteenth, respectively, and Winnipeg (488.55) landed in the twenty-first spot.

Results from the Education rankings, on the other hand, paint a very different picture. While St. John's ranked eleventh overall, it ranks first overall in Education, followed by Victoria, Quebec City, and Montreal. Oshawa, Mississauga and Halifax took the final three spots.

The Index's education theme is organized to capture the school-to-work transition, and ranks Canadian cities on how they are facilitating this transition successfully. In this way, the Index acknowledges the fundamental role that post-secondary education plays for young workers, and captures how education sets up youth for their careers.

To be clear, the Index is not a list of winners and losers. Instead it provides a closer look at the opportunities that exist within our urban centres, and suggests where more support is needed. As the results illustrate, there is more work to be done.

The Impact

An important takeaway from this research is the expansive understanding of what 'work' truly means. Straightforward employment and unemployment measures are important, yes, but to understand the 'why' behind these measures we need to broaden our understanding of what factors into 'work'. Work and employment do not operate in silos, but are deeply connected to indicators such as: access to education, government attitudes toward entrepreneurship, work integrated learning, and affordable housing. Creating a great city for young people to work in means broadening our definition of 'work' itself.

Beyond expanding our definition of work, the Index also compels us to confront Canada's demographic reality: as the Canadian population ages, we need to make sure our cities are vibrant places for youth to work. Canada's '[brain drain](#)' is an oft-cited issue, and critical to curbing this issue is offering vibrant, affordable, and opportunistic cities for Canadian youth. As we look ahead, the YouthfulCities Urban Work Index is a great starting point to expand this dialogue.

For more information about YouthfulCities, and to download the full report, please visit YouthfulCities.com/urban-work-index.

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Earth Hour

The World Wildlife Federation (WWF) launched an unprecedented campaign in Sydney, Australia in 2007 encouraging all citizens to turn off all non-essential lights for one hour. When over 2 million people participated WWF decided to take the campaign world-wide.

Hundreds of millions of people around the world will turn off their lights, on Saturday, March 26th from 8:30 - 9:30 p.m., for an hour, to demand action on climate change. But that's just the beginning! Every hour, Canadians are taking small steps to lessen their impact on the environment. From hanging your clothes to dry to taking transit to work, those small steps add up to huge changes for the better.

Sign up for Earth Hour at www.EarthHourCanada.org and turn off your own lights at home on Saturday night.

Together, we can make a difference.

Simcoe County District School Board has participated in this event for the past three years, and continues to see improvements and long-lasting effects from this event. Earth Hour is a wonderful opportunity to demonstrate

our commitment to environmental education. Not just by turning off the lights, but by turning on young minds. Whether it's a lesson on electricity, civics or mathematics, please encourage your schools to use Earth Hour as a learning opportunity.

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Student Parking

Students are reminded that you are to park your vehicles in the large parking lot to the West of the school. The areas behind the school, and East toward the roundabout are reserved. Thank you for your co-operation.

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Help Us Find Next Year's Students at the Ontario Science Centre Science School – due Tuesday

Application deadline: April 2, 2019

A semester at the [Ontario Science Centre Science School](#) offers Grade 12 students a chance to earn their science and math credits and prepare for university in a unique setting. Though they need to be academically strong, students don't need to have the very highest grades to attend this program. They do, however, need a love of science, a desire to learn, and a real interest in interacting with people. If you know an enthusiastic Grade 11 student who you think would enjoy this once-in-a-lifetime learning experience, please encourage them to apply today.

In addition to their science and math courses, students will enroll in our newly accredited Innovation Project, IDC4U Science Centre Innovation. They'll also:

- ✦ Analyze their own DNA using PCR and Gel Electrophoresis in the DNA Fingerprinting workshop.
- ✦ Experience a space simulation in Canada's only Challenger Learning Centre.
- ✦ Insert a gene from a bioluminescent jellyfish into E.coli to create their own transgenic organism.
- ✦ Engage Science Centre visitors with science activities.
- ✦ Lead science lessons for elementary students at a local school.
- ✦ Collaborate as a team to develop and 'pitch' an experience idea to the Science Centre's experts.

Download the Science School flyer [here](#).

Feel free to contact us with any questions at science.school@osc.on.ca or 416-696-4620.

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Inclement Weather Days & Road Conditions

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

If your teen will not be coming to the school on this day, you do NOT need to call in. It's nice that you do, but it is not required.

