

## Extras

We have so many great opportunities this year for students:

### **Band**

Ms. Jen MacInnes is planning both the annual Band Camp for all band students at Camp Elphinstone on October 30th and 31st, and a trip for the Senior Band students.

The senior band class is looking at a trip abroad sometime in late April. Students have already begun fundraising for the trip, and parents and students are meeting to decide on a destination. Reminder to band parents of the meeting at 5:30 p.m. on October 21st.

### **Europe Trip**

Mr. Michele Mocellin has planned a trip to Europe over Spring Break in 2010. Eight or nine students have signed up for the trip to London, Paris, Florence and Rome - if you are interested, there is still time to join. Call Mr. Mocellin ASAP for more information.

### **Costa Rica**

The Senior Leadership class, under the direction of Mr. Dave Lewis, will be going to Costa Rica also over Spring Break. Mr. Lewis has organized many of these trips over the years. The itinerary will include some eco-tourism activities as well as volunteer work.

### **Outdoor Education**

As part of the regular curriculum, the Outdoor Ed class will be participating in several adventures. They have already done some rappelling at Secret Cove, and a snowshoe trip in early spring. A canoe trip through the Powell Lakes area is also planned.

Some of the other opportunities available to students include:

- **Rotary Exchange Program**
- **Encounters Canada**
- **Katimavik**
- **Teen Chef Competitions**
- **Post Secondary Institution Visits/Previews**
- **Heart and Stroke Foundation Student Summer Research Program**
- **Outdoor Leadership School**
- **Poetry/Essay and Art Contests**

Please check the student opportunities bulletin board or speak to Mrs. Dimond for these and other activities.

**Remember that students who participate in any sports, field trips or other events outside the school grounds are representatives of our school and community. Exemplary behaviour is expected.**

# PENDER HARBOUR SECONDARY SCHOOL

Parent Newsletter No. 2 October 2009

---

---



### **Interims**

Enclosed are your son or daughter's interim reports. These are intended to be an indication of how your student is settling into their current classes, their work habits and attendance. If you have any concern about your child's progress, please call the classroom teacher, counsellor or principal. For students who would like some help getting organized, the Study Skills Workshop (see information at right) is a fun, positive way to help. Students and parents who have attended in the past have been very positive. The Community School also offers tutoring help for many subjects. Please ask at the office for a referral form if you are interested.

### **Road Safety**

The school has again been receiving some motorist complaints about students skateboarding in an unsafe manner. Last year a student was struck by a car while skateboarding on the highway. **Please remind students that they must wear helmets and watch for traffic.** For pedestrians, we have been asked to pass along a website about safe habits for children which you may find helpful: <http://www.safekidscanada.ca>

### **Effective Study Skills**

Do you hate studying? Suffer from test anxiety? Not sure how to approach a test? If so, this workshop is for you! Learn how to effectively begin and maintain good study practices. This short workshop will provide you with effective study skills, show you how to implement study habits that are suitable to your learning style and timelines, and provide you with up to date information regarding **WHAT WORKS, AND WHAT DOESN'T!** This workshop is intended for students, parents and guardians so that homework struggles are minimized and good study habits can be positively supported.

**Workshop date: October 28, 2009**  
**Location: Pender Harbour Secondary**  
**Facilitated by: Ursula Hardwick**  
**Cost: \$5.00 Time: 6:30 - 8:00 p.m.**

**Please register through Pender Harbour Community School by October 27th.**  
**604-883-2826**

### **Breakfast for Kids**

The Pender Harbour Community School is hosting a breakfast club on Wednesdays and Fridays. Youth worker Darcy Murray will be here to chat with students, and muffins, fruit and juice will be available free of charge.

*Thought for today: "Life isn't about finding yourself. Life is about creating yourself."  
George Bernard Shaw, writer, Nobel Laureate (1856-1950)*

# Student Opportunities and Extracurricular

## **Encounters Canada**

Grade 10 student Shelby Crawford-Wilson is off to Ottawa for one week this month to participate in Encounters Canada, a forum for youth from across Canada.

We have had students participate in this each year for many years, and they have all loved it. Students interested in applying should speak to our sponsor, Ms. MacInnes, for more information.

## **Mental Health**

The Kelty Resource Centre is a free, all-inclusive, virtual resource centre which provides information on all kinds of mental health problems, including eating disorders. [www.bcmhas.ca/keltyresourcecentre](http://www.bcmhas.ca/keltyresourcecentre)

## **Physical Health**

MedicAlert's *No Child Without* program offers a free MedicAlert membership to students aged 4-14. If your child has any kind of serious or chronic health condition then you should consider this program. Come to the office for a brochure.

## **Student Council**

Student Council elections were held last week under the able direction of John Smith. Votes are still being tallied.

## **Graduation**

Lorraine Dimond is sponsoring the grads again this year. There is a lot of organization involved in planning fundraisers, themes, etc. Grad parent meetings will be announced - please be there to help with the planning.

## **Senior Girls Volleyball**

On Friday and Saturday, September 25th/26th, the Senior Girl's volleyball team from PHSS traveled to Chatelech High School and competed in a tournament. They lost matches to two Vancouver teams and split their match with Elphinstone before losing to Howe Sound and Chatelech. Our girls showed signs of greatness throughout the tournament, and as always displayed the characteristic good sportsmanship associated with PHSS. Our next match will take place in mid October here at PHSS. Stay tuned for the exact date and time. The girls can also be seen in action on Thursday evenings at the Adult Volleyball Night at the PHSS gym.

## **Boys Soccer**

The Sr. Boys Soccer team were up at Pemberton for a game on October 2nd. While they did not win, they played an incredibly competitive game against a bigger, more experienced team. Coach Brent Sheppard and sponsor Peter McConnell praised their efforts.

## **Rugby**

The Junior Rugby team played an amazing match against Whistler Secondary. They won the match handily (33-27) and displayed their trademark good sportsmanship doing so. Thanks to the coaches, Mike Cyr and Johnny Gideon, sponsor Jeff Marshall, and the volunteer drivers, who had to overcome some extra obstacles on this trip. Special thanks to Bruno Cote for fixing the flat tires and to Kim Watts for driving a student to the clinic for x-rays.

## **Jr. Girls Volleyball**

Coach Mr. Michele Mocellin has the Jr. Girls Volleyball underway. The girls won a game against Chatelech here on Tuesday.

We are very proud of the fact that we are able to offer so many sporting opportunities to our students. We couldn't do it without our many volunteers, both community members and teachers. Our teachers give so much of their own time year after year to provide students with sports and other extracurricular opportunities - they do not receive any extra pay or time in lieu for these activities, but do it purely for their satisfaction and to help the students. A huge **THANK YOU** to all of you.

## **After Hours**

Please help us by picking up your students promptly after practices, or make other arrangements for them - there is no supervision available in the school between after school activities and evening functions.

## **Parent Volunteers**

We are always interested in parents who are willing to help with running games or clubs at lunch hour. Contact the school office if you have an idea.

Thank you to Tess Gilchrist-Reed for running a chess club Tuesday at lunch. We would also like to extend a big thank you to all our moms who help out with our Hot Lunch program. Mindy Lanteigne is organizing the Hot Lunch again and would love to hear from you if you're available to help cook or serve on Wednesdays. Call her at 604-883-3676.

Thank you also to Kelly Kammerle, Tammy Klashinsky, June Malaka, and Gail Paton for volunteering for the emergency telephone tree. About 3-4 more parents are needed, if you are usually available during the mornings to phone and would like to help please call Margaret at the school office.