

HSS SPARTAN SHIELD

JANUARY/FEBRUARY 2021 | ISSUE 1 | VOL 2

Cybersecurity: Overhauled Curriculum to be launched at HSS and in North America for the first time!

Cybersecurity Foundations is an introductory course into modern computing trends and cybersecurity principles. This course evaluates cybersecurity methods and demonstrates how to secure a network-computing environment through the application of security controls. The course examines modern cyberattacks, describes fundamental design principals of network security models and evaluates best practices against various cyber threats.

Interview with Mr. Boldt conducted by Cypress Koch-Demaio:

Mr. Boldt is teaching a cyber security course at Hazelton Secondary School this quarter. Mr. Boldt teaches math as well as technological subjects such as robotics and cyber security. In this course, students will develop an "understanding of the fundamental principles" that they will need in order to have a career in the field of cyber security. Students will learn how to build a network, counter a threat, and remove threats from a computer or network. They will also learn how cyber security is being impacted by the cloud.

According to Mr. Boldt, people must "be aware that everything you do on the internet leaves a footprint." Recovering from being hacked is not easy, and it can be very expensive. The lowest amount of money that you will have to spend to retrieve your data is \$40,000.00 but it can go up to billions, depending on the damage caused by the attack. If your business suffers a cyber attack, you are bound to lose customers because they won't be able to trust you with their personal information. The information that Mr. Boldt's students will be learning is a crucial part of our present and future, and "every country on Earth is screaming for cyber security technicians coming out of high school." There is a massive number of cyber security jobs all over North America, and you can attain these jobs "simply by taking these courses and passing an exam, which certifies you as a cyber security technician." Even if that is not something you want, this course will still help you develop "a lot of very useful, 21st century competencies."

If you have taken Mr. Boldt's grade 8 and 9 technology mosaics, they will give you a strong foundation for this course, but you do not need a background in computer skills before taking this class. Courses at HSS like media design, robotics, InfoTech and computer programming will help develop computational skills for those students who wish to further their education in the field of cyber security and technology.

Palo Alto Academy has recently overhauled their entire curriculum with HSS being the first school in North America to use the newly updated curriculum.

Creative Course scheduling for HSS Students

Here at HSS we work hard to meet the needs and desires of our students in any way we can. We offer dual credit courses in partnership with Coast Mountains College like our 4 students heading off to do PC1 or our classroom of students taking Intro to Health Services as a lead up to Health Care Aide level 1. We offer opportunities to sign up for training sessions like Drivers Ed Training, or Sledding and Avalanche safety. We offer independent study courses for students who have a goal in mind.

For all the latest news and expansions on the newsletter announcements please go to the
Go to <http://hazeltontec.cmsd.bc.ca/> for up to date info from HSS

Go to <http://cmsd.bc.ca/> for up to date info from Coast Mountains School District
newsletter submissions? Send to jody.tetreau@cmsd.bc.ca or Barbara.Janze@cmsd.bc.ca

HSS Bell Schedule 2020-2021

8:45 AM 9:02 AM - Homeroom
9:07 AM -11:41 AM - 1st Block all morning
11:41 AM - 12:36 PM - Lunch
12:41 PM - 3:15 PM - 2nd Block all afternoon

HSS Quarter Schedule 2020-2021

Quarter 3 - Feb 1st - Apr 20th
Quarter 4 - Apr 21st - Jun 24th

FROM THE DESKS OF

MR. BOISVERT - PRINCIPAL

Hello families of HSS

It has been a very eventful year so far and we are all looking forward to the time when we will be free to return to being "social" without the "media". However, we would like to thank everyone for their patience as we navigate through these difficult times. We very much appreciate families who have been following our COVID protocols and who have been doing their part to protect not only their own family, but the staff and students at HSS by keeping students home when they are not feeling well or are concerned that they have been exposed. We would also like to thank everyone who have been calling our COVID hotline to get their information. We know there are a lot of rumours flying around, but we really appreciate it when you speak with us so we can get you up-to-date information. We have had a lot of trials to get through and with your help, we will continue to push through. We are working our way through the storm, but when we do it together, it all but guarantees our chances for success. So as the March Break gets ever closer, we ask families to continue to be safe, to continue to look out for each other and we look forward to having everyone back at school to finish off the year strong.

Thank you
Paul Boisvert

FROM THE DESKS OF

MS. JANZE - VICE PRINCIPAL

Happy 2021! We are so happy to leave 2020 behind and are looking forward to our world being brighter this year. There are lots of things happening that bring a lot of hope: days are getting longer; the vaccine is starting to be administered; students are starting to look toward graduation, making plans, applying for scholarships and schools, and focusing on their studies; we are ½ way through our school year and starting the 3rd quarter; course selections are happening; we are doing some strategic planning for how to improve how we deliver an education to our youth and look forward to students, parents, community, and staff input; we are looking forward to the day when we can visit, hug, high five, and laugh without masks.

Through all of these hard times, the staff, students, parents, and community continue to show their resilience, kindness, and sense of teamwork towards not only doing our best, but in making improvements that will have lasting positive effect for future students. I am looking forward to the coming of Spring and Summer and continuing to learn & work with everyone for a brighter future.

