



Weekly E-Newsletter
Stay Connected @ BCSS
Friday, September 8, 2017

Dear Parents and Guardians,

Welcome Back!

Week 1 is over and whew – what a week! It was more like early October weather! There were lots of new students registering to attend BCSS. This, to me, proves that BCSS is THE place to be! It's been a good week and the students, and staff, are settling in to their school routine really well. Our Grade 9's look to be a really good group and are making an excellent transition to high school. I have included some clubs and teams' announcements that you could point out to your teen, if you think they might be interested and may have missed the announcement.

By day 2, we had an example of the character of the students of this school. A student lost his bike key and he didn't know where. I went out with him to cut his lock off, and low and behold, on the bike in front of him, someone had draped his key that he had obviously dropped near his bike. Great people here!

The format of this newsletter is BCSS/SCDSB news/announcements, followed by Sports and Volunteer announcements. Sometimes announcements have an extended date on them, like scholarship news or community events, so I leave them in subsequent newsletters. At the end of each newsletter, I have two articles, Positively Speaking, and Parent's Corner, that you could read and potentially discuss with your teen. This newsletter is to focus on the great, positive things that happen at Bear Creek, and allows me to brag about this school (which we don't do enough of).

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?

New and Returning Staff

We would like to welcome the following staff who are new to Bear Creek: Ms. S. Enwright, Mr. S. Moreau, and Ms. C. Wilkinson.

We would like to welcome the following staff who are returning to Bear Creek: Mrs. P. Athensassenas, Mrs. D. Burns, Mr. Craig, Ms. K. Erler, Mr. A. Mollica, Mrs. S. Prentice, Mr. N. Richardson, Ms. S. Ruttan, Ms. C. St. Jean, Mrs. D. Vanek, Mrs. R. Wilson-Weir, and Ms. X. Wu.

Again, welcome and we wish you a successful semester/year at Bear Creek.

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Breakfast Club

Bear Creek’s Eat Well to Excel - Breakfast Club begins next week. Students who miss breakfast at home can get a nutritious breakfast at school prior to period 1. This will be located in the main forum. We are very fortunate and grateful for the assistance of Tim Horton’s who are donating bagels, muffins, scones and croissants. While there is no cost to the student, the program depends on donations from our community to keep going. We are asking parents and community members for donations of the following to help with our costs: cereal bars (peanut-free), cheese, fresh fruit, bagels, jams, non-hydrogenated margarine, light cream cheese, 100% juice boxes, multi-grain breads, yogurt, muffins, dried fruit, raisin boxes, granola/fruit bars, and cash. Anything you can assist with, would be greatly appreciated. If you wish more information about the

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

Our cafeteria ladies make oatmeal every morning, which is free, also funded by Bear Creek's Breakfast program.

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Still Collecting Pop, or Any Beverage, Pull Tabs

Ferndale Woods...You Rock! Thanks for the pop tabs! They collected over 400,000 pull tabs last year and I will be sending them in for this year's count. All I can say is WOW! And thank you!

A few years ago year, if you had lunch in our cafeteria, you most likely got visited by Konor Moodie, a student in our Life Skills program. He collected pop tabs, sent them in somewhere and they turn into devices for special needs students. Last year, his efforts resulted in the collection of over 400,000 pull tabs. Konor has graduated!

I am hoping with your help, we can increase this number, as this year, we have two students who want to pick up where Konor left off – Nick, our Special Olympics National competitor in Snowshoe (he medaled at the national level – twice) and Aidan, our competitive student who plays every and any sport he can. So if you see them in the halls or cafeteria at lunch, we are looking for your beverage/pop tabs!

If you can, please collect pop tabs and have you or your teen bring them to school. They can drop them off at the office to be given to Nick/Aidan. If your teen sees me, they can give them to me as well, and I will see that Nick/Aidan gets the tabs.

Thanks very much.

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Parent Portal Gives Parents Real-Time Access to Attendance, Grade Information

The SCDSB Parent Portal is a secure online tool that provides parents/guardians (of students less than 18 years of age) with quick access to their children's attendance and grades and includes the option to sign up for email notifications. To access the Parent Portal, parents/guardians will need their child's SCDSB Pupil ID Number, which can be found on the Student Information Verification Form, as well as an Access ID. The Access ID will be provided in a sealed letter this fall with instructions on how to create an account. If you lose the Access ID, you can visit us in the school office and we'll provide it to you after verifying your identity.

