



**Weekly E-Newsletter**  
**Stay Connected @ BCSS**  
**Friday, November 16, 2018**

**Dear Parents and Guardians,**

Week 11 was a busy one – as our grade 9 Kodiaks experienced a day of work through Take Your Kid to Work Day on Wednesday and we met our Bear Cubs, who experienced a day of high school.

Mid-semester report cards came out on Thursday. It was a day of shock and awe for some, and a week of “yeah, I thought I’d get that mark”. A strange dichotomy of smiles and tears existed for some students. Remember, there is pretty much still half a semester to go plus the final evaluations of 30%. When the students give up hope, the teaching staff, admin and parents have a difficult/impossible job to do; so let’s not give up hope and do whatever we can to motivate these teens to get their credits!



There is a P.D. Day next Friday, the 23<sup>rd</sup>.

I would like to wish the American members of the Bear Creek community and happy Thanksgiving.

I would like to wish the Bear Creek members of the Sikh community a blessed Birth of the Guru Nanak, on Friday, November 23<sup>rd</sup>. This day honours the birthday of Guru Nanak, founder of the Sikh faith, and is one of the biggest celebrations in Sikhism. Followers read the Sikh holy book from start to finish continuously for 48 hours (this is done in teams of men and women who each read for a few hours); the readings end in the early morning of the Guru Nanak’s birthday. Flowers, flags, and posters are displayed for decoration, and followers sing, pray and eat special foods.

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.

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

Please follow me on Twitter: @VPWilkinson

Please follow me on Instagram: spfx8691

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

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## What’s Happening at BCSS?

### Movember

The Mo, slang for moustache, and November come together each year, for Movember.

Movember challenges men to change their appearance and the face of men’s health by growing a moustache. The rules are simple, start Movember 1st clean-shaven and then grow a moustache for the entire month. The moustache becomes the ribbon for men’s health, the means by which awareness and funds are raised for prostate cancer. Much like the commitment to run or walk for charity, the men of Movember commit to growing a moustache for 30 days.

The idea for Movember was sparked in 2003 over a few “wobbly pops” in Melbourne, Australia. The plan was simple – to bring the moustache back as a bit of a joke and do something for men’s health. No money was raised in 2003, but the guys behind the Mo realized the potential a moustache had in generating conversations about men’s health. Inspired by the women around them and all they had done for breast cancer, the Mo Bros set themselves on a course to create a global men’s health movement.

In 2004, the campaign evolved and focused on raising awareness and funds for the number one cancer affecting men – prostate cancer. 432 Mo Bros joined the movement that year, raising \$55,000 for the Prostate Cancer Foundation of Australia - representing the single largest donation they had ever received.

The Movember moustache has continued to grow year after year, expanding to Canada, the US, UK, New Zealand, Ireland, Spain, South Africa, the Netherlands and Finland.

In 2009, global participation of Mo Participants climbed to 255,755, with over one million donors raising \$47 Million for Movember's global beneficiary partners. We are proud to announce that last year's Canadian campaign was the second largest in the world behind Australia, with 35,156 Mo Participants coming together to raise \$7.8 million for Prostate Cancer Canada.

The funds raised through Movember's Canadian campaign go directly to Prostate Cancer Canada which enables them to fund vital research that will lead to better screening tests and treatment options and to run support services for men surviving prostate cancer.

The other significant outcome of the Movember campaign is the awareness of prostate cancer, testicular cancer, and our men's mental health messages we are collectively generating. Men of all ages are not only listening, they are acting on this messaging and taking positive action with their own health, diet, exercise and lifestyle. We recently surveyed the Movember community and found that because of their involvement in Movember, 39% of the Mo Bros sought medical advice, whilst a further 36% encouraged someone else to seek medical advice.

The success of Movember can be directly attributed to the more than 627,000 Mo Participants who have supported our cause since 2003. Movember is sincerely grateful for their efforts and appreciate all they do.

