

Shaḡ Ti Kelly Road Secondary

November 2022

Leadership Team

Mr. Chris Molcak – Principal
Mr. Todd Kuc – Vice Principal
Ms. Kim Forrest – Vice Principal
Mrs. Diana. Turmel – Business Manager

Address

7405 Kelly Road
Prince George, BC V2K 2H4
Phone: 250 962 9271
Fax: 250 962 5637
Website: www.sd57.bc.ca/school/stkr

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:

November is an important and busy month at school – report cards signify the middle of the semester and are a significant indicator of student progress. Be sure to remind students to give themselves the best chance they can at succeeding – be in attendance, give full attention to the lessons, avail themselves of help at lunch or during Wednesday learning time, and study using effective techniques (some effective study techniques can be found attached this email). We want every student at STKR to pursue their passions and keep their options open for the future, and education will help regardless of the path chosen.

With five weeks left until the winter holidays, students are busy with the other aspects of school as well. We just enjoyed a Spirit Week, and we have an upcoming Kudos Recognition Assembly. Intramurals are starting, and our clubs are up and running Wednesdays, and we are transitioning to our winter extracurricular sports that include wrestling, gymnastics, and basketball. We encourage all of the students at STKR to get involved with these social aspects of school to create memories that extend beyond the classroom.

Mr. C. Molcak
Principal

Ms. K. Forrest
Vice Principal

Mr. T. Kuc
Vice Principal

Mrs. D. Turmel
Business Manager

Library Learning Commons

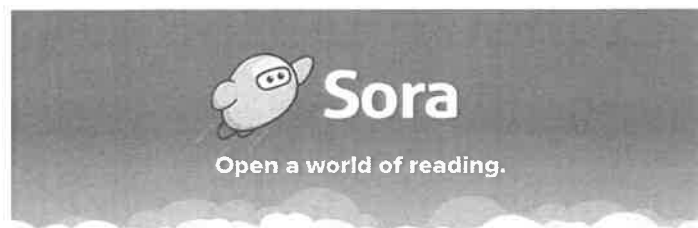
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SORA is a user-friendly program that allows you to borrow ebooks and audiobooks from SD57's Overdrive digital library. Download or stream your favorite books to your own device (phone, tablet, or computer) using your school account!

Log-On Info:
firstname.lastname
Password: student #



Bell Schedule – Mon/Tues/Thurs/Fri

8:38	Warning Bell
8:43 to 10:03	Period 1
10:08 to 11:28	Period 2
11:28 to 12:13	Lunch
12:08	Warning Bell
12:13 to 1:33	Period 3
1:38 to 2:57	Period 4

Bell Schedule – Wednesday

8:38 a.m. –	Warning Bell
8:43 a.m. to 9:48 a.m. –	Period 1
9:53 a.m. to 10:58 a.m. –	Period 2
10:58 – 11:43	Lunch
11:38	Warning Bell
11:43 to 12:48	Period 3
12:53 to 1:57	Period 4
1:57 to 2:57 –	Learning Time

November Dates to Remember

November 10 – Remembrance Day Ceremonies
November 11 – Remembrance Day (No Classes)
November 15 – PAC Meeting – 7 p.m.
November 22 – Report Cards to Students
November 25 – Non-Instructional Day

December and January Dates to Remember

December 16 – Winter Carnival
December 19 – Winter Break Begins
January 3 – School Resumes
January 17 – PAC Meeting – 7 p.m.
January 31 – Last Day of Classes – Semester 1
January 30-31 – Grad Photos

Indigenous Education

Hadih Shas Ti Kelly Road Students and Families:

Indigenous Education Workers

Anita Gray
Caralyn Hoffman

Indigenous Social Worker

Stacey Third

News...

*CLC students make sure you are on track with your capstone and packages.

*Remembrance Day Ceremony

*Rock your Moccassins #rockyourmocs

As always, please feel free to reach out to any of us for questions or support.

What a beautiful fall we are having and an amazing wolf moon this past long weekend. A time to prepare for winters long rest

Athletics

With volleyball season winding down, it is time for basketball and wrestling to take center stage! There will be 5 basketball teams taking to the court starting the beginning of December throughout the senior and junior ranks. Keep an eye on the schedule and come support our Grizzlies! If you're curious about Grade 8 Basketball, that starts up in the Spring.

