

# Mission Secondary

# Newsletter

November 2022

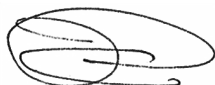
Volume 19, Issue 3

## Individual Highlights:

Principal's Report	1
Inclement Weather	1
Sport News	2
International	2
Counsellor's Corner	3
Career Center News	4
School Calendar	7
Pay School Fees ONLINE!	7
Holiday Self Care	

Dear Parents/Guardians:

Over the last month our school community has been extremely busy. The Remembrance Day online assembly was outstanding, thanks to the excellent work done by Ms. Meyer and Mr. Radnai. The leadership class was instrumental in providing the school community with a great Spirit Week and the Halloween festivities. Our fall sports have come to an end, but for the first time we had our Cross-Country team go to the Provincials. Our boys' and girls' volleyball teams did very well in their league and went into the playoffs. Our boys' football teams finished out the year and will build on this years' experience into next year. Our parent teacher night online will be this Thursday November 25 from 3:30 -9:00 pm. Parents, please continue to communicate with your child the importance of staying focused on learning. Also, please continue to stay in touch with your child's teachers; we want to work with you to support your child's achievement. We have a very busy December with our Students Have Heart Dinner for the community on December 11<sup>th</sup>. There will be no newsletter in December so on behalf of the Mission Sr. Secondary staff we wish everyone a very happy holiday.



Jim Pearce  
Principal



### **School Hours**

#### **Monday - Friday**

8:44 am – First Class

11:28-12:10 – Lunch

2:59 – Dismissal

#### **Bussing:**

Following the final bell of the day, school buses are loaded very promptly at the bus loop on the east side of the building.

There is a late bus Wednesday and Thursday leaving MSS at 4:30 pm.

### **School Closures Due to Weather**

As the air begins to chill, we are reminded that winter will soon be here as will inclement weather conditions.

For information on school closures, follow the School District website: [www.mpsd.ca](http://www.mpsd.ca)

- Select the tab across the top - "Our District";
- Select - "Weather Procedures".

Once there, a list of radio stations is provided. Parents, students and staff can register directly on that page to sign up for the Unscheduled School Closures Email List. It is a quick and easy way for notifications to be received directly.



### **Flu Season**

The cold and flu season is upon us. If your child is not well, please do not send them to school. Staying home when sick helps prevent the spread of germs and viruses.



**Special Message Regarding Food Delivery Services:**

We will not accept Skip the Dishes, Door Dash, or any other food orders at any time during school hours and if they do get delivered to the main office the food will be given to students who need lunch. The food will not be handed to the person who paid for it. We cannot have strangers onsite.

**INTERNATIONAL DEPARTMENT NEWS**

We are currently accepting applications for nurturing homestay families who want to provide a caring “home away from home” for our elementary and secondary International students. Student placements can range from 2 weeks to 2 years or more. These paid positions are a wonderful way to learn about another culture and to share Canada with students from another country. *Most International students are looking for a host family that includes Mom and Dad, as well as school-age children.*

If you are interested in hosting students, please apply on-line: [www.studyinmission.ca](http://www.studyinmission.ca)

- Homestay → Become a Host Family → Click On-line Application
- Complete all 5 sections of the On-line Application Form
- Our office will contact you to follow up

**33919 Dewdney Trunk Road, Mission, BC V2V 6Y4  
604-826-6286 ext. 3321**

**Email: [international@mpsd.ca](mailto:international@mpsd.ca); Website: [www.studyinmission.ca](http://www.studyinmission.ca)**

## **Counsellor's Corner**

<b>COUNSELLORS:</b>	<b>Alpha/Title:</b>	<b>Local:</b>	<b>Cell #</b>
Gary Flynn	A - D	3014	604-302-7532
Catherine Hall	E - K	3008	604-226-7125
Monica Nguyen	L - R	3012	604-226-5561
Dawn Buckley	S - Z	3010	604-786-0215
Jody Shaw	Specific Students	3011	604-302-7571
Alexandra Goliath	Career Advisor	3009	604-302-5314
Cyndi McLachlan	Youth Care Worker	1135	604-854-0613
Barb Iversen	Youth Care Worker	1006	604-302-4716
Carolyn Chezzi	Work Experience	1132	604-768-6382

All the counselors at MSS are certified teachers who hold Master's Degrees specializing in the areas of individual and group counselling, adolescent development, and counselling psychology.

