



Gator News

#7

PRINCIPAL'S MESSAGE

It is hard to believe, but here we are, at the Winter Break! The past several weeks has been filled with so much activity and festive cheer! Such a great buzz throughout the building leading up to the break. On November 28th, we hosted our first pep rally since prior to the beginning of the pandemic and our Leadership students, under the guidance of Ms. McKay, did an absolutely wonderful job of showcasing Gator spirit! On December 1st, our staff spent the afternoon and evening decorating the main foyer to spread a little and joy and cheer. New this year, each department decorated a Christmas tree in whatever theme they felt reflected their department's character best. Students had a chance to vote on their favourite trees in a number of categories; see below for a few photos and the winners! Our Music Department hosted their annual Christmas concert. I always find that the Christmas concert helps to kick off the holiday season so well.

This past week, our basketball teams hosted a number of exciting games throughout the day that many of our students were able to enjoy as well! It is so great to have the school come together to support our student-athletes.



This morning we hosted our annual Grad breakfast with Santa, and we finished the day with our student council hosting our Christmas Assemblies. Our students and staff put on a wonderful showcase of their talents, humour and good cheer throughout our assemblies! Thank you to our students and staff for putting on such a wonderful experience for our school community. Special thanks to our student council and their work to host the annual "Wonderful Week of Christmas."



Gator News

#7

When we return in the New Year, the remainder of the semester goes quite quickly and then before you know it, Semester 2 will be upon us. So that you are able to mark your calendars, the last day of regular classes for semester one will be January 26th. January 27th, 30th and 31st are Transition Days. Most students will not be in attendance on those days. Our grade 9 students will be presenting their mini-capstone presentations on one of the days and our grade 12 students who are completing CLC 12 in first semester will also be presenting their capstone projects. Please see below for additional details on the schedule for those Transitions days.

Wishing you and yours all the best that the holiday season has to offer and all the best for a happy, healthy, New Year.

Sincerely,

J. Lyndon

Proud Principal





Gator News #7





Gator News #7





Gator News #7





Gator News #7



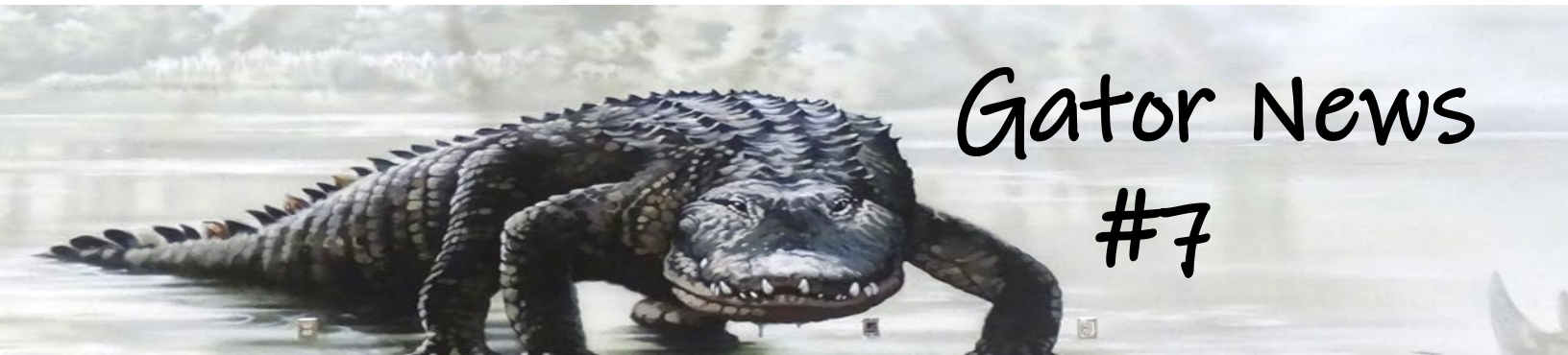


UPCOMING DATES

Friday, December 16
Tuesday, January 3
Thursday, January 12
Friday, January 13
Friday, January 27
Monday, January 30
Tuesday, January 31

Wednesday, February 1
Friday, February 3
Friday, February 10
Friday, February 20

Last day of classes before Winter Break
School re-opens
Grad photo retakes by appointment only
Grad photo retakes by appointment only
Transition Day, see information in this newsletter
Transition Day, see information in this newsletter
Semester Turnaround Day, see information in this newsletter
Semester 2 begins
Report Cards published to MyEdBC
Pro D Day, students do not attend
Family Day, school closed



SEMESTER TRANSITION DAYS – SECONDARY

To help prepare and support students for success, the District is sharing information with families regarding upcoming Semester Transition Days with our secondary schools. Although this is not indicated in the District calendar, please note the following days:

- Friday, January 27 2023, Semester Transition Day
- Monday, January 30 2023, Semester Transition Day
- Tuesday, January 31 2023, Semester Turn Around Day (**no students in attendance**)

What are Semester Transition Days?

