

Happenings – Hillcrest Middle Newsletter

Monday February 19th, 2018

CALENDAR OF EVENTS:

Monday, Feb. 19 th	* Adv. Band – MPR / Beg. Band – Gym @ 7:45 * Athletics: Gr. 6 Bball Boys & Girls practice @ lunch/ Gr. 8 Bball Boys & Girls practice @ 3:00/ Wrestling Practice @ 3:00
Tuesday, Feb. 20 th	* Boys Choir in Dramus Rm @ 7:45 * Curling Walking Field Trip Div. 13/14 Holbrook/ Nay @ 1:00 * Sun Peaks Resort Group Mtg. @ 12:30 in Mrs. Hampton's Room * Athletics: Gr. 7 Bball Boys practice @ 7:30/ Table Tennis MPR @ 3:00/ Gr. 7 Boys Bball Games @ 3:30 @ Hillcrest * February PAC Mtg. @ 7:00 in Library
Wednesday, Feb. 21 st	* Adv. Band – MPR / Beg. Band – Gym @ 7:45 * Athletics: Gr. 6 Bball Boys & Girl practice @ lunch/ Wrestling Practice MPR @ 3:00/ Gr. 8 Bball Games @ 3:30 Girls @ Hillcrest/ Boys @ Eagle Mtn.
Thursday, Feb. 22 nd	* Girl Choir in Dramus Rm. @ 7:45 * Athletics: Gr. 7 Bball Boys practice @ 7:30/ Gr. 8 Bball Boys practice @ 3:00/ Wrestling Meet @ 2:50 SFU
Friday, Feb. 23 rd	District Professional Development Day – All Schools Closed
Monday, Feb. 26 th	* Adv. Band – MPR / Beg. Band – Gym @ 7:45 * Explorations Term 3 Ends * Athletics: Gr. 6 Bball Boys & Girls practice @ lunch/ Gr. 8 Bball Boys & Girls practice @ 3:00/ Wrestling Practice @ 3:00
Tuesday, Feb. 27 th	* Boys Choir in Dramus Rm @ 7:45 * Explorations Term 4 Begins * PAC Pizza Lunch for Red and Blue Teams @ 12:20 * Athletics: Gr. 7 Bball Boys practice @ 7:30/ Table Tennis MPR @ 3:00/ Gr. 7 Boys Bball Games @ 3:30 @ Hillcrest
Wednesday, Feb. 28 th	* Adv. Band – MPR / Beg. Band – Gym @ 7:45 * Curling Walking Field Trip Div. 2 Booth @ 11:00 * Athletics: Gr. 6 Bball Boys & Girl practice @ lunch/ Wrestling Practice MPR @ 3:00/ Gr. 8 Bball Games @ 3:30 Girls @ Hillcrest/ Boys @ Moody
Thursday, March 1 st	* Girl Choir in Dramus Rm. @ 7:45 * Curling Walking Field Trip Div. 15/16 Ingelman/ Stewardson * Athletics: Gr. 7 Bball Boys practice @ 7:30/ Gr. 8 Bball Boys practice @ 3:00/ Wrestling District Meets Time & Location TBD
Friday, March 2 nd	* Presentation: Jessica Krueger talks on Grit Theme @ 9:00 * Sun Peaks Resort Adventure Group Leave @ 12:20 * Athletics: Gr. 7 Bball Girls practice @ 7:30/ Gr. 6 District Basketball Jamboree - Team will walk to Dr. Charles Best @ 3:00 – Games 3:30 – 6:30
Please see our school calendar on our website: www.sd43.bc.ca/hillcrest	

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McFaul's Chat and Chew: Confidence is a Muscle that Needs to be Flexed.

This past week former First Lady, Michelle Obama was speaking in our fair city on the topics of higher education, youth and social media and the importance of exercise to combat childhood obesity along with many other topics of empowerment. In one of her stories she shared the quote.

"Confidence is a muscle that needs to be flexed." I heard this quote on the radio during my drive to work and thought, how do we as educators help kids to continually find new ways and opportunities to flex that muscle. If middle school life is about taking students at a stage in their development; whereby, they are at their most prime awakening to be inspired, motivated and challenged to be better, then what are we doing to build confidence.

When I drop in on a class to see what is happening at Hillcrest I have been witness to many diverse learning situations that ask students to exercise their confidence muscle. The Art class of Mrs. McMillan, where kids are challenged to create their interpretation of designing a clay vessel with a creative touch. The confidence muscle is being worked for students to trust their creative mindset and to put forth for display their artistic interpretations showcasing their trust in their abilities. The Language Arts class of Mr. Holbrook, where students are through poster boards synthesizing the nuances and character traits from their novel study of, *The Outsiders*. Student are putting their analytical observational skills out for others to see, read and discuss, thus flexing their confidence by stating their point and allowing others to critique. The Social Studies classes of Mrs. Campbell and Mrs. Caldwell encouraging their students to analyze the key attributes like environment, agriculture and living spaces and extrapolate these features into the future world by one million years. These students are stretching their confidence to show ideas that might seem extravagant and somewhat preposterous now; however, in time could also be a living reality in less time than imagined.

To have the confidence in ones skills and talents varies for every child, but each has their own personal growth chart to follow, for some it is showing their computational thinking on a math problem, for another it is taking the foul shot in the tied basketball game with 1 second left on the clock and for another it is looking directly into the eye of a person who has caused them pain and hurt in order to share with them their personal conviction of telling that person to stop their unkind and disrespectful actions. You know best where your child needs to use and practice flexing that confidence muscle. Through your sharing with us at our upcoming student led conferences in early March we ask you to think about what avenues your child needs to develop more of a routine for challenging themselves to build their confidence muscle.

Some other quotes from Mrs. Obama to help all of us build our confidence in who we are and what we value:

- *"Choose people who [lift you up](#)."*
- *"[Success](#) is only meaningful and enjoyable if it feels like your own."*
- *"When I hear about [negative](#) and false attacks, I really don't invest any energy in them, because I know who I am."*
- *"We learned about dignity and decency - that how hard you work matters more than how much you make... that helping others means more than just getting ahead yourself."*
- *"We learned about [gratitude](#) and humility - that so many people had a hand in our success, from the teachers who inspired us to the janitors who kept our school clean... and we were taught to value everyone's contribution and treat everyone with respect."*
- *"[Find people](#) who will make you better."*

School Happenings: **Events and Activities.**

Winter Weather on the Crest– This past week we had our first real snowfall of the new year and our school was ready and prepared for the challenge. The school heating system was being repaired and our parking lots were plowed and de-iced while the great space we have for pristine snow play conditions for our kids to enjoy and frolic in the snow remained untouched. Mr. Romano was very clear with the P.A. messages about the snow stays on the ground and it is not to be thrown at another student body. Kids were very respectful as I went hunting during three lunch hours for wayward snowballers and it was only on the last day of the week where I was able to find two volunteers who tossed a snowball at another student to help shovel the foursquare and basketball courts free from the snow and ice chunks. Other students had a blast getting outside and enjoying the wonders of Mother Nature, as evidenced by the photo below with the gang growing a gigantic, ginormous creation.



Sun Peaks Adventure Group – We have another group of intrepid winter revellers heading off to a short weekend trip to the lovely locale of Sun Peaks Resort. There is a very important meeting this Tuesday @ 12:30 in