Barb Janzé
Vice Principal
Hazelton Secondary School
Traditional Territory of the Gitxsan Nation

**ECT Drivers Ed
Training at HSS
Studying with an
instructor for March
8, 9, and 10 and
individual test
writing times at the
District of New
Hazelton office on
March 11. See next
pages for the
application forms
and poster**

GITKSANIMX – GITXSANIMX
GITXSENIMX – GITKSAN

Gitxsenimx phrases of the Month

Ham i yaa (humi ya) - thank you

t'ooyaxs'y 'niin (dohyasee neen) - I thank you

Hami yaa nee loosim (hume yanee losum) - I thank you all

T'ooyaxs'y 'nisim (dohyasee) I thank you all

Wii o'oy' niism' (weyo e nism) I like /love you all

wii o yee niin (we yo e neen) I like/love you

Grade 12s - You want to go to College or University?

Some things to consider before you make any decisions:

- Do you know what you want to do when you "grow up"?
- What are you good at or what can you see yourself doing?
 - Do you know what community you want to live in?
- Do you know what college or university you want to attend?
 - How are you going to pay for it?
 - Do you have a social insurance number?

Step 1: Research to answer the above questions
– look at programs, cities, or colleges/universities
or book an appointment with Ms. Tetreau ASAP
to talk over all of your options. The best place to
research these things is My Blueprint:

How do students create an account?

- Visit www.myBlueprint.ca/sd82 - Click Sign Up
- Select their School - Click Create Account
- Select Account Type: "Student" - Click Continue
- Fill out the sign up form - Click Create My Account **(Save password in your phone)**

Step 2: Make an account for Student Transcript Services. This is
where you login and click all the schools you are applying to and send
off your transcripts. **(Save password in your phone)**

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates>

Step 3: Set up an account with Education Planner
BC. This is where you will do most of your
applications when you are ready
<https://www.educationplannerbc.ca/> **(save
password in phone!)**

Step 5: Start collecting all that you need for your
scholarship applications:

- At least one reference letter
- A personal essay expressing why you are
awesome and deserving of money (May need to
brush up on your writing skills)
- Some places require a resume – make sure you
have a good one with cover letter

Step 6: Book another appointment with Ms.
Tetreau to help you narrow your options, sift
through your thinking, help you through your
application process, or proofread your essay.



Step 7: To apply for financial aid
– student loans go [here](https://studentaidbc.ca/)
<https://studentaidbc.ca/>

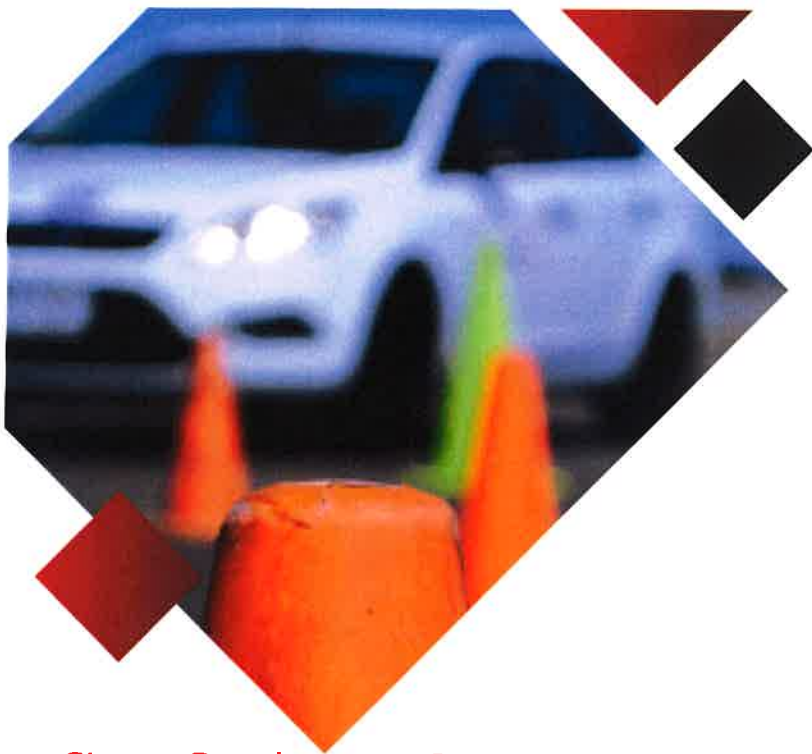
Step 8: Celebrate your acceptance
into the program of your choice
and all the money you won on
scholarships.

Step 4: Be aware of
deadlines and begin to
make some decisions about
plans.

- Large Money Scholarships
are due between Sept and
January
- Local Scholarship package
is ready in March (prior to
Spring break)
- Band Funding deadline is
May 30
- Early Admissions
deadlines are usually
January
- Regular admissions
deadlines vary but aim for
April/May at very latest!

A few things to know:

- It is easier to do applications online but you will need a way to pay for
the application fee (access to a Visa card?)
- Yes, there is an application fee for most colleges and universities



Class 7

Gitxsan Development Corporation, in partnership with Hazelton Secondary School and Everyone Counts Training & Driving School, will be offering a Class 7 Learner's Licence Preparation on March 8, 9 & 10 at Hazelton Secondary School with the knowledge test on March 11 in New Hazelton.

Please follow the application process below.

GDC has partnered with ECT Driving School to support individuals through to a Class 5 Drivers License. No matter what stage of the process you are at, ETC has training available to prepare you for your exams. Apply to GDC Skills & Training for approval then ECT will work directly with you to ensure you are ready for the next step.