If you are interested in joining the wrestling team, please talk to Mr. Novak or Mr. Massini in the PE office. Practices have started, but it isn't too late to come out and join the team! Wrestling practice takes place Mondays in the gym from 7:00-9:00pm, with an additional Wednesday practice being added once the season officially gets under way.

We would like to wish good luck to our volleyball teams as they enter the year end district, zone, and provincial tournaments. The Grade 8 teams and the Jr. B girls team will be heading to districts on November 25-26, 2002, and the senior girls are competing the in the North Central Zones tournament November 18-19, 2022 at DP Todd Secondary School. The senior boys will be playing zones at Duchess Park. Good Luck Grizzlies!

Students Late For Class

If your son or daughter will be late for school, please call the office or send the student with a note to present at the office upon their arrival. This will ensure that the student's attendance is correct and not shown as absent.

Grad News

The College of New Caledonia is offering free applications for any students interested in applying to CNC. CNC requires the student's full name and program for a free application code.

CNC can also host tours for classes and provide a free pizza lunch if students are interested in seeing the college. Email recruitment@cnc.bc.ca for more information.

Volunteers

At the start of every school year, anyone who is volunteering and/or driving students must fill out the volunteer forms that are available at the school office. The office requires all of the following to be completed before any event:

Police Information Check (good for 3 years)
Volunteer Application Form
Volunteer Driver Application

Drivers are required to provide copies of:

Vehicle Insurance
Driver's License
Driver's Abstract

Student Attendance

Regular attendance is a critical component of student success. Parents are strongly encouraged to ensure their children attend school except in the case of unavoidable absences such as sickness and family emergency. Students who miss a class should always get the notes and complete any assignments missed even if they won't be collected for marks. Although this is good practice, it will not make up for considerable learning lost by not being present for the lesson. **The automated call out system** runs from 6:00 p.m. to 7:00 pm. A phone call will be made from an **outgoing only number** when a student has been absent without excuse for one or more blocks during the day. The message will state "A student in grade.... has been absent for one or more classes." Please contact the school at 250-962-9271 if you would like more information.

10 Top Ideas to Help Your Learning

1. Make use of both the intense **focused** and relaxed **diffuse** modes. If you are getting frustrated, it's time to switch to another topic. Or get some physical exercise!

2. Create **brain-links** with practice, repetition, and recall. Practice important problems so you can easily recall each step. Solutions, concepts, and techniques should flow like songs in your mind.

3. **Interleave.** Don't just keep practicing with slight changes in the same basic technique. Switch back and forth between different techniques. This will allow you to see when to use a technique. Books usually don't help you interleave. You will have to practice skipping back and forth between the ideas in different chapters yourself.

4. **Space out your learning.** Practice over at least several days. This gives time for your new synapses to form.

5. **Exercise!** Exercise feeds your neurons. It also allows you to grow new and stronger synapses.

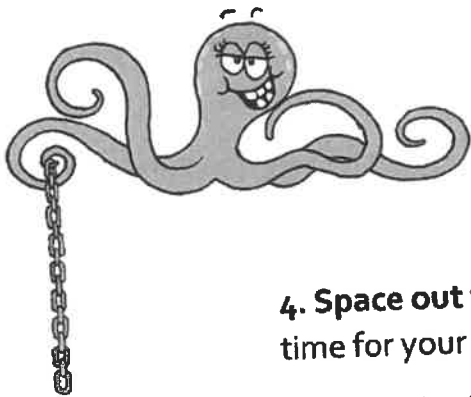
6. **Test yourself.** Have others test you. Teach others. All of these are related to recall. Testing and recall are the best ways to strengthen your learning.

7. **Use funny pictures and metaphors** to speed your learning. Start using memory palaces.

8. **Use the Pomodoro Technique** to build your ability to focus and relax. Just turn off all distractions, set the timer to 25 minutes, focus, and then reward yourself.

9. **Eat your frogs first.** Start your most difficult work first. That way you can either finish it or take a break to let your diffuse mode help you.

10. **Find ways to learn actively, outside of your usual classes.** Look online for other explanations. Read other books. Join a club. If you don't find a club in the subject that interests you, see if you can start one.



