



## W.L. SEATON SECONDARY SCHOOL

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### September/October 2017 School Newsletter

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#### Principal's Month in Review

The first few weeks of school have been busy for staff, students, and parents/guardians as we all return to the routines that the school year brings.

Seaton is very full this year with a current enrolment of 865 students. This includes over 40 International students who have joined us from countries all over the world. Since the school year began we have welcomed a few new (and returning) staff members including Mrs. Vance (filling in temporarily for Ms. Bibby), Mr. Goodwin (replacing Mr. McIntyre), Ms. Rosetti (filling in for Ms. Paynter), and Mme. Winter who returned to support our French students as an educational assistant.

We have now completed grade assemblies for all grade levels. Vice Principal, Lynn Seed, and I discussed school expectation and strategies for all students to be successful this year! We hope to see many students getting involved in the various clubs, teams, and events that Seaton hosts.

Our FREE breakfast program has begun. Each morning from 7:30 – 8:20 Anne Mae and Chris work hard at providing a healthy breakfast to all of our Seaton Students. Please encourage your children to stop by for breakfast. Wednesdays are always a special breakfast like French toast or blueberry pancakes!

Staff and administration were happy to meet so many parents and guardians at the Grade 8 Parent evening this month. Parents were encouraged to support healthy habits including monitoring technology use at home and encouraging children to get involved in school activities. All parents should continue to stay connected to their child's schooling experience as they move through the high school years. A great way to stay connected at Seaton is by following us on Twitter (@WLSeaton) or by attending monthly PAC (Parent Advisory Council Meetings). The first PAC meeting is September 25<sup>th</sup> at 6pm. The Athletic Booster Club meeting will follow at 7pm.

In September, Seaton supported the 55+ Games as a host site for pickle ball. Also in partnership with our community, the WL Seaton Aboriginal Education Academy students launched our dugout canoe to practice paddling for a traditional canoe journey. The fieldtrip was organized by teacher Lori Phillip, the Okanagan Indian Band, and the Vernon Friendship Centre. The intention of the trip was to provide students and families with a rich cultural experience on the land and the water. Seaton students paddled from Kaloya Park in Oyama to Kekuli Park on Wednesday September 20<sup>th</sup>. This experience was a monumental event; the last cottonwood canoe that travelled on a similar journey did so almost 150 years ago!

Staff participated in a professional development day in September and discussed strategies to support student success at Seaton. We will continue to grow our school goals to support the diverse needs of our students! We also participated in a District-wide presentation keynoted by West Vancouver School District's Superintendent, Chris Kennedy, who inspired us with innovative ideas and challenged our thinking on integrating technology into schools.



I look forward to working with you and your children this year.

Erica Schmidt, Principal

## Student Agendas

The WL Seaton free app is now available on the app store. This is an online version of the traditional school agenda. Students are encouraged to download it if they have a smartphone. The app features the daily block rotation, upcoming events, news, a “to-do” list, class/block links, photo note taking options, links to the school website, @WLSeaton Twitter posts and more! For students who prefer using a paper agenda, one is available in the office.



## Post-Secondary Information (PSI) Day

The PSI-BC Day is happening Oct 3<sup>rd</sup> from 8:30-10:30am in the gym. The following institutions will have presenters:

- Vancouver Island University (VIU)
- U of Northern BC (UNBC)
- Kwantlen (KPU)
- Nicola Valley Institute of Technology (NVIT)
- Thompson Rivers U (TRU)
- Northern Lights College (NLC)
- Simon Fraser U (SFU)
- Selkirk College
- UBC/UBCO
- UVIC
- Trinity Western U (TWU)
- Canadian Armed Forces/Royal Military College
- Quest University
- Okanagan College

This event is aimed mainly at Grade 11 & 12 students but Grade 10 students are welcome to join. Grade 12 students will be called down in A-block and Grade 11 students in B-block. Any Grade 10 classes are also welcome to join this event.