### ***What services do we offer?***

#### **1. Personal Counselling**

Sometimes you just need to talk! Group or individual sessions are offered, as need arises, on issues such as the following adolescent concerns:

- ❖ Depression
- ❖ Suicide
- ❖ Substance use
- ❖ Self-esteem
- ❖ Sexual identity
- ❖ Grief
- ❖ Family relationships
- ❖ Peer issues
- ❖ ... and many others!

Referrals to community agencies can also be made through any of us.

#### **2. Group Counseling**

(Ask your child's counselor which support groups are currently offered at MSS)

#### **3. Mediation**

We offer mediation for students as an opportunity to resolve conflicts. These may be between two or more students or between a student and teacher.

#### **4. Academic/Career Counselling**

Counsellors strive to help students achieve the highest academic standards that they can attain by offering the following services:

- Requesting interim reports
- Connecting students with paid tutors and services
- Placement into special programs such as Learning Assistance
- Providing information about course selection
- Informing students about graduation requirements
- Providing post-secondary and career information
- Helping students with decision
- making regarding future careers

### **Career Centre News**

Book an appointment with our Career Advisor, Mrs. Thompson to discuss:

- PSI information and planning
- Career research and exploration
- Using myBlueprint Education Planner
- Resume and Cover Letter writing
- Interview and Job Search skills



### **Post-Secondary Institution (PSI) Selections for 2020 Graduates**

Grade 12 Students: please get started on registering for a BCeID in order for post-secondary institutions to receive your transcripts.

To access the Student Transcripts Service or create an account, visit:

[www.studenttranscripts.gov.bc.ca](http://www.studenttranscripts.gov.bc.ca). Click “Sign up for a BCeID” or if you have one already, “Log in with BCeID.” This page will also have videos on how to create an account and send/order transcripts.

View three how to videos at

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates/help>

If you have any questions, please email [Alexandra.goliath@mpsd.ca](mailto:Alexandra.goliath@mpsd.ca). Thank you!



## Media Release

### **Applications open for in-person STEAM & Entrepreneurship program at Shad**

**WATERLOO, November 1, 2022** — Applications [are now open](#) for Shad—Canada’s premier STEAM (science, technology, engineering, arts, mathematics) & Entrepreneurship program for grade 10 and 11 students. Applications are due December 5<sup>th</sup> 11:59 (ET)

During the program, students spend their July living on a university campus, engaged in hands-on lectures, labs, mentorship opportunities and other activities to help them spark new interests and explore their future. Students also get a chance to try their hand at social innovation. [Shad’s signature real-world design challenge](#) introduces students to

design thinking and entrepreneurship so they can solve a real-world problem with an innovative business idea.

**About Shad Canada:**

Shad Canada is a not-for-profit organization based in Waterloo, Ontario. For 40 years and counting, Shad Canada has delivered STEAM and entrepreneurship programs for high school students. During the month-long program, students live on campus and participate in a real-world design challenge that prepares them to take on social and economic challenges. More than 20,000 students from across Canada have participated in Shad, many going on to start businesses, lead discoveries and make changes in economic and social sectors. Learn more at [shad.ca](http://shad.ca).

**Contact Information:**

**For Educators and Community Groups:**

Book a Shad presentation, virtual field trip, or learn more about Shad by contacting: **Mallory Basha**, Recruitment Marketing Lead, Shad Canada, [mallory@shad.ca](mailto:mallory@shad.ca), 902-292-1169

Are you interested in attending university outside of BC? Check out the following info sessions to learn more about these amazing Canadian schools!

<b>Canadian Post-Secondary Schools outside of BC</b>
<b>Alberta</b>
University of Alberta Info Sessions: <a href="#">Click Here</a>
University of Calgary Future Student Workshops: <a href="#">Click Here</a>
SAIT Future Student Info Page: <a href="#">Click Here</a>
<b>Saskatchewan</b>
U of Saskatchewan Application Workshop: <a href="#">Click Here</a>
<b>Manitoba</b>
U of Manitoba: <a href="#">Click Here</a>
U of Winnipeg virtual tours and info sessions: <a href="#">Click Here</a>
<b>Ontario</b>
Queens University: <a href="#">Click Here</a>

