



NWSS Weekly Bulletin

NEW WESTMINSTER SECONDARY SCHOOL

WEEKLY BULLETIN FOR MON, SEPT 27 – OCT 1, 2021

Upcoming Dates and Events

Date and Time	Location	Event
Mon, September 27 th	NWSS	Non-instructional day
Thurs, September 30 th		Reconciliation Day School not in session



Hello NWSS students and parents!

The NWSS Peer Tutoring Club will be running in-person this year. Students may drop by room 3001 on Tuesdays and/or Fridays from 3:15-4:00 for additional academic support or to study in a quiet space. All students are welcome! Can't make it to a peer tutoring session but still would like get help

from a peer tutor? We have an MS Teams page where you can post your questions; the code is "unkbaaz." For further inquiries, please contact our sponsor teacher, Ms. Johnston, at bjohnston@sd40.bc.ca. See you there!

THANK YOU NDUB
STUDENTS FOR BEING
CREATIVE AND
DEMONSTRATING
YOUR CARE AND LOVE
FOR THE STUDENT
WASHROOM!
#NoVandalism
#NWSSHacks
#LoveNWSS



Purchase an
orange
t-shirt at the
Grand
Commons at
lunch

Every
Child
Matters



NWSS LLC NEWSLETTER

September 2021



WELCOME BACK!

We are excited to welcome you to the new school year! Come by and let us help you find that next favourite book to read. We are open Monday to Friday from 8-3:30. Did you know that we also have ebooks and audiobooks that you can access from home? Click [here](#) to see our collection.

RECONCILIATION WEEK

Sept 27th is the start of Reconciliation Week. Visit us and discover the books we have that may help to recognize, educate, and reflect on this important topic.



TERRY FOX

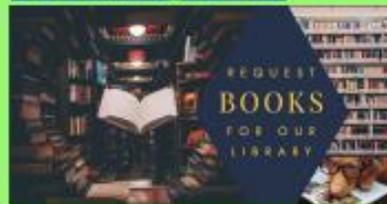
Come by the Library and learn more about Terry Fox from our collection of books.



"Terry never gave up hope that Canadians would respond to his story, to his effort...and he was right" (<https://terryfox.org/>)

The Terry Fox Run has raised over \$850 million for cancer research. It is held annually in schools and communities across Canada during September.

BOOK REQUESTS



Is there a book you would like the library to have in its collection?

Scan the QR code or click the image to fill out a Book Request form.

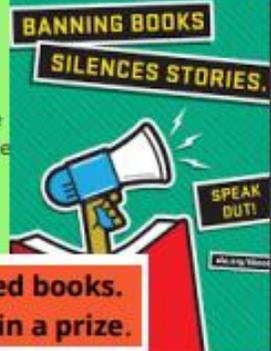
Censorship Divides Us



BANNED BOOKS WEEK AT NWSS SEPTEMBER 26-OCTOBER 8TH

"Books Unite Us. Censorship Divides Us."

The 2021 theme celebrates the right to read is intended to be inclusive and emphasizes the ways in which books and information bring people together, help individuals see themselves in the stories of others, and aid the development of empathy and understanding for people from other backgrounds. (<https://www.bannedbookweeks.org/>)



Come visit the Library and explore our collection on banned books. Check out a banned book and be entered into a draw to win a prize.

www.nwssllibrary.ca

click [here](#) for e-book collection



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Come see what's happening...

Living with and mitigating climate change is going to be the defining challenge for humankind for generations to come. It's time to change our own thinking, and help form mindsets in our students, such that we all become stewards, rather than exploiters, of our environment.

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Tuesday, September 28
3:15-4:15
On Teams

Are you passionate about protecting our Earth?
Do you want to support student learning about climate change by creating engaging units or organizing activities?
Then consider joining the SD40 Climate Action Committee!
Come and see what we've developed so far and, more importantly, add your perspective to how the SD40 Community can work toward a more sustainable future for all. There will be an opportunity to sign up for the committee at the end of the session.

[CLICK HERE](#) TO SIGN UP FOR THE SESSION



Reconciliation Week (September 27 – October 1)
Orange Shirt Day (September 30)

1. ***Beyond the Orange Shirt Story* Book Launch**

Free Live Educational Event Monday, September 20th, 2021 at 11am PST

Classrooms, libraries and individuals are all welcome to join live. To pre-order *Beyond the Orange Shirt Story* click the link:

<https://medicinewheel.education/pages/btoss>

Learn from Phyllis Webstad, founder of Orange Shirt Day, along with members of her family as they share truths of their Residential School experiences through their new book, *Beyond the Orange Shirt Story*.

Beyond the Orange Shirt Story is a unique collection of truths from six generations of Phyllis's family that gives readers an up-close look at what life was like before, during, and after their Residential School experiences.

