

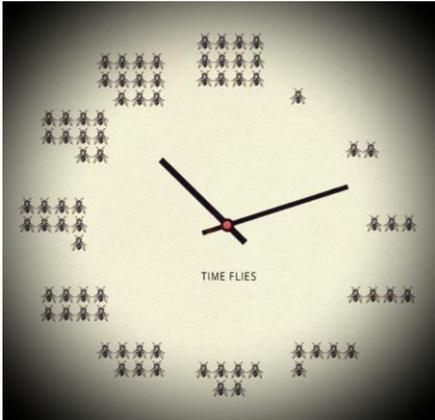


Weekly E-Newsletter
Stay Connected @ BCSS
 Friday, November 30, 2018

Dear Parents and Guardians,



Week 13 ends with the last day of November and heading into December on a wintry note. Can you believe we are entering the final month of 2018?! This is a very busy month with the Co-op Fair, the Music Seasonal Concert, the Dance Recital, the Kempenfelt Cup, etc. Time is speeding up - I am sure of it
 – as it is just flying by!



We would like to wish the Jewish members of the Bear Creek community a very happy, illuminating, and festive Hanukkah, from sundown on the 2nd to sundown of the 10th. *“Hanukkah Sameach!”*

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

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

Please follow me on Twitter: @VPWilkinson

Please follow me on Instagram: spfx8691

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

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What’s Happening at BCSS?

Movember – the final results

Friday, November 30th is the last day of Movember.

After Hallowe’en, I shaved off my beard, that I have had for 5 years.



And I looked like this:



This was my daughter's reaction:



This is actually not my daughter, but it **was** her reaction.

Send me an e-mail if you want to see the cat's reaction.

Some information for you:

In Canada, prostate cancer is the most common cancer in men. We've pushed prostate cancer research forward 50 years, but there's so much yet to be done. Men are still facing life or death questions, invasive treatments, and serious side effects. They're dying too young. My dad lost a good friend to prostate cancer this September.

Testicular cancer is the most commonly diagnosed cancer in young men. The Movember Foundation is working to halve the number of deaths from testicular cancer by 2030, and I want to help them get there. Help me stop men dying too young. A dear friend and neighbour's sons had testicular cancer. They are fine now but had to go through cancer treatments to be "cured".

Globally, a man dies by suicide every minute. Globally, the rate of suicide is alarmingly high, particularly in men. Around the world, on average we lose a man to suicide every minute of every day. Six out of 10 suicides are men. Too many are toughing it out and struggling alone. The causes of suicide are complex. There's no single reason why men take their own lives, but we do know that by improving overall mental health we can reduce the risk of suicide. We need to address untreated mental health conditions among men. We're looking at mental health through a male lens, and taking action at a community level to find solutions that work for men.

Sorry to be a downer but unfortunately that's the truth.

Anyway, I try to have a sense of humour about this humourless topic.

If you are looking to make a last end-of-year tax donation, I would greatly appreciate it if you would support me at <https://mobro.co/vp-wilkinson>

Thank you!

The results:

Mr. Craig's results:



Looking sharp, Mr. Craig!

Mr. Brawn at the beginning of Movember:



Mr. Brawn at the end of Movember:



WOW! Great job, Mr. Brawn!

I tried to do a little facial hair sculpting:



It was fun! Thanks to everyone who supported me. AND, there is still time to make a Movember donation, if you feel so inclined.

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Kempenfelt Cup

Attention Hockey fans and School Spirit Enthusiasts!

The Event of the year is quickly approaching. The 2018 Kempenfelt Cup is coming up on Wednesday, December 12th, and 500 lucky students will get to attend for the day on a first come, first served basis. If you don't know what the K-Cup is, ask your friends, Link Crew members, or adults in the building!

Permission forms are available to pick up on a table in the forum this week.

Tickets will go on sale next Tuesday, December 4th, at lunch in the forum.

In order to purchase a ticket, you need the following:

- School Spirit
- Signed permission form
- \$15 dollars cash.

Please try to bring the correct change as ticket sales will be very busy and it will help speed up the process.

GO KODIAKS!

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Discussing Non-Academic Careers, Internships Benefit Women in Science

“As a researcher, I’ve found many women are interested in science,” writes Marianne Stanford for the Chronicle Herald. “The challenge is getting them to stay.” Stanford then discusses the trends and barriers that tend to lower women’s participation in, and completion of, science-related doctoral programs, as well as the initiatives that seek to change this. In particular, the author focuses on the positive impact of alternatives to the professor-or-bust career mindset of many PhD programs, seeding academia with professors who understand how companies operate, and entrepreneurship skill development can have on women scientists.