As part of the District's Strategic Plan goals, schools are highlighting student transitions with various activities including but not limited to the following:

- Capstone Presentations and Celebrations for Grade 12 students
- Mini-Capstone Presentations for Grade 9 students
- Student Celebrations of Learning
- Additional Student Support Opportunities
- School visits from Grade 7 students from feeder schools for orientation

What does this mean for students?

- Not all students will be attending school on any or all of these days
- Students who need to be at school on one or all of these days will receive communication from their school or teacher

The following groups of students will be scheduled in these times:

- Grade 9s will be scheduled to attend between 9-11AM on Friday, January 27.
- Grade 11s will be making appointments with Counsellors for grad chats on January 27, 30, and 31.
- Grade 12s will be scheduled to attend noon-2PM on January 27 for Capstone Presentations.
- Many of our GQs and Student Council members will be assisting with our transition event for Grade 7 students on Monday, January 30.
- Grade 8 and 10 students will not be in attendance on Friday January 27, Monday, January 30, and Tuesday, January 31.

These days are structured with the intention to ensure a smooth transition for our students and help foster student learning. If you have any questions, please speak with an Administrator.



THE GOVERNOR GENERAL'S ACADEMIC MEDAL

Each year, WGSS has the honour of awarding the Governor General's Bronze Medal to one student once all final marks are available from the Ministry of Education. The Bronze Medal is awarded to the student who achieves the highest academic average, which is calculated including all Grade 11 and grade 12 courses listed on the student's official high school transcript of grades.



We are pleased to announce that Benjamin Zhang is the 2022 recipient of this prestigious award. Benjamin graduated with an overall GPA of 98.12, which is even more impressive when you learn his GPA includes nine Advanced Placement Courses. This inspirational student also received an AP Scholar Award and an AP Capstone Certificate as well as numerous exemplary student awards.

During his time at WGSS, Benjamin co-founded and lead the Lightsavers Club, which raised funds for the Langley Memorial Hospital and the Relay for Life team. He also found it valuable to volunteer as a tutor at the homework club and volunteer at the Chartwell Langley Gardens Retirement Residence. He encourages students to find balance while at high school, challenge yourself with an AP course or two, and make friends and memories. Find your areas of passion and follow them!

This highly motivated, dedicated, respectful leader showed tremendous insightfulness throughout his time at WGSS. Benjamin is now studying at the University of Toronto in the Life Sciences program with the intention of specializing in Molecular Genetics.

Congratulations, Benjamin on being WGSS's Bronze Medal Governor General's winner for 2022.



Gator News

#7

SCHULICH LEADERSHIP SCHOLARSHIP

The Schulich Leadership Scholarship is one of Canada's most prestigious awards recognizing entrepreneurial-minded high school graduates enrolling in a Science, Technology, Engineering, or Math program at one of 20 partner universities across Canada. Half are valued at \$120,00 for engineering scholars and half are valued at \$100,00 for science and math scholars. Every high school in Canada can nominate one graduating student each year to apply for this scholarship.

WGSS Scholarship Committee is very pleased to announce that Jacob Tamashiro will be our school's Schulich Leader Nominee. Jacob was a finalist in the Team Canada Chemistry Selection test and placed 12th in the Canadian Chemistry Olympiad (UBC, U of T). Jacob was president of the WGSS Robotics Club, is currently co-president of the WGSS Stem Club, leader in the KIMISTRY Club and Team Captain in Designation (a 36-hour non-stop engineering contest of engineering competitors primarily from universities and some high schools). Congratulations Jacob!





GRAD PHOTO RETAKES

If you missed having your grad photo taken during the original photo session or you are interested in having grad photo retakes done, you can book an appointment online at https://www.signupgenius.com/go/2023_wgss_grad_photo_studio_retake_sign-up.

Photo retakes will take place on Thursday, January 12 and Friday, January 13 **at the Vibrant Photo studios**, #10 – 20172 113B Avenue in Maple Ridge (a short drive from WGSS over the Golden Ears bridge).

This will be the final opportunity for grad photos to ensure that your photo will be included in the yearbook as well as other grad-related events.

There is very detailed information in the link about booking these appointments, pricing, etc. If you still have questions, please contact Vibrant Photos directly at 604-380-3388.

FUNDRAISER FOR LANGLEY SCHOOL FOUNDATION



The Mar family is sharing the story of the loss of their son, Todd, with hopes of helping students in high school who are struggling with mental health issues and those who are at risk of becoming addicted to drugs.

Funds will go directly to the Langley Foundation and set aside for Project Resiliency to access for student's needs.