For detailed information about the Movember Foundation, financial and annual reports, men's health, the programs being funded and the social impact Movember is having, please visit: <https://ca.movember.com/>

I am taking part in the Movember campaign this year. If you would like to support me (and I'd greatly appreciate it), please go to <https://mobro.co/vp-wilkinson> to donate

I have two funny stories about facial hair.

1. Canadian comedian, television and movie actor, Howie Mandel, in his book "Here's the Deal – Don't Touch me" – a revealing book about his life with OCD (obsessive compulsive disorder) - has a picture in it of one of his mustaches that he has grown. It was in the middle of his right cheek. "Who says it has to be under your nose?" he writes in his book. How true!

2. When I was in university, in my 4<sup>th</sup> year, my quantum mechanics professor was a brilliant, little lady named Dr. Friedhoff. She taught my dad, knew this, and I think had a level of familiarity that you wouldn't find in most Canadian universities. Of course, in 4<sup>th</sup> year physics, there aren't a lot of people in the class (4, actually), so it is pretty easy to be familiar with your students. She was teaching about some sort of wave function in the n<sup>th</sup> dimension when she stops, looks at me and says: "Terry Wilkinson, what is wrong with your face?" {You can insert your own joke here}

"Um,..., what do you mean?"

"You have something on your face! What is it? Is it dirt?"

"I'm trying to grow a beard," I said a little sheepishly.

She continued, "Well, go and shave it off – it looks horrible!"

She stood there and looked at me. She obviously was not going to teach any more until I left. My three other physics colleagues looked at me with pained expressions on their faces, so I packed up and left.

Needless to say, the next class I went clean-shaven.

Based on the last story, I really need your support. So does Prostate Cancer Canada, Testicular Cancer Canada, and Men's Mental Health through CMHA. So, if you feel like donating to a worthy cause, please consider a tax-deductible Movember donation via <https://ca.movember.com/mospace/> .

Thank you!

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## **Green Team - The Climate Action Plan Ontario Needs**

The Bear Creek Green Team organized a petition to the Provincial Assembly for a better climate plan with strong climate action and delivered the more than 860 signatures to MPP Andrea Khanjin on October 26<sup>th</sup>, 2018 with the following presentation highlights. The new Ont. Climate action plan must be driven by the far more urgent climate reality than previous plans. The latest U.N. IPCC Report released October 9<sup>th</sup>, 2018 was prepared by the world's best climate scientists. They wrote that we are facing a greater climate emergency and by 2030 must have reduced emissions significantly more to hold climate change to a maximum of 1.5 degrees C. or be affected by far greater climate disruption than ever imagined. This means our first priority has to be to protect the environment especially the climate to have any chance for a more prosperous economy.

Besides the recommendation of the IPCC, the 2018 Nobel Prize winners for economics also say that a key solution is clearly shown by the evidence to be carbon pricing. Canada's Ecofiscal Commission adds that there are 45 working examples of carbon pricing around the world which show that we can design carbon pricing to be progressive and revenue-neutral, sensitive to everyone's needs and able to protect business competitiveness while reducing emissions over time. We know that carbon pricing works and it is an efficient and cost effective policy originally developed by conservative political thought to be a capitalistic, free market practice and powerful economic stimulant. So a made-in-Ontario carbon pricing system would efficiently reduce greenhouse gas emissions and unlock the private sector to finance and drive innovative climate solutions. It must also promote green energy to replace fossil fuel energy that is the biggest source of climate emissions and support Ontario to benefit economically from the low carbon economies of the green future.

In order to put people first, young people and future generations must be remembered, which means Ontario needs a Climate Action Plan that takes the science of climate change seriously and takes strong actions to efficiently reduce emissions enough to avoid dangerous climate disruption so that youth also have a reasonable chance for a decent future. The government must also take good measures to educate the public about the dangers of climate change and how everyone can do their part. This is the time for major government investments along with incentives to help families and business do more to reach our necessary higher emission reduction targets.

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## **Parents/Guardians Invited To Learn About Special Education In The SCDSB At Upcoming Information Sessions**

The SCDSB will host a series of information sessions for parents and guardians to learn more about special education in the SCDSB, and how to support students with special education needs.