Sources: National, [Chronicle Herald](#)

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Green Team – Waste Minimization Campaign

The Green Team’s Waste minimization campaign is underway. Waste audits last week showed some recycling in some garbage bins but most recycling bins had some garbage in them. Proper recycling reduces our overall use of Earth’s resources and energy too. Let’s do better Bear Creek by putting garbage and recycling where they belong! Don’t forget paper is only recycled in classrooms not hallway containers and only Tim cup lids go into recycling.

Green Team remember our regular Monday meeting at 10:45 in room 207. All are welcome.

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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:

- ✿ 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

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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.

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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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. 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 5th – 12th 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: 5th – 8th grade, and 9th – 12th 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

Contest begins September 17, 2018 and ends December 31, 2018. Entries must be postmarked no later than December 31, 2018.

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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.

Even if you do not want to purchase your graduation photos please have your picture taken so you can be included in the graduation composite.

You may book your graduation photo sitting by going online to www.bookmygrad.ca. Use your school code **BCK** to book your appointment. Please see attached flyer.

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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 4th 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 28th year of the Toy Drive and which will be “wrapping” up December 21st, 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; type “scaa ‘your sport’” in for league (i.e. scaa football).

Next week’s sporting events look like:

Monday 3 rd	Tuesday 4 th	Wednesday 5 th	Thursday 6 th	Friday 7 th
	Boys’ Curling vs. Innisdale	Jr./Sr. Boys’ Basketball @ Bradford	Boys’ Hockey @ Bradford	
		Girls’ Hockey vs. Banting		

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.

Why not try **WRESTLING (Or as Mr. Chestnut calls it - “competitive hugging”)**? 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?

On Thursday, November 29th, your Bear Creek **Wrestling** team travelled to Brampton for its first meet of the season. The team worked extremely hard with many great results. **Gold** medals went to **Amelia Cox** and **Bronwyn MacGregor**. Taking **Silver** was **Lisa Hoeflich**. Just missing the podium were **Haeden Worth** and **Brayden McBride**.

Congratulations to all Bear Creek **Swim** team members who competed in Collingwood on Thursday, November 29th. All swimmers raced with true Kodiak spirit and their results were fantastic.

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

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Important Dates

Sunday, December 2 – Monday, December 10

Thursday, December 7

Wednesday, December 12

Wednesday, December 12

Thursday, December 13

Friday, December 21

Monday, December 24 – Friday, January 4, 2019

Wednesday, December 26

Tuesday, January 1, 2019

Monday, January 7, 2019

Hanukkah

Seasonal Sounds, music concert

Kempfenfelt Kup

School Council meeting, 7 p.m.

Dance Recital

End of classes for calendar year of
2018

Christmas/Holiday Break

Kwanzaa

New Year's Day

Classes resume

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Positively Speaking

Saturday, December 1st is World AIDS Day.

World AIDS Day, designated on December 1st every year since 1988, is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease.

“Back then {pre-1988}, HIV/AIDS was considered a death sentence. Now it's considered to be a life sentence,” said Dr. Paul Sandstrom, the director of the National HIV and Retrovirology Laboratory in Winnipeg for the Public Health Agency of Canada (PHAC).

Saturday marks 30 years since [the first World AIDS Day](#), which was established in 1988, during the height of the AIDS crisis, to create awareness around HIV/AIDS, promote potential cures and remember lives lost.

Since then, HIV/AIDS has become more manageable and survivable thanks to life-saving anti-retroviral medication that was introduced in the mid-1990s.

An estimated 63,110 Canadians were HIV-positive at the end of 2016, according to a recent report by PHAC, which also says there is a new HIV infection in Canada every three hours.

Today, with adequate drugs, people living with HIV can avoid getting AIDS. Ongoing treatment can also suppress one's viral load — the amount of HIV detected in blood — significantly [reducing the risk](#) of transmitting the virus to another person to a negligible level.

My uncle, Danny, passed away from HIV+ complications more than 20 years ago. The world lost a caring and incredible, artistically-talented soul. When CATS came to Toronto, my uncle designed and then, created the costumes for the 6 main characters of the musical.

We have some of his furniture and artistic creations, and thus, think of him often and fondly.

I hope you find something in this article that may be inspiring.

Meet The Woman Who Cared for Hundreds of Abandoned Gay Men Dying of AIDS

In 1984, Ruth Coker Burks' discovery of a hospital room door with a "big, red bag" over it and her encounter with the dying young man inside changed her life -- and led her to becoming the final caregiver for hundreds of people dying of AIDS, most of them young gay men who had been abandoned by their families. When Burks, then 25 years old, learned how many young men were being left to die alone and often were not even being claimed for burial, she recalls thinking, "Who knew there'd come a time when people didn't want to bury their children?" Over the next ten years, Burks estimates that she helped care for over 1,000 people dying of AIDS and even dug the graves for 40 of them herself in her family's cemetery. In recognition of today's World AIDS Day, we're sharing her inspiring story -- and the powerful and timeless lesson it teaches about the power of compassion to overcome fear and prejudice.



