



Sardis Secondary School Newsletter



Chilliwack
School District

December 21, 2018

CAREER CENTRE NEWS

VOLUNTEER OPPORTUNITIES

- **Big Brothers Big Sisters** – in School Mentors, Looking for teen volunteers to go to a nearby elementary school for 1 hour a week and do activities/crafts
- **Stream keepers program** – Go out on the weekend to test local waterways for P.H. and oxygen levels, emperature, water quality etc.
- **Lions Club Music and Dance Festival** – Many shifts available, sign up will begin in the new year!

SCHOLARSHIPS

- Internal Scholarship applications due February 12th at lunch in room D201
- External Scholarship applications due February 26th at lunch in E112 (stage)
- **FOLLOW [sss_career_center](#)** on Instagram for updates on scholarships and post-secondary information.

CAREER INFORMATION

- **[Encounters With Canada](https://www.ewc-rdc.ca/pub/)** (<https://www.ewc-rdc.ca/pub/>) is a week spent in our Nation's capital.
- **[Explore Program](https://www.myexplore.ca/en/)** (<https://www.myexplore.ca/en/>) is a five-week intensive French immersion program for students with any skill level in French, in Grade 11 or higher.
- **Jumpstart Your Education - UFV Bachelor of Arts Jumpstart program** gives you the chance to develop your academic skills and experience at the UFV Abbotsford campus before the Fall 2019 semester. Receive credit for 9 core university requirements (3 courses) in your chosen program next summer. Courses will run July 2 to August 30, 2019 with a full week schedule and one weekend residency experience.

FOODS CLASSES

Do you have clean used take-out containers that you are no longer using? The Foods room (E101) would love to stock up on clean, used containers so students can take leftovers home! If you don't have take out containers, then clean, used, 250, 500 or 750 mL sour cream or yogurt type containers with lids are also welcome!



NEW WEBSITE

Check out our new website at sss.sd33.bc.ca

BE THE CHANGE COMMITTEE

The Be the Change Committee would like to thank all of our generous donors who have helped us support our various programs, including: Operation Fairy Godmother, Breakfast Club, School Supply Exchange, Clothing Exchange, and Hygiene Product Bank. Without your help, we would not be able to meet the needs of our student community. For more information or to make a donation, please feel free to contact Parween_Irani@sd33.bc.ca.

ATHLETICS

Our Winter program in Athletics includes 8 teams. Thank you to the following coaches for their volunteer work:

1. Field Lacrosse - Mr. Heisler and Mr. Grenier
2. Curling - Mr. Hetland
3. Sr. Boys Basketball - Mr. Smith and Trevin Rogers
4. Jr. Boys Basketball - Harv Adrian and Mr. Morgan
5. Gr. 9 Boys Basketball - Mr. Graves
6. Sr. Girls Basketball - Ms. Graves and Mr. DeBruyn
7. Jr. Girls Basketball - Ms. Low
8. Gr. 9 Girls Basketball - Mr. Tagle and Mr. Smith

Calendar Items

December

21 Last day of classes before Christmas break

January

7 School re-opens after Christmas break

14 PAC Meeting 7pm in the library

16 Grad Photo Retakes (make appointment at the office)

17 Term 2 Ends

18 Non-Instructional Day—school closed

21-25 Assessment and Reporting Period—schedule on our website at sss.sd33.bc.ca

28 Term 3 begins

Dry Grad Meeting 7pm at 45530 Spadina Avenue

31 Report Cards available on MyEd

Fraser Health School Health Website Update



Get an A+ in keeping kids healthy.

Visit our School Health and Child and Youth web resources for expert advice for students, parents and teachers on:

- Youth Mental Health and Wellness
- Youth Sexual Health and Sexuality
- Healthy Eating and Physical Activity
- Illness and Medical Conditions in the Classroom

And more!



Our resource **fraserhealth.ca/schoolhealth** makes it easier for people to find support and information about health issues that affect children and youth of school age from five to 18, as well as information about health issues at schools.

The Fraser Health website was recently updated, and as a result, some of the website links have also been updated.

If your school or school district has a link to the Fraser Health School Health page on your website, you may need to update the link to ensure continued access to the Fraser Health School Health page.

Please update your website and use the following link:

www.fraserhealth.ca/schoolhealth

We appreciate all efforts to promote awareness of the school health and child and youth health services available to people in your community.

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