

HAZELTON SECONDARY NEWS

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Principal: Mr. M. Newbery

Vice-Principal: Ms. J. Thorburn

This has been a busy fall. Our students have been working hard in their courses and many are participating in extracurricular activities. Staff has been adapting to a new student database called MyEd BC.

Mid-term report cards have just been mailed home. There have been some province wide disruptions and formatting issues with the new MyEd BC database that meant we have had to send report cards home later than usual. We expect there will be no more disruptions and the next report cards will go home on time. This is a good time to look carefully at how your child is doing, connect with our teachers and discuss what needs to change in order for your child to have more success. As you review the report card, we encourage you to focus on comments around effort, attitude, and engagement rather than just the grades.

Teachers, support staff and administrators at Hazelton Secondary work closely with our students every day and we see significant factors impacting the ability of our students to focus and learn. Some of these factors are:

1. **Lack of sleep:** Teenagers need 8-10 hours of quality sleep at night. Many students are arriving to school having had far less than this. We know now that any screen time one hour before going to bed prevents us from having quality sleep.
2. **Social Media and Texting:** Please be aware of what your son/daughter may be doing on line. Many of the discipline problems we deal with at the office are related to misuse of social media.

We have a school website. The address is <http://hazeltonsec.cmsd.bc.ca/>. We encourage you to visit our site where you will find important information like changes to our school calendar and the school code of conduct. Additionally, you will find fun pieces such as the day we had a visit from Frosty, a baby Llama and pictures of Mrs. Muldoe's class on the trampoline.



December 10- After-School Band Program concert: 7pm at HSS in the multipurpose room. Everyone welcome.

December 11 – last day of Mosaic 9

December 17 – Christmas Assembly, Dinner and Dance

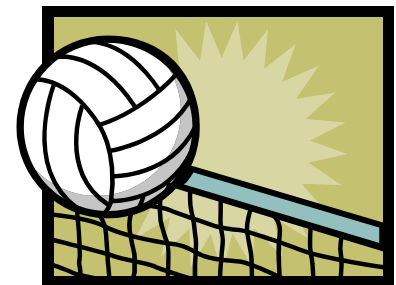
December 18 – Last day of school before holidays. Activity Day.

December 21- Start of Winter Holiday

January 4 – First day of classes

Community Volleyball

Mondays and Wednesdays at 8pm



HSS COUNSELLING DEPARTMENT:

Over the holiday season please try to take time to relax with family and friends. Here are a few tips to help make your time away from school the best they can be:

1. The Three Breath Hug: At times of high stress, crisis or changes (wanted or unwanted!) taking time to breathe while hugging loved ones can bring comfort. Simply paying attention to your breath, counting three breaths, while sharing a hug, is one way to do this. Doing this may help you to be present in that moment with a loved and trusted friend or family member.

2. A Mindful Mantra ‘This Too’: When life presents us with the unpleasant and the unwanted there is a strong tendency of the mind to resist what is happening. Resistance to pain, though, just creates more suffering. It’s futile. Feelings of fear, grief and loss naturally arise, and if I let them come and go without suppression, that is healthy and natural. But if I begin to get into mental resistance patterns like ‘why is this happening to me?’ or ‘it’s not fair’ or ‘this shouldn’t be happening’ or ‘I want this to stop/ change/ go my way’ then I start fighting with reality. I start fighting with the present moment – and that, I know, is completely futile and just creates more layers of suffering. I will also lose touch with myself and the present moment if I get into resistance. But the tendency to resist is strong when there is a lot of unpleasantness. That’s why I have been using my mantra that I always use in difficult times ‘This too.’ ‘This too’ is my abbreviation for saying ‘I accept unconditionally the unfolding of this present moment in whatever form it takes – this too is allowed and accepted.’ ‘This too’ reminds me to soften my resistance. It reminds me to stay grounded in presence (as best I can) and connects me to background of ease and peace even in the middle of this pain. I often repeat it mentally, sometimes out loud.

3. One Conscious Breath: I might just close my eyes and take one long slow breath, or maybe ten, if I have a minute free. One conscious breath brings me back to my self – reminds me that the world is still turning, birds are still singing and the sun is still shining through the window. There is more to this moment than just the pain, it’s all alive and it’s a miracle.