Ten Pitfalls to Avoid in Your Learning

1. Not getting enough sleep. Sleep makes your brain-links stronger. It washes away toxins in your brain. If you don't get a good night's sleep before a test, *nothing else you have done will matter.*

2. Passive reading and rereading. You need to practice *active recall*, not just let your eyes pass over the same material.

3. Highlighting or underlining. Don't be fooled! Just highlighting or underlining big chunks of text doesn't put anything in your head. Make brief notes about the key concepts you are reading. Do this in the margin or on a piece of paper. These notes help you *create a set of brain-links* of the key concepts.

4. Glancing at the solution to a problem and thinking you understand it. You need to solve the problem yourself.

5. Cramming. Last-minute learning doesn't build solid sets of brain-links.



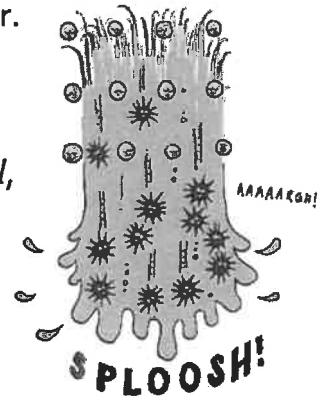
6. Lazy learning. Don't just practice easy material. That's like learning to play basketball by focusing on your dribbling. Use deliberate practice—focus on what you find most difficult.

7. Ignoring your book. If you are using a textbook in your studies, remember to take a picture walk through your book or course notes before you get going. And be sure to read about how to do problems before trying to solve problems!

8. Not clearing up points of confusion. Are there just a few points you don't get? Chances are, these are precisely the points that will be asked about on the test. Be sure to get help from your teacher or your friends.

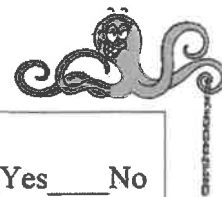
9. Distractions. Choose somewhere you can focus when you study. It's often a good idea to leave your smartphone turned off and out of reach.

10. Chatting with friends instead of studying with them. Good study groups can be a great way to help you learn. But "study groups" that mostly gossip instead of study aren't much use.



Test Preparation Checklist

Answer “Yes” only if you *usually* do these things:



1. Did you get a reasonable night's sleep before the test? (If your answer is “No,” then your answers to the rest of the questions may not matter.)	___ Yes ___ No
2. Did you review your notes from class not long after you took them? Did you use active recall during your review to see if you could easily pull to mind the key ideas?	___ Yes ___ No
3. Did you study a little bit on most days instead of waiting until the last minute and cramming right before the test?	___ Yes ___ No
4. Did you focus carefully during your study sessions, doing your best to avoid distractions except when you were taking a break?	___ Yes ___ No
5. Did you study in different locations ?	___ Yes ___ No
6. Did you read your textbook or class worksheets carefully? (Just fishing around for the answer to what you're working on doesn't count.) While you were reading, did you avoid too much underlining and highlighting your textbook? Did you make brief notes about the book's key ideas and then look away to see if you could recall them?	___ Yes ___ No
7. If your studies involved working problems, did you actively work and rework key examples by yourself , so you turned them into sets of brain-links and could rapidly call the solution to mind?	___ Yes ___ No
8. Did you discuss homework problems with classmates, or at least check your solutions with others?	___ Yes ___ No
9. Did you actively work every homework problem yourself?	___ Yes ___ No
10. Did you talk to your teachers, or to other students who could help, when you were having trouble with your understanding?	___ Yes ___ No
11. Did you spend most of your study time focusing on the material you found harder? That is, did you do deliberate practice ?	___ Yes ___ No
12. Did you interleave your studies? In other words, did you practice <i>when</i> to use different techniques?	___ Yes ___ No
13. Did you explain key ideas to yourself, and perhaps to others, using funny metaphors and images ?	___ Yes ___ No
14. Did you take occasional breaks from your studies that included some physical activity ?	___ Yes ___ No
TOTAL:	___ Yes ___ No

The more “Yes” responses you recorded, the better your preparation for the test. If you recorded three or more “No” responses, think seriously about making some changes in how you prepare for the next test.

From *Learning How to Learn: How to Succeed in School Without Spending All Your Time Studying; A Guide for Kids and Teens*, by Barbara Oakley & Terrence Sejnowski, with Alistair McConville, (TarcherPerigee, 2018). Download this form from <https://barbaraoakley.com/books/learning-how-to-learn/>