Burks was visiting a friend at University Hospital in Little Rock, Arkansas when she noticed a door with a big red bag over it. "I would watch the nurses draw straws to see who would go in and check on him," she remembers. Burks, whose cousin was gay, knew enough about AIDS to guess who the patient inside the door was -- and fears about the disease didn't stop her from sneaking into the room. Inside, she discovered a skeletal young man desperate to see his mother before he died. When she told the nurses, "They laughed. They said, 'Honey, his mother's not coming. He's been here six weeks. Nobody's coming.'" Burks convinced the nurses to give her his mother's number and she tried reaching out one last time, but it was obvious his mother had no intention of coming to see her "sinful" son who she considered already dead to her. So Burks returned to the room and took his hand. "I stayed with him for 13 hours while he took his last breaths on Earth."

With his family refusing to claim his body, Burks decided to bury him herself in a local cemetery where her family owned hundreds of plots. "No one wanted him," she says, "and I told him in those long 13 hours that I would take him to my beautiful little cemetery, where my daddy and grandparents were buried, and they would watch out over him." The closest funeral home that agreed to cremate his body was 70 miles away and she paid for it out of her savings. A friend at a local pottery gave her a chipped cookie jar to use as an urn and she used a pair of posthole diggers to dig the hole. Over the next few years, when she became one of the go-to people in the conservative Southern state caring for people with AIDS, Burks buried more than 40 people in similar jars, most of them gay men who had been rejected by their families. "My daughter would go with me," she recalls. "She had a little spade, and I had posthole diggers. I'd dig the hole, and she would help me. I'd bury them, and we'd have a do-it-yourself funeral. I couldn't get a priest or a preacher. No one would even say anything over their graves."

During this time, as the AIDS epidemic was devastating the gay community across the country, she began to get referrals from rural hospitals from across the state. "They just started coming," she explains. "Word got out that there was this kind of wacko woman in Hot Springs who wasn't afraid... I was their hospice. Their gay friends were their hospice. Their companions were their hospice." Time and time again, Burks reached out to their parents but, out of the 1,000 people she cared for, she says that only a handful didn't reject their dying children. And, although she often saw the worst in people, she says she was also privileged to see people at their best as they cared for their friends and partners with dignity and grace: "I watched these men take care of their companions and watch them die... Now, you tell me that's not love and devotion." Burks also saw how the gay community supported one another and her efforts. "They would twirl up a drag show on Saturday night and here'd come the money. That's how we'd buy medicine, that's how we'd pay rent. If it hadn't been for the drag queens, I don't know what we would have done."

By the mid-1990s, better treatment, education, and social acceptance made her efforts largely obsolete and Burks stopped caring for patients personally. Today, the work that she and others did on behalf of the many people who died during the height of the AIDS epidemic in the 1980s and early 1990s has been largely forgotten. Burks' efforts, however, were brought to light last year when a crowdfunding campaign raised \$75,000 to finally fulfill her dream of creating a memorial to those she buried at the cemetery. A memorial that Burks had long hoped would read, in part: "This is what happened. In 1984, it started. They just kept coming and coming. And they knew they would be remembered, loved and taken care of, and that someone would say a kind word over them when they died."

Even today, people with HIV too often face prejudice -- for one young woman's compelling story about overcoming bullying as a teen for her HIV positive status, we recommend "Positive: A Memoir" for age 14 and up <https://www.amightygirl.com/positive>

For two excellent books about Mighty Girls living through the African AIDS epidemic, check out "The Heaven Shop" for age 10 to 14 (<https://www.amightygirl.com/the-heaven-shop>) and "Chanda's Secrets" for age 13 and

up (<https://www.amightygirl.com/chanda-s-secrets>)

And, for many books for children, teens, and their parents that promote acceptance and understanding of LGBTQ people, check out our blog post "True Colors: Mighty Girl Books for Pride Month" at <https://www.amightygirl.com/blog?p=12258>

Source: "Meet The Woman Who Cared for Hundreds of Abandoned Gay Men Dying of AIDS", by David Koon, OUT Magazine, <https://www.facebook.com/amightygirl/photos/a.360833590619627/1951790524857251/?type=3&theater>

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Parent's Corner

I have had many exasperated parents say to me, "The kids these days – they think they're entitled to the good life without working for it. What do I do?"

Well, in some cases, and I'm going to stress "some cases", the teen is carrying out what they've learned from their parents. Confused? Read the following article from the Living section from a Saturday Toronto Star, almost a decade ago. I think it still applies today. You might find out who the "real" culprit is and just what to do about it. And by the way...I'm just as guilty and my kids are 15 and 13 (they usually aren't ungrateful though – guilt is a wonderful tool).

