NWSS Weekly Bulletin

NEW WESTMINSTER SECONDARY SCHOOL **December 14 – December 18, 2020**

Upcoming Dates and Events

Date and Time	Location	Event
Monday Dec. 14 **12:00pm**	NWSS	Grade 10 – 12 Quarter 2 midterm marks due % and WH only
Wed. Dec. 16	NWSS	Q2 mid-term marks published on parent portal
Wed. Dec. 16	NWSS	Asynchronous Remote Learning for Grade 09 - 12 morning and afternoon classes
Friday Dec. 18	NWSS	Last day of classes before winter break
Monday January 4, 2021	NWSS	School Re-opens for staff
Mon, Jan 4 – Fri, Jan 8	NWSS	Remote learning for all students
Tues, Jan 5	NWSS	Inclusive Education and SIGMA Student Orientation
Wed, Jan 6 & Thurs, Jan 7	NWSS Gymnasium	Grade 9 – 12 Student Orientation
Fri. Jan. 29	NWSS	Last day of Semester 1 for Grade 9 Last day of Quarter 2 for Grade 10 - 12

Wednesday, December 16th is Asynchronous Learning Day

As outlined in our "NWSS Occupancy Notice" sent to parents/students on November 30th, Wednesday, December 16th will be an Asynchronous Remote Learning day where students do not attend school. Teachers will be providing work for students through MS Teams or directly on Tuesday for students to complete by Thursday, December 17th.

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Please continue to remind students to conduct their Daily Health Check before arriving at school. Use the sanitizing stations and sanitize upon entry.

All staff, students and visitors must be wearing a mask in common areas including hallways, cafeteria, library etc. The Pearson office will provide masks to individuals who do not have one.

5 Practices for Presence & Peace, Inspired by Neuroscience

Amidst the challenges and constant change of life in a pandemic, presence can be peace. While daily life may feel volatile, uncertain, complex, and ambiguous, the present moment can be a refuge, if we can convince our minds to reside in it.

Our new Heart-Mind Online Resource, "5 Practices for Presence & Peace, Inspired by Neuroscience", offers five practices informed by current research to help you harness the peace of presence, geared towards parents, teachers, caregivers, and the young people they care about.

Check it out here!

Heart-Mind Challenge: Winter 2020 Calmathon!

We invite you to join us this year for our Heart-Mind Challenge: Winter 2020 Calmathon! Participate in 15 days of curated calming practices to spread peace, tranquility and joy within yourself and to those you hold dear during the holiday season.

Starting on Monday December 7th until the 21st, each day you will be offered a mindful, calming practice including meditations, breath work, sensory experiences, acts of kindness, and movement. Practices will take no more than 15 minutes, and will be relevant to people of all ages. Promote calmness and uplift the well-being of yourself, your friends, and the children in your life (in your classroom, your home, your neighbourhood, and beyond!) during what can sometimes be a challenging time of year.

The Calmathon is free to join, however you may create a personal or team fundraiser to support

your efforts, with proceeds going directly to the Dalai Lama Center (a registered charity focused on Heart-Mind Well-Being that has no religious or political ties). In doing so, you will further spread Heart-Mind well-being to children and youth throughout the year. Register here!
Learn more details and register here!

1. Virtual Post-Secondary Events for Grade 11 and 12 Students:

a. **BCIT**: Find out about specific programs virtually: https://www.bcit.ca/events/category/infosession/list/

BCIT "Big Info Night, Home Edition" (all programs) will be in **February 2021**: https://www.bcit.ca/about/visit/big-info/

b. **Canadian Coast Guard College** Virtual (English) presentations at 8:30 pm (AST) on: Jan. 12 /21, Jan. 28/21 and Feb. 9/21. Register Online at: www.cgc.gc.ca

c. **Douglas College** Info Session:

https://www.postsecondarybc.ca/event/douglas-college-online-information-session/

d. **Emily Carr University of Art and Design:** Check out their undergraduate Arts Programs here: https://www.ecuad.ca/academics/undergraduate-degrees

e. **SFU** Virtual Events (virtual tours & **Business, Environment and Applied Science Programs):** https://www.sfu.ca/students/admission/campus-tours.html#virtual-fairs

f. **Welcoming Aboriginal Learners, highlighting 3 local PSI's**

SFU: Indigenous Preview Days – Thurs. January 14, 10am-12 noon, Wed. Jan. 20th, 1-3 pm, Tues. Jan. 26th, 10-12 noon and 1-3 pm

https://www.sfu.ca/students/admission/campus-tours/indigenous-preview/indigenous-preview-day.html

