



March 2016  
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# VALP Newsletter

Bruce Weitzel – Principal  
Allison King – Teacher  
Peggy Pollock – Secretary  
Shylo Orchard – EA (Education Assistant)  
Lory Borges – Alcohol & Drug Clinician  
Leanne Sagstuen - Public Health Nurse

Pauline Kereluk – Department Head/Teacher  
Patrick Varley – Teacher  
Pam Trouton – EA (Education Assistant)  
Clint Houlbrook – NOYFSS Counsellor  
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Check out this link which addresses Teens and Friendships. The publication includes how to address girl drama, coping with cliques and how to deal with toxic friendships, in addition to many other interesting and relevant articles.

[www.smore.com/5maxg-teens-and-friendships?ref=email](http://www.smore.com/5maxg-teens-and-friendships?ref=email)

See the attached poster with regards to an upcoming free workshop on dealing with anxiety.

## **REPORT CARDS**

Term 2 Report Cards will be available for pick up at our main office on our last day of school before Spring Break on Friday, March 18 from 8:30 am – 12 noon or when we return from Spring Break as the school will be closed for two weeks. Report cards will only be available for pick up by a legal guardian or parent. Students may NOT pick up report cards.

## **COURSE COMPLETIONS**

The following students have completed:  
Justin Dalzell – Social Studies 10  
Abbie Davidson – Physical Education 10  
Jordan DeWolfe – Health & Career Education 8  
Chris Gott – Social Studies 10  
Brooklyn Monroe – Math 10  
Jerod Patrick – Physical Education 8  
Sarah Reiten – Health & Career Education 9  
Hailey Wadsworth – English 9  
Claire Wagner – Social Studies 9  
Maariah Williams-Baig – Social Studies 9  
Victoria Windall – English 8 & 9

## **UPCOMING DATES TO REMEMBER:**

Sunday, March 13 – Daylight Savings Time Begins  
Thursday, March 17 – St. Patrick's Day

**Friday, March 18 – Last school day before Spring Break – don't forget to pick up Report Card (Parents only)**

Sunday, March 20 – First Day of Spring  
Friday, March 25 – Good Friday  
Monday, March 28 – Easter Monday

Monday, April 4 – First school day after Spring Break

Wednesday, April 6 – Buses run two hours early for early dismissal – Secondary only

Thursday, April 7 & Friday, April 8 – Provincial Exams

Thursday, April 21 – No School in Afternoon

Friday, April 22 – Pro-D Day

PARENTS, PLEASE **REFRAIN FROM TEXTING OR CALLING**  
YOUR CHILD DURING CLASS TIME. IF IT IS AN EMERGENCY,  
PLEASE CALL THE OFFICE (250-545-1736) AND THE  
TEACHER WILL EXCUSE YOUR CHILD TO ANSWER THE  
CALL.



## Tackling Anxiety: A workshop for teens and parents.



This is a 4 session workshop designed for youth age 13 and up who want to learn more about how anxiety affects us and what to do about it.

April 12-May 3; Tuesdays; 3:30 to 4:45.

It is based on The Worry Dragons (Garland) and Changeways (Patterson) model for anxiety as well as Dr. D. Burns' philosophy. Mindfulness component is derived from M. Linehan's model.

Referrals through CYMH; call 549-5404 and speak to Maya or ask your clinician to put you on the list.

### WHERE:

3007-35 Ave

Vernon, BC

250-549-5404

There is no charge and you can bring your own beverage. Snacks will be provided.

