



November 2015  
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# VALP Newsletter

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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  
Daralee Morris - Teacher  
Pam Trouton – EA (Education Assistant)  
Clint Houlbrook – NOYFSS Support Personnel  
Charlie Law – Mental Health Clinician

Web: [www.sd22.bc.ca/school/altsch/Programs/ALPs](http://www.sd22.bc.ca/school/altsch/Programs/ALPs)  
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## Talking to your kids about Drugs



Dr. Marvin Krank

Tuesday, November 3<sup>rd</sup> at 7:00 pm  
Vernon Secondary School  
Free presentation - Parents, Grandparents and Students are welcome!  
See attached info sheet

### COURSE COMPLETIONS

The following students have completed:  
Seth Boyer-Little - A&W Math 10

### UPCOMING DATES TO REMEMBER:

Wednesday, November 11 - Remembrance Day - No School  
Monday, November 23 - Pro D - No School  
Wednesday, December 16 - Christmas Dinner (students only)  
Friday, December 18 - Last day of class before Winter break  
Monday, January 4 - First day of class after Winter break

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.



ATTENDANCE

A reminder to students and parents that daily on time attendance at The ALP is crucial and essential. If students are going to be away, it must be for a very legitimate reason and ALL ABSENCES need to be made up. If a student is going to be away, it is the responsibility of the student – guardian – parent to contact the school before the absence. We do have a call out to all absent students every morning, and this will assist to save confusion in some cases.

It is also essential that students be on time for class. Late students are very disruptive to the operation of daily activity at The ALP.

SLOW DOWN, Please!

Please ensure that when dropping off and picking up students at school, that you move SLOWLY through our parking lot and through the laneway entering and leaving our parking lot.

ABORIGINAL UBCO FIELDTRIP – Thursday, October 12

All students in grades 9 and 10 who attend The ALP and who are of Aboriginal descent are invited to attend the UBCO Fieldtrip. Information and permission slips will be sent out to individual students next week. It is a very special and worthwhile event for students who will experience University opportunities, look at various programs of study, what courses are available and what campus life is all about! As well, students can look forward to lunch, prizes and a great tour of the facility. (Kelowna campus) Supervised bussing will be provided to and from the event and students are expected to be on time for school.

## Talking to your kids about Drugs



Dr. Marvin Krank

**Tuesday, November 3<sup>rd</sup> at 7**

**Vernon Secondary School**

**Free presentation – Parents, Grandparents and Students are welcome!**

Dr. Marvin Krank will provide a public presentation on Tuesday November 3 at 7 pm in the Vernon Secondary School Theater.

“Talking to your kids about drugs” will outline some of the common yet inaccurate and risky misconceptions youth have about drugs and alcohol. Dr. Krank will present evidence showing that these risky thoughts and beliefs can lead to substance abuse in teens. Finally, he will provide practical advice on how to interact with your kids to help shape healthier beliefs that lead to reduced substance use risks.

Dr. Krank is Professor of Psychology and former Dean of Graduate Studies at UBC’s Okanagan campus. He co-chaired the Canadian Council on Substance Abuse committees on Prevention Standards and recently served on the United Nations scientific advisory committee on prevention program evaluation.

His research focuses on the development of substance abuse in teens and young adults. Over the past twenty years he has studied the unrealistic thoughts and beliefs held by youth that lead to risky substance use. Youth overestimate how much others use and expect mostly positive effects from use. Understanding the source of these biases gives new insights into how effective prevention works. Currently, he is testing a new prevention program designed to change biased thinking to delay substance use and reduce substance abuse in teens and university students.