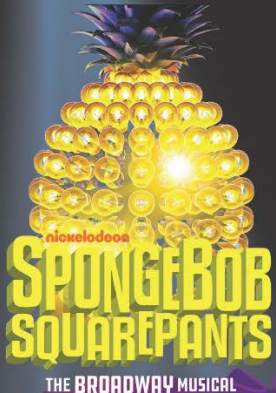
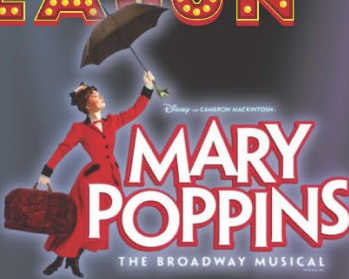
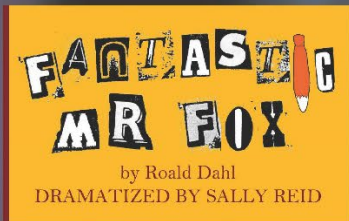
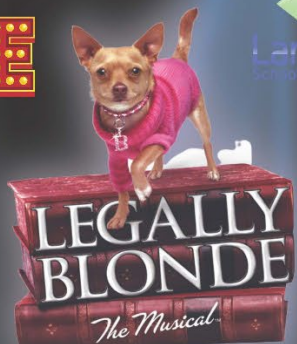
For more information and to donate, click [here](#).

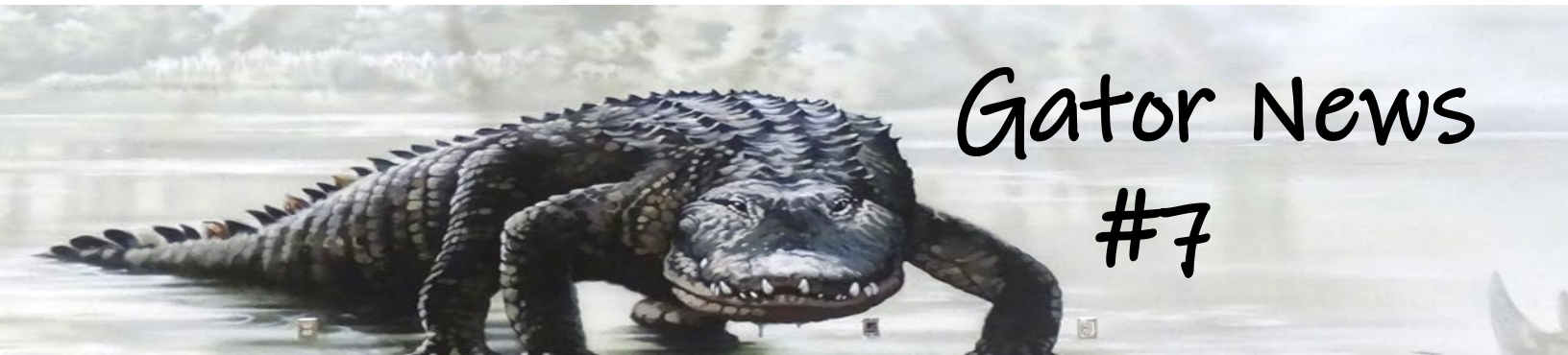
TOWNSHIP INFORMATION

The Township has advised that ALL fields will remain closed until December 23rd due to unsafe conditions as a result of the weather, with the exception of the Southeast Synthetic at Willoughby Community Park.



IT'S SHOWTIME!

LANGLEY SCHOOL DISTRICT 2023 SEASON OF THEATRE			
			
Brookwood Secondary Musical Theatre	Langley Secondary School	Langley Fine Arts School Drama	Walnut Grove Secondary Theatre in the Grove
February 22, 23, 24, 25 March 1, 2, 3, 4 7 P.M. shows	February 23, 24, 25 March 2, 3, 4, 7 P.M. shows February 25 & March 4, 2 P.M. shows lssmarypoppins@gmail.com	April 25 - 29 7 P.M. shows Chief Sepass Theatre	May 4, 5, 6 & 11, 12, 13 7 P.M. shows May 6 & 14, 2 P.M. shows



Gator News #7

GATOR ATHLETICS NEWS



Abby and Tia demonstrated elite skills throughout the Big Ticket Tournament earning themselves each \$1000 scholarships.

Their teammates describe them as kind, inspiring, and awesome leaders on the team—these skills were recognized by the tournament directors and the girls were selected amongst many in their age group to be awarded with scholarships.

Check out this [article](#) featuring an amazing athlete, Keira Pemberton!