The following sessions will be offered:

- ☼ Nov. 19, 2018 – Positive Advocacy and Partnerships
- ☼ Dec. 10, 2018 – Accessing Community Supports

- ✿ Jan. 17, 2019 – Supporting Learning Disabilities: What does the SCDSB offer? How can I support my child at home?
- ✿ Feb. 25, 2019 – Understanding Special Education Amount (SEA)
- ✿ Mar. 25, 2019 – Building a Plan for the Summer: What is available? How do I access programs?
- ✿ Apr. 25, 2019 – Applied Behaviour Analysis (ABA): What is it? What can I do at home?

The information sessions take place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. Interested attendees may also access the meetings virtually.

More information, including the link to register and join the meeting virtually, can be found here:

[https://www.scdsb.on.ca/elementary/special\\_education](https://www.scdsb.on.ca/elementary/special_education)

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## Full Disclosure Date Approaching

If you have a teen in grade 11 or grade 12 courses and they are thinking of deleting/dropping a course due to not being satisfied with a current mark, the “Full Disclosure Date” is Thursday, November 22<sup>nd</sup>. This means that they must remove a grade 11 or grade 12 course by Wednesday, November 21<sup>st</sup>. If your teen needs more information about this or needs to delete a course, they should see their Guidance Counsellor or SERT as soon as possible before Thursday.

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## Bullying Awareness and Prevention Week is November 18 - 24

During this week we join other schools and school boards across the province of Ontario in recognizing Bullying Awareness and Prevention Week. While we have many different things planned in our schools, we also want you to know that this is not solely a one week focus in the SCDSB. Our daily goal is to maintain and enhance our schools as safe and welcoming places to work and learn. Our ongoing focus on the ten Commit to Character attributes (including respect, empathy, inclusion and caring) help our school communities to stand up against bullying. Additionally, the SCDSB strategic focus on equity, diversity and inclusion, along with well-being, permeates our halls and classrooms with the stated intention to help our students feel a sense of belonging and wellness.

Learn more on the Ontario Ministry of Education

website: <http://www.edu.gov.on.ca/eng/safeschools/prevention.html>

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## November 26 – December 2 – National Addiction Awareness Week

### All Walks of Life

Sadly, one in 10 Canadians suffers from some type of substance use disorder. That could mean your colleague, your neighbour or someone in your own family. Addiction does not discriminate—it affects all walks of life.

This year during National Addictions Awareness Week, we (**Canadian Centre on Substance Use and Addiction**) will be trying to dispel some deeply held stereotypes about substance use disorders. Through our Faces and Voices video campaign, individuals will share their experience with substance use, both personally and through others. The videos show how substance use disorders can affect any social level.

We are holding our Stigma Workshop: Breaking down the Barriers on Thursday, November 29, 2018. The purpose of the workshop is to increase awareness of stigma and to identify strategies to address it in our communities and workplaces. Our aim is to build meaningful partnerships with others committed to addressing stigma. We are conducting a Facebook Live event to bring you the panel from the workshop and will provide more information about this event soon.

We are also preparing a toolkit with infographics, videos and social media products for you and your organization to share and help raise awareness of this issue that affects #AllWalksofLife.

Your efforts to promote National Addictions Awareness Week 2018 will help reduce the stigmas and stereotypes associated with addiction and recovery. We need to reduce those stigmas because addiction does not discriminate.

Go to <http://www.ccdus.ca/Eng/newsevents/national-addictions-awareness-week/Pages/default.aspx> for more information.

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## Scholarship Report

When searching for scholarships, you have to know where to look! While many scholarships are listed in *The Scholarship Report*, it is not an exhaustive list. There are other places to consider! Begin thinking of scholarships that are specific to you and your interests. I have attached the November 2018 – January 2019 Scholarship Report.

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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](http://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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## Prime Minister's Youth Council – coming up soon

The Prime Minister's Youth Council (PMYC) is [accepting applications](#) for the next cohort of members.