## Fees

If you haven't done so already, please pay your child's student fees. If you are sending a cheque, please write your child's name and the reason for the payment on the memo line of the cheque. All unpaid fees or lost book fees from previous years are overdue. Please see Mrs. Jackson in the office if you have any questions about school fees. We take cash or cheque only.

## Parent Teacher Interviews – Online Booking

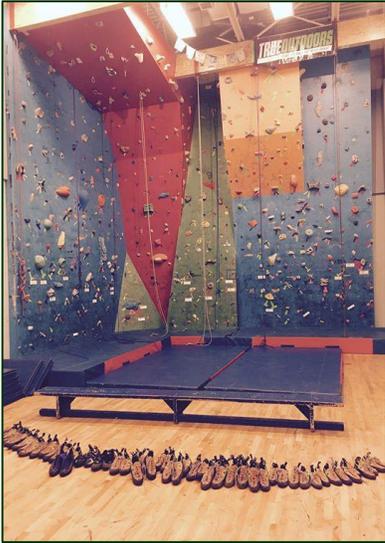
Parent/Teacher Interviews will be held on October 18th. For your convenience, all appointments are booked online through OPTIS Online Parent-Teacher Scheduler. You will be notified via email and an automated phone message at the beginning of October when the system becomes operational and receive the link to the site. At that time you will need to have an email address and know your student's first semester teachers to sign up.

## French

The French immersion department would like to welcome the five OSEF Exchange students **Louise Malice, Raphael Rouyer, Lisa Poiret, Zoé Robineau** and **Rémi Bourdais** who are visiting from France or Belgium. They will be attending Seaton until the beginning of November.

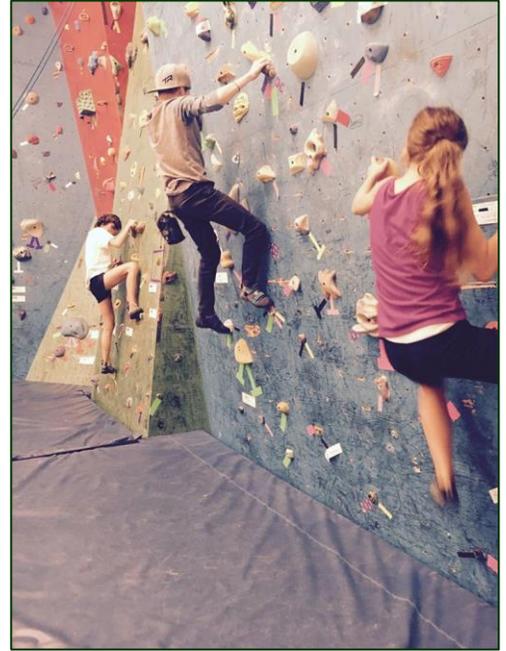
We would also like to welcome two French Canadian students on exchange from Quebec. **Léa Moisan** and **Aurélié Pelchat** will be with us until the end of November. We hope both groups enjoy the Okanagan and our Seaton hospitality.

There will be a French Immersion parent meeting on **October 4<sup>th</sup> at 7:00pm** in the Seaton library, for all **grade 8 and 9** students interested in participating in the Quebec trip in May.



### **Climbing - Growing the Sport**

In case some of the Seaton community is not already aware, we have our own climbing wall! Located adjacent to the gym, in what was formerly the gymnastics room, the climbing wall stands approximately 30' tall and spans across approximately 60' of wall space. While the wall has been continually utilized by physical education courses since its construction, it has also been home to the WL Seaton Climbing Club which was re-established three years ago. Since its reboot in 2014, the club has run three days a week after school between September and May, with enthusiasm and membership growing steadily each year. This year, the club is meeting Tuesdays, Wednesdays, and



