



ELKFORD SECONDARY SCHOOL

February 2021 NEWSLETTER

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Michael Kelly, Principal

Ian Jarrell, Vice Principal

Principal's Message

When I get the chance to greet students at the front door I often get this response when I ask them how they are doing: "tired". I like to think, just like our vehicles need maintenance so do our bodies.

Reading an article from the Leaders & Learners journal, *Quebec Students Snooze Their Way to Success*, I wanted to share the following:

- Chronic sleep loss affects a large portion of the student population
- 1/3 to 1/2 of Canadian youth don't get the recommended amount of sleep for their age
- 60% of youth report feeling tired in the morning
- Sleep is critical to achieving: academic success, mental health, and physical health
- A loss of one hour of sleep per night has shown to negatively impact tasks measuring executive functioning and attention
- Higher sleep efficiency is associated with better grades in Math, English, and French
- Sleep deprivation is associated with: high levels of depression, inattention, drug use, and suicidality, weakens immune system
- Tips for better sleep:
 1. Prioritize your sleep: clear your schedule and go to bed when you are tired
 2. Determine your optimal sleep duration: set the wakeup time you need as an anchor and count back seven, eight, or nine hours based on your age/preference
 3. Small extensions count: small increases in sleep, as little as 28 minutes, are associated with improved functioning in school
 4. Protect yourself against the impact of sleep deprivation: if you are about to enter a busy stretch, extending your sleep prior to this period will reduce, to some extent, the impact of sleep deprivation on attention and performance
 5. Sleep: identify positive reinforcements you can give yourself for adhering to a set sleep schedule

It is important to know the following recommendations from the Public Health Agency of Canada:

Age: 5-13: require 9-11 hours of sleep per night

Age: 14-17: require 8-10 hours of sleep per night

ARE CANADIAN CHILDREN GETTING ENOUGH SLEEP?

To be as **healthy** as possible¹, children need adequate **night time sleep**:



But... **1 in 4** children are **NOT getting enough sleep**.



5-13 year olds
9-11 HOURS
of sleep/night



14-17 year olds
8-10 HOURS
of sleep/night



Let's talk about **sleep quality**, shall we?

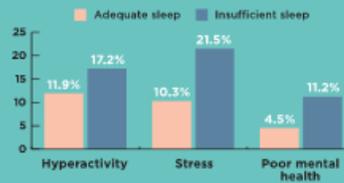
1 in 3 children have trouble **going to sleep or staying asleep**.

1 in 5 children have difficulty **staying awake** during waking hours.

1 in 10 children **do not** find their sleep **refreshing**.



Over time, **insufficient sleep** impacts how a child feels, behaves and interacts². Children who get less than adequate sleep report*:



Catching more **Zzz's** can help with children's:

- **Physical health,**
- **Emotional well-being, and**
- **Quality of life!**



* Compared with children getting the recommended amount of night time sleep.

¹ Tremblay, M.S. et al. Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. *Applied Physiology, Nutrition, and Metabolism*, 2016, 41(6 (Suppl. 3)): S311-S327. <https://doi.org/10.1139/apnm-2016-0151>

² Carson, V. et al. Associations between sleep duration, sedentary time, physical activity, and health indicators among Canadian children and youth using compositional analyses. *Applied Physiology, Nutrition, and Metabolism*, 2016, 41(6 (Suppl. 3)): S294-S302. <https://doi.org/10.1139/apnm-2016-0026>

GOOD SLEEP. PART OF A HEALTHY LIFESTYLE.

LEARN MORE ABOUT SLEEP HEALTH AT CANADA.CA

- > **SEARCH** Physical activity, sedentary behaviour and sleep
- > **GET DATA** PASS Indicator Framework
- > **OR VISIT** 24-Hr Movement Guidelines

PHAC

@GovCanHealth

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Public Health Agency of Canada / Agence de la santé publique du Canada

Upcoming Important Dates at ESS

FEBRUARY	
26	NI Day - Green
MARCH	
4	Q3/T5 - Ends
5	Q3/T6 - Starts
10	PAC Meeting via Zoom, 6pm
11	Q3/T5 Report Cards Go Home
15-19	2021/2022 School Year Course Selection
22 - Apr 1	Spring Break
APRIL	
2	NI Day - Stat
5	NI Day - Stat
19	Q3/T6 - Ends
20	Q4/T7 - Starts
23	Q3/T6 Report Cards
26	NI - Green Day

Reminders from the Office....