Gator News #7

ATHLETE
IN THE
SPOTLIGHT

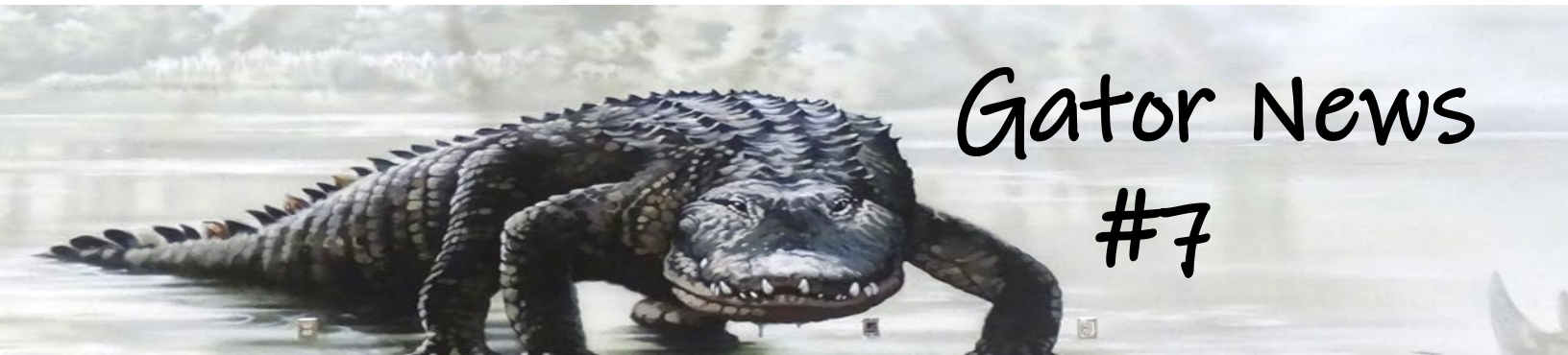


VOLLEYBALL



Kalysa Owen-Merriot

Kalysa has consistently demonstrated exceptional leadership on the Grade 9 Girls Volleyball Team. She is always positive and uplifting on the court and whenever engaging with her peers. She is growing into a great leader and is well respected by her teammates. Kalysa is adaptable to situations and keeps everyone at peace. She is always up for a challenge! Kalysa is an Outstanding Gator Athlete.



EDUCATIONAL
TOURS

WGSS – Spring 2024

Italy



Dear Parents & Guardians,

I'm thrilled to share this travel opportunity for our students! Learn more about this exciting tour at an information session where we'll discuss:

- ❖ Why travel is important
- ❖ Where and when we're going
- ❖ What we'll see and do
- ❖ Who is EF Educational Tours?
- ❖ And more!

I look forward to seeing you there!

Mr. R. Janzen

PS: can't make the meeting but want more information? RSVP using link below and select "No, but send info."

2023-01-19

Meeting date

6:00 PM

Meeting time

Room 243

Meeting location

RSVP online



Scan this code or visit:

<https://bit.ly/3uPgYpS>

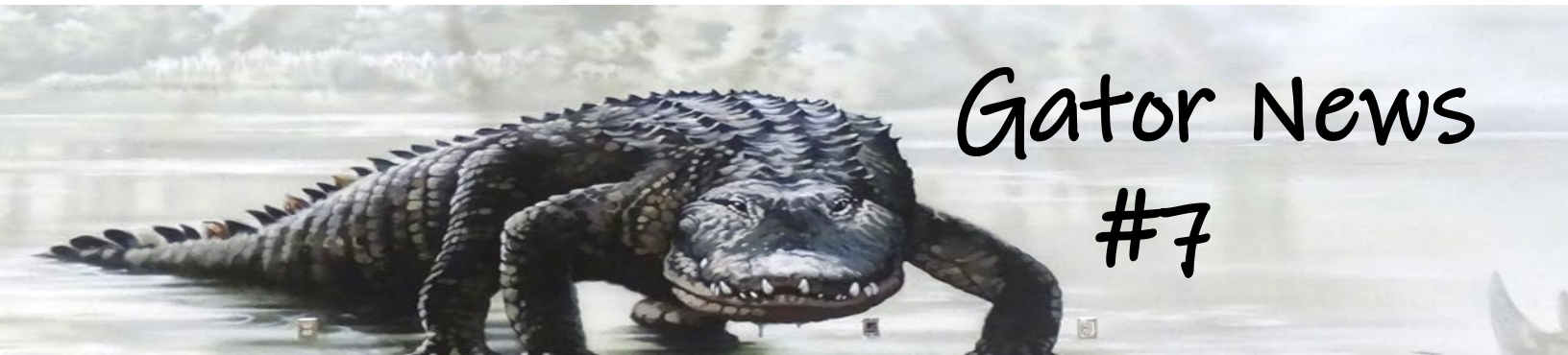
EF Educational Tours - 1002632804 | 80 Bloor Street West, Floor 16, Toronto, ON M5S 2V1-2JTB | C-763691, 73990 | OPC: 702752



VIRTUAL POST-SECONDARY LEARNING OPPORTUNITIES

Join **WGSSCareers** on **Instagram** to be alerted to additional opportunities. The virtual events listed are hyperlinked to a registration and additional information.

Event	Date	Time	Link
SASSY Application Workshop	Wed., Jan. 4	Lunch time	Rm. 162 (Library Annex)
Explore Applied Science	Wed., Jan. 11	4:30 – 5:30 pm	SFU Surrey Virtual
KPU Creates	Tues., Jan. 17	3:30 – 5:30 pm	KPU Surrey
UVIC Parent Night	Tues., Jan. 17	7:00 – 9:00 pm	UVIC Parent Night Virtual
KPU – Faculty of Arts	Thurs., Jan. 19	6:00 – 8:00 pm	KPU – Arts Showcase Virtual
SFU Indigenous Preview Day (Gr. 9 - 12)	Fri., Jan. 20	All day	SFU Virtual
National Linguistic Contest	Thurs., Jan. 26	8:30 am – 2:30 pm	CanIL – West @ TWU
Parents as Career Coaches	Thurs., Jan. 26	6:30 – 8:00 pm	Education Planner + SD35 Virtual
UFV Graphic & Design Info. Session	Tues., Feb. 7	6:30 – 8:30 pm	UFV Abbotsford
KPU Future Business Leaders	Wed., Feb. 8	5:00 – 8:00 pm	KPU Business
Waterloo – Gr. 10 Student/Parent	Thurs., Feb. 23		Waterloo – Gr. 10 Virtual