Canadian youth, permanent residents and protected persons aged 16-24 years can apply. This means that your students could be the next members of the PMYC!

The application deadline is **November 30, 2018**.

### How can you help?

We need your help in ensuring that youth from diverse backgrounds are aware of the process, and that they could find themselves on the council if they apply.



Young people often undervalue their contributions and lived experiences. Let them know that their voices matter, and that they really can advocate for their communities in a meaningful way. Follow **@LeadersToday** on [Instagram](#) or [Facebook](#) and hear directly from current members of the PMYC. You can share these posts on your own social media channels to reach as many young people as possible with these inspiring messages, with the hashtag #PMYouthCouncil.

Visit [Canada.ca/Youth](#), and review the application requirements.

We are looking for a breadth of youth from diverse backgrounds and interests – a group that truly represents Canadian values.

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## Young Women and the Trades – next week

Are you a female student interested in a career in the trades?

The Skills for Women Networking event takes place on Tuesday, November 20<sup>th</sup>, at the Holiday Inn, in Barrie.

Students will have the opportunity to network with women mentors through workshops and activities to learn about the exciting opportunities in the trades. Lunch and transportation is provided at no cost to the student. Interested students can see guidance for registration and more information.

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## 2019 Prime Minister's Awards

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

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

Prime Minister's Awards recipients can receive:

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

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

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

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## **A&E's Lives That Make a Difference 2018 Essay Competition**

Tell us about the heroes that make a difference in and out of your classroom and win \$3,000!

### **Welcome to the 2018 Lives That Make a Difference Essay Contest**

Here you can learn more about this year's essay contest and [Official Rules](#), check out last year's essay winners, and submit your own essay into the competition!

Teachers, be sure to check out our [Teacher Resources](#) section to learn how to bring free A&E educational programming weekly into your classroom.

### **Here's How to Enter and Win**

Students in 5<sup>th</sup> – 12<sup>th</sup> grades may enter by writing an essay based on someone they think made the biggest impact on Canadian society in 2018.

Prizes are awarded in two grade levels: 5<sup>th</sup> – 8<sup>th</sup> grade, and 9<sup>th</sup> – 12<sup>th</sup> grade.

Two winners will be selected in each level.

#### **GRAND PRIZE**

\$3,000 for student

\$1,000 for Department/ Classroom of Teacher

#### **FIRST PRIZE**

\$2,000 for student

\$1,000 for Department/ Classroom of Teacher

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## **Grad Photos**

Grad photos will be taken starting Thursday, December 6, 2018. If you have a first period spare you can pick up your grad photo information form from the main office.

You may book your graduation photo sitting by going online to [www.edgeimaging.ca/graduation](http://www.edgeimaging.ca/graduation) Use your school code BCK to book your appointment. Please see attached flyer.

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## **College Visits**

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## A Visit to Lakehead – Orillia

Are you a grade 11 or 12 student planning on attending University after high school? Lakehead in Orillia is offering an “explore university day” on December 4<sup>th</sup> at their Orillia Campus. Students will get a chance to tour the campus and sit in on real University Lectures. Lunch is provided and the transportation is free.

Permission forms available in Guidance. Only 36 spots are available, so don't delay!

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## Schulich Leader Scholarships of 2018-2019 Academic Year

Launched in 2012, this \$100 million program funds 50 undergraduate scholarships each year, across top Canadian universities. *Schulich Leader* Scholarships are the largest and most prestigious undergraduate Science, Technology, Engineering and Math (STEM) scholarships in Canada, with a value of up to \$100,000 each. Fifty students receive this celebrated award each year – 25 for Engineering at \$100,000 each, and 25 for Science, Technology, and Mathematics at \$80,000 each.

In order to become a Schulich Leader and receive the scholarship, students must first be selected by their high school as a Schulich Leader Nominee. High schools may select one Nominee each. Only Canadian schools are eligible to participate.