To contact a staff member in our school please email by using: firstname.lastname@sd5.bc.ca.

If there are any changes to your personal contact information (phone numbers, addresses, email, etc.) please let the office know by emailing: ess.mailing@sd5.bc.ca.

Attendance

I want to ensure all parents are clear on two things:

1. No student should be absent from the school unless the parent has notified the school of this absence. This includes leaving at lunch, if a student is not going to return after lunch parents should notify the school of this absence.
2. Morning bell schedule: 8:30am - all students should be in the building and 8:34am - class starts and all students should be in their seats ready to learn.
- 3.

Reminder: Smoking or the use of a Vape is prohibited on all school property. If any student needs assistance with quitting, please see the office for assistance.

2021/2022 Course Selection

Please be aware that course selection will be taking place March 15-18, this is the week before March break. It is important that you have conversations with your son/daughter on what their future goals/plans are. All students will do their course selections through a MyEd student login and parents will be able to participate in their son/daughter's course selection through the MyEd Family Portal. Many other considerations must go into course selection:

- Creativity is a key trait for success in the 21st century. Art, Band/Guitar are key subjects for fostering creativity
- It has been proven that music/band increases student's success in math
- Digital Literacy/Computers: all students need these skills
- What helps reduce stress/anxiety: PE, Foods, Art, Music, History, etc.?
- The importance of physical fitness
- Building positive life-long passions
- Building resumes for university and/or scholarships
- Learning time management - high school is the time for it, not in post-secondary
- Students can discover new passions they didn't know they had
- Engaged youth - take advantage of opportunities provided, student engagement at ESS makes it a better school, keep kids busy with positive engagement
- Less down time with nothing to do (4 courses + extra-curriculars = less worry about what to do)
- The more electives taken, the greater variety of courses that can be taken
- It is good for students, good for parents, good for teachers, good for ESS, good for Elkford - so why not!

The teenage years are meant for learning - please take advantage of every opportunity available



RISE AWARDS WINNERS



MATHIEU DUBE – RESPECT

HOLDEN SHEPPARD – STRENGTH

CELTIE-RAE AUGER – INTEGRITY

CAMERON KOWALYK - EMPATHY



RISE TO THE SUMMIT

'Celtic Character Award' celebrates the culture of ESS, while supporting students in developing the character it takes to be successful and happy individuals at school and in the world.

RESPECT - haþþkaxumaþtiþ

INTEGRITY -  makki

STRENGTH -  makqa

EMPATHY - hakiþwi kiþin



Made with PosterMyWall.com

To learn more about this program please view our website below:
<https://www.sd5.bc.ca/school/ess/RiseToTheSummit/Pages/default.aspx#/=>

Elkford Secondary School PAC

Every parent and guardian that has a student at ESS is automatically a member of our Parent Advisory Committee (PAC). Each year the ESS PAC distributes funds for extracurricular materials and activities for our students. This ranges from presentations at our school and help with field trips to maintaining equipment that has previously been purchased by PAC. We also provide new equipment to our sports teams and support for any other club in the school as well as any extracurricular supplies needed. Without volunteers this support would not be possible. Please consider attending monthly PAC meetings. Due to COVID meetings will be virtual on Zoom. IF you would like to attend please contact the Office and a link will be sent to you.

2021

PAC Meetings

2nd Wednesday of every other month at 6pm

March 10 & May 12

Elkford Secondary School Meals Program

A GREAT BIG Thank You goes out to ESS PAC for their generous donation of \$1000.00 to our School Meals Program.

These funds will be used to provide every classroom with fresh apples. Eat up students!



Science 9

Science 9 learning to wire different circuits, they created Morse Code messages, alarms and other interesting circuits.

French 7

French 7 experiencing French culture and enjoying a “baguette et fromage (cheese)”.



Senior French

Senior French students learning about French cuisine and making crêpes. They did a great job learning the ingredients and following the directions in French. The crêpes turned out wonderful. Well done!