Gator News

#7

CAREER CENTRE NEWS

KPU Creates

Tuesday, January 17, 3:30 – 5:30 pm, KPU Surrey Campus

KPU Surrey Campus invites high school students interested in writing, communication, and design to join this two-hour event. This is an opportunity to network with staff, take a Surrey campus tour, participate in mini lessons, enjoy free food, and win prizes! [Apply online](#)

SFU Indigenous Preview Day

Friday, January 20, 2023, 9:00- 2:00 pm SFU

Simon Fraser University (SFU) is hosting a university preview day for secondary students with Indigenous Ancestry. [Link to register](#)

UBC Geering Up Engineering Outreach – All Girls Event

Saturdays, January 21st to February 11th, 10:00 – 2:00, UBC Vancouver Campus

All-Girls* Events are exciting opportunities for girls across BC to explore how they can use their creativity to help the world. [Link to register](#)

Parents as Education and Career Coaches Workshop

Sunday, January 26th, 2023, 6:30 – 8:00pm, MS teams

Join this virtual workshop hosted by Education Planner BC and SD35 for Grade 10-12 parents to learn how you can help support your student in planning for their future. [Link to register](#)

U of A Getaway for Grade 11s

May 26 to 28 2022, University of Alberta, Edmonton, Alberta

The University of Alberta is hosting a three-day event for Grade 11 students. The top 20 students who are selected will have all expenses paid; participants will have the opportunity to visit and explore the undergraduate programs being offered at the University of Alberta in Edmonton. **Deadline to apply is January 31, 2023.** [Link to register](#)

Future Business Leaders 2023

Wednesday, February 8th, 2023, 5:00 – 8:00 pm, KPU Surrey Campus

KPU Surrey campus is hosting an in-person competition alongside YELL Canada for all Grade 11/12 students. Registrations are now open, self-register early to guarantee a spot. Teams will be assigned, and the winning team will be given a \$1000 Entrance Scholarship to KPU's Melville School of Business and crowned the Future Business Leaders of 2023. [Link to register](#)



Horatio Alger Association Scholarship for Grade 11 Students

If integrity, determination, and courage describe you – you have what it takes to be a Horatio Alger Scholar. This scholarship rewards students who possess the character to succeed in life. They intentionally help students overcome **financial barriers** to pursuing higher education. To qualify, you must be in Grade 11, have at least a 70% average and require financial assistance to attend university. [Link to learn more and apply](#) **Application deadline is March 15.**

Tactical Day with the Abbotsford Fire & Rescue Services – for females*

Saturday, April 15, 2023, 09:00 – 4:00, Abbotsford

Activities include technical rescue, search and rescue, vehicle extrication, vehicle fire, medical aid, hazardous materials. [LINK](#) **Restrictions: *Minimum Age - 16 Years, no maximum age.***

*The Achieve Anything Foundation defines as girls and women any persons that identify as female, including transgender. This definition applies to any reference of girls, women and/or females. **To be eligible to apply for Operation the applicant must identify as female.**

ITA name change to Skilled Trades BC

Website: www.SkilledTradesBC.ca

Phone: 778-328-8700; Toll Free in BC 1-866-660-6011

Email: CustomerService@SkilledTradesBC.ca

North American Computational Linguistics Olympiad

Sunday, January 26, 2023, 8:30 – 2:30, Canada Institute of Linguistics, TWU, Langley [Link to register](#)

What is NACLO?

NACLO is a pencil and paper contest run by the National Science Foundation across the USA and Canada wherein students solve analytical puzzles in languages they do not know. While solving the puzzles, students learn something about the structure of human languages and how computers can process them.

The contest introduces students to possible careers in linguistics, languages, and computer science.



The purpose of this competition is twofold. The first is to challenge the analytical thinking skills that are so useful for technical careers such as computer sciences. The second, is to offer high school students an opportunity to learn about the discipline of Linguistics as a great post-secondary option at Canada Institute of Linguistics.

This year the event will be hosted on TWU's Campus, students will arrive in the morning and participate in the 3-hour NACLO competition. Afterwards, TWU will provide lunch and will put on a shortened model linguistics class to sit in on (around 30 minutes). TWU will be providing prizes for students, and everyone will get a bag full of CanIL merch. This event will be intellectually stimulating, look good on a university application, and will expose students to potential career paths.

Who can participate in NACLO? Any high school student is eligible. NACLO has no prerequisites and no registration fee.

What kinds of students are interested in NACLO? Typical NACLO participants enjoy puzzles and languages. Any students who enjoy the sample puzzles on the attached flyers are good candidates for NACLO. Good places to start looking for NACLO participants are math classes, language classes, computer classes, and gifted programs.

