

Mission Secondary School Newsletter

Newsletter Dec 2010
Volume 1, Issue 4

Principal
Jim Pearce
Vice-Principal

Joanne Heron (Middle School)
Melinda Dempster (Grad Program School)



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Upcoming Events

Dec 17th
Last Day of Classes

Jan 4th
School Re-Opens

Jan 24th - Jan 28th
Provincial Exams

Jan 28th
Semester Turn-A-Round

Principal's News

Dear Parents/Guardians:

Christmas break is just one day away, where has the time gone? The month of December has been extremely busy as usual for Mission Secondary. Students and staff have been so engaged in teaching and learning throughout the past three months that we, as a school, were able to celebrate outstanding report cards at Parent/Teacher interviews. We had over five hundred report cards picked up and the interview process went very smoothly.

December was a busy month with a Christmas Concert, a Grade 12 Scholarship meeting and parent's dinner, a Football Banquet, and an outstanding play put on by the Drama students.

Finally, I would like to thank our entire staff for all their hard work during the last four months. We are making a difference in children's lives.

I hope that everyone has a safe and relaxing holiday. Merry Christmas and all the best in the New Year.

Sincerely,

Jim Pearce

Principal



IMPORTANT - PHONE CHANGES

Mission Secondary continues to offer exceptional service to all students and parents. In order to continue with the quality of service we have implemented a new way of communicating with the school. A few weeks ago installation occurred to have new phone numbers for our Middle School and Grad Program School. We needed to do this in order to take pressure off the main office and to ensure our parents and students the best service possible.

When you phone the school and you have a grade 8 or 9 student, please call the Middle School at 604 826-6487 this will ensure that your call will be directed to the proper personnel. If you

have a grade 10-12 student please call the Grad Program School at 604 826-8431 and you call will be forwarded. General enquires can and will be answered by the main office number at 604 826-7191. General enquires may include: balance of accounts, purchasing products from the school such as yearbooks, appointments for the Principal, school calendar, just to name a few. Thanks so much for taking the time to read this and we are hopeful as a school, we will continue to serve our learning community in the best possible way.



*Education ... has
produced a vast
population able to
read but unable to
distinguish what is
worth reading.
- G. M. Trevelyan*

Aboriginal News

Merry Christmas and a restful winter break to everyone from Fran and Erica. And see some interesting programs taking place in the New Year:

Calling all Youth Hunters

FVMA and CMA is offering the Canadian Outdoor Recreation Certificate Course, and Possession Acquisition Course, to Metis youth ages 14 to 24. These courses are mandatory requirements for obtaining a hunting license and to possess, and carry a rifle in BC. Registration is free of charge on a first come first serve basis.

The course will take place on Saturday, Jan 8 , 15 , 22 , 29.

The course will start at 9:45 AM and go until 6:45 PM. Lunch and beverages will be provided. Feel free to bring snacks. Wear comfortable clothes.

To Register: please email:
Michelle.Lavergne@shaw.ca
or call 1-604-791-0480.
Space is limited.

Come Catch the Spring Beading Fever!

Fraser Valley Metis Association and Chilliwack Metis Association, are looking for youth 10 to 24 years of age, to join Professional Beading Instructor Lisa Shepherd, for a day of guided creativity.

Get in touch with your inner Artesian, at this free workshop on March 5, 12 and 19.

The sessions will take place at the Metis Employment and Training Center (30691 Simpson Road, Abbotsford), and run from 4:30 to 7:00 PM.

Light meal and beading supplies will be provided

To Register: please email:
Michelle.Lavergne@shaw.ca
or call 1-604-791-0480.
Space is limited.

Drama



*Derrick Hall and
Piper MacLeod
portray Dr. and
Mrs. Gibbs in Our
Town.*

Here's hoping that as you're reading this you were one of the lucky audience members to have had the opportunity to see MSS' winter production of 'Our Town' The play was presented 5 times for eager audiences including a visiting school from Abbotsford ASIA (Abbotsford School of Integrated Arts) on Friday Dec 10th.

We had a fabulous run and rave reviews. Actors brought a truly professional flare to America's most done play here at MSS and should be proud of their rendition. The heartfelt message written almost a century ago by Thornton Wilder was a very appropriate one for the season, " stop and smell the roses, life is short and we don't see it passing us by."

Rumour has it that the Mission Record received over 60,000 tweets, the most ever, since our ad seen below was posted. We were also featured in the Mission Times as evidenced. Now that's community collaboration!

Our next show will be this spring's Shakespearean production, 'The Merchant of Venice' Auditions will be on Feb 8th and the show goes up the first two weeks of May on Thursday, Friday and Saturdays nights.

Interested students may attain scripts form the school library before the winter break and audition pieces in the New Year. Come out and change your life!

