



ELKFORD SECONDARY SCHOOL

January 2021 NEWSLETTER

2500 B Balmer Dr., PO Box 910, Elkford, BC V0B 1H0

Phone: 250-865-4674 Fax: 250-865-2915

Website: <http://www.sd5.bc.ca/school/ess>

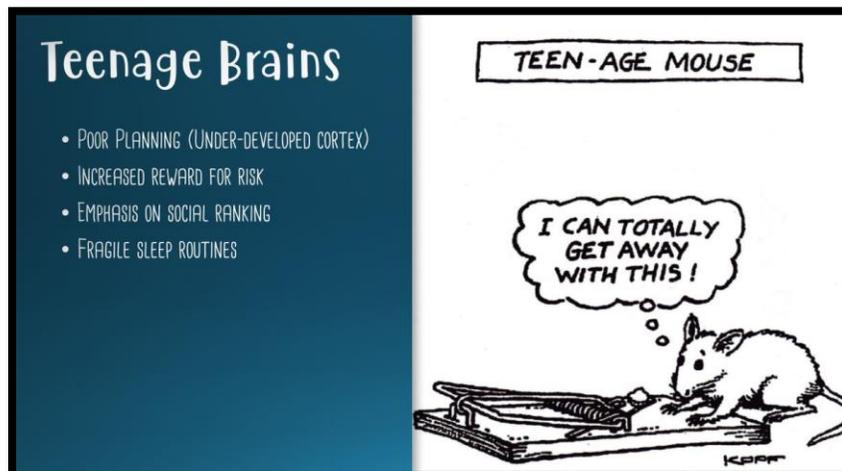
Michael Kelly, Principal

Ian Jarrell, Vice Principal

Principal's Message

I just wanted to share a few highlights from the virtual presentation on January 20th to parents on 'Supporting Anxious Children' by Sean Larsen. I think this informative presentation helps shed light on what it is like to be a student.

- Anxiety is an emotion, and it is natural. Some anxiety is good, but too much can make it tough for teens to succeed.
- Understanding anxiety in teens, what it does and how it can be regulated is important.
- Brains continue to develop until the mid 20s (girls around 23 and males around 26). This means teenage brains are growing and changing, it is an important time to train them and provide them with the best opportunity for success that we can.
- Teenage brains are unique and still developing (see image below)
- Social evaluation fears are a major cause of anxiety. As parents and educators, it is important to remember these things. We shouldn't get angry when a teen exhibits any of these, rather we should learn how to work with them and help them.
- Anxiety often presents itself by appearing as anger, withdrawal, depression, and learning disabilities.
- Parents can help teens succeed by preparing them for school and social situations, here are a few tips as shared by Sean Larsen:
 - ensure there is routine (predictability) in their lives
 - ensure teens get enough sleep (often they can stay up a bit later but need to sleep in - this is normal)
 - encourage and provide a proper diet
 - ensure teens get enough physical activity
 - limit electronics/video games/social media in the evenings - causes emotional arousal and harms quality of sleep



Upcoming Important Dates at ESS

JANUARY	
28	Let's Talk (Mental Health Day)
28	RISE Awards Assembly (via Teams)
29	Q2/T4 - Ends
FEBRUARY	
1	Q3/T5 - Starts
5	Q2/T4 Report Cards Posted to MyEd Family Portal
8	My Life My Adventure - Gr 12 Careers
15	NI Day - Blue
16	FSA Begin, grade 7s
17	The Be More Than a Bystander - BC Lions Presentation
26	NI Day - Green
MARCH	
4	Q3/T5 - Ends
5	Q3/T6 - Starts
10	PAC Meeting via TEAMS, 6pm
11	Q3/T5 Report Cards Go Home
22 - Apr 5	Spring Break

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.
(Morning bell is being adjusted to ring 2 minutes earlier to give students and teachers more of a warning)
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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.

RISE to the SUMMIT

Elkford Secondary School (ESS) is excited to introduce a new recognition program which supports students in developing the character it takes to be successful and happy individuals at school and in the world.