Ryerson Virtual Open House: <a href="#">Click Here</a>
University of Toronto virtual campus tours: <a href="#">Click Here</a>
Laurier- Campus Tour: <a href="#">Click Here</a>
McMaster Faculty Showcases: <a href="#">Click Here</a>
Waterloo Events: <a href="#">Click Here</a> Waterloo Virtual Tour: <a href="#">Click Here</a>
<b>Quebec</b>
McGill Future Student Events: <a href="#">Click Here</a>
<b>New Brunswick</b>
U of New Brunswick Future Student Events: <a href="#">Click Here</a>
<b>Nova Scotia</b>
Dalhousie "Ask Me Anything": <a href="#">Click Here</a>
Saint Francis Xavier Recruitment Information: <a href="#">Click Here</a>
Acadia University Future Student Events: <a href="#">Click Here</a>
<b>Prince Edward Island</b>
U of PEI Viewbook: <a href="#">Click Here</a>
<b>Yukon</b>
Yukon University Academic Planning: <a href="#">Click Here</a>

## Mission Secondary School

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Mission, BC  
V2V 2C5

PHONE:  
604-826-7191

FAX:  
604-826-8187



We're on the Web!

See us at:

<http://mss.mpsd.ca>

## 2022/23 Calendar

Dec. 16, 2022	Last Day before Winter Break
Dec. 19-Jan 2, 2023	Winter Break
Jan. 3, 2023	School Re-opens
Jan. 18, 2023	PAC Meeting 7PM (Library)
Jan. 20, 2023	Term 2 Ends
Jan 23-26, 2023	Assessment Week
Jan. 27, 2023	Turn Around Day – No school for students
Jan. 30, 2023	Term 3 Begins
Feb. 6, 2023	Course request cutoff
Feb. 6-7, 2023	Grad Photo Retakes
Feb. 15, 2023	PAC Meeting 7PM (Library)
Feb. 17, 2023	District Pro-Development Day
Feb. 20, 2023	Family Day
Feb. 22, 2023	Pink Shirt Day
Mar. 9, 2023	Parent/Teacher Conferences
Mar. 10, 2023	Non-Instructional Day – No classes
Mar. 13-24, 2023	Spring Break
Mar. 27, 2023	School Re-opens
April 7, 2023	Good Friday
April 10, 2023	Easter Monday
April 19, 2023	PAC Meeting 7PM (Library)
April 21, 2023	½ Day Assessment, dismissal 11:30
	Term 3 Ends
	Dry Grad
April 24, 2023	Term 4 Begins
April 28, 2023	Non-Instructional Day
May 17, 2023	PAC Meeting 7PM (Library)
May 19, 2023	Non-Instructional Day – No Classes
May 22, 2023	Victoria Day
June 16, 2023	Last Day Regular Classes
June 19-23, 2023	Gr 10&12 Ministry Assessments
June 21, 2023	Prom
June 24, 2023	Commencement
June 30, 2023	Administrative Day

Now Available!  
**Pay School Fees Online**

With SchoolCashOnline you can:

- ✓ Pay for your child's school fees online. Anytime, anywhere.
- ✓ Avoid the hassle of having cash on-hand to pay for school fees.
- ✓ Receive email notifications regarding school fees and events.
- ✓ Help us reduce the amount of cash in our schools.

**NOW AVAILABLE**

» Fast    Safe    Convenient

School Cash Online is our school's preferred method of payment.

**KEYGROUP**  
School Cash Simplified



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# SELF-CARE

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A MENU FOR YOURSELF THIS HOLIDAY  
SEASON

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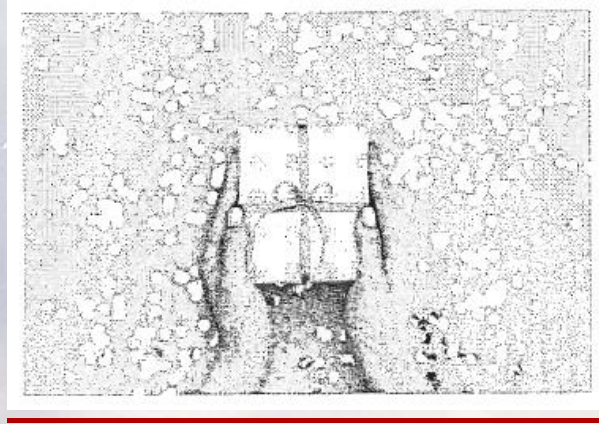
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# SELF-CARE



**\*\*\*Self-care is... our gift to ourselves\*\*\***

The World Health Organization defines self-care as: “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.” (WHO, 2021)

## WHAT IS SELF-CARE?

Self-care means taking care of all aspects of yourself including your physical health, mental health, social health, and spiritual health.