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School Photos

Picture Day is Tuesday, September 19th, 2017.

All students must get their photo taken even if they are not purchasing a picture package. Students will have one photo taken – this will be for a student i.d. card, a yearbook picture and a picture package, if they choose to purchase one. Information on picture packages will be handed out on Monday of this upcoming week in period 1 classes. The picture flyer and payment must be returned to the photographer on picture day.

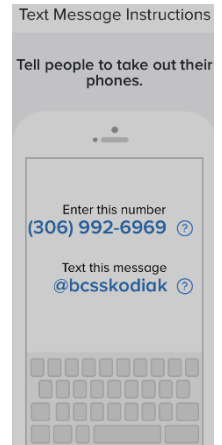
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Remind

I administer the Bear Creek Remind app and regularly send out text alerts regarding the school. Some of these may not relate to you but I generally try to incorporate texts that apply to everyone. I have attached the instructions of how to do this. These alerts are for students, parents, and staff. You can access this by entering the number (306) 992-6969, and text @bcsskodiak . I have added the feature that you can reply to me.

Some teachers have Remind apps as well.

The Guidance department has just established a Remind app. You can access that as well by entering the number (514) 400-9191, and text @bcguidance .



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Rugby Tour Fundraiser

The 2018 Rugby tour is doing a "Test Drive a Buick" (Through Georgian Chevrolet) fundraiser on Sat. Sept. 16 from 9 a.m. to 4 p.m. here at the school. \$20 will be donated to our cause for every test drive that we have (Limit 2 per household).

Please talk to or email Mr. Wilkey (dwilkey@scdsb.on.ca) to book a time!

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Kodiak Safe Space

The Kodiak Safe Space Student Wellness Group met Friday, September 8th, in room 215, at lunch. They will continue to meet, unless otherwise notified, on Fridays, in room 215, at lunch. Hope to see you there!

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Pay for Field Trips, Lunch Days, Etc. With SchoolCash Online

The SchoolCash Online program is available at our school, offering parents the option to pay online for lunch days and other items. Parents who sign up will receive a notification when a new item becomes available for purchase. Items are personalized to each student. Parents use a secure online account to process payments, and can either make a one-time payment for each item as it occurs, or load money to carry a balance in the online account to make payments in the future. To create an online account, go to simcoecounty.schoolcashionline.com. Please contact the school office with any questions.

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Student Accident Insurance 2017-18

Student injuries at school, during school events, and extra-curricular activities (athletics, clubs, and out-of-province/out-of-country trips) are not covered by the Board or its insurance company. While every precaution is taken to provide a safe learning environment, accidents can and do happen. It is essential that all students participating in extra-curricular activities have adequate insurance coverage for all instances of injury. The Simcoe County District School Board has selected the "insure my kids" program through Old Republic Canada

as an option for students/parents/guardians to consider with regards to purchasing student accident insurance coverage for the upcoming school year. The coverage is for 24 hours a day. This insurance offers a variety of plans and benefits at reasonable annual prices. Coverage can be purchased online at www.insuremykids.com. Please watch for your student accident insurance package along with a letter about requirements for extra-curricular activities and out-of-province or out-of-country trips.

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Now Accepting Applications for Loran Scholar Foundation Awards

The Loran Scholars Foundation is beginning its search for the 29th class of Loran Scholars. We are deeply grateful for your participation, helping us discover students who are dedicated to serving others, show promise of leadership and have integrity, courage, compassion, grit and a high level of personal autonomy.

Grade 12 students may now apply at apply.loranscholar.ca. They may also view the [application overview](#) and a [sample application form](#). As in previous years, they will need to submit a transcript, request a reference from a teacher or community member and have their school sponsorship confirmed (if applicable) before the deadline.

This year, we are delighted to announce a new selection committee for school sponsored candidates in Northern Canada! Regional interviews will take place via Skype. Interested students from the region may consider selecting this committee when applying this fall.

The deadline for applications is 8:00 pm (Eastern Time) on October 18th for school-sponsored applications and October 25th for direct pool applications (without sponsorship). Each high school may sponsor up to three students.