Learner's Licence Preparation Class - March 8-11 at Hazelton Secondary School

Requirements:

- ◆ You can get your L on or after your 16th birthday - a parent or legal guardian to sign consent if you're under 19
- ◆ Bring two pieces of identification with you to the knowledge & vision screening test

How we can help:

- ◆ 3 days of in-class instruction to prepare you for the knowledge test.
- ◆ We will book your knowledge test appointment & vision screening test and pay the fees.
- ◆ Once you have successfully gotten your Class 7 Learner's Licence, you can apply for in car training/practice with our Instructor.

TO APPLY:

Step 1 - Fill out our online enrollment form at:

<http://tiny.cc/GDCOnlineEnrollmentForm>

Step 2 - Send a copy of your cover letter, resume and status card to:

tracey.woods@gitxsanbusiness.com

Step 3 - Fill out the EC Training & Driving School form

All of the above steps must be done in full before your application is considered complete. Seats are always limited so get your full application in as soon as possible.

EC Training Driving School

Intake Form

Applicant Information

Full Name: _____ Date: _____
Last First M.I.

Address: _____
Street Address

City BC Postal Code

Phone: _____ Email: _____

Date Available: _____ Social Security No.: _____ Band Office #: _____

Driver's License #:

Driving Experience

Have you booked your Road Test YES NO If yes
☐ ☐ when: _____

Any Medical conditions to be aware of? YES NO
☐ ☐ Emergency contact: _____

If yes, Explain: _____

Disclaimer and Signature

I certify that the above information is correct, I understand that I am to give the Driving School 24 hours' notice if rebooking in car training or I will be billed 50% of my lesson costs. I also acknowledge that driving lessons with the Driving School does not guarantee passing of my road test.

Student
Signature: _____ Date: _____

Parent
Signature: _____ Date: _____

Instructor
Signature: _____ Date: _____



FRIENDLY REMINDER



WASH YOUR HANDS WITH SOAP AND WATER FOR 20 SECONDS



WASH YOUR HANDS WITH SOAP AND WATER FOR 20 SECONDS



WASH YOUR HANDS WITH SOAP AND WATER FOR 20 SECONDS

**NEW COVID REMINDER -
WEAR YOUR MASK AT ALL
TIMES IN ALL AREAS
EXCEPT WHEN EATING IN
YOUR COHORT AREA**

**MAKE SURE TO HAND
SANITIZE OR WASH YOUR
HANDS EVERY TIME YOU
ENTER OR LEAVE THE
BUILDING**

**IF YOU ARE HEADING
OUTSIDE OR LEAVING
SCHOOL PROPERTY MAKE
SURE TO WEAR YOUR MASK,
PHYSICALLY DISTANCE,
AND SANITIZE UPON RETURN**

**PARENTS PLEASE SPEAK TO
YOUR CHILD ABOUT
RESPECTING ALL COVID
RELATED SAFETY MEASURES
AT AND OUTSIDE OF
SCHOOL**

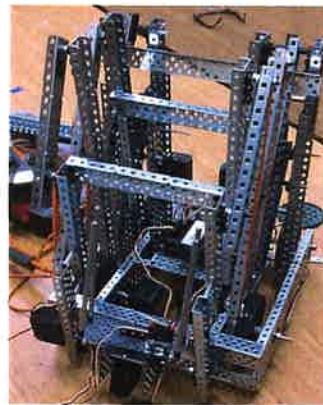
**ALL HSS STUDENTS MUST
WEAR MASKS ON THE
BUSES AT ALL TIMES AND
PHYSICALLY DISTANCE
WHEN GETTING ON AND OFF**

**FOR MORE COVID SCHOOL
INFO SEE THE HSS WEBSITE**



If you like and want to throw snowballs, there is one zone in the school that it is acceptable - on the back field.

Robotics at HSS



The HSS robotics program continues to engage, inspire, and promote 21st century competencies amongst grades 10 – 12.

The program, now in its second year, has set aspirations for creating a robotics team to compete provincially at robotic competitions. Due to travel restrictions, the program has focused on designing, building, and testing new robotic systems for future competitions.

The robotic systems are coded for intended purposes using sensors to control AI features. Efforts are made to create equitable learning experiences for all students and create individualized projects for self-directed learning.

The class uses 3D printers, routers, Virtual Reality, and programming of various circuitry. Most importantly, the program makes learning interactive and fun.

Sr. Metalworks projects



Spartan Clubs to Join this year

Clubs:

- Storytime Club** - Tuesday @ lunch Ms. Berry's room 124
- GSA Strange Things** - Wednesday @ lunch in the counselling area
- Leadership** - Wednesday @ lunch in Mr. Nelson's room 107
- Glow Girls** - Thursdays @ lunch in Ms. Murrell's room 104
- Manga Maniacs** - Thursdays @ lunch in the Library with Ms. Polhuis
- Yearbook** - see Ms Murrell for details
- Weight Room** - all week @ lunch with Ms Stoney
- Boxing Club** - Mon-Thurs 3:30 basement
- Homework Club** - Mon-Thurs 3:30 cafeteria
- Sign up at the office daily
- Basketball** - see practice schedule outside the gym

Quarter 3:

Feb 1st - Apr 20th
How is your student
doing?

Missing school due to Covid? Away due to illness? Please contact teachers to arrange for work -
Teacher Contact Page | Hazelton Secondary School
(cmsd.bc.ca) [hazeltonsec.cmsd.bc.ca/teacher-contact-page/](https://cmsd.bc.ca/teacher-contact-page/)
Teachers continue to put work in the filing cabinet in the office and on MS Teams.

Biology/Chemistry Field Trip

Thank you to Nathan Tom for sharing his knowledge of the land. We all really appreciated it and had a great time yesterday! Looking forward to another outdoor trip with you.