Career Ed Newsletter

Additional career opportunities can be found in the District Career Ed Newsletter bi-published monthly. Click [this link](#) to get connected and subscribe to receive updates on events and news.



SASSY AWARDS 2023

Applications are now open and can be found at [SASSY Awards – Langley – Celebrating exceptional youth in our community! \(sassyawardslangley.ca\)](https://sassyawardslangley.ca)

The Rotary Clubs of Langley are seeking applicants ages 15 to 21 who demonstrate **outstanding leadership skills** in one of the following seven SASSY (Service Above Self) categories:

1. Community Service (Local and International)
2. Environmental Leadership
3. Youth Leadership
4. Arts & Culture Leadership
5. Leadership Beyond Adversity
6. Sports Leadership
7. Cultural and Diversity Leadership

Awards:

- **\$1,000** for first place finish in each of the seven categories + a SASSY Recognition Award
- **\$500** for two runners up in each of the seven categories

Emailed applications must be received no later than Friday, March 10th, 2023 (11:59 PM).
Email to nominations@sassyawardslangley.ca

Mailed applications must be postmarked no later than Friday, March 3, 2023. Mail to:
2023 SASSY Awards Langley
c/o Rotary Club of Aldergrove
PO Box 1602
Aldergrove, BC V4W 2V1

You must be available for these dates:

- **Saturday, April 1:** Three top winners in each category will be interviewed by a Community Selection panel to determine the 1st place winner and two runners up.
- **Thursday, May 4, evening:** Awards Show presentation at the Chief Sepass Theatre, located in the Langley Fine Arts School.

For more information:

Contact info@sassyawardslangley.ca or attend the SASSY AWARDS PRESENTATION in the WGSS Library Annex on **Wednesday, January 4** at 11:55 am with Ms. Docherty.

Gator News

#7



Intercultural Supports for Student Learning Program (ISSLP)

Program Description

ISSLP is a 6-week program that meets the unique needs of diverse youth population to return to school, complete high school, upgrade high school credentials, and/or enter into post secondary education or skills training to continue their studies and prepare for future success.

Program Eligibility

- ✓ Residents of Surrey, Langley and Delta
- ✓ Youth between 15-30 years
- ✓ Canadian Citizens or Permanent Residents or Protected Refugees

In partnership with



Langley Community Services Society

Program Benefits

Trainings and Certification

- ✓ Digital literacy (MS Office Suite)
- ✓ Online/Digital marketing (social media marketing)
- ✓ Short Term Occupational Certifications (STOC) - WHMIS, SuperHost, First Aid, Food Safe, Serving it Right
- ✓ Diversity & Inclusion, Self-Image and Self-Esteem, Personality Development Training
- ✓ Customer Service, Email & Telephone Etiquettes, LinkedIn Training
- ✓ Skills Training - Resume & cover letter, conflict resolution, networking skills etc.

Additional Benefits

- ✓ Daily Allowance
- ✓ Educational Bursaries
- ✓ Educational Coaching & Counselling
- ✓ Career Counselling & Exploration
- ✓ Transportation support
- ✓ Adaptive technology support & disability related support for persons with disabilities
- ✓ Individualized and customized action plan
- ✓ Access to WiFi, printer & computer
- ✓ Other supports in terms of text books, school supplies, work clothes or so on



Surrey Location :

Progressive Intercultural Community Services (PICS) Society
#205 12725 80th Ave,
Surrey BC, V3W 3A6
6045967722 ext: 218

Delta Location :

Progressive Intercultural Community Services (PICS) Society
#3 - 7953 120th St.
Delta BC V4C 6P6
6045967722 ext: 218

Langley Location :

Langley Community Services Society
#100 6470 201st,
Langley BC, V2Y 2X4
6045347921 ext: 6010
6045967722 ext: 242

Mei Chen, Case Manager
604 534 7921 ext: 6010
mchen@lcss.ca



This program is funded by the Government of Canada and the province of British Columbia



For more information visit www.pics.bc.ca or email us at isslp@pics.bc.ca



Gator News #7

Interested in a Career in Aviation?



Are you interested in aviation? Have you wondered about being an aerospace engineer, aircraft maintenance engineer, pilot, flight attendant, air traffic controller, airport operations specialist or working with Transport Canada? Or, are you just interested in flying for fun?

Aviation Explorations 12 may be the course you need.