Recommended for ages 12+

Livestream will take place on this event, on our social media and at this link:

<https://medicinewheel.education/pages/btoss>

2. Truth and Reconciliation Week Sept. 27-Oct. 1

REGISTER YOUR CLASS FOR EVERY CHILD MATTERS

Canada-Wide

An online event open to all Canadian schools

This year, we're proud to announce that Every Child Matters is growing from a single day to a full week of Truth and Reconciliation programming. Last year's unprecedented online event was attended by over 500,000 students, teachers, and general public attendees. Together, we can build on the success of Every Child Matters and continue the conversation on First Nations treaties, Métis and Inuit Land Claims, and the residential school system.

When?

Due to the ongoing COVID-19 pandemic, Truth and Reconciliation Week will take place virtually the week of September 27 through October 1, 2021.

What can I expect?

The programming will feature short videos created by Indigenous storytellers, followed by conversations with Elders, Knowledge Keepers, Survivors, and the children of Survivors of residential schools. The videos will be supported with classroom activities for students. Throughout the week we'll share artistic and cultural performances by First Nations, Métis, and Inuit artists. There will also be a moving tribute to the Missing Children that never returned home from the residential schools.

Tentative Program:

Day 1 - Land and Treaties

Day 2 - Languages and Culture

Day 3 - Truth and Reconciliation

Day 4 - Orange Shirt Day

Day 5 - Elder-Youth Knowledge Transfer

Some of our program contributors include Aboriginal Peoples Television Network (APTN), the National Film Board, Canada's History, CBC, Wapikoni Mobile, and the Treaty Relations Commission of Manitoba.

We hope you and your students will join us.

Register here: <https://www.eventbrite.ca/e/truth-and-reconciliation-week-tickets-153491752965>

Re-watch the 2020 event videos here: <https://nctr.ca/education/every-child-matters/>

<https://www.canadashistory.ca/education/classroom-resources/truth-and-reconciliation-week-2021>

3. REEL Canada: **National Day for Truth & Reconciliation: September 30**

Also known as **Orange Shirt Day**, the National Day for Truth and Reconciliation is a newly named federal holiday – and after the recent, and ongoing, uncovering of hundreds of unmarked graves at former residential school sites, it's more important now than ever to discuss the realities of Canada's residential school system. This is a day to honour all survivors of the residential school system, as well as those who did not survive, and recognize the intergenerational trauma faced by Indigenous peoples in Canada. This day offers the opportunity for reflection on difficult truths about this country and on how we can move forward together in the best way possible. You can help start these conversations with any of these films:

[Indian Horse](#) — 101 min *

[Nîpawistâmasowin: We Will Stand Up](#) — 89 min

[Our People Will Be Healed](#) — 97 min

[Rise: Urban Rez](#) — 44 min

[The Secret Path](#) — 60 min

Short films:

[Against the Grain](#) (24 min), [Christmas at Moose Factory](#) (13 min), [Savage](#) (6 min), [Shin-Chi's Canoe](#) (13 min), [When the Children Left](#) (11 min)

**Indian Horse includes mature content which could be triggering for some students. Please review our [content advisory](#) before ordering the film.*

You can register online to gain remote access (usually for 7 days) for viewing and sharing films:
<https://www.reelcanada.ca/screen-a-film-at-your-school/>

Submitted by: Brenda Johnston on behalf of the NWSS Reconciliation Committee



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**Virtual Parents' Night
Out Event**

**Free for all
New Westminister
Caregivers!**

**October 19, 2021
6:30-8:00 pm**

Participants will receive a zoom link prior to the event.

To register, please visit:
<https://stress-and-anxiety.eventbrite.ca>

Dr. Kristin Buhr is a Registered Psychologist and Director at the North Shore Stress and Anxiety Clinic (www.nssac.ca). She specializes in the evidence-based treatment of anxiety and mood problems in adolescents and adults, and regularly provides educational workshops on mental health issues. Dr. Buhr is a lead consultant for Anxiety Canada (www.anxietycanada.com), where she has developed numerous self-help resources for adults, parents, children and teens coping with anxiety problems, including My Anxiety Plan (MAP), an on-line anxiety management course, and MindShift CBT, a comprehensive anxiety management app. She is also the co-author of The Worry Workbook: CBT Skills to Overcome Worry and Anxiety by Facing the Fear of Uncertainty.

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**School District 40
District Parent Advisory**

Helping Children and Youth Manage Stress and Anxiety *with Dr. Kristin Buhr*

COVID-19 has been a major life stressor that has had a significant impact on our lives including our mental health. Now more than ever, we need strategies for helping children and youth improve their emotional wellness.

This presentation will focus on core cognitive-behavioural therapy (CBT) strategies and resources for helping children and youth manage stress and anxiety. Learn about effective CBT strategies to help reduce physical symptoms of stress and anxiety, develop healthier self-talk to combat worries, and take active steps to face fears and improve overall emotional wellness.

Become familiar with key resources for children and youth including materials available on the Anxiety Canada website; *My Anxiety Plan (MAP)*, an on-line anxiety management course; and *MindShift CBT*, a comprehensive anxiety management app.

If you have any questions, please contact Tanis Anderson, District Vice Principal, Tanderson@sd40.bc.ca.