Also, thanks to Mr. Rychlo for starting up this internal biology debate in my mind...
The differences between Trout and Salmon:
<https://fishingbooker.com/blog/trout-vs-salmon/>












We caught one! Ashtan thanked her steelhead and gave it to an elder.



Pieces of MIND!

One of the many things we work on here at HSS are Executive Functioning Skills. So, what are they?

Planning 	Organization 	Self-Control 
Task Initiation 	Executive Functioning Skills <small>www.thepathway2success.com</small>	
Time Management 	Metacognition 	Working Memory 
Attention 	Flexibility 	Perseverance 

Have a look at some specific games designed to help students who struggle with self control.

Games to Practice Self-Control

www.thepathway2success.com



Simon Says



Blurt



Role Play



Wait Five



Self-Control
The ability to stop and think before making a choice



Stoplight



Guard Duty



Freeze



Orchestra

Copyright by Kate Hadfield, Rebecca B & Sarah Pecorino



SPARTAN SPORTS EVENTS

Gym Schedule

Basketball season started on January 4th – season was pushed back by basketball BC.

No spectators in gym – this includes other students not in the same cohort.

Ms. Stoney started a weight room club at lunch on November 16th for dedicated students - every lunch hour except Wednesday.

Here is the BC school sports rules we are following: We are in Phase Two.

<https://www.bcschoolsports.ca/sites/default/files/BCSS%20Return%20to%20School%20Sport%20v3.0%20-%20Oct%2023%2C%202020.pdf>

Edward Good successfully completing Foods 12 from home



Farewell and all the best to Courtney Gunanoot who is leaving us as our cafeteria cook to do the Professional Cook Level 1 program at the Hazelton Campus starting Feb. 1st. Thank you so much for your dedication to feeding us delicious food these last 5 months.

FROM The OFFICE:

At HSS, school starts at 8:45. We hope to see students are here by then. Be aware that all doors are locked for COVID safety purposes after the 8:45 bell.

When students are late for school, they **MUST** sign in at the office. Especially if a student has missed the morning class and is coming in for the second class.



It would be great if parents/guardians supplied their children with reusable water bottles to keep here at school as children cannot drink from the fountains due to COVID and we do not have cups at the office.



FROM The OFFICE:

Parents: If you know your child will be away for the day please phone us and let us know, we will marked them as excused absence

Our New Head Cafeteria Chef

Welcome to Brendan Starr, former graduate of HSS, who has returned to Hazelton for the time being and will be replacing Courtney as our cafeteria cook until he has to return to Kamloops to complete his Red Seal as a Professional Chef. We are very happy to have Brendan work with us to help feed students and staff and continue to improve our cafeteria services with healthy delicious and affordable food.

Hello, my name is Brendan Roy-Starr. I am Currently a culinary student at Thompson Rivers University in Kamloops and am taking the Professional cook level 3 course in hopes of getting my red seal certification. In the upcoming weeks I will be transitioning in as the new chef at the cafeteria. I grew up in Hazelton and graduated from HSS in 2017. I played lots of hockey growing up and won provincials with the 2012 Hazelton peewee Bulldogs. I had known all throughout high school that I wanted to work in the foods industry and after graduating I moved down to Kamloops to start the Professional Cook level 1 program and completed the program top of my class. I love sharing my knowledge of the culinary arts with anyone who is curious about it so if you ever have any cooking related questions don't be afraid to stop by and say hi. The science of nutrition has always been fascinating to me and after obtaining my red seal I hope to take a kinesiology and nutrition course to work towards becoming a sports nutritionist. I love music and have a keen interest in building and taking apart computers so if there's any tech questions you have I would love to help you with that as well. I'm absolutely ecstatic to be cooking lunch for everyone and if you have any questions or suggestions regarding the menu I would love to hear from you. Thank you all, I look forward to the upcoming months.

GITXSAN MOONS 2020-2021

**Lasa hu'mal -- February Moon --
The cracking cottonwood trees' and opening water
trails' moon — February.**

**When the cottonwood trees snap because of the bitter
cold.**

**When the false thaw comes and ice melts and canoes can
be used on the rivers. (Source: Gitxsanimx Teacher)**

**What are you busy doing
during Lasa hu'mal?
Breaking the ice off my boat.**





Hazelton Secondary School

Hazelton BC, V0J 1Y0
PO Box 300 2725 Hwy 62
250 842-5214
barbara.janze@cmsd.bc.ca

Feb 15, 2021

Job Posting ***Cafeteria Cook/Chef***

Start date: March 8th

Job Description

Provide healthy, affordable lunch daily for up to 350 high school students & staff: Meal Plan; Prep; Cook; Shop; Order; Receiving; Budget; Sell & Serve Food; Train & Manage Workers; Clean; Report to Principals

Qualification

- Foodsafe Level 1 (Foodsafe Level 2 preferred)
- Cook Training and or Cooking Experience for large groups
- Experience writing a Foodsafety and Sanitation plan an asset
- Ability to self organize & work independently
- Drivers License & vehicle
- Excellent sanitation skills, knowledge, and practice
- Organizational & Computer Skills
- Budgeting skills and experience
- Healthy Menu Planning experience
- Willingness to work with and train work experience high school students
- Ability to meet deadlines & work safely in stressful atmosphere
-

Approx. 20-30 hours/week Lunch is served at 11:41 daily.

Approx. \$25/hr

Send resume & references to address or email above by Mon. March 1st.