Thursdays after school until approximately 5:30 pm. Unlike other school sports, club members are not obligated to attend all sessions. Instead, in order to accommodate the numerous other interests of students, climbers can come as often as they can or as they wish. The remarkable and growing success of the WL Seaton Climbing Club is in large part thanks to Shane Collins, the head instructor of the club. The hundreds of volunteer hours Shane has dedicated to the club have provided students with expert, certified instruction and outstanding safety, along with one of the most nurturing, positive, and fun environments in the school. Last year, the club also made outings to other local climbing gyms and made a year-end excursion to Victoria. The experience on the Island involved climbing at The Boulders, a world-class climbing gym at Stelly's Secondary School and home to one of Canada's premier climbing academies. Additionally, instruction at The Boulders was provided by world-record breaking speed climber, Libor Hroza. The club intends on returning to Victoria and The Boulders again this coming May.

The vision for the climbing wall includes refurbishing of the current facilities and, eventually, expansion of the wall. To this end, a non-profit society was established last year as a means of raising funds and increasing community involvement in this rapidly growing sport.

Any Seaton students, or students from other local secondary schools, are invited to join the Seaton Climbing Club to increase their strength, balance, coordination, and self-confidence. Come out and crush!

### **Vaping and Smoking**

The Vernon School District has issued a District-wide expectation around banning vapes and e-cigarettes on and around school property. New provincial laws regulating tobacco and vapour products came into force September 1, 2016. The legislation is designed to help stop the growing use of vapour products by young people and protect them from the unknown effects of e-cigarette vapour. One in five youth in Canada has tried an e-cigarette. Students caught vaping at school may have their devices confiscated, and may face school based consequences including possible RCMP involvement.

### **Did you know?**

- Vapour products (e-cigarettes) now have the same restrictions as tobacco products in B.C.
- The use of vapour and tobacco products is prohibited on public and private school grounds.
- It is illegal to sell or provide any vapour or tobacco products to someone under the age of 19.
- The use of vapour products is prohibited in a vehicle when someone under 16 is present.
- These measures apply to all vapour devices and e-liquids, whether or not they contain nicotine.



### **Commonly asked questions about vaping:**

- **What is a vapour product?**

Vapour products have two main components: a battery-operated delivery system with micro-chip and atomizer that vaporizes a propylene glycol liquid solution to mimic the appearance of smoke, and a cartridge containing a liquid solution. Some, but not all, cartridges contain nicotine. Newer tank systems may be modified to use other substances, including other drugs.

- **Are vapour products safe?**

The health impact of repeatedly inhaling e-cigarette chemicals is unknown, and students or staff exposed to vapour may be at risk of lung irritation or asthma attacks. Nicotine is highly addictive and propylene glycol is a known irritant when inhaled. Flavours such as chocolate, candy and fruit appeal to children and youth, making vapour products a potential gateway to smoking. Vapour products may also undermine the efforts of youth who are trying to quit by making smoking seem normal and accepted.

- **Will vapour products help young people quit?**

It is unknown whether vapour products help people quit or if they are safe to use as a quit-smoking aid. Interior Health does not recommend using e-cigarettes as a tobacco cessation aid. Free quit aids are available through the BC Smoking Cessation Program. See your pharmacist for details.

### **Online Learning**

If your son or daughter will be working on a vLearn course this year they will see a DL block (Distributed Learning) in their timetable. Students are expected to use their designated DL block to complete their online course. A course completion room with computers (room 334) is available to all students taking DL. Students taking an online course are expected to attend the course completion class regularly and use their class time effectively.

A vLearn course is about 120 hours long. If students do not focus on their work during class time, they will not complete all course material by the end of the term. To ensure success, a student's rate of progress should be equal to the time that has passed in the semester. For example, at the ½ way point of the semester, the student should have completed 50% or more of the course.

### **Study Support Blocks**

Students who have a course called XSPBK are registered in a study support block to allow them time to complete their studies outside of their other courses. Students are expected to attend the class assigned to them for this study block. Attendance is taken in this block and support is available to students from an assigned teacher during this time in the course completion (room 334). All students with a support block are asked to utilize this time effectively.