Find out more:

[Eligibility Criteria](#)

[Our Awards](#)

[How To Apply](#)

[FAQs for Applicants](#)

[FAQs for Schools](#)

We will grant up to 34 Loran Awards, each valued at \$100,000 over four years of undergraduate studies, as well as up to 104 finalist/provincial awards (\$5,000 or \$2,000 each, respectively) to promising candidates.

Online applications are now open for the Loran Awards. Students can find out more about [eligibility criteria](#), the [application process](#) and see a sample copy of the [application form](#).

Each high school can sponsor up to **three students** for these scholarships, which are valued at up to \$100,000 each over four years of university. **October 19** is the deadline for sponsored applications.

If more than three students are interested in applying, some can apply without sponsorship to the direct pool. Direct pool applications are due October 26th.

For further inquiries:

website: www.loranscholar.ca

phone: 416-646-2120

toll-free: 1-866-544-2673

email: info@loranscholar.ca

Link Crew

Link Crew members are senior level students who are the leaders of the school. Link Crew members are an excitable, enthusiastic bunch who are the guides/mentors/ambassadors to the incoming grade nines. On Thursday, August 31st, we had the Grade 9's at the school for team building activities, with the Link Crew. Hearty thanks go out to all the staff that came out to introduce themselves to the students, as well as barbecue the lunch, as well as to Ms. Sue Ketcheson, Ms. Heather Robert, and Mr. Matt Dawson who ran and organized the daylong event. A huge round of applause and thanks go out to our Link Crew members for their efforts.

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Conversational German Sessions

We have at least 3 German exchange students at Bear Creek and they have graciously agreed to run some sessions on conversational German. No credits are granted but students get to meet other students from Germany and our exchange students get to work on their English and meet Bear Creek students. Please bring your lunch to the Career Centre on Monday, September 11th.

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Back to School Reminder for Motorists

Officers will continue to monitor the school zones this week and would like to remind drivers to be extra cautious when traveling near schools or school zones

Officers from the Nottawasaga Detachment of the Ontario Provincial Police (OPP) were out on September 5th, 2017, (as I am sure all local police services were - TW) monitoring the school zones and making sure that everyone got to where they were going in a safe and timely manner.

Officers will continue to monitor the school zones this week and would like to remind drivers to be extra cautious when traveling near schools or school zones.

- 🔊 Watch for pedestrians or cyclists
- 🔊 Obey all speed limits
- 🔊 Watch for school buses and other vehicles dropping off or picking up students
- 🔊 Obey the rules and guidance of school staff when dropping children at school
- 🔊 Stop in both directions when a school bus has its signal lights flashing and stop arm extended

Let's make sure all our children go back to school safely!

Source: https://www.barrietoday.com/police/back-to-school-reminder-for-motorists-710664?utm_source=Email&utm_medium=Email&utm_campaign=Email

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There's still time to register for Night School

Night School courses for 2017-18 start Tuesday, September 12th for semester one and Tuesday, February 13th for semester two. Courses run on either Tuesday or Thursday evenings from 6 to 9 p.m. at the Barrie Learning

Centre, 320 Bayfield Street in Barrie. Each course offers a hybrid of in-class and online learning. For a list of available courses and to register, visit: www.thelearningcentres.com/adult-student/night-school.

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Career Centre Provides Job Search Help for Free

Are you looking for work? Would you like help with your job search at no cost to you? The Career Centre is available to help. Visit www.barriecareercentre.com for more information.

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School Grounds Are Smoke Free 24/7

Protect yourself and your children from the health hazards of secondhand smoke. Remember, it is against the law to smoke ANYWHERE on school property at ANY TIME. This includes smoking in your vehicle while picking up or dropping off students. It is also against the law to smoke or hold lit tobacco in a vehicle carrying anyone under age 16. The fine for ignoring the law is \$250. For more information, contact the Simcoe Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 or visit www.simcoemuskokahealth.org.