Langara: https://langara.ca/student-services/indigenous-services/index.html

UBC: https://indigenous.ubc.ca/indigenous-engagement/indigenous-strategic-plan/

g. **Need to send a Transcript to a PSI?** Here's how – 3 videos show you how: https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates/help

h. **UBC Online Sessions**: Multiple times in December:

https://www.postsecondarybc.ca/event/ubc-online-sessions-multiple-dates-this-month-3/

Or see here: https://you.ubc.ca/tours-info-sessions/online-sessions/

i. **University of Alberta Application-Based Scholarships Deadline is Tuesday, December 15th, 2020.** https://www.ualberta.ca/admissions/undergraduate/tuition-and-scholarships/scholarships-and-awards/index.html?

j. **Vancouver Film School** still has two upcoming ONLINE events for anyone interested in Animation or Digital Design. Both events are open for students, parents, teachers, or counsellors – anyone who is eager to learn more about our 1-year intensive art programs! Ask questions, see student work, and meet faculty. Both events are free to attend.

VFS School of Animation Program Preview | REGISTER

When: Monday, Dec 14 @ 4 p.m. PST

Learn about…

A. 3D Animation

B. Modelling

C. Visual Effects

D. 2D Animation

E. Concept Art

VFS Digital Design Industry Showcase | REGISTER (access code **VFSONLINE**)

When: Tuesday, Dec 15 @ 4 p.m. PST

Learn about…

A. Motion Design

B. Interactive Design (UX/UI)

C. Graphic Design (Branding/Communications)

2. For All N-Dub Students:

A. Need to Chill? … like relax your body and muscles? … or connect with yourself? Check out these short (6-10 minute) "Yoga for Virtual Learners" classes: https://www.youtube.com/playlist?list=PLui6Eyny-Uzx8YZ3Pw0r6jq6UuwYW61Rj

B. No idea what you want to do after high school? Check out post-secondary programs in BC under the "Areas of Study" tab here: https://www.postsecondarybc.ca/for-students/

C. For those 16.5 years old and up: Want to make some money over winter break?

Boys and Girls Clubs of BC are offering a 5-Day Job Club over the Winter Break … and there is a $300 course completion pay for your time! Email: employmentprograms@bgcbc.ca or phone 604-591-9262 ext. 117 to register.

3. For the Adults …

LEARNING

Want to learn more about supporting your child's mental health or help them cope? **"intheknow" information and support podcasts** are available where you're at. Sample topic: What Families need to know about Self Harm (25 minutes). Check it out here: https://familysmart.ca/podcasts/

DOING

How about a yoga class for you or you and your child? Here are some 15-30 minute Yoga for Mental Health Classes" https://www.youtube.com/watch?v=Sxddnugwu-8&list=PLui6Eyny-UzwDdFPVSeYN3aTG_B1qtHtz

FINDING SUPPORT

Cameray Child and Family Services provides online support for parents – examples of online offerings are: "Good Enough Parenting in Stressful Times," "Mindfulness: The Art of Being Present," "How to help yourself and Your Children Move Through Challenging Times," and many others. To see the December calendar of online offering at Cameray, see: http://cameray.ca/wp-content/uploads/2020/11/ONLINE-GROUPS-DECEMBER-2020.pdf. To register please email: pspgroupsignup@cameray.ca

TAKING CARE OF YOU!

How many of us are walking around with a pain in the butt?? Sciatica seems to be in season!? How about a virtual yoga class? Here are some 15-30 minute Yoga for Mental Health Classes" https://www.youtube.com/watch?v=Sxddnugwu-8&list=PLui6Eyny-UzwDdFPVSeYN3aTG_B1qtHtz

I love these easy to work into my schedule classes – choose 6 minutes for stress relief (https://www.youtube.com/watch?v=qiKJRoX_2uo&list=PLui6Eyny-UzwDdFPVSeYN3aTG_B1qtHtz&index=21) Or a longer class like Yoga for Self Love: https://www.youtube.com/watch?v=GAnKh5kKpgA&list=PLui6Eyny-Uzwzd-9fi_cmhz3UW9gS1raf&index=2

Classes of all lengths in between those are also **available on demand and free on YouTube – Check out Yoga with Adriene (https://www.youtube.com/c/yogawithadriene/playlists)**