

Shaḡ Ti Kelly Road Secondary

December 2021

Leadership Team

Mr. Randy. Halpape – Principal
Mr. Todd Kuc – Vice Principal
Ms. Kim Forrest – Vice Principal
Mrs. Diana. Turmel – Business Manager

Address

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We respectfully acknowledge the unceded ancestral lands of the Lheidli T'enneh, on whose land we live, work and play.

Dear Shaḡ Ti Kelly Road Families:

Shaḡ Ti Kelly Road Secondary would like to wish all the best to all our students, staff, and families throughout the winter break and a Happy New Year 2022! We hope everyone will have a restful and relaxing holiday season and enjoy well deserved time together with family and friends. Enjoy the winter months of December and January and the many opportunities our city and surrounding areas have to offer. We look forward to welcoming our students back in the new year.

Report cards (for the first half of semester one) were distributed to students on Nov 23, 2021, and we hope students were able to review their semester one progress at home with their parents and/or guardians. Interim progress updates are also being distributed by teachers on December 8. Returning from the winter break on Tuesday, Jan 4, 2022, students have approximately four weeks remaining in their semester one classes. We encourage all students to be committed to their learning habits as they strive for their best results in each course. Semester one ends on Friday, January 28, 2022 and semester two begins on Tuesday, February 1, 2022.

Thank you to Mr. Kuc and Mr. Graboski who recently hosted our grade "Kudos" assemblies for semester one. It was a great way to celebrate our students for their citizenship, learning habits, and/or extra-curricular involvement at Shaḡ Ti Kelly Road. Our STKR Parent Advisory Council helped support this event and allowed us to have t-shirts and prizes available to recognize many of our students' efforts and accomplishments, thank you.

Have a wonderful winter break!

Sincerely,
Your STKR Admin Team

Attention Grads, Parents, Teachers, and Friends of Friends:

Hello everyone! We are the committee of the 2022 Graduating class, and we are asking for your help and your donations. We understand that there are questions that you all have and are as excited as we are for this year's graduation. We have kicked off the fundraising and are now in a position where we need volunteers and donations.

There is a Facebook page (Shas Ti Kelly Road Grad 2022) for parents and grads to browse and hopefully answer some questions you may have, or just to stay in the loop on grad.

The fund raiser we are trying to make happen is a, "wrap a gift by donation." Our grads have come up with this idea and need your help and donations. Our Dry Grad Student Committee has secured a spot in the Hart Mall for this event to take place. We would like to thank the Hart Mall for this opportunity and our grads for taking on this fundraiser.

December 11, 2021 from 10 am to 5 pm

December 18, 2021 from 10 am to 5 pm

Even if you can't volunteer time to supervise on these days, but would still like to donate items for this event, you can drop them off at 4509 Stauble Rd. We need items such as tape, wrapping paper, ribbon and bows. We understand this is a short time frame, but would ask that all material be brought to this address as soon as possible. This parent has provided a container for all donations located at the front door, no need to knock just drop.

If you can volunteer for supervision on any of these days, you can send an email to stkrfundraising@gmail.com

Please advise Susan of the day you would be willing to volunteer and for how long. We also ask that this email be used strictly for this event only.

Spread the word and please help out our dry grad fundraiser. We would appreciate any support even if it is only one gift you bring to have wrapped. Thanks to everyone who can help and donate. And to our grads, happy wrapping!

The Dry Grad 2022 Committee

Bell Schedule – Mon/Tues/Thurs/Fri

8:35	Warning Bell
8:40 to 10:01	Period 1
10:06 to 11:26	Period 2
11:26 to 12:11	Lunch
12:06	Warning Bell
12:11 to 1:32	Period 3
1:37 to 2:57	Period 4

Bell Schedule – Wednesday

8:35 a.m. –	Warning Bell
8:40 a.m. to 9:46 a.m. –	Period 1
9:51 a.m. to 10:56 a.m. –	Period 2
10:56 – 11:41	Lunch
11:36	Warning Bell
11:41 to 12:47	Period 3
12:52 to 1:57	Period 4
1:57 to 2:57 –	Teacher/Student Learning

December Dates to Remember

December 11 – Theatre Production – 6 p.m.
December 15 – Theatre Production – 5 p.m.
December 17 - Grade 8 Waffle Breakfast (Period 1)
December 17 – Winter Carnival
December 20 – 31 – Winter Break

January Dates to Remember

January 4 – School Resumes
January 18 – PAC Meeting – 7 p.m.
January 28 – Last Day of Classes – Semester 1
January 31 – Grad Photos – 3 to 8 p.m.