OTHER JOBS AVAILABLE AT HAZELTON SECONDARY: Noon Hour Supervision; Teacher on Call; Support Staff Substitutes. See job descriptions at www.cmsd.bc.ca contact: hr@cmsd.bc.ca

BUS DRIVERS NEEDED URGENTLY - Free Training. Please a resume to the above HSS email.

<https://tre.tbe.taleo.net/dispatcher/servlet/DispatcherServlet?org=PWTCA&act=redirectCws&cws=48&redirectUrl=%2Fats%2Fcareers%2Frequisition.jsp%3Frid%3D9345%26org%3DPWTCA%26cws%3D48>





PLEASE POST

Coast Mountains Board of Education School District 82

3211 Kenney Street, Terrace, BC V8G 3E9
Tel. (250) 635-4931 or 1-855-635-4931 • www.cmsd.bc.ca

SS2021-144

February 19, 2021

Educational Assistant (Temporary) Hazelton Secondary School

Applications are invited from current members of C.U.P.E. Local 2052 for a temporary Education Assistant position, 26 hours per week when school is in session, at Hazelton Secondary School until June 24, 2021 or the return of the incumbent. The rate of pay is \$27.20 per hour. This is a 10-month position that is employed on dates students attend regular classes.

The duties and hours of work will be as assigned by the School Principal. The appointment will be contingent upon the students' needs, the students continuing to attend school in School District 82 and is also subject to review and adjustment at any time by the Director of Instruction (Learner Support) who will make appropriate recommendations to the Secretary-Treasurer.

Essential Qualifications:

1. Grade 12 or equivalent and completion of an acceptable ten month certificate from a provincially accredited institution.
2. Successful experience working under the direction of a classroom teacher in a school setting.
3. Demonstrated empathy with children with special learning needs.
4. Must have successful experience in managing challenging behaviours of students with identified special needs.
5. Must be experienced with and/or trained in the use of SuccessMaker computer programs.
6. Provincial Outreach Program for Autism & Related Disorders (POPARD - formerly Gateway) would be beneficial.
7. Applicants must be willing and physically able to care for a child's personal needs, including, but not limited to: lifting, toileting, etc.
8. Possession of an appropriate B.C. driver's license and constant access to a vehicle suitably equipped with seat belts (include a driver's abstract with resume).

JOB DESCRIPTIONS MAY BE VIEWED ON OUR WEBSITE AT www.cmsd.bc.ca

Applications must be made in writing, accompanied by letter(s) of reference and transcript(s) that address level(s) of competency in the above qualifications. All applicants must comply with the Criminal Records Review Act. Tests to determine whether or not applicants are qualified may be administered.

Applications To:

Department of Human Resources
Email: hr@cmsd.bc.ca
Mail: Coast Mountains School District 82
3211 Kenney St, Terrace BC V8G 3E9

Closing Date:

Thursday, March 4, 2021 @ 4:00 p.m.

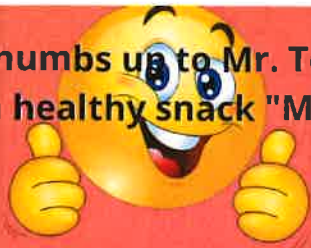
Starting Date:

As soon as possible

THE BOARD SHALL CONSIDER APPLICANTS IN THE FOLLOWING ORDER:

1. Regular Employees
 2. Casual and Temporary Employees with Secondary Seniority
 3. Casual Employees without Secondary Seniority and Outside Applicants
-

Two Thumbs up to Mr. Tom for being a healthy snack "Machine"



Congratulations to
Tenille Moore - our
grade 11 UNBC Scholar
for 2020

Grade 9 immunizations have started with 2 sessions already. Northern Health staff will be returning to HSS to immunize more grade 9 students in the coming months.

New Social Media Policy for HSS:

We have had considerable issues with students creating, commenting, and endorsing social media pages that are mean and oppressive to fellow students and staff. In order to deter students from taking part in this very negative behavior, HSS will now suspend students from any extra curricular activity (sports, clubs, events) for one quarter if they are found creating, commenting, sharing, or endorsing any of these types of sites. Please be responsible and respectful and use social media to unite and spread love and kindness in the world.

Parents/Guardians: Check out these sites for Social Media Information:

<https://erasereportit.gov.bc.ca/>
<https://kidshealth.org/en/parents/social-media-smarts.html>

WANT TO TALK TO SOMEONE ABOUT YOUR CHILD BEING ON TRACK TO GRADUATE? CALL OR EMAIL JODY TETREAU:

**TETREAU:
(250) 842-5214**

JODY.TETREAU@CMSD.BC.CA

**Parents/
Guardians:**

We kindly ask all parents and guardians not to drive in or park in the bus loop first thing in the morning or right after school.



The following PAC meetings will be:

Jan Thurs 21st 5pm
Feb Thurs 18th 5pm
April Thurs 15th 5pm
May Thurs 20th 5pm

Lots of students have homework packages waiting for them at the front office. Please call to arrange a time to come pick up your students' package.

If you have concerns or questions about how your student is doing please go to the HSS website teacher contact page to be linked to their work email to reach them directly.