### **Parent Advisory Council Meetings**

If you are interested in serving on the PAC, please call the school. The PAC provides an opportunity for all parents to be supported in their role as parents of teenage students. It is an opportunity to become informed on issues important in the intellectual and social growth and development of your children. You will have the opportunity to ask and have answered all of your questions about the school. You will not be asked to fundraise or volunteer for committees. You are encouraged to take an active role in the education of your child and to become a participant at our PAC meetings. Generally, these will take place on the third Monday of each month.

### **Grad**

Graduation 2018 is **June 28<sup>th</sup>**. Grad photos will take place from **December 18<sup>th</sup> – 21<sup>st</sup>**. Appointments will be booked on line and you will receive information on how to do this at a later date. A letter to all parents of grads is posted on our website. The Grad Council is also meeting regularly on Thursdays at lunch (in room 328) to plan Grad events and fundraisers. Our first Grad parent meeting will take place in October. Please come out and support your graduate by helping make this year a special one.

## Safety Drills

The B.C. fire code requires that schools develop fire emergency procedures. In cooperation with the fire department, Seaton will have 5 fire drills per school year to help ensure that students and staff are aware of what safety measures to take if a fire were to occur. We will also practice one earthquake drill and one lockdown.

## Athletics

135 Seaton student-athletes are hitting the courts, fields, trails, and pools for our fall season. Our 7 volleyball teams look to build on a tradition of excellence that has grown in our volleyball program over the years. Three of our teams qualified for the provincial championships last year, including both of our senior teams. Our junior girls will aspire to qualify for a third straight year. Our senior boys will look to qualify for the fourth straight year, while our senior girls will work to qualify for a second straight year after finishing with a silver medal at last year's BC AAA Championships.

On the field, our senior boys soccer team has several players returning from last year's 4th place team at the BC AA Championships, the highest ever finish for a North Okanagan team. The trails will see our cross country team looking to qualify runners for a fourth straight year at the BC Championships. Last year we had several top 25 finishes, including a bronze medal for returning runner Annika Ariano. Last but certainly not least, our swimmers will be hitting the pool with goals of returning some competitors to the BC Championships as well. All five swimmers who qualified last year will be back again this fall. Matches and races will begin soon. Stay up to date with schedules by checking out our school website's Athletics tab, and catch important updates, news, and photos of our athletes in action by liking our Facebook page "W.L. Seaton Athletics". You can also follow us on Twitter and Instagram!

## Food For Thought

Seaton is lucky to have the Okanagan Learning Foundation, a non-profit organization, sponsoring our students with the Food for Thought program. The Food for Thought pantry is stocked with a variety of fresh, frozen and dried food that students in need can pick up every Friday to bring home to their families for the weekend. Toiletry and clothing items are also available for students. The food for thought program is happy to accept donations and requests for support. Please contact your child's counsellor for more information.

## Upcoming Dates:

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**September 29** - Orange Shirt Day - This day is designed to acknowledge the 150,000 school aged First Nations, Inuit and Metis children who were forcibly removed from their families and land in order for them to attend residential schools from 1830-1990.

**October 3-** PSI Event for gr 10-12 students 8:30-10:30am

**October 4<sup>th</sup>**- French Immersion parent meeting/Quebec trip meeting 7:00pm

**October 5<sup>th</sup>**- World Teacher's Day

**October 9<sup>th</sup>** – Thanksgiving Holiday

**October 10<sup>th</sup>**- Online parent teacher interview booking opens at 8am

**October 16<sup>th</sup>** – PAC Meeting 6pm, Athletic Booster Club Meeting at 7pm

**October 18<sup>th</sup>** – Parent Teacher Interviews 4-8pm, Early dismissal (buses run 2 hours early)

**October 19<sup>th</sup>**- Early dismissal (buses run 2 hours early)

**October 20<sup>th</sup>** – Provincial Pro-D Day

**October 26<sup>th</sup>** – Photo re-takes

**October 27<sup>th</sup>** – Jesse Miller (Social Media) student assemblies.