Learning Commons News

Microsoft Office 365 Accounts for Students

School District 57 has made Office 365 accounts available for all students for educational purposes. This account gives them free access to programs such as Word, Power Point, and Excel from their own devices including tablets, laptops, and cell phones. This enables students to work on materials from school, home, or other locations. Grade 8, 9, and 10 students have been able to activate their accounts at school, while Grade 11 and 12 students may already have methods they use for emailing or accessing documents they create.

If Grade 11 and 12 students would like to activate their Office 365 account, relevant material has been made available to them to do so at home. If they choose to activate their free account, please be aware that accounts are deactivated the September after a student graduates. Students are asked to transfer materials they would like to keep before the account is deactivated. If students have any questions, they should see Mrs. Lundy in the library on Tuesday mornings or all day on Thursday.

Athletics

It was fantastic to see athletics up and running again for the fall season. A special congratulations to two of our teams: the Grade 8 boys volleyball team who won the first championship in the new building, earning first place at the district championship on November 27, and; the Junior Girls Volleyball team who were the first team at STKR to qualify for provincials, placing 6th at the event. Go Grizzlies Go!

The Winter Sports are in full swing with the Junior and Senior basketball teams in play, along with students competing in wrestling and gymnastics. The sports of grade 8 basketball, girls' soccer, badminton, and tennis are all spring sports and will start in late February. Be sure that athletes are listening to the announcements or talk to Mr. Kuc for more details.

Jump Start Grant

We are excited to share that Shaḡ Ti Kelly Road was selected by @CTJumpstart to receive a grant from their Sport Relief Fund. The fund helps organizations like ours to provide access to sport and recreation opportunities for Canadian kids. In February, the Canadian Tire Corporation announced an additional \$12 million commitment to Jumpstart's Sport Relief Fund to help sport and recreation organizations build back sport and play in Canada. Jumpstart conducted a State of Sport study via Ipsos which revealed the pandemic has not only impacted current access to sport and recreational play but has real long-term effects as well. STKR and the communities it serves have experienced the impact of the pandemic first-hand.

The Jumpstart grant will go a long way towards helping provide equal access for STKR students to participate in extra-curricular sports offered at STKR. Funding will be used to rebuild and promote the sports program and physical activity at our school during the 2021-22 year. Specifically, the funds will be used to purchase sports equipment; keeper uniforms for Grade 8 students playing on the volleyball, basketball and badminton teams; and to pay a portion for Grade 8 sports fees; and subsidizing of travel expenses for our volunteer coaches (which in turn reduces fees for all students on teams that travel).



Student Parking and Student Drop Off

Students may use the student parking lot, located near the tennis courts. Students may use the staff and visitor parking lot after 4 p.m. on school days, holidays, and weekends. The staff and visitor parking lot is reserved for staff and guests from 8 a.m. to 4 p.m. when school is in session or on non-instructional days. A reminder to parents, please use the designated drop off and pick up areas of the new parking lot. Please do not stop in the drive through area of the parking lot so that we can maintain traffic flow.

Leadership

As we get closer to winter break the leadership class is hosting several events to get students in the holiday spirit!

Leadership is collecting donations of non-perishable food items for the Salvation Army until December 10, 2021. Please show your generosity and help make holidays brighter for those in need.

December 13-17, 2021 is Spirit Week hosted by the Leadership Class with different ways to dress up every day.

Monday, December 13 – PJ Day

Tuesday, December 14 – Red and Green Day

Wednesday, December 15 – Winter Hat Wednesday

Thursday, December 16 – Celebrity Day

Friday, December 17 – Ugly Sweater Day

On December 17, 2021 the Link Leaders are hosting a waffle breakfast for Grade 8 students to start off the day. The Winter Carnival will follow in the gym, and we will have a 60-minute lunch hour.

