



NEWSLETTER  
NOVEMBER 2018

## *Principal's Message*

**Happy December, SHSS Families!**

We are looking forward to a great month leading into the winter break. Students and staff have got several activities planned to highlight the fun of the season. As we move forward in the school year, we continue to focus on connecting everyone to the school, building up school pride and creating a joyful and caring learning environment. To that end, we have spent some time this month working on conflict resolution.

A culture of connection begins with everyone feeling safe; building that sense of safety includes promoting peaceful problem solving between students. We know that, while some of our students are skilled at finding compromises or solutions, others struggle and small disagreements can quickly turn into physical confrontations. Fights put students at risk and negatively impact the culture of our building. It is one of the issues we are working to better understand at SHSS.

Initially, we gathered a group of grade 10 and 11 students to find out more about how conflicts started, what caused them to escalate into fights and how we could prevent them. One of the important take-aways from the conversation was that bystanders who watch or encourage fights through social media are a major part of the problem.

As a result of this insight, we are spending some time focusing on how to support peers who are in conflict. A grade wide conversation with our grade 8 students on this subject gave us the opportunity to remind them that watching or promoting a fight makes the conflict greater and puts others at risk. It is important for students understand that bystanders and instigators hold some responsibility and that they

are accountable for their part in the situation. We talked about letting adults in the building know when problems are escalating and about refusing to contribute to the conflict, especially as it swirls on social media.

As students make more and more independent life decisions, we want them to make choices that promote caring and respect, even in a time of disagreement. We will continue to work on peaceful conflict resolution with our students and we are grateful for the support we have received from parents around this issue. Like you, we want to see our kids safe, happy and positively connected to their peers. Working with your children and helping them to develop their resilience and skills in the face of conflict is a wonderful part of our job!

As always, we welcome your feedback on this issue or any other concern you might have. We invite you to read through this newsletter to find out about another month of great learning opportunities we are seeing at SHSS.

*Chantal St-Jacques*

### *Staff Changes...*

We are happy to welcome some new members to the SHSS teaching team. Ms. Peggy Nuyens has come out of retirement to move back into her familiar Foods classroom! We are very glad to have Ms. Nuyens back and wish Ms. Dalton a happy and healthy maternity leave. Mr. Mike Vanness is stepping into our woodshop while Mr. Liszt recovers from ankle surgery. We are excited to add Mr. Vanness' talent, energy and experience to our staff and we wish Mr. Liszt a speedy recovery.



Welcome to Mr. Vanness and Ms. Nuyens!

## *Bon voyage, nos amies!*

We would like to wish safe travels home to our 4 lovely Quebecois. Our BC-Quebec exchange students left SHSS on Friday and we will miss their great smiles, energy and enthusiasm. Aurevoir Pascale, Mia-Mathilde, Maïka et Lili!



## *Cell Phone Policy Reminder...*

We are continuing to work with our students on self-regulation, responsibility and the importance of being good digital citizens. Still, the pull for some students to check and access their phones during class can make it difficult for them to stay focused on their learning. To cut down on distractions, we are asking that parents please not contact students during class time. Kids have access to phones until 8:33, again from 11:23 to 12:02 and any time after 2:53.

**In the case of an emergency**, please call our office at 250.365.7735 and we will be happy to pass on a message to your child.

By working together on this, we will help our students to become more aware of when and where cell phone use is appropriate and how to best navigate the digital world. Thank you for your support!



## *Student Initiative Comes Alive!*

Last year, four of our grads approached administration to find out about the possibility of bringing one of their ideas to light. They noticed many students bringing in hot drinks from fast food establishments or leaving school to purchase these beverages. They wondered if we could create a space and a service that would keep kids at school and provide an affordable alternative to coffee shop offerings. Thanks to a strong business plan, some impressive organizational skills, amazing determination and some peer and teacher support, they have done it! The SHSS cafeteria has had a makeover and students are loving the project. We are extremely proud of Alexis Craig, Gemma van Doesburg, Linsey Schuepfer and Kiersten Bell for their initiative and vision. A great big thank you also goes out to Mr. Liszt, Devon Stainer, Liam Ortega, Daniel Stutters, Will Watt, and Andrew Voykin for their beautiful craftsmanship.