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How Exercise Can Help With Homework

It's the start of a new school year and students need to get back into the swing of things! Many students and parents adopt a similar philosophy for success – clear your schedule, buckle down and focus. Although the intention is great, by focusing solely on the books and neglecting the body, students are not actually reaching their full potential. Here are three reasons why exercise can make students more productive:

- ✓ **Better sleep** – it's a fact that our brains work better with a good night's rest. Getting enough sleep contributes to the brain's capacity to store and retrieve information, complete tasks efficiently, maintain focus and manage stress – all of which will improve student success.
- ✓ **Stress release** – exercise is proven to release endorphins that reduce stress. We all know how hard it can be to focus with an aching back, cramped neck or jittery leg. These physical distractions are often a result of excessive time spent in sedentary activities. A quick body break can relieve tension, stress and excess energy, making it easier to focus on the tasks at hand.
- ✓ **Retain more** – blood pumping exercise increases the flow of oxygen to the brain making it more receptive to the flow of new information coming in. Studies prove that students who exercise three times a week or more get higher grades.

In addition to exercise, students should ensure they are eating healthy, staying hydrated and getting lots rest and fresh air.

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Simcoe Community Services' Grandparent System Support Program

Simcoe County is home to approximately 4,000 grand-families. The Grandparent System Support Program (GSSP) was established in response to the increased needs and unique challenges experienced by grandparents

with the sole responsibility of raising their grandchildren. Caregiver fatigue, health concerns, aging, social isolation, financial strain, legal challenges and complex familial relationships can be some of the challenges faced by grandparents parenting again. The GSSP Support Groups often offer a place to share stories, information and resources in a nonjudgmental way and confidential environment. For more information about the support group, meeting dates/times or if you have questions about the GSSP, contact Trish Longo at gssp@simcoecommunityservices.ca of 705-726-9082, ext. 2321.

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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. Please sign up on the list outside of the student success office room 110 over the next week and attend the lunch meeting next Tuesday, September 13th, at 10:45 in room 125.
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.

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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 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
			Jr./Sr. Girls’ Flag Football	Jr. Boys’ Football Jamboree

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.

Any **Senior Boys'** interested in playing **volleyball** this season, please sign up on the Coach's Board outside the PE office. There will be tryouts in the near future. Please listen to announcements for more information.

All boys interested in the playing **Junior Boys' volleyball** were asked to attend the first try out last Thursday after school in the gym. See Mr. Lancaster, in room 207, if you have any questions.

The **Junior/Senior Girls' Basketball** tryouts were Wednesday, Thursday, and Friday in the gym from 2:30 pm - 4:15 pm. Please see Mr. Dawson, Mr. Craig, or Mr. Smith if you are interested but are unable to make one of these tryouts.

Bear Creek's **Cross Country** team started running on Wednesday. Please see Ms. Catling ASAP for more information.

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Important Dates

Sunday, September 10

Tuesday, September 19

Wednesday, September 20 (tentative)

Friday, September 22

National Grandparents Day

School Photos

School Council, 7 pm, Career Centre

Fall starts

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Positively Speaking

I have been fortunate to have had all four of my grandparents alive and interactive/engaged with me. Three have since passed. My Nana is 93 but doesn't look it or act it. The wisdom gained from having my grandparents in my life is immeasurable. If you come into my office, you will see a painting of a Lancaster that I have to memorialize my paternal grandfather who was the pilot of Lancasters in the second world war. If you ever have a few minutes, come in and I'll tell some of his amazing stories.

My wife is of First Nation, Metis, Inuit culture, which makes my children part of that rich cultural group as well. They, too, are fortunate enough to have all four of their grandparents around to experience their lives. History can help us better understand the roles that First Nations grandparents take on within their families and communities. Oral traditions speak to a time before colonization, when grandparents held positions of great respect in First Nations culture. "Elderhood" was a period of activity, leadership and status, especially for women. Grandparents customarily provided crucial child care and socialization. Rituals and ceremonies supported this relationship by placing grandparents and grandchildren in important positions of obligation to one another.

In First Nations culture, bonds between old and young were not limited to families: "grandparent" referred to all elderly people and implied both respect and obligation.

The legacies that grandmothers and grandfathers left behind came in the form of the teachings and ceremonies shared with – and carried forward – by the young. First Nations grandmothers, in particular, have special significance in a culture where being a grandmother does not require a biological connection. The Ojibway term for grandmothers, "Nookomisau," still refers to esteemed "older" women in the community whose role it is to

teach traditions to the next generation. In this sense, women act as a generational bridge linking past, present and future.