Spirit Wear Orders

Spirit wear that was ordered in late October is expected to arrive the week of December 6 to 10, 2021 and students will be called down to pick up their orders from the office. Thank you for your patience.

Kudos Recognition Ceremony

Kudos Recognition Ceremonies were back last week celebrating students that are getting involved in clubs and teams, with good and excellent work habits, and those, “caught doing good.” During the assemblies, 10 percent of the school population came away with prizes that included food gift certificates, movie passes, and limited-edition t-shirts sporting the logo seen below. Thanks to all of the students for being such good sports for the event and to the PAC for the funding to host this event.

No Courtesy Riders on Diversified School Buses

Courtesy riders are accommodated in accordance with Policy 5341 Student Transportation, Home and School. Diversified Transportation has advised that they are unable to accommodate courtesy riders at this time on any school buses. However, a student on their own school bus may get off at a different stop on the same bus if they bring a signed note from a parent or guardian to the office.

Tips to get ready for the holidays in 2021

Please see attached information from the SD 57 District Mental Health Behaviour Team that we would like to share with our students and families prior to the winter break.

Tips to Get Ready for the Holidays in 2021

Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to you and to your young person's general wellbeing. During this time that is a challenge. Even a phone call, email, text message or Facebook message can help them to feel connected to friends and family. **Family reading time!**

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends and family over the holidays.

Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

2. Encourage them to stay involved

Participate with them when you can. Have a family night or an activity just for you and your child. Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner or baking and helping to prepare it). Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from

worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. walking, sledding, shoveling snow) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, and reduce stress and anxiety. Fun activities could be building a snow people, playing cards, playing board games, baking, art, figures in the snow, snow forts, snow ball fights etc.

Tips to Get Ready for the Holidays in 2021

Tips to help you support your young person

1. **Recognise** their distress or concerning behaviour
2. **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
3. **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in /I can understand why you are upset about that.")
4. **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
5. **Check in** a short time afterwards to see how they are going.



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your family doctor or a doctor at a clinic, mental health service or emergency department at the University Hospital Northern BC.

24 HOUR CRISIS LINES

Provincial

TTY • [1-866-872-0113](tel:1-866-872-0113)

310Mental Health Support (24hours) • [310-6789](tel:310-6789)

1-800-SUICIDE • [1-800-784-2433](tel:1-800-784-2433)

Online Service for Adults (12pm – 1 pm) • www.CrisisCentreChat.ca

Online Service for Youth (12 pm – 1 am) • www.YouthinBC.com

[Kids Help Phone](tel:686868) (Text CONNECT to 686868)

911

Tips to Get Ready for the Holidays in 2021

We know that many parents are going to be working overtime this year to find new ways to recreate the holidays to not lose the magic of the season. We know you want to keep the sparkle in your kids' eyes, to keep them engaged and connected. With the support of our network of child and youth mental health experts, we have rounded up some tips and ideas to help your family support your child's mental health and manage the holidays in a pandemic.



Prioritize mental health in the holidays

Even in a typical year, the holidays can be an especially challenging time of year for many families. Expectations of the holidays can be hard on children– and, let's face it, it's not 'the happiest time' for all of us. When you prioritize your or your child's mental wellness, you can focus on what works for your family.

As a parent, consider the things that feel realistic for you to do and then offer those choices to kids/youth to pick from. So many of us struggle with saying *no* over the holidays – perhaps this year, you will feel confident about not over committing your schedule and slowing things down; and that's ok! Also, keep in mind that having time to connect with each other is important, but so, too, is having space for everyone to have their own personal time.



Plan Early

Routines and predictability are often beneficial (within reason) for children and youth with mental health challenges. It's a good time to start having conversations with children about what the holidays may look like so that they understand things will be different this year and they know what to expect. This also allows them to be a part of the new planning process. What is important to them? Is there something new they would like to try? Planning early also gives us time to let other relatives or friends know in advance to manage their expectations, too. Also, consider connecting with the parents of your children's friend to arrange days before or after the holidays for play dates, either virtually or in-person/outdoors, depending on local public health advice. This can include coming up with a list of outdoor winter activities.