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

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

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

These announcements are made by the SCSTC through the local media. Cancellation information for Simcoe County is also available through the SCSTC website at: www.simcoecountyschoolbus.ca or via Twitter @SCSTC_SchoolBus. When school vehicles are cancelled in the morning, the decision remains in effect for the entire school day.

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

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Canadian Blood Services Needs Your Help!

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

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Scholarships

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

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

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

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

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School's In For Summer At The SCDSB

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

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

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

I have signed up my children for on-line Summer School courses. They'll do their work from the cottage. My eldest is realizing the benefit of getting courses done in the Summer - it opens up options to courses he wouldn't have had the chance to get because of mandatory courses. And my youngest is getting a head-start.

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Badminton Club

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

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

See Mr. Wilkinson for more information.

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Volunteer Opportunities

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

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

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

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

1. Do you like sports? Are you in need of community service hours? Do you want to get a jump on community service hours? Well the home game crew might be for you! We are in need of capable and trustworthy students to help with sports scorekeeping for the year. Basketball and volleyball are the main sports in which we require help.
2. Mr. Wilkinson is looking for students to be part of the Grounds Crew. Please see him in his office (upstairs admin tower) on Thursday for more information.

3. Mr. Wilkinson is looking for students to be part of the Breakfast Club. Please see him at the Breakfast Club table any day for more information and to sign up.
4. Are you a grade 12 University bound student currently taking advanced functions? If you are interested in tutoring mathematics to a younger Bear Creek student for either cash or community involvement hours, then come see Mr. Gunson, in Guidance, to learn what's available.
5. **Teen Advisory Board (TAB)**
Build your leadership skills. Join the Teen Advisory Board (TAB) which meets monthly to help plan new programs and services for teens. There will be pizza!
6. **BPL Teen Reviewers**
Practice your writing. Read a book, watch a movie, or play a video game and submit a review to earn two hours of volunteer time.

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Sports News

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

Next week’s sporting events look like:

Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
	Jr./Sr. Girls’ Singles Badminton @ Bradford			

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

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

Track and Field practices started on Friday, the 22nd after school for any athletes interested. There were practices from 11:00 to 11:30 on Tuesday and Wednesday and practices will continue to be this format until further notice. Please see track board for the sign-up list.

Now, if you don’t want to touch anyone who is hot, sweaty, and gross, (or hugging) like in wrestling, try **Badminton** – Thursday nights, from 8 - 10.

To all girls interested in trying out for the **Girls’ Softball** team, there is a sign-up sheet posted outside the gym. This is just to gauge interest for now, so please spread the word to anyone who might want to try out.

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Important Dates

Thursday, April 4 until Saturday, April 6

“Freaky Friday” musical

Monday, April 8 – Friday, April 12
Friday, April 12
Friday, April 19
Sunday, April 21
Monday, April 22
Friday, April 26
Friday, May 3

Drama Festival
Mid-Term
Good Friday – no school
Easter
Easter Monday – no school
Mid-Term reports out
P. D. Day

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Positively Speaking

As we head into the warmer months, students (and staff, including myself) find it harder to stay motivated, as we want to get outside and do “stuff”. It has been a long Winter – we had snow on Hallowe’en!

We have to find a way to keep our students, and ourselves, motivated and finish the semester successfully.

We can do it!

I hope you get something out of this article. I certainly did.

Lack of Motivation and Enthusiasm

Motivation and enthusiasm manifest as desire and interest, and as a driving force that pushes to take action and pursue goals. Lack of motivation and enthusiasm denotes absence or deficiency in desire, interest and driving force.

Lack of motivation and lack of enthusiasm are two of the main reasons for failure and of living a mediocre life. People lacking in motivation and enthusiasm are usually passive, blame everything and everyone for their circumstances, and often come up with many excuses why they shouldn't and cannot do this or that, while a motivated person will take initiative, try and not give up, and will not even think about such excuses.

Lack of motivation and enthusiasm can manifest everywhere, at home, at work, in relationships, in pursuing goals and in everything else. This often brings indifference, unhappiness and dissatisfaction.

What are the reasons for lack of motivation and enthusiasm?