<http://hazeltosec.cmsd.bc.ca/teacher-contact-page/>

Course Selection Dates

Current Grade 9's going into Grade 10

Last Name A-M: Monday, Feb. 22, PM (12:45 pm)

Last name N-Z: Tuesday, Feb. 23, PM (12:45 pm)

Make - up Wednesday, Feb 24, PM (12:45pm)

Current Grade 10's going into Grade 11

Last name A-M: Thursday, Feb. 25, PM (12:45 pm)

Last name N-Z: Friday, Feb. 26, PM (12:45 pm)

Current Grade 11's going into Grade 12

Last name A-M: Monday, Mar. 1, PM (12:45 pm)

Last name N-Z: Tuesday, Mar. 2, PM (12:45 pm)

Make up for gr 10 -11 Wednesday, Mar. 3, PM (12:45 pm)

Course selections will be held in the cafeteria. Any students who miss these days or any Grade 12s who plan to return for another semester will meet with Ms. Tetreau Thursday March 4th or Friday March 5th.

Parents/guardians and education coordinators are welcome to attend course selection sessions. Please sign in at the office and bring your mask. A form with students' selections will be sent home to be signed by a parent/guardian, confirming their choices. You can access the full HSS course catalogue on the HSS webpage @

<http://hazeltosec.cmsd.bc.ca/>

Please do not hesitate to call the school if you have any questions about your child's courses and choices for next year!



News from your public library:

Celebrate Chinese New Year of the Ox, February 12, and visit Mo Yee's showcase of Chinese culture on display at your public library for the month of February.

Get your Free library card at the library. Youth 13—18 years of age do not require parental permission but must have a fixed address and identification.

Wonderful news! TumbleBookLibrary is now available for all public libraries in the province! Look for the link and log-in instructions coming soon to our website <https://hazelton.bc.libraries.coop>

Wonderful news! The Libby is app now available for all public libraries in the province! Look for the link and log-in

FOLD Challenge : The Festival of Literary Diversity (FOLD)

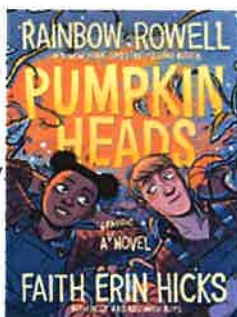
Challenge for February: Read a book that explores racism by a Black Canadian author(s).

Challenge for March: Listen to an audio book by a FOLD 2021 author.

The public library is OPEN

– We are open from 11 am to 4 pm, Tuesday, Wednesday, Thursday, and Friday and 1 – 4 pm Saturday, for book selection and checkout as well as porch pick-up. Ring the doorbell for entry

Check out the selection of new junior and teen books, graphic novels and xxx available at your public library including Pumpkinheads, reviewed here by K Pulhouis:



Pumpkinheads

By Rainbow Rowell and Faith Erin Hicks

Deja and Josiah are seasonal best friends. For the past three years (from September to October) they have run the same stand (Succotash Hut) together at DeKnocks World Famous Pumpkin Patch and Autumn Jamboree. This night is their last before college and both Deja and Josiah have some wishes they would like to fulfill, Deja wants to have an adventure on her last night and Josiah wants to finally talk to the girl (The Fudge Shoppe) that he has had a crush on for the past three years. What happens is an epic adventure of delicious food tasting, theme park hazards and a chase around the park for the Fudge Shoppe Girl. It turns out to be a night that both Deja and Josiah will never forget.

This book is a collaboration between two amazing authors in the Young Adult genre, Rainbow Rowell (Carry On, Fangirl), and B.C. author/illustrator Faith Erin Hicks (Friends With Boys).

Rowell's story was really cute and along with Hicks' full color illustrations this made *Pumpkinheads* a must-read graphic romance of the autumnal kind. You can find this book (as well as other titles by these authors) on the teen shelf at the Hazelton Public District Library or read the e-book on Libby or Overdrive (app can be found at the App store or Google Play).

Your public library welcomes patron's reviews of any items we have in our collection. Forward you review to the library and we will post in and possibly publish it.

When you are rambling around outside over Spring Break, think of bringing a young friend or relative along for a Story Walk, coming soon to pathway near you.

STEAM [Science, Technology, Engineering, Art, Math] craft and activity kits can be picked up at the public library for family fun over Spring Break.



While we couldn't have the regular Christmas Dinner and Dance, we did manage to salvage the 40+ year tradition of having a school wide Christmas feast by having a Covid friendly luncheon on Dec.

17th. Thank you to the following for helping organize and execute this event:

Barb Janze, Keneisha Blake – Foods teacher & Sr. Foods students, Virginia Morgan, Brendan Starr, all EA's and First Nation Support Workers (Belinda Flynn, Jolynn Forsythe, Viola Luff, Megan Marshall, Richan Greenlees, Marina Rubinato-Denny, Jaclyn Weget, Kaitlyn Morrison, Deb Jackson, Jim Webb, Nathan Tom, Frazer Dodd), Carol Bob, Arlene Brown, Courtney Gunanoot in the kitchen, Game Changer staff & students for decorating, and all the staff and students for setting up tables & chairs, decorating, and cleaning up. There were lots of happy faces, full bellies, and warm hearts.



Congrats to students who are attending PC1 at Hazelton Campus starting in Feb: Todd Morrison, Arlene Brown, Kylee Mclean, and Bradley Walker. All the best to you!

