



**R**espect  
**S**afety  
**S**uccess

## September 2015 Parent Newsletter

### A Message from Principal Kenyon

I am very happy to welcome everyone to the 2015-16 school year, especially our grade 8 students and all of our new students. A special shout-out to our international exchange students who have joined us this year. We have settled into the year now and all of our students are in their courses. Huge kudos to our counsellors Mrs. Wallach and Ms. Williams, and to Mrs. Maltby for their heroic efforts to ensure that the students have accurate schedules.

There is a continued focus on our school goals of achievement, literacy and a healthy school. This year we will continue to work with students on all of these fronts, but the healthy school goal is one where we will place a great deal of our efforts. In fact many of our staff will be participating in professional development this month on receiving certification in what is called, "Mental Health First Aid". As we are now aware, data shows that one out of four school-aged youth will suffer from some sort of mental health concern. We want to remove any stigma and increase understanding of these issues plus assist any student in seeking support. I'm sure we can all agree that this is a fundamental building block to ensure our students feel well enough to learn to their best ability.

With that said, I hope everyone had a relaxing summer and I wish everyone the best of luck this year!

### RSS Student Well-Being Goal

The *Student Well-Being Goal* will focus on the social-emotional and physical health of students. There are three main areas to promote: social-emotional health, mental health, and physical health. We will be gathering data on areas like student-school connectedness, mental health awareness and education, and promoting healthy lifestyles. The school culture is very positive already, however, we want to be able to identify areas for improvement for the coming years in these three main areas. We look forward to having constructive conversations with the school community on these subjects. A healthy school is always our goal, and student well-being is at the heart of that goal.

### Absences and Lates - (250) 837-2173

Parents are reminded to call the office or send a note to the school in the event their son/daughter will be late, absent, or leaving early for a medical or dental appointment. Students should get an early dismissal slip from the office for their teacher before heading off to class.

Texting your child about appointments or notifying the teacher of their absence is not notifying the office. Please make sure the office secretaries are aware of all appointments and absences. As well, students **MUST** sign in at the office when **arriving late** and sign out **when leaving early**. This will avoid unnecessary calls home of absences from class.

### Early Dismissal

Early Dismissal at 1:10pm on October 15th with Parent-Teacher interviews that evening from 7-8:30pm.

### Fair Notice

Our school community is committed to creating and sustaining school environments in which students, staff, parents and others feel safe. All reported threats and incidences of violence will be investigated.

### The RSS Website!

Check out our website at [revelstokesecondary.ca](http://revelstokesecondary.ca). Our home page has quick links to Teacher Blogs, Counsellors, Athletics, Student Opportunities and the RSS 2015-16 Calendar, as well as a scrolling daily events calendar. Students and staff can tweet @RevelstokeSec. You can also find a digital copy of the RSS Handbook, RSS newsletter and RSS calendar on line. Should you wish to obtain a hardcopy of the above please pick one up from the office. If you wish to have the newsletter sent to you via email, please email your request to [rssnewsletter@sd19.bc.ca](mailto:rssnewsletter@sd19.bc.ca)

### What's Going on in Class? Check the Blog!

Many teachers at RSS use daily or weekly blogs as a way to communicate to parents and students. Visit your teacher's blog to get updates on homework, check your marks, and see when assignments are due. Visit [revelstokesecondary.ca](http://revelstokesecondary.ca) and click on Students & Parents, Teacher Websites for a full list!

### Welcome New Staff!

We welcome back Kendra Von Bremen to RSS as a Social Studies and Superfit teacher and Kai Boggild, who will replace Mrs. Scheiber in the Science Dept. while she is on maternity leave.

### Did you know? – Ambulance Services at School

Should we need to call an ambulance for a student, and a family does not have extended health coverage, the ambulance will be at our expense.



### Picture Day

**Friday October 16, 2015**

Bring your best smile to school on Friday, Oct. 16<sup>th</sup> for **Picture Day**. Please note that all students will be photographed for the yearbook regardless of whether you purchase a package or not. Please do not send money on Picture Day.

### Band Parent Meetings



Band Parent meetings are held every third Wednesday of the month at 7:00 pm in the Band Room. The next meeting will be on Wednesday October 21<sup>st</sup>. Upcoming **RSS Band Concerts** will be on November 4<sup>th</sup> at 7:00 pm in the theatre. Come listen to the bands and enjoy a wide variety of music. A reminder that Jazz band rehearsals are on Monday evenings from 7:00 to 9:00 pm.