Parents and teens:

Look after your mental wellbeing this Christmas with some simple steps

Many of us, parents and teens alike, may feel under the pressure of perfectionism at Christmas. There seems to be an expectation that everybody will feel happy and sociable throughout the Holiday Season, even though we've had our normal timetable turned upside down, with presents to buy, food to prepare, relatives, and friends to entertain throughout the holiday. These kinds of festivities may be too much to tolerate. There are also the significant yet different stresses of a lonely Christmas for the child who is away from their family or the family who is new to Mission, BC. There are things that everybody can do to help look after themselves at Christmas if they feel stressed, anxious or depressed.

Some Holiday Survival tips:

- #1. Plan ahead. Break down a big problem into smaller problems which you can feel good about achieving, e.g. buying one present at a time, or in small groups, cooking some Christmas food in advance and freezing it.
- #2. Plan some time for yourself. The social nature of Christmas is often welcome and can be a positive experience but makes you have some time to yourself to do things that make you feel good. It could be listening to music, going through old photos, reading a book, or simply calling a friend.
- #3. Learn how to relax. Tense and release muscles in your hands, then your feet, then your legs and so on. Try a breathing exercise, breathing deeply in through the nose, holding your breath for two full seconds then breathing out through your mouth and relaxing. If you find yourself panicking over Christmas use one of these techniques on-the-spot.
- #4. Dealing with hassles. Concentrate on the things you can change rather than worrying about the things you can't.
- #5. Watch what you eat. Eating lots of rich food before you go to bed can ruin your sleep and make you tense and irritable. Try to eat your main meal earlier in the day and don't forget to eat lots of healthy fruit and vegetables.
- #6. Exercise will help you sleep better and will also provide you with a distraction from your worries. Try walking or running with your dog, friend or the children - fresh air and movement are so good for stress reduction during the Holidays.
- #7. Recognize it doesn't all have to be perfect. Some of the best times are had when things go wrong and you find yourself having to improvise instead. If an activity or outing doesn't go as planned, get out the board games or puzzles and have snacks available.
- #8. Remember you're not alone. The chances are that you will know at least one other person who is going to find Christmas stressful. Why not agree to meet or talk on the phone? Sharing problems often helps, and you'll be assured that what you're feeling is perfectly normal.

Merry Christmas and Happy New Year!

By Ms. Lea Francis,

Some phone numbers you may want to use over the holidays:

Mission Leisure Centre	604 820 5350
Mission Community Services	604 826 3634
Ministry of Children and Family Development (also Adolescent Mental Health)	604 820 4300
Mission Friendship Centre	604 826 1281
Mission Library	604 826 6610



Junior Boys Football - B.C. CHAMPIONS

Mission Secondary
32939 7th Avenue
Mission, B.C.
V2V 2C5

Phone
Main Office
604 826-7191

Phone
Grad Program School
Grade 10,11,12
604 826-8431

Phone
Middle School
Grade 8,9
604 826-6487

Fax:
604 826-8187

*"Everybody's Best
Builds Success"*

We're on the Web!
<http://mss.mpsd.ca>



The Junior Boys football team, led by Coaches Mr. Kapyt, Mr. Schneider, Mr. Roberts, Mr. Watrin and Mr. Jakobs won the BC AA Junior Varsity Championship by defeating John Barnsby of Nanaimo by a score of 38 to 8. The JV team had the most successful season in RoadRunner history by accumulating an undefeated record of 14 wins and no losses.

Well done MSS!!

School Closures for Bad Weather

In case of school closures due to inclement weather, the information will be broadcast on the radio stations as early as possible in the morning of the closures. Please listen to **STAR FM107.1, CKNW AM980, CKWX AM1130**, or check the district website www.mpsd.ca for up-to-date information on school closures. For your information the district office is open through the winter break from 8:00 am to 4:00pm.

PAC News

A Very Merry Christmas to everyone involved at making Mission Secondary School a wonderful place for our teenagers to learn! Thank you for all your time and effort.

The next PAC meeting is Wednesday, January 19th, 2010 at 6:30 p.m. in the school library.

Have a safe, and wonderful holiday, and Happy New Year!

Drop your recycling off at Changes (located beside Save-On-Foods or the Bottle Depot on Wardrop St. and donate the funds to "MSS Dry Grad"

Mission Public Schools offers a French course for F.I. parents!

- When: from Monday February 7th to May the 30th (14 weeks/no class during spring break or statutory holidays)
- Where: Ecole Christine Morrison School, 32611 McRae Avenue
- Time: Monday from 7:00 to 8:30 p.m.
- Cost: \$140
- Small class-size: 10 students maximum, emphasis on oral language

Deadline for registration: Friday, January 14th 2011

Questions? Contact Ghislain Michaud

**To register please send an Email to ghislain.michaud@mpsd.ca
and send a cheque payable to Ghislain Michaud.**

Ghislain Michaud
Ecole Christine Morrison
32611 McRae Avenue
Mission, BC V2V2L8

Ghislain Michaud, French Coordinator
Mission Public Schools

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French course for F.I. parents at Ecole Christine Morrison School

Name: _____ Phone number: _____

Email address: _____