ESS Students or Staff performing RISE deeds in the school or community of Elkford can be nominated in one of the four categories. Community members of Elkford are encouraged to nominate someone who is doing good! Nominations are submitted electronically via the ESS website or the QR code below. Nominations are reviewed by the RISE Committee and students are recognized monthly.

<p>Respect Treating others, yourself and the environment with high regard and value.</p>	<p>Students can show RESPECT by accepting others for who they are and treating people with kindness. They can befriend someone who is often left out, stick up for someone who is being picked on, or even just show their positive demeanor around others. They can also show respect for themselves by making good choices and conducting themselves appropriately in school and community.</p>
<p>Integrity Being honest, trustworthy and sincere in what you say and do</p>	<p>Students can show INTEGRITY by behaving in an ethical and honorable manner even when no one else is around. By being trustworthy and sincere, they ensure consistency between what they say and what they do, as well as between in what they believe and how they behave.</p>
<p>Strength Emotional or mental qualities necessary when dealing with situations or events that are difficult</p>	<p>Students can show STRENGTH by showing perseverance when pursuing a goal, especially in the face of adversity. They will have confidence to be confronted and the self-assurance to know what is important to them. They will have the logic to do the right thing.</p>
<p>Empathy Ability to sense other peoples emotions, as well as imagine what someone else might be thinking or feeling</p>	<p>Students can show EMPATHY by sensing and appreciating the emotions of others, to “stand in their shoes”. They demonstrate appreciation of and concern for their feelings. They try to understand issues from their perspectives even though they may not agree with them personally.</p>



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 - ðmakki

STRENGTH - ðmakqa

EMPATHY - hakiþwiðkiþin



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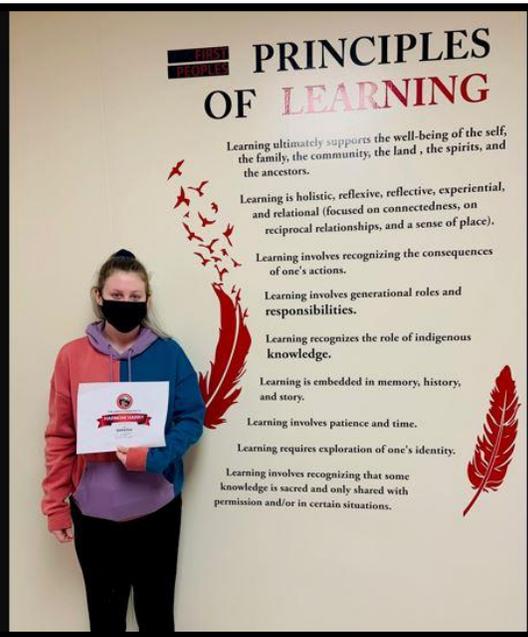
To learn more about this program please view our website below:
<https://www.sd5.bc.ca/school/ess/RiseToTheSummit/Pages/default.aspx#/=>

RISE AWARD WINNERS

Harmoni Harry - Empathy

Taylor Smuin – Respect

Jarrad Dagenais – Respect



Way to Report Absences

One of our greatest priorities is ensuring that all our students arrive safely to school every day. To improve our safe arrival process, we are adding a new system that will make it easier for you to report – and respond to – school absences of your student.

The new student absence reporting system will let you use a mobile app, a web site, or an interactive toll-free phone line to report an absence *in advance*. As a result, it will take the school less time to verify student attendance, and less time to begin to notify parents and guardians of absences that were unexpected or unplanned. This time savings makes it faster and more efficient to account for all students and their safety.

If your student is marked absent and the absence hasn't been explained in advance, our new SafeArrival system will be able to rapidly contact the student's #1 and #2 contact listed in MyEd by automated phone call, text message, email, or mobile app push notification to get a reason for the absence. Calls and contacts will continue until you choose an option to explain the absence.