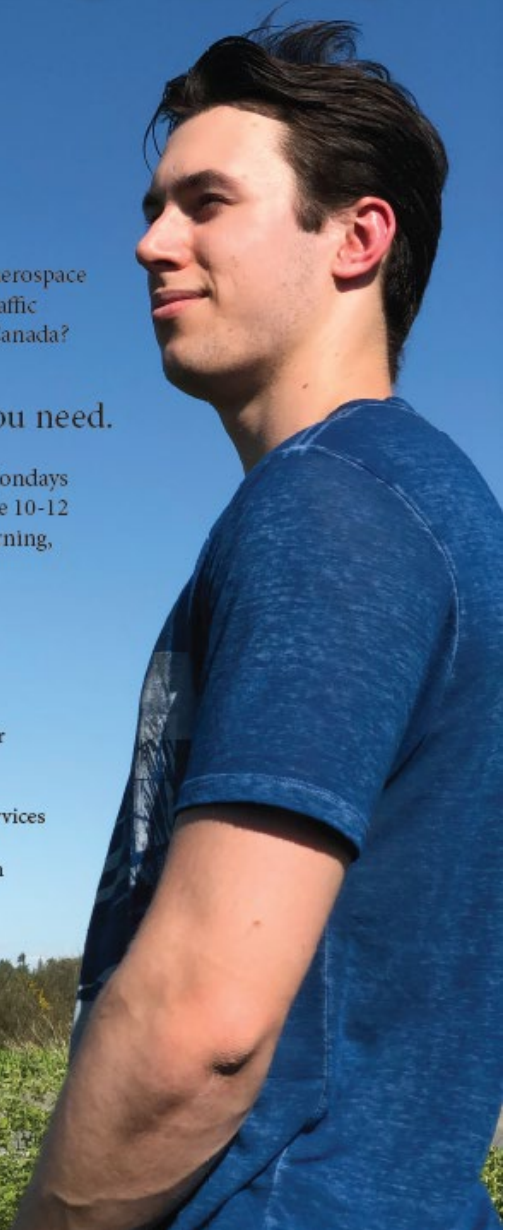
The course is offered AFTER SCHOOL (from 4:00pm to 7:00pm) Mondays and Wednesdays in the January-April term at LEC. Students in grade 10-12 may enrol but space is limited. It combines classroom, hands-on learning, guest speakers and field-trips.

Learn about

- History of Flight
- Airframes, Powerplants (engines), and Instrumentation
- Theory of Flight
- Meteorology
- Aviation Navigation
- Air Law
- Safety Management

and about careers like:

- Pilot
- Aircraft Maintenance Engineer
- Air Traffic Control
- Airport Management
- Cabin Crew and Passenger Services
- Regulation and Enforcement
- Aircraft Accident Investigation
- and more





Gator News

#7



Get help for your mental health journey



What is BounceBack®?

BounceBack® Youth is a **free** mental health coaching program for youth aged 13+ experiencing low mood, worry and stress. You will choose from a series of workbooks and be paired with a telephone coach to learn skills improve your mental health.

BounceBack® Telephone Coaching

BounceBack® coaches are trained to support you as you work through the BounceBack® workbooks of your choosing. You will talk to your coach over the phone for 4-6 sessions scheduled when it works for you. BounceBack® coaching is available in English, French, Cantonese, Mandarin, and Punjabi. Your BounceBack® telephone coach will:

- offer support and encouragement
- help you understand the lessons in the workbooks
- help you apply what you're learning to your own life
- keep you motivated

How to Sign Up

To access BounceBack® telephone coaching, you need a primary care provider (e.g. a family doctor

or school counsellor). You can submit a self-referral (parent or guardian's consent not required) or have your primary care provider send us a referral for you. See our frequently asked questions on the next page for more information or visit our website. You can also call or send an email to our BounceBack® team and we can explain more about the program.

W: bouncebackbc.ca/what-is-bounceback-youth

E: bounceback@cmha.bc.ca

P: 1-866-639-0522

"BounceBack® has really helped me with understanding that it's okay to ask for support, it's okay to realize that you want to learn a different way of handling the situation. It was really life-changing for me, and it also showed me that I had a lot of strength in myself."

– BounceBack® Youth participant



1-866-639-0522 | bounceback@cmha.bc.ca
bouncebackbc.ca/what-is-bounceback-youth



Gator News

#7

Frequently Asked Questions

Does BounceBack® work?

BounceBack® is based on Cognitive Behaviour Therapy (CBT) which is scientifically proven to help people learn skills and strategies to overcome and cope with low mood, stress, and worry. Over 15,000 people have participated in the program, and have experienced improvement in their anxiety and depression symptoms and feel better able to cope with life's challenges.

Is BounceBack free?

Yes. The BounceBack® program materials and telephone coaching are free.

What can I expect after my referral is submitted?

A BounceBack® team member will contact you within 10 business days of receiving your referral to schedule your first call with your coach so you can learn more about the program.

What if I don't have a family doctor?

We accept referrals from a walk-in clinic or virtual health clinic. You can also be referred to the program by school counsellor, nurse practitioner, psychiatrist, or from Foundry Virtual Counselling. Practitioners can submit your referral by visiting bouncebackbc.ca.

Can I participate in BounceBack® without the telephone coaching?

If BounceBack® telephone coaching isn't right for you, or you would prefer to work through the materials on your own, there are two more free BounceBack® program options you can access without a referral:

BounceBack® Online:

Access online workbooks, interactive worksheets and videos designed to help you learn skills to cope with and overcome low-mood and worry.

Register at online.bouncebackonline.ca

BounceBack® Today Videos:

The BounceBack® Today videos provide you with practical tips for managing your mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. Videos are available in English, French, Arabic, Farsi, Cantonese, Mandarin and Punjabi.