English 7: Experiential Learning in Elkford's Wilderness.

English 7 students have been experiencing their learning with through the current theme of survival. Students are reading stories about characters that need to survive in the harsh wilderness of North America, where the protagonists need, shelter, fire, water and food to survive.



As an introduction to my class all students had the opportunity to get into small groups, climb into their local backcountry, work together and build a quinzhee (a winter survival shelter). During our three-hour classes students began building their shelter, as well as learned how to work as a class outside. We read the story a Mountain Journey, students responded to questions outside in our new classroom (a dug out in the snow, with benches carved out and a fire). This quarter has seen a blend of the

brick and mortar classroom as well as the outside. In the school, there were some lecture styled lessons about paragraph structure and ways of responding to literature.





fire as well as find a safe water source and food to stay alive. He is stranded in the woods and needs to take care of himself. Grade 7s have been paralleling their central character with shelter building and fire construction. Students will be investigating ways of melting snow without a fire proof vessel as well as food sources in the local wilderness.



The reading and writing survival topics easily transitioned to the outdoor classroom. Students not only built a quinzhee, but a fire pit with benches, where they could do group work and discuss their ideas. Students are currently reading the novel, Hatchet. This novel is about a 13 year old boy who has crashed in a small plane and is the only survivor. This boy needs to find safety, build a shelter and a



I would like to thank The Fernie Adaptive Ski Society for their donation of the adaptive sit ski. I would also like to thank Craig Zurowski from Fernie's Summit Works for adapting the sit ski for our trails. We were also given climbing rope, carabineers, and climbing hardness from the community of Fernie to help pull the Sit Ski into the local wilderness.

Thank you students for your positive attitudes, your grit and academic rigor. Thank you parents for supporting this style of learning with making sure your students were prepared and ready for class.

Gr 7 Board Games

Tuesdays at lunch
Room #122

All grade 7s welcome.
Bring your lunch



Gr 8/9 Board Games

Thursday at lunch
Room #152

All grade 8/9s welcome.
Bring your lunch



Intramural



3:30 – 4:30

Gr 7s – Mon
Gr 8/9 – Tue
Gr 10-12 – Wed

All students
welcome. Must
have gym strip.

Introducing the Family Portal

Enhancing Communication with Parents and Students

School District 5 (Southeast Kootenay) is launching the [MyEducation BC Family Portal](#) in three phases. Phase One of the launch will include the following schools:

- Mount Baker Senior Secondary
- Elkford Secondary

[MyEducation BC](#) is the system used across the province for managing student information such as attendance and report cards. The family portal allows parents to have access* to the [MyEducation BC](#) system where you can view report cards, attendance, demographics, and progress towards graduation.

*(*not all features may be available in the Family Portal initially)*

Benefits of the [MyEducation BC Family Portal](#):

- Parents can easily access their child's report card
- Increases the security and privacy of student information. With the Family Portal, report cards are stored and accessed on a secure web server as opposed to sent out via email or on paper.
- Parents can view up-to-date attendance information on the same day it is entered.
- Parents can view demographic information and contact the school should updates/changes need to be made

In the next few days, you will receive an email from [MyEd BC](#) providing you with your username and password to access the Family Portal. You will also receive an email from the school with further instructions on how access the portal. Please add sysadmin@myeducation.gov.bc.ca to your address book to make sure it does not end up in your junk mail. The message will look like this:

```
Parent,  
Welcome to the Southeast Kootenay MyEducation BC FAMILY PORTAL which will  
allow access to course information.  
  
To Access the MyEducation BC System  
1. Visit www.myeducation.gov.bc.ca/aspn  
2. Make sure popups are enabled for your browser  
3. Your username will be: (sd5-firstinitiallastname)  
4. Your temporary password will be: (system generated code)
```

For instructions on how to use the portal, please refer to the [Family Portal Website](#). The [SD5 Family Portal Instructions to Parents](#) is found under the support button. There are also many useful support documents on this site for your reference.

Report Cards will be published to your MyEd Family Portal on March 11!
If you are unsure of your username and temporary password or are having issues logging in, please call or email the school.