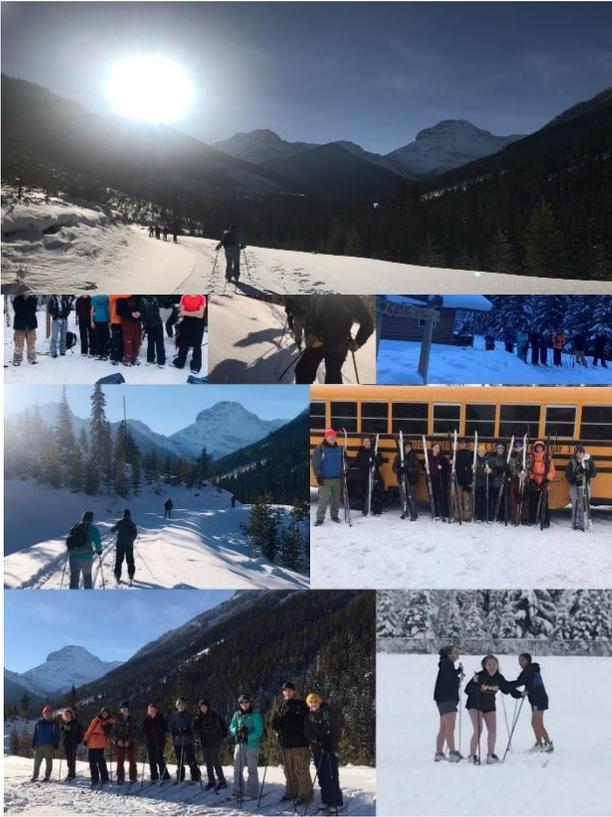


This new, automated SafeArrival process is part of our SchoolMessenger notification system, and our new SchoolMessenger mobile app for iOS and Android devices. It'll be available 24 hours a day, 7 days a week, to make it convenient for you to report future absences.

January 2021 Graduation Assessment Results

Results for the January 2021 Grade 10 Numeracy and Assessment is expected to be released on or before Wednesday, March 31.

Mr. Gulyas' PE 8 and 9: Fitness, Skills and Survival



Wow, I would just like to say how impressed I have been with my PE 8s and 9s. They have shown such strength and determination. There have been failures, falls and crashes along the way. Yet these students have shown their resilience and grit while we worked together in class.

Grade 8s and 9s have been working on their fitness on the local cross-country ski trails. Grade 8s skied the trails around the school and the Water Tower, the golf course, as well as tried to ski to Boivin Cabin; however, due to snow conditions (too sticky), they had to turn around. Grade 9s have also been working hard, skiing local trails, as well as making their own. Their most epic adventure this year was skiing from the school to Wild Cat Cabin, a 16.5 km loop. There were crashes and falls along the way, yet students showed their strength and determination to complete this challenging adventure.

Moving into skills and survival, both the grade 8s and 9s have been working on avalanche skills and shelter

building. Thanks to Avalanche Canada, they lent the PE program a "Tool Box," chocked full of gear; such as, beacons, probes, shovels, saws and snow science kits. Students had the chance to see this gear in action with an online interactive Avalanche Canada presentation and then had the opportunity to have a hands on experience outside in their local backcountry during class. Students had rescue scenarios where they searched for beacons buried in the snow, probe down and



dig out the transceiving beacon. Overlaid with the avalanche skills, was a winter survival unit, where students were building fires and quinzhees. Students worked together in small groups to pile snow, hollow out their shelters and lay down pine for insulation from the ground. I was very impressed with student's abilities to stay strong in the elements, teamwork, preparedness and positive attitudes in the wilderness.

Thank you to Avalanche Canada for the Tool Box, and support along the way. Thank you to the Lions Club, and United Steel Workers Union for the supporting this program's transportation costs. Thank you to parents/guardians, for supporting your students in coming to school with the right gear and equipment. Finally, thank you to the students for your determination and hustle, you made these adventures truly memorable.



Careers 9 Careers “Try a Trade”

In Careers 9 class, we spent some time trying the trades of Electrical, Drywall Installer, and Drywall Finisher. Each student had to cut some drywall, install it on a frame, then put a hole through it with a hammer and go through the process of repairing it. They also had to wire a switch and a light.

Try a Trade serves several purposes. First, it exposes students to some practical real-life skills that they may use in the future. It also gives them a taste of what it would be like to be in that trade. This experience will help students decide if they would like to apply for a Trade program in the future. We hope to expand the program with plumbing, mechanics, painting, concrete, and cooking. Students are also exposed to the welding, carpentry, cabinetry, and culinary trades in other classes.