Focus on What's in Your Control

While we are all doing our part to manage the pandemic, so much of what is happening in the province – and the world – is out of our control right now. This is a good time to focus on the things that are in your control. When it comes to traditions of the holiday season, consider how you can incorporate the traditions, or at least parts of those traditions, that are most important to your family. What are some of the things your family can do to

Tips to Get Ready for the Holidays in 2021

bring a little holiday magic into your home? It could be a simple thing like baking cookies, preparing a special family recipe, or planning for a holiday nature walk as a way to get outdoors and move. If seeing family is important to you, consider the ways you can do that, for example, setting up Zoom while your different households have a special meal. It won't be the same, but that doesn't mean you won't enjoy it.



Managing Disappointment

For a lot of us, we are going to need to accept that the holidays just won't be what they usually are. That will be disappointing for a lot of children (and parents!) It's important to acknowledge that disappointment, especially for children. Give kids a safe space to share their feelings and be heard; let them know this is hard for you, too. Reminding your kids – and yourself – that this is a temporary measure in a very unusual time may make it all feel a little less daunting



Supporting children through grief.

The holidays can be especially hard for families who are grieving. Remembering your loved one, telling stories, and laughing about good times together are all ok to do, and can provide comfort to your child. You might work together to come up with ideas for memorializing your loved one over the

holiday. Remember that it's okay for you child/youth to feel upset as there have been a lot of different types of loss this year.



Take Care of You

The holidays can be a stressful and anxious time for parents, too. Make sure that you are eating, sleeping and enjoying the holidays as well. Maintain healthy boundaries. Take time when you need it, don't feel guilty saying no when you need to. Do what is best for you and your family. Consider planning a day where the family could play a game or watch a movie together. But don't forget to have some scheduled time where kids can play games and parents can take some time out as well.



Don't Underestimate Your Family's Resilience

Resilience is about bouncing back from challenges, rather than not having any challenges at all. Look back on your year. What are some of the things you and your family have done to get through this? What is working? What doesn't work? How have you changed as a parent? Your kids are watching you model behaviour and your resilience is teaching them. Notice what works for your family – and remember that this will look different for each family.

Tips to Get Ready for the Holidays in 2021

NB: Dec. 8, 2021 The specifics of hours of operation for our local community agencies is not yet available. The SD57 District Mental Health Behaviour Team will get it out to our schools as soon as we have it. For now this is basic information.

Prince George Community Agencies:

The Crisis lines operate 24 hours a day, 7 days a week

Northern BC Crisis Line 1-888-562-1214 or 250 563 -1214

Youth Crisis line (TEXT) 250-564-8336/188-564-8336

Youth Support Chat 250 – 564 – 8336

(TEXT) or

Online chat:

<https://www.northerncrisissuicide.ca/>

(Text and online are open Daily 4 pm – 10 pm daily. If we are ever offline between this time we are experiencing technical difficulties.)

Foundry PG/Youth Around Prince

250-645-4010 1160 7th Ave

YAP

Foundry

DROP –IN Support daily 11 am – 3 pm at the YAP office

Daily services (8:30 am – 4:30pm): showers, laundry, food, internet, email, counselling, and support

Intersect Youth and Family Services

250-562-6639 or 250-617-2691

9:00 am – 5:00 pm

Prince George Native Centre – Native Healing Centre

250-564-4324

1600 3rd Ave, PG

Reconnect Youth Village

250-562-2538

171 George St.

Daily Services: 24 hours services: crisis support, outreach, showers, laundry, food, emergency housing

Carrier Sekani Family Services

250-562-3591

Toll Free: 1-800-889-6855

Youth Services in PG

250-564-5643

1575-2nd Ave

Provincial:

Anxiety Canada: www.anxietycanada.com

Kelty mental Health Resource Centre

Peer support for families and youth

Toll-free: 1-800-665-1822

www.keltymentalhealth.ca

www.healthymindsbc.gov.bc.ca

Foundry Online tools and information:

www.Foundrybc.ca/info-tools/

Foundry Virtual – Get Support online

1-833-308-6379 or

Email: online@foundrybc.ca