Grandparent's Day is Sunday and I hope you take the time to honour them.

What Is Grandparent's Day?

One Special Day for Grandmothers and Grandfathers

Grandparent's Day was first instituted in the United States in 1978 and is now recognized by many other international countries. In Canada, Grandparent's Day is celebrated on the second Sunday in September.

Grandparent's Day was first proclaimed in the United States by then-president Jimmy Carter, who readily acknowledged the founding work of Marian McQuade. McQuade campaigned for many years, achieving her first success in the state of West Virginia in 1973 when Governor Arch Moore proclaimed May 27, 1973, Grandparent's Day. There is also reason to credit New York State's Hermine Beckett Hanna who campaigned for the celebration since 1961.

Grandparent's Day in Canada and Around the World

In Canada, National Grandparent's Day was first observed in 1995, with a bill passed by the ruling Liberal majority. In the meantime, however, Grandparent's Day has not sparked significant national participation. The same complaint can be made in the United States and the United Kingdom (where the day is celebrated in October).

In Poland, Grandmother's and Grandfather's Day have been celebrated in January since the mid 1960's. In Australia, Grandparents' Day is held in November and is marked by school and community events. Honouring grandparents through love and awareness.

McQuade and others had specific focuses in mind when campaigning for a day to honour grandparents. The day had three primary purposes:

- ♥ To honour grandparents.
- ♥ To give grandparents an opportunity to show love for their children's children.
- ♥ To increase children's, grandchildren's and all youth's awareness of the strength, wisdom, information and guidance older people can offer.

What are some things to do on Grandparents Day?

Some ideas for Grandparents Day are as follows:

- ♥ Get together!
- ♥ Discuss why grandparents should be appreciated and what there is to appreciate about each generation. The best way to do this might be to have a meal together.
- ♥ Plan an event with your grandparent(s) that is special to them. Indulge them!
- ♥ Create a personal card thanking them for specific help they have been in the past and what they mean to you today.

Grandparent's Day is one day a year and it is a shame that it does not get the same attention that is given to Mother's Day and Father's Day. Raise awareness for this day by vocally celebrating your own or your children's grandparents

Source: "What Is Grandparents Day?", Comfort Life is a division of Our Kids Media™ ©2002-2017
<http://www.comfortlife.ca/retirement-communities/grandparents-day>

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Parent's Corner

For parents of our new grade 9's, they were used to getting all elementary school letters and information, handouts, etc. As their children hit high school as teenagers, my experience is many parents either back off from school or are cut out from this existence by their young adult children. That is one reason behind this e-newsletter – to keep parents in the loop. Statistics have shown that you, the parents, actually have a bigger role to play, at arm's length, which is difficult not to get involved. Your teen need you there but they need/want to exercise their independence and may still need you to act as a sounding board or extract them from difficulty.

I thought the below article was appropriate.

Five Back-to-School Tips for Parents of Teens Starting High School

As we sadly say goodbye to the last long weekend of the summer, three words inevitably march into the minds of most Canadian families: back-to-school. The entire experience of going back to class can be a real mixed bag of emotions for both students and parents. On one hand it can mark an end to family vacations but on the other it means a return to comfortable familiar routines. This transition is made even tougher however when that return to school involves your teenager starting high school.

As most parents will attest (at least my parents will) surviving having a teenager is the ultimate test in the parenting world. Suddenly your sweet little boy or girl isn't so little and has started eating you out of house and home and sleeping like a bear in hibernation. They are also truly coming into their own, their already constantly evolving personalities are starting to solidify and they have distinct hobbies, interests and opinions (many of which they are all too eager to share). Add to this the shock of starting a new school with new faces and a new way of doing things, and you have a recipe for challenging times.

Here are a few friendly tips that might help you turn this potentially tumultuous period in you and your teen's life into the exciting and fun experience it ought to be:

Know Their School

The best way for your teen to succeed academically in high school is for you to be engaged and supportive. Pay attention to those early newsletters during the first few weeks of your teen's school year. If you see an open house or parent-teacher night coming up, take advantage of the opportunity. Get to know what expectations there will be for your teen as they enter this new phase of schooling as well as any policies or school-wide programs that may be relevant to you.