Christmas Assembly – A huge thanks to Mr Nelson Mr. Wiebe and all our talented students and staff who made it possible for us to have an online virtual assembly this year. We have some great young performers in our school. Thank you so much for the great entertainment. Check out youtube <https://www.youtube.com/watch?v=sgTYKq5-i8Q> for the video

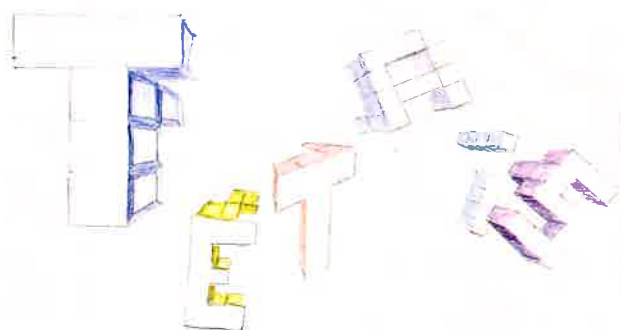
Christmas Crafts and Activities: Thank you to the mental health team for organizing all the fun activities.

spARTans Corner

Cody McKee -
Space

from Ms. West's grade 9 Art Mosaic

Willa Lee -
Building her
portfolio



Willa Lee - Colour



Willa Lee -
Building her
portfolio



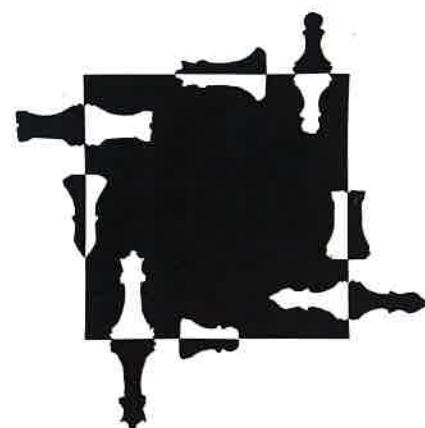
Cayden Wesley -
Form



Alexander Howard-
Texture



Bella Combs - Space



Jesse Faulkner - Space

spARTans Corner cont'd

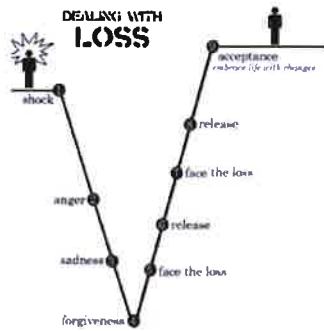
Biology/Chemistry Field Trip cont'd



Mental Health Spotlight on Grief

What is grief?

Grief



Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. The more significant the loss, the more intense the grief will be. You may associate grief with the death of a loved one—which is often the cause of the most intense type of grief.

www.heatherleguiloux.ca

Grief & Loss



Quick Facts:

- / grief is a natural response to loss
- / a loss can be anything that has value to a person including people, objects, or events
- / grief is different from clinical depression
- / complicated grief happens if a loss is not processed and feels constant and severe
- / symptoms can include:

- / shock & disbelief
- / anger
- / depression
- / sadness
- / fear
- / denial
- / physical symptoms
- / guilt
- / isolation

Impacts:



- / what can help?
- / support groups
- / grief counselling
- / talking to friends & family
- / religion or spirituality
- / rituals to process grief
- / journaling about the loss

/ grief & loss effects:

all cultures throughout the world



THE 5 STAGES OF GRIEF

AND WHAT THEY REALLY MEAN

1

DENIAL

Denial is a normal reaction to rationalize overwhelming emotions. It is a defense mechanism that buffers the immediate shock of loss.

2

ANGER

As the numbing effects of the denial stage of grief begins to wear off, the pain of loss starts to firmly take hold as we search for blame, feel intense guilt, and lash out.

3

BARGAINING

Bargaining is the "What if...." stage of grief and it serves an important purpose. It provides temporary escape from pain, provides hope, and gives a person time to adjust to the reality of the situation.

4

DEPRESSION

This type of depression is not a sign of mental illness, it is the appropriate response to a great loss. You might experience intense sadness, decreased sleep, reduced appetite, and loss of motivation are common.

5

ACCEPTANCE

Acceptance refers to accepting the reality of a loss and the fact that nothing can change that reality. This does NOT mean that the person is "okay" with the loss.

THAT TIME OF YEAR

An anniversary is a date that comes around every year that reminds you of a specific event. For someone who has experienced loss, the anniversary of a special person's death can be challenging. When that time of year comes around, you might find yourself experiencing difficult emotions such as sadness, anger, or grief. Read below to learn tips on helpful ways of coping.

1. Talk About It

You may feel shutting down and not talking about your feelings with others. Remember that what you're feeling is normal and there are others in your life that might feel the same way. It is helpful to be open with your friend and family members so that they can support you. Just being able to talk about it with someone can help you start to feel better.

2. Do Something Special

Take time out to do something special to honor the person you lost. You can cook their favorite meal, watch a movie that they used to enjoy, plant flowers, or create a memorial for them.

3. Visit Them

If you are able to, ask if you can visit the place where your loved one is buried. While there, you can have a conversation with them as if they were still here. Sometimes, it's helpful to believe that they can hear you. Tell them stories about yourself that they would love to hear.

4. Write a Letter

If you can't visit, then write them a letter. In this letter, you can tell them how much you love and miss them. Update them about your life events and everything that's happened since they've passed away. When you're done writing the letter, you can keep it somewhere special.

5. Do Things That Make You Happy

A helpful way of dealing with feelings of sadness or anger is to do things that make you smile and laugh. Watch your favorite shows, listen to your favorite songs, and put yourself around people that make you feel happy.

Focusing on the fact that this person is gone will only keep you sad and make it more difficult to cope. Instead, try to think of all the happy memories that you had with this person. Look through old photos to help you remember all the fun times that you had.



Staying Healthy

One of the important ways of coping is making sure that you are staying healthy and making smart choices for your body.