4. Creativity to connect: Do you draw or write? Do you like to sing? Do you take photographs of beautiful or meaningful things? Taking time to create when in stressful times can be a way to stay grounded and create an experience of joy even when there is shadow and sorrow. Coloring is not just for kids! Find some colored crayons or pencils or pens and a coloring book to pay attention to. You will be surprised at how it feels.

5. Do Things To Take Care of You: It’s common that we tend to abandon our best self on the darkest of days – when we’re sick, tired or stressed – but that’s exactly when we need it the most. In these times you can consider self-compassion and gentleness ~ taking care of yourself. If you can find a way to do things that help you to feel a connection to what is important to you, whether that is being in nature, eating well, talking to loved ones you can perhaps find a way to open to the wholeness of life and reconnect to what really matters.

Adapted from

<http://mrsmindfulness.com/how-to-use-mindfulness-in-times-of-crisis-challenge/>

If you require extra support or assistance throughout the holiday season please use the following resources:

24 Hour Crisis Line 1-888-562-1214

24 Hour Suicide/Distress line 1-800-784-2433

Help Line for Kids/Youth – Abuse/Neglect 310-1234

Help Phone 1-800-668-6868

Ambulance/Fire/Police 911

Poison Control Centre 1-800-567-8911

Child and Youth Mental Health 250-842-7624

Gitxsan Health Society 250-842-5165

Northern Society for Domestic Peace 250-847-9000

Starting Smart (Pregnancy Outreach Program) 250-842-4608

STUDENT LEADERSHIP

December is a HUGE month for Student leadership

Starting with:

- 12 days of Christmas contest in honor of Mary Charlebois who is recuperating at home this holiday season
- Boots and coat collection for northern shelters(see ad below)
- Helping Ms Thorburn with the house team food drive
- White ribbon campaign and Bake sale to stop domestic violence on December 9 in conjunction with the local community VIR team
- Fundraising to bring a Syrian family to the Hazeltons, in conjunction with the community Syrian Refugee team.
- An ugly Christmas sweater day and a Christmas pajama day
- Assembly including a few minute to win it and the second annual white elephant gift giveaway
- The dance portion of the annual dinner and dance.

Please listen to the announcements to participate in all the upcoming events.

The Hazelton Secondary School Student Leadership Team is collecting Boots and Coats to donate to local Northern shelters. For the whole month of December drop all gently used and cleaned boots and coats to the drop boxes at the main office at HSS. The last drop off day will be December 18th, 2015

Thanks for your efforts in warming the feet and hearts of those in need this winter season.

VOLLEYBALL

The Senior Boys Volleyball Team hosted Zones on November 13 and 14 and finished in third place. Richard Hillis was named tournament team All Star. Joshua Wesley was the season team AllStar.

Congratulations to the Centennial Christian school team. They won the Zones and went on to win the Provincials.

Thank you to M. Melanson, Ms. Larson, Mr. Daniels, Ms. Brlecic, and Mrs. Spooner, as well as the parents, for all their hard work coaching and supporting our volleyball teams.

BASKETBALL

Basketball season has started and we have coaches for all our teams. A big thank you to Mrs. Gwen Simms, Ms. Tamara Stoney, Ms. Michelle Stoney, Ms. Haley Taylor, Mr. Clarence Jones and Ms. Kateri Clay for coaching our teams.

GRAD 2016 UPDATE

The Student Executive for this year's Grad class is:

Chair: Cassie Penfold

Vice Chair: Matthew Bennett

Secretary/Treasurer: Tony Chen

Slideshow Coordinator: Donney Fan

Backdrop Design: Elizabeth Percival

Clothing/etc: Breanne Mackenzie

The Parent Executive is:

Chair: Bev Clifton Percival

Vice Chair: Kia Beertema

Secretary: Jan Thorburn

Treasurer: Cathy Sims

After-Grad: Yet Klare/Helene Paranich

Grad will be held on **Saturday, June 25, 2106.**

Grads have done a number of catering and community events for fundraisers this fall; the theme of Travel has been chosen for the backdrop design.

Slideshow photos should be in by **FRIDAY, DECEMBER 18th**. Very few have been received so far! They can be dropped off at the office, to Donney Fan, or emailed to grad2016slideshow@gmail.com.

COMMUNITY

EASEL Savannah Jones School

The EASEL Savannah Jones School is opening its doors to students and we are asking for donations of children's books, sports equipment, and money. Please see Monsieur Melanson for more information.