- ⊗ Lack of faith in one's abilities.
- ⊗ Fear of failure, due to failure in the past.
- ⊗ Low self-esteem.
- ⊗ Lack of enough interest.
- ⊗ Fear of what others might say.
- ⊗ The habit of procrastination.
- ⊗ Laziness.
- ⊗ No awareness of the importance and usefulness of the subject or goal.
- ⊗ The feeling or belief that there are other more important things to do.
- ⊗ Not having the time to delve into the subject or goal.
- ⊗ Being too stressed or nervous.
- ⊗ Absence of enough stimuli or incentives.

The above reasons stifle motivation and enthusiasm, and are only excuses for not acting. However, you learn to overcome and disregard them, by becoming aware of them, acknowledging them, and understanding that you can change the programming of your mind.

Sometimes, people show short bursts of motivation or enthusiasm. They start doing something enthusiastically, but lose interest and motivation after a while, because they find it hard to sustain them.

If you wish to improve your life, you need to awaken motivation and enthusiasm. You need to realize how much you lose by their absence, and how much you gain by having them.

If you are overweight, and you don't have enough inner strength to exercise your body or follow a diet, you should consider strengthening your motivation to lose weight.

If you are a student, and are too lazy to study, you need to strengthen your desire to invest more attention, time and energy in your studies.

You need incentive and drive to follow your big dreams, and also for the performance of minor daily tasks and chores, otherwise laziness and absence of energy will set in procrastination. Instead of suffering, feeling uncomfortable and passive, it would be much better to awaken enough motivation to take action and do things. This will make you feel much better, happy and satisfied.

Procrastination, laziness, indifference and passivity bring unhappiness; weakness and lack of satisfaction, but being enthusiastic, motivated and active bring a sense of joy, strength and power. By getting motivated, you act, do things, take your mind off problems and difficulties and focus on finding solutions and achieving success.

So what can you do to get motivated and more enthusiastic?

Find out where you really need motivation.

and the life of the people around you.

This means finding out what really matters to you, what actions will bring benefits and improvement into your life

Find out what your real goals are in life. However, don't forget also to focus your attention on the little things of life, where a little motivation will help too. You will feel better and your life would improve, if you also overcome lack of motivation in small everyday life matters, such as washing the dishes, throwing out the garbage, cooking, cleaning, working, reading, writing a letter or just being nice to your neighbors.

Source: "Lack of Motivation and Enthusiasm", Remez Sasson, <http://www.successconsciousness.com/lack-motivation-enthusiasm.htm>

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Parent's Corner

They say (whoever "they" are) that in life, to achieve success, you beat 50% of the people by just showing up regularly. You beat the next 40% by working hard (staying motivated). The last 10% is a dogfight – that's where character traits like integrity and caring and so on will help one become successful.

This, I believe, happens to be true. I see it daily. The students who show up daily are usually successful. Those who don't, usually aren't. Showing up and attending hits many facets of life – work, getting on a plane, wedding, etc.

Anyway, I hope you find this article informative.

Promote Good Attendance by Setting Goals

Research conducted by the National Centre for School Engagement has identified many factors contributing to truancy.

Here are just a few:

- △ **Safety issues** - such as violence on the way to and from school
- △ **Family health** - causes students to care for family during school hours
- △ **Financial concerns** - causes students to work during school hours
- △ **Negative role models** - friends who skip school or partake in unhealthy choices, such as drugs or alcohol, during school hours

The study also developed a program to combat the effects of each factor. One surprising component was **teaching teens to set goals**. Once teens understood that education is a way to achieve long-term goals, they were more likely to attend school regularly.

Give your teen opportunities to set and achieve goals at home. When they are comfortable setting and achieving small goals, they'll feel more confident about setting and achieving bigger, long-term goals – such as graduating high school and pursuing a career.

Source: "Facts on Truancy", National Centre for School Engagement, <http://ojjdp.ncjrs.org/truancy/pdf/FactsonTruancy.pdf>

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Parent Pointer Calendar for the following weeks (April 1 – April 5)

Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
Expect your teen to attend school every single day.	Teach your teen to cheer themselves on. Positive self-talk, such as, "I can do this," will keep him/her motivated.	Encourage your teen to use "sticky" or Post-it notes to write down things he/she need to remember.	Don't pay your teen for regular chores. Helping out is every family member's responsibility.	Teens remember more from two 20-minute study sessions than from one 40-minute session.

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Have a great weekend!

Be well!

Terry Wilkinson

Vice-Principal
Bear Creek Secondary School

P.S. (Positive Statement):

“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.”

- Herman Cain

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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.