Nutrition

Sometimes when you are grieving, you might lose your appetite or forget to eat. You want to make sure that you are eating full, healthy meals throughout the day. Try to eat when others are eating, or set a timer to remind yourself to eat a meal or get a snack.

How has your appetite been?

Exercise

Exercise can be a good coping skill because of the way it impacts your body and brain. You may not feel like being active, but you should take an opportunity to do some sort of physical activity each day. You can take a walk with a family member or play a game outside with a friend or sibling.

Have you been doing any physical activities?

Meditation

Meditation is a way to clear your mind and reduce your level of stress and sadness. This includes taking time to yourself to be in a space of calm and quiet with no distractions. Sometimes listening to music can help you relax even more. As you go through the grieving process, it will be helpful to find time where you can experience some peace.

Do you make time for peace and calm during the day?

Sleep

Sleep has a very big impact on our health and our feelings. Someone who is grieving can have a hard time falling asleep or staying asleep. It is important to make changes to improve your sleep because you will be better able to cope with feelings if you are well-rested.

How has your sleeping been?



GRIEF TIP:

Don't try to hide from your feelings and keep them inside.

It won't work.

Let yourself feel your pain & acknowledge your loss.

This is how we heal.

love lives on .com

"Each person's grief is as unique as their fingerprint. But what everyone has in common is that no matter how they grieve, they share a need for their grief to be witnessed. That doesn't mean needing someone to try to lessen it or reframe it for them. The need is for someone to be fully present to the magnitude of their loss without trying to point out the silver lining."

David Kessler

Finding Meaning: The Sixth Stage of Grief

Unlocking Us PODCAST WITH BRENE BROWN | EPISODE #5

Class of 2021

GRAD RETAKES March 4th, 2021 sign-up sheet is posted on the grad board

GRAD MEETING 5PM March 31st, 2021 on Zoom - stay posted for link

Grad fundraiser - Food Hamper Donations are accepted in Ms. Rubinato's Room 175

HSS MENTAL HEALTH INFO

JANUARY 2021

COVID - 19: Tough Times for Teens and their Mental Health

If you are struggling with your mental health that's ok. You are not alone. Here is what HSS offers for help:

To talk to someone about your issues

Ms. Pretty in her office 146 in the counselling area

Ms Tetreau in her office 144 in the counselling area or on TEAMS

Kayleigh Erasmus from CYMH Drop in on Wednesdays

Kayleigh Erasmus from CYMH by appointment on every other Tuesday AM and Thursdays

Ms. Zurbrugg in her office 138

To find a quiet place to work safely (with teacher permission)

Connections room/ Room 109 with Ms. Holland

First Nations Support Workers Center
the counselling area

Hotlines:

Native Youth Crisis Hotline 1-800-784-2433

Youth Support Line 1-866-564-8336

Youth Distress Line 1-866-661-3311

Virtual Counselling Session

Youth (ages 12-24) can also receive free virtual counselling during the pandemic from the **FOUNDRY** by contacting **1-833-308-6379**. See Ms. Tetreau to set you up in a office on a computer to do that.

Strategies to help calm and soothe yourself:

- box breathing
- progressive muscle relaxation
- take a short mental 'stay'cation (visualizations/ Music)
- 5-4-3-2-1 grounding
- create (write, draw, doodle, color, clay, etc...)
- craft (sew, knit, crochet, bead, etc...)
- focus activity (diamond paint, puzzle, cards)
- journal or list (gratitude)
- emotional self check/ mood meter
- quiet reading
- physical activity (walk, yoga, run,)

**See Ms. Pretty or Ms.
Tetreau for resources,
ideas, or supplies!**

Some Websites to check out if you want more info:

Ms. Pretty's page - <https://hssteenmentalhealth.weebly.com/>

<https://teenmentalhealth.org/>

<https://foundrybc.ca/>

<https://www.anxietycanada.com/>

<https://keltymentalhealth.ca/>

Intro to Health Services Dual Credit Course with CMC



STUDENT LEADERSHIP

HSS a UNESCO School?

Student Leadership has been rather quiet this year, as our biggest job of organizing school dances has been put on pause while the covid pandemic does it's thing. That said, we have managed to organize many theme days and events for Halloween, Christmas, and Hearts Day on Valentine's day most recently. In order to try and stay busy, and with the help of Mr. Pesik, Student Leadership has begun the process of becoming a UNESCO Certified School. The UNESCO Associated Schools Network (ASPnet) links educational institutions across the world around a common goal: to build the defences of peace in the minds of children and young people. The over 11,500 ASPnet member schools in 182 countries work in support of international understanding, peace, intercultural dialogue, sustainable development and quality education in practice.

BOXING CLUB

The boxing club has been operating 1-3 days a week after school and is open to all students that are interested. Unfortunately, due to Covid concerns, it has been difficult to gain momentum as students must not interact with students in other grades.

Nevertheless, students have been learning

the fundamentals of boxing. The jab, straight, left and right hook, uppercuts, and most importantly DEFENSE!!! Most sessions last an hour and start out with rounds of skipping, followed by stretching, then rounds of the heavy bags, and finished off by pairing up and doing rounds on the hand held pads.

It's been pretty awesome to see students going from zero experience with boxing, to performing complex combinations with speed and power. Ultimately, the goal is to get a Boxing Club (separate from the school) together where sparring and competitions will be possible.



Scholarships

See the Grad 2021
MS Team for all the
latest info on
Scholarships - Big
Money!