## WHAT IS THE IMPORTANCE OF SELF-CARE?

We need to pay attention to our own selves so that we can be **happy, healthy, and well**. If we are happy, healthy, and well, we can function effectively, achieve our goals, and help and care for others.





## WHO IS SELF-CARE FOR?

Just as all living things need attention and care, so do all human beings. Self-care is needed for everyone including children, youth, teens, adults, and the elderly, and especially for those who have experienced trauma.

## WHEN IS SELF-CARE NEEDED?

Self-care is needed daily, and particularly when our physical or mental health shows signs of deterioration.

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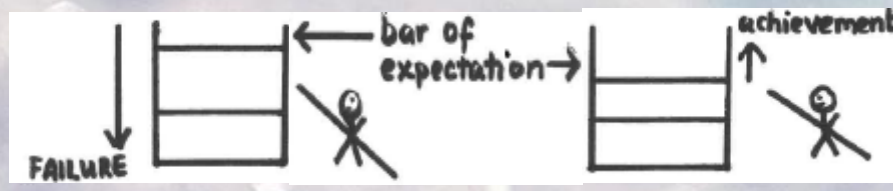


# HOW CAN I PRACTICE SELF-CARE?

Self-care means doing activities which care for ourselves in a positive way. It can be unique to the individual because different people like doing different things. It's important when choosing self-care activities that we create realistic goals, and make sure we choose activities that we have the resources for.

When engaging in a self-care activity, it is very important to set a "bar of expectation" that is realistic and achievable. Often, people will set a "bar of expectation" that is too high and then feel a sense of failure if they do not meet this goal. Self-care then becomes a "chore."

**Setting the right "bar of expectation" is therefore a very important part of self-care because we do not want to create a sense of failure in ourselves.**



*Think of the "bar of expectation" like a high jump. A person experiencing depression may not be able to "jump" over his or her "bar of expectation," which may be perpetuating symptoms of depression.*





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If the “bar of expectation” is set too high, and not reached, the individual may feel a sense of failure - which may impact an already depleted self-esteem. However, if he or she lowers the “bar of expectation,” the self-care goal will feel more reasonable & achievable.

Once the person has achieved his or her first “bar of expectation,” the bar can then be raised, and the person can start to build an “increased sense” of practicing self-care



## EXAMPLE

Instead of setting a “bar of expectation” of 1 hour at the gym every day, lower the “bar of expectation” to walking between two lampposts for 10 minutes every night. Then, double this activity the next night, or on alternative nights, and so on. Who says exercise needs to be done in a gym? Again - this is a “bar of expectation” set by society - adjust your self-care according to your own energy availability and resources.

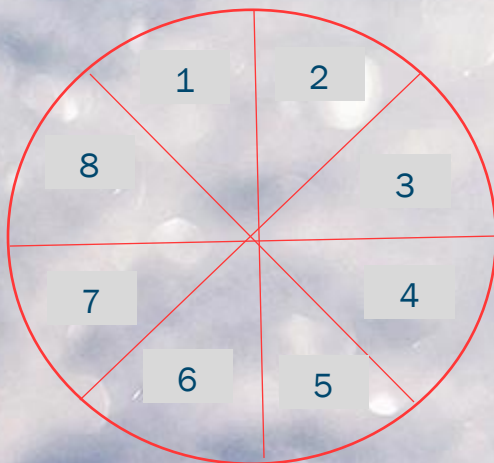
Self-care is not about quantity, **it's about quality.** When practicing self-care, a 10-minute activity that brings about a sense of achievement is more valuable than a 1-hour activity that brings about a sense of failure.





# TIPS FOR SELF-CARE

- ☺ make self-care fun
- ☺ make self-care collaborative – teaming with another person(s) to practice self-care can help improve motivation
- ☺ make self-care a daily/weekly/monthly family event – add a healthy and favourable activity to your family planner/calendar
- ☺ make self-care interesting and creative – this will help you maintain concentration on your “bar of expectation,” and avoid boredom
- ☺ make self-care fit all areas of your life – on a daily/weekly/monthly basis, think of your life like a pizza and look at each “slice” carefully to decide which “slice” needs more self-care “ingredients”



1. Physical health
2. Mental health
3. Social health
4. Intellectual health
5. Emotional health
6. Spiritual health
7. Creative health
8. Nutritional health

These are just some suggestions for areas of self-care



*Now that you know all about self-care, go back to the first page of this self-care menu and set your bar of expectation. List 2 activities that you can do over the holidays to care for you! Include these on your holiday list to help yourself twinkle all the way!*

**\*\* Happy Holidays \*\***