Also take a look online for their school's website. This can be a great resource for information that otherwise may not make it home such as calendars for the school year featuring dates for activities, exams, clubs and teams.

Small Fish in a Big Pond

Try to be understanding and supportive as your teen moves into their new environment. In many parts of Canada it is not unusual to go from a school of 500 students to a high school boasting a student body of 1,500 or more. This sudden leap can be disorienting for many new high school students so your teen should be prepared to get more than a little turned around during their first month. Be sure to remind them that this time will pass. For those with children entering high school in the next few years, many schools offer future students a visitor's day to come through and tour their soon-to-be school to help lessen the shock.

Changing Friendships

With so many new faces and so many new opportunities to express and explore their interests, your teen and their friend since kindergarten may start to drift apart. This is okay! Making new friends is all a part of the high school experience and who knows, some of these friends may be the ones they stay in touch with for the rest of their lives. Don't be too quick to judge if your son's new friend has technicolour hair or more piercings than ear.

High school is a time where teens are trying to find their identities and trying on many different hats is all a part of that. As a parent it is important that you meet these new friends as they will quickly become some of the most influential people in your teenager's life.

High School Homework

Easily the single greatest change that students will notice once high school starts is an increase in workload. Not only will high school involve more homework but the depth of the assignments changes too as promoting critical thinking becomes the focus. This change in expectations from teachers may be a struggle for some kids so be aware of what homework is coming home with them and support them as they adjust their work behaviour.

Here are some other helpful tips to support your teen with their new homework:

- ✓ Designate a specific area of your home for homework
 - ❖ Make sure it is well-lit and distraction-free (no phones, TV or non-homework websites)
- ✓ Discuss your teen's workload regularly and make sure it is balanced
 - ❖ For big assignments, make sure there is a plan in place to get it done that accounts for extra-curricular activities
- ✓ Let them know it's okay to ask for help
 - ❖ Many schools offer peer-to-peer tutoring and some teachers may be available for extra help before and after school

Start the Day off Right

Two of the easiest steps you can take to set your teen up for success each day are making sure they get enough sleep and that they start the day off with a proper breakfast.

Whether it is because of too many after-school commitments or late night texting sessions with friends, most teens are not getting the nine hours of sleep a night that their bodies require. This shortfall can cause all sorts of issues during the day including difficulty concentrating, decreased short-term memory and depression. The single best solution for improving sleep performance is trying to stick to a sleep routine throughout the week.

In our busy day-to-day lives, eating a nutritious breakfast is easily one of the most overlooked steps in starting the day off right. Teens who skip breakfast regularly have been shown to have reduced performance at school through a lack attentiveness and general low energy throughout the day. Many dieticians recommend providing a complete breakfast for your teen that incorporates at least three main food groups so get creative! Even the busiest of families can usual muster the time for a bottle of orange juice and a cheese sandwich with whole grain bread to be eaten on the bus or in the car.

We often tell teens that the years spent in high school will be the best years of their lives. Let’s make sure high school lives up to the promise by staying involved, supportive and at all times setting them up for success.

Source: “Five Back-to-School Tips for Parents of Teens Starting High School”, by: [Chris Whitehead](http://www.coca-cola.ca/stories/five-back-to-school-tips-for-parents-of-teens-starting-high-school), 09/20/2016, <http://www.coca-cola.ca/stories/five-back-to-school-tips-for-parents-of-teens-starting-high-school>

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Parent Pointer Calendar for the following week (Sept. 11 – Sept. 15)

Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
Many high schools sell calendars with events listed. Buy a copy and plan to attend an event this month.	When was the last time you told your teen you love them? Tell them today!	Find out when your high school has a Back-to-School night. Be sure to attend.	Is study time before dinner? Be sure to have healthy snacks on hand. Hungry teens can’t concentrate.	What does being a “good citizen” mean in your family?...in your school?

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Have a great, restful weekend!

Be well!

Terry Wilkinson

Vice-Principal
Bear Creek Secondary School

P.S. (Positive Statement):

“Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life. Remember that fear always lurks behind perfectionism.”

- David M. Burns

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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.



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