Visit bouncebackvideo.ca and use this access code to register: **bbtodaybc**



About the Canadian Mental Health Association, BC Division

Founded in 1918, The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.

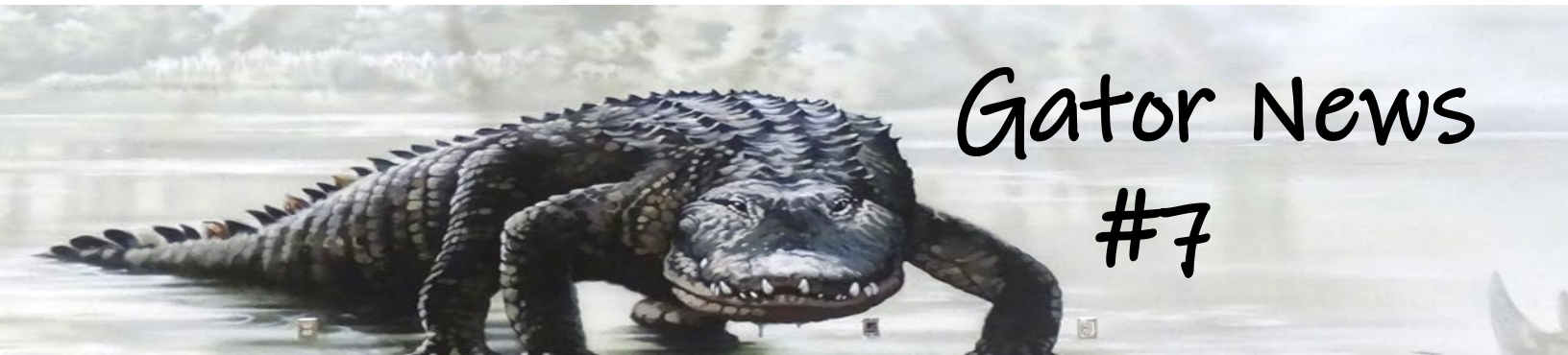
Together with our family of 14 CMHA branches in BC, CMHA BC has helped over 100,000 people across 100 BC communities each year.

1-866-639-0522 | bounceback@cmha.bc.ca
bouncebackbc.ca/what-is-bounceback-youth



Canadian Mental
Health Association
British Columbia
Mental health for all

BB-07b_YouthBrochure_8.5x11_LetterFormat_2022_08_25



Gator News #7

'intheknow' Connect and Learn

For families and caring adults who
are parenting a child or youth with
mental health and/or substance
use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

ADHD – The Real Deal

Join us as we listen to Dr. Don Duncan dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families to watch this one hour video presentation followed by a 30 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Event Date(s):

Monday, December 5 at 6:30pm (PST)
Tuesday, December 13 at 5:00pm (PST)
Wednesday, December 14 at 12:00pm (PST)
Thursday, December 15 at 6:30pm (PST)
Tuesday, December 20 at 5:00pm (PST)

Registration required:

www.familysmart.ca/events

Cost: Free of Charge.





BABYSITTING COURSE



Save the date!

West Langley Elementary will be hosting a Babysitting Course and Stay Safe Course on February 13, 2023. Both courses will be taught through the Canadian Red Cross.

The cost for each course is \$65.

Babysitting Course – ages 11-15 8:30am-3:30pm

This course offers basic first aid and caregiving skills for youth 11-15. Students will learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies.

Stay Safe Course – ages 9-13 9am-3pm

This course offers basic first aid and safety skills. Students learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

Registration will be open in January.



DRY GRAD NEWS

To keep informed of Dry Grad news, email wgssdrygrad2023@gmail.com to be added to our mailing list and check out our Facebook page

The next Dry Grad parent/guardian meeting is Wednesday, January 11 at 6:30PM in the WGSS Library. All parents/guardians of graduates are welcome to attend.

The Dry Grad Committee is seeking more volunteers in all capacities! Please contact us at wgssdrygrad2023@gmail.com and check out our FB page at *WGSS 2023 Dry Grad Parent Group*.

Dry Grad Fundraisers

Thank you for your support with our Neufeld Farms fundraiser. We raised over \$1700! We currently have two on-going fundraisers:

- Consider a direct donation through the Langley School Foundation (tax deductible) using this link <https://www.canadahelps.org/en/charities/langley-school-district-foundation/p2p/WGSSDryGrad2023/> or scan the QR code



- Donate your refundable recycling to the WGSS 2023 Grad class! Please see the last page of this newsletter for all the information!

Watch for more fundraisers in the New Year like Meridian Meats Gift Cards (February 15) and Pub Night at Jimmy Mac's (March 25th), and many more!



**WALNUT GROVE SECONDARY
DRY GRAD 2023
FUNDRAISER**



Please consider donating your recycling funds
to our Walnut Grove Graduation Class of 2023

Take your cans, glass, and plastic bottles in
clear or clear blue plastic bags to
**Return-It Walnut Grove Bottle and Return
Centre**

At the label kiosk enter this number:

604-908-9597

and place the label on your bag.

All funds will go to the
2023 WGSS Graduation class.
Thank you for your support!