To be eligible, students need to demonstrate:

- 2 of 3 of: Academic, Leadership (entrepreneurial, business, community), or financial need
- AND be entrepreneurial minded in: Technology, Engineering, Innovation, or Research (Research into questions posed by scientific theories and hypotheses)
- AND be: A Canadian citizen, graduating in 2018-2019, and enrolling in partnering universities
- AND MUST NOT be: heading into medicine or medical research

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

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

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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. For those students in need of community service hours.....volunteers are needed for various positions by the Salvation Army. They include volunteers for the Christmas Kettles and for the Santa Shuffle. Please stop by guidance for more information.
5. 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.
6. Rock 95/Kool FM have officially launched their 28<sup>th</sup> year of the Toy Drive and which will be "wrapping" up December 21<sup>st</sup>, 2018.

They are looking for volunteers!! Perhaps you are a student in need of community service hours. Their warehouse is 30 North Village Way, Park Place (back of the old Target). Volunteers right now would just need to help sort toys (girls/boy & age groups). Please come to guidance if you are interested.

7. Dress for Success is looking for individuals or groups to wrap gifts for our 1ST Annual Fundraiser to be held at the Bayfield Mall.

**WHEN:**

Saturday Dec 1st through Monday Dec 24th (mall hours)

Shifts are 3 hours long each:

- Duties include wrapping and tagging presents.
- Collection of monetary payment.

• Students can receive Community Service Hours.

## CONTACT US TO SIGN UP FOR A SHIFT!

Kim Davis, Volunteer Coordinator

kim@dfsorilliabarrie.org

705-252-9200

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## Sports News

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

Next week’s sporting events look like:

Monday 19 <sup>th</sup>	Tuesday 20 <sup>th</sup>	Wednesday 21 <sup>st</sup>	Thursday 22 <sup>nd</sup>	Friday 23 <sup>rd</sup>
		Boys’ Curling @ Eastview		P.D. Day

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.

**Junior Girls’ volleyball** tryouts next Monday (19<sup>th</sup>) and Tuesday (20<sup>th</sup>) right after school until 4:15 p.m. Be sure to sign up on the sheet outside PE office.

Attention all boys interested in trying out for the **Senior and Junior Boys’ basketball** teams. There are sign-ups posted on the "coaches corner board" outside of the Phys-ed office. Make sure you sign up ASAP. The first try-outs happened later last week. The try-out times will be posted near the sign-up sheet in the next day or so. See Mrs. Loucks for more information.

The **Junior Boys’ volleyball** team hosted Innisdale on Friday, November 9<sup>th</sup>, after school in the SCAA Semi-final. The boys came out strong, taking the first set, but Innisdale battled back. It came down to a fifth set, and the Kodiaks feel just short, losing 16-14. The coaches would like to thank all players for a fantastic season, and a big thanks to all the fans who stayed after school to cheer us on.

Why not try **WRESTLING**? The sport where people of all shapes and sizes, find success. Practices are Monday, Wednesday, and Friday, after school, in the forum. See Olympic trained coaches Chestnut or Cryer for more detail, in room 128 or 111, respectively.

Why should I **Wrestle**?

Because Canada is the second best Wrestling Country in the world. Canadian Wrestlers have won more Olympic medals than any other sport since 1980.

Why should I **Wrestle**?

Because Simcoe County has the best wrestlers in all of Canada winning more OFSAA and National gold medals than any other region in Canada!

Why should I **Wrestle**?

Because there are more scholarship opportunities for wrestlers than any other sport!

Why should I **Wrestle**?

Because it's an amazing way to see the world. Simcoe County High school students have travelled to more than 30 different countries in the last 10 years. Most of this paid for by the Canadian Government

Why should I **Wrestle**?

Because wrestling is an amazing way to improve your strength, agility, cardio, flexibility and overall fitness.

Why should I **Wrestle**?

Because no matter what your #1 sport is (Basketball, Football, Rugby or Hockey) at some point you are going to face off one-on-one with an opponent. And wrestling gives you that edge to succeed!

The real question is, why aren't you going out for Bear Creek's **Wrestling** team?