If you happen to be at school, we encourage you to come in and check out "The Morning Grind"!



## *Growing Good Health*

SHSS currently has 3 tower gardens that are growing vegetables for all of our students to enjoy! Lettuce, chard, kale, tomatoes, herbs, etc. are all being harvested for use in student cooking projects. The tower gardens have the benefits of teaching students to grow food, to make healthy eating choices and to use delicious fresh produce in the kitchen. We hope to see this initiative expand in our school!



## *Restorative Justice*

Our grade 11 and 12 students were invited to attend a very powerful session with author and restorative justice advocate, Shannon Moroney. She spoke candidly and eloquently about her experience with the legal system in the face of personal tragedy. This challenging journey led her to explore restorative justice as a means of healing and moving forward. As a school, we are embracing the idea of helping those who have been harmed and creating a culture of forgiveness. Hearing Ms. Moroney's moving story was inspirational and has given us added encouragement to move our school forward on a path of restorative justice.



## *WE Day*

There are some experiences in a student's high school years that have a life changing impact.

WE Day is one of them.

This is a youth empowerment event that challenges youth to make a

difference. On November 21<sup>st</sup>

Ms. Kuiper's leadership class traveled to Vancouver to

attend WE Day at Rogers Arena where they

heard performers and

speakers share their

stories of creating changes in the world through their experiences.

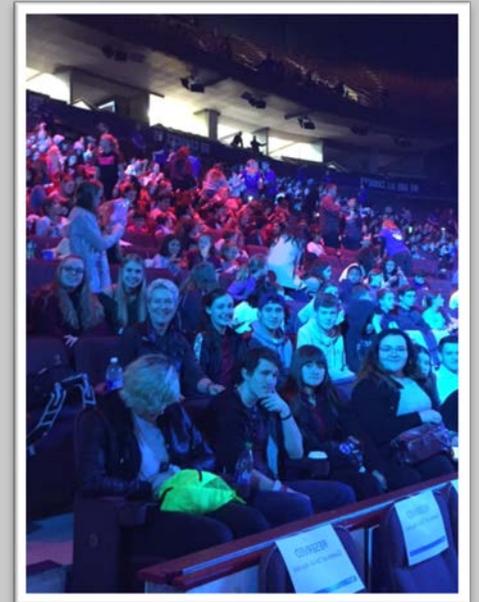
Students were inspired and challenged to make a difference in

our school and our community. While in Vancouver the group volunteered at the Salvation Army Belkin

House preparing and serving dinner to those in need.

We are proud of our students' contribution and we look forward to seeing what ideas the group brings

back for affecting positive change in our learning community.



## *Poinsettias Are Coming!*

The grads have wrapped up their big annual poinsettia fundraiser! The grads worked in teams to compete to see which team could sell the most poinsettias and the spirit of competition worked to make this an incredibly successful event. Sales totaled up to over \$42,000! **Thank you** to everyone who purchased poinsettias, wreaths, holiday planters and who helped support the grads.



**The poinsettias will be delivered to the school on December 6<sup>th</sup>.**

## *Making Connections...*

Ms. Campbell's Socials 11 class had the opportunity to work with Metis knowledge keeper, Maurice Trudel who came to teach students about the cultural connections that gave birth to jigging as an important part of Metis heritage. Students got to hear about Maurice's experiences, share about their own heritage and participate in some traditional dancing. We are grateful for the time this energetic speaker could devote to our school. Thank you to Michele Morin, our Indigenous Support Worker, for inviting Maurice to join us.



# Girls Volleyball Teams

Congratulations to all of our volleyball players for a great season of play!

The Senior Girls team showed great dedication and spirit! They won gold in the Trail tournament and finished up the season by winning the silver medal in Kimberley.

Our Junior Girls had an excellent season of team building and skill development. These promising athletes had their final tournament at JL Crowe last weekend. And our Grade 8 girls had a great introduction to the fun and challenge of high school sports when they wrapped up at Mount Sentinel on November 24th.

Thank you to coaches Ben Spiller, Scott Podovelnikoff, Ms. Hainsworth, Ms. Coombs, Ms. Levick and Ms. King for all of their support and hard work with the teams!!!! A big thanks also goes out to parent drivers and chaperones who made it possible for teams to travel!