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 meeting 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 other month at 6pm

March 10

May 12

Grade 7 French

Grade 7s enjoying Puppet Pals as they are recreating their own version of the French story “Le Chat/The Cat”. Their final products were so fun to watch and included awesome speaking! Way to go Grade 7s!



Careers 10

Students engaged in a team building activity.



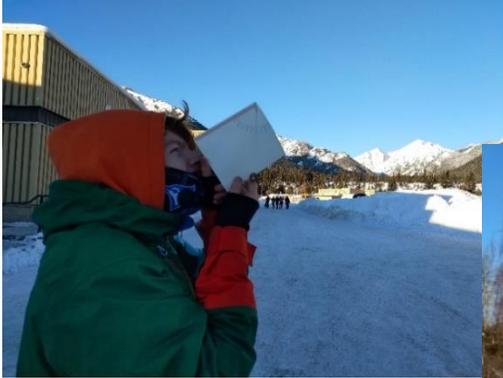
Chemistry 11

Chemistry 11 students have been developing their ability to predict the products of chemical reactions and have done some labs investigating how their predictions compare with experimental results.



Foundations of Math 11/12

We did some surveying using simple tools made in class to calculate the heights of some objects around the school. Some students were able to calculate the height of Wapiti within 30 m! And they could calculate the height of Green Hills within a couple hundred meters (a more challenging task due to the distance between Green Hills and the school).



GYM TIME DURING LUNCH

11:35am – 12:05pm

Eat your lunch first

Must have proper footwear

- Mondays – Gr 10/11/12
- Tuesdays – Gr 10/11/12
- Wednesdays – Grade 8/9
- Thursdays – Grade 7



Gr 7 Board Games

Tuesdays at lunch
Room #122

All grade 7s welcome.
Bring your lunch



Gr 8/9 Board Games

Tuesdays at lunch
Room #129

All grade 8/9s welcome.
Bring your lunch



Intramural

INTRAMURAL SPORTS



3:30 – 4:30

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

All students
welcome. Must
have gym strip.

Mrs. Wenda's Foods 11/12

During our most recent labs we made the Lemon Meringue Pie, Cheese and Bacon Biscuits, French Onion Soup, and French Fries. We also celebrated the Importance of Heritage Food!



Mrs. Wenda's Senior Art

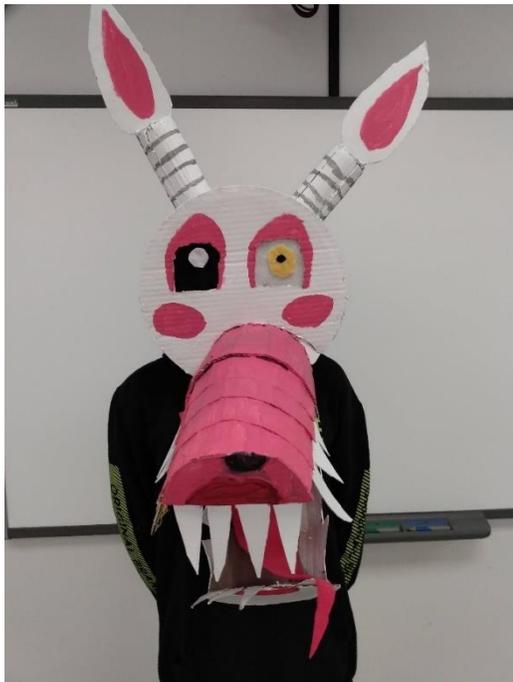
The most popular choice of Final Projects – Ceiling Tiles Painting as well as personal drawings and paintings!





Art 11 class completing the printmaking project – Etching inspired by the Portraits of Pop Art Movement.

Congrats to Thorsten (G.9) who won \$35 for his **Fire Prevention Week Poster!**



Amelia – the great sculptor
(Art 8)



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 Feb 5!
If you are unsure of your username and temporary password or are having issues logging in, please call or email the school.