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## Family Vacations

A vacation form must be filled out if you intend to take your child out of class for **3 days or more** during school time. Please have your child obtain a vacation form from the office.

## Parent Advisory Committee

Our Parent Group encourages parents to attend their monthly meeting. This group facilitates informational sessions for parents during the year, and secures money for specialized equipment for our students. **PAC meetings** are the last Tuesday of each month. The next **PAC meeting** will be held Tuesday Sept. 29th at 7pm in the RSS Library.

## Interior Health Updates

### HPV vaccines

There will be **NO HPV** vaccinations for Grade 9's this year. Girls, who have had 2 doses of HPV vaccine in Grade 6, will no longer require a third vaccine in Grade 9.

## CAREER PROGRAMS:

### Opportunities to Learn Outside the Classroom WORK EXPERIENCE 12

If you would like a more in-depth career exploration, consider Work Experience 12. It is a 4 credit elective course where you have the opportunity to develop your employment skills by working 90 hours in a career area of interest.

## Costa Rica Trip

There is still time to register for the trip of a lifetime.... 10 days to Costa Rica! A group of RSS students, accompanied by Ms. Cancilla, will be travelling to Costa Rica over Spring Break! Students will get up close and personal with monkeys, sloths and toucans, while learning about ecotourism. Students will hike to the Poas Volcano, hike in the Santa Elena Cloud Forest, journey to Crocodile Lake, zip line through the rainforest canopy, go white water rafting and kayaking. There is also optional horse-back riding and a cultural evening. We will visit a school and meet with Costa Rican students and also tour one of the world's major coffee producers. Costa Rica is the global pioneer in sustainable development, and this trip will most certainly be an adventure of a lifetime! If you have any questions, please contact Ms. Cancilla at the school, 250-837-2173 or [lcancillasykes@sd19.bc.ca](mailto:lcancillasykes@sd19.bc.ca)

## RSS Post Secondary Visits

Representatives from Colleges, Universities, Trades & Technology Schools and some private post-secondary schools will be visiting RSS once again this fall. Grade 11 & 12 classes will be visiting the Alberta presentations this Tuesday, September 22nd in the morning. After a brief overview, they will have the opportunity to visit the booths to collect information and talk with the reps. The BC presentation is scheduled for October 7th and UBC will put on their own presentation after school on Wednesday, October 14th.

## Aikido Club

Jim Redding is teaching Aikido on Wednesdays from 3:30-4:30 pm in the Fitness room. New members are welcome.

## Teacher Professional Development

September has been a busy month for teacher professional development. On Sept 3<sup>rd</sup>, the RTA in conjunction with SD #19 hosted presenter Dr. Mark Holder, a neuro-scientist from UBCO. Dr. Holder discussed his current research on the science of happiness with its focus on positive psychology. He discussed the importance of happiness in the workplace with a focus on our clientele: teenagers. Afternoon session topics included the science of synaesthesia, and the placebo effect. Teachers were also engaged in self-directed Pro D including collaboration, literacy/numeracy work and researching new Ministry of Education curriculum. Upcoming ProD for September 28<sup>th</sup>: Mental Health First Aid (a two-day joint initiative with community partners), Volleyball clinics, Foundations of Literacy Development Session for Primary Literacy, Art and mask-making and an iBooks session.

## Dates to Remember

September 22	Alberta Post-Secondary Visit - AM
September 25-27	Band Camp
September 22	Homework Club starts (Tue/W/Thur)
September 28	Pro-D Day – no classes
September 29	PAC Meeting 7:00 pm
October 1	Grad Parent Meeting 7:00 pm
October 3	Gr 8 Last Spike Volleyball Tournament
October 7	BC Post Secondary Visits - AM
October 14	UBC Visit 3:20 pm
October 15	Early Dismiss – Parent Teacher Night @ 7:00 pm
October 16	School Photo Day - AM
October 16-17	Jr Last Spike Volleyball Tournament
October 21	Band Parent Meeting
October 23	Pro-D Day – no classes
October 23-24	Sr Last Spike Volleyball Tournament
November 4	RSS Band Concert
November 10	Remembrance Day Ceremonies
November 11	No School – Statutory Holiday
November 26	Grad Transition Presentation Meeting
Dec 21-Jan 3	Christmas Break