Now, if you don't want to touch anyone who is hot, sweaty, and gross, try **Badminton** – Thursday nights, from 8 - 10. See Mr. Wilkinson for more information.

If you are interested in being a part of Bear Creek's **Swim** team, please see Mr. Gunson in guidance ASAP. Practice starts next week. All are welcome regardless of experience.

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## Important Dates

Tuesday, November 20

Tuesday, November 20

Friday, November 23

Sunday, November 25

Universal Children's Day

International Transgender Day of  
Remembrance

P.D. Day

International Day for the Elimination  
of Violence Against Women

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## Positively Speaking

This Thursday, our neighbours to the south celebrate Thanksgiving. We hear about it in Canada because of all the advertisements for Black Friday sales.

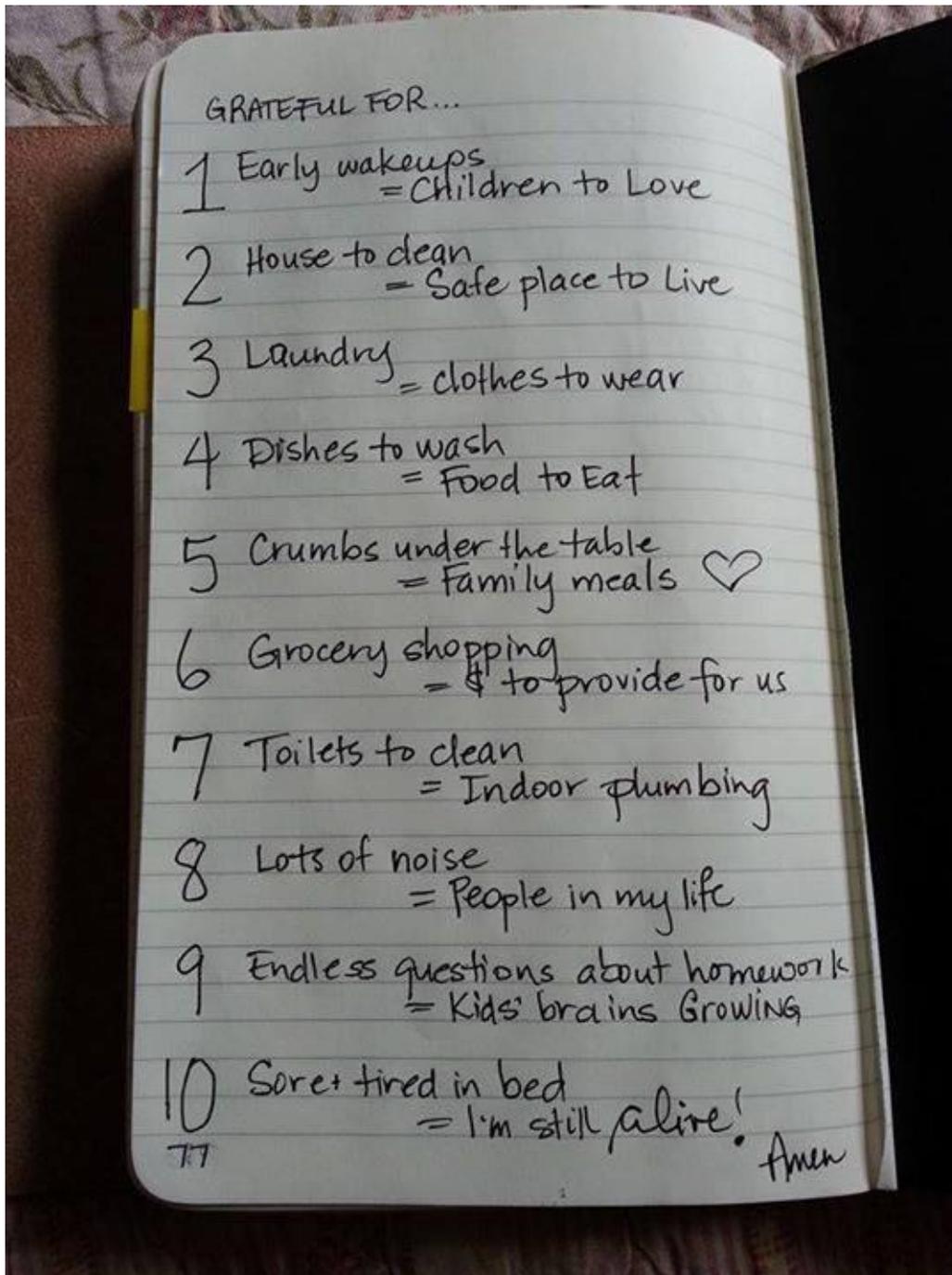
I like to honour both of the North American Nations' Thanksgiving days because I think it is good to show thanks for what you have.