Living in A Spoiled Child Tug-Of-War

Is your teenager ungrateful? There's a fix for that. It starts with seeing you're part of the problem, too.

Is there an ungrateful teenager living in your house?

Lisa Butler feels your pain. She started a Facebook group called UTIMH (Ungrateful Teenager In My House).

"Here's my Christmas list," is how Butler describes the typical teenager's response to the approach of the holidays.

"They have such a sense of entitlement," added Butler, a social worker who lives in Hartford, Connecticut, with her 16-year old son. "They look at you as if you owe them."

And while her group doesn't have a lot of members yet, the few dozen who've joined are leaving heartfelt comments about kids who won't help around the house, daughters who demand designer boots, and sons who turn up their noses at delicious, homemade meals.

"How do we change that, now that they are teenagers?" wrote one mom.

Fortunately, Michael Ungar, a family therapist from Nova Scotia and author of a new book, *The We Generation*, says ungrateful teenagers can be reformed. Parents should require teenagers to make genuine family contributions, and set consequences if they don't.

Put that 16-year old in charge of making dinner one night a week, and don't bail him out if he doesn't do it. Or tell him if he wants a ride to his game, he has to walk the dog.

"You make my life a little easier, I'll make your life a little easier," Ungar said. "It's not about punishment. It's about honestly showing your child what it takes to make a household work of a society work."

Ungar says that today's parents from the "Me" generation, "figure it's easier to go and do everything for the kids than to make them do it." But he says we should be aiming to raise the "We" generation, where kids are thinking about others.

"All too often as parents, we don't ask enough of our kids," he said. He added: "Don't just simply invite them into the family. Give them a role in the family. You'll see some dramatic changes in behaviour as they understand that now they have a more adult function, that someone genuinely needs them."

Ungar said that when kids come home from school, "it's so easy to badger them with questions, lectures. 'Did you do your homework?'; 'are you going to soccer?'"

He says that sends a message that "you're just a dependent in this family. There's no real role for you other than someone who makes work for others."

Instead, he says, "turn it around. Tell them about your day. Ask for advice. Ask them to fix the computer or to make you a cup tea. Get them involved in making decisions about the next family vacation."

All that sounds more constructive than the notes left by desperate parents of Butler's Facebook page: "Yell real loud like you have lost your mind" was one mom's advice for dealing with rotten kids. Sit in the car on a "time-out for mommies" was another.

We should also help our kids experience and express gratitude. Jeffrey Froh, a professor of psychology at Hofstra University in New York, says studies show that adolescents who report feeling gratitude "are happier with their lives... They're more optimistic, less materialistic, less envious, and less depressed."

Butler readily admits that parents share the blame in having raised a generation of kids who take everything for granted.

She added, "I'm trying to put the thought in his head that there's always somebody out there that needs things more than we do."

Source: article from Associated Press, New York; The Toronto Star, Saturday, November 21, 2009; page L13 in the Living section

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Parent Pointer Calendar for the following week (Dec. 3 – Dec. 7)

Monday 3 rd	Tuesday 4 th	Wednesday 5 th	Thursday 6 th	Friday 7 th
Encourage your teen to read the newspaper every day. Today, choose a page one story and discuss it.	Does your newspaper have an online edition? Check it out. Your teen may prefer this version.	Have your teen write a letter to the editor on a subject that interests her/him.	Do chores together. Rake leaves, shovel snow or paint bookshelves. It helps teens learn life skills and it is quality time together.	Choose a letter from an advice column. Read it aloud. Then ask everyone to take a turn being the columnist.

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Have a great weekend and a great upcoming week!

Don't miss our seasonal music concert on Thursday.

Be well!

Terry Wilkinson

Vice-Principal
Bear Creek Secondary School

P.S. (Positive Statement):

In honour of the Hanukkah celebration:

“It’s the first night of Hanukkah and I want to wish families celebrating in Canada and around the world a very happy and joyous festival!”

- Honourable Prime Minister Justin Trudeau, Twitter @JustinTrudeau

“Happy Hanukkah! Over these eight nights, we draw inspiration from light that can overpower any darkness, and recommit ourselves to building a brighter future for our families, our communities, and our world. Chag Sameach from the Obama family to yours.”

- Former U.S. President Barack Obama, Twitter @BarackObama

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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.

By the way, tired of the weather? Just wait 20 minutes and I’m sure there will be a change (see below).

Putting on plastic to cover the cottage windows – snowing, raining, coat off, coat on, gloves on, gloves off, sweating, chilled – in a span of 2 hours.

Meanwhile, in Cottage Country...