I think there is ALWAYS something to be grateful for.

I can't take credit for this image, and I wish I knew where it came from, but it illustrates a great point. This is how easy it can be to do your daily gratitudes. Take the things that you take for granted and make a twist on them.

I hope you find something in the following list on gratitude.

## Turn Your Complaint List into Your Gratitude List



Source: <https://emberliving.wordpress.com/2015/10/01/turn-your-complaint-list-into-your-gratitude-list/>

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## Parent's Corner

I can't remember who mentioned this to me, a fellow administrator or my mother, that one of the "scariest" moments for them was a time that they were having a heated argument with their teen. They had arrived back at their home and the parent said to their teen, rather forcefully, to go in and get that thing, whatever it was, and that they were going to deliver it to whomever, someone the teen didn't want to deliver it to. I was told that the scary part of the interaction was, it was the first time they realized that their teen could say no and there was nothing the parent could do - there was no plan B. Well, maybe some of the tips below could be a plan B for you, if you need it.

# Kindness and Respect Can Keep You and Your Teen Connected

As teens grow up, they go through a process called **individuation** - they become more of themselves and more independent from their parents. This process can be challenging for parents, as it often seems like rebellion.

Research shows that using kind and firm parenting techniques is the most successful way to deal with individuation in a positive manner.

Try one of these tips the next time you are at odds with your teen:

- ↪ Talk with your teen. Instead of talking **to** or **at** your teen, have a calm, mature conversation **with** them to discuss how you each feel.
- ↪ Ask questions to help your teen understand their actions. Using **what** and **how** questions, lets your teen understand the consequences of their decisions and actions. **Why** questions often lead to defensive answers.
- ↪ Find a common bond. Increase your understanding of your teen's situation by sharing a time that you had a similar problem. Share how you solved it.
- ↪ Decide what to do with respect. Make an agreement with your teen. Tell them what **you** will do next instead of saying what **they** should do.
- ↪ Remind your teen that you love them. Work with your teen to bring your relationship closer. Remember, they will respect you if you respect them.

Source: M. R. Miller, "Kind and Firm Parenting for Parents of Teens", Positive Discipline Association, [www.positivediscipline.org/Default.aspx?pageId=279473](http://www.positivediscipline.org/Default.aspx?pageId=279473)

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## Parent Pointer Calendar for the following week (Nov. 19 – Nov. 23)

Monday 19 <sup>th</sup>	Tuesday 20 <sup>th</sup>	Wednesday 21 <sup>st</sup>	Thursday 22 <sup>nd</sup>	Friday 23 <sup>rd</sup>
Teens can prepare for some jobs while in high school. Check out the school's vocational/trades oriented courses.	Teach your teen about respect when in the car. Talk about how drivers can show respect for others on the road.	Ask your teen, "How is life outside of school?"	Encourage everyone in your family to make a gratitude list. Then, share these lists with each other.	P. D. Day

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Have a great weekend and a great upcoming week!

Be well!

## ***Terry Wilkinson***

Vice-Principal  
Bear Creek Secondary School

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

“To be free is not merely to cast off one’s chains, but to live in a way that respects and enhances the freedom of others.”

- Nelson Mandela, former President of South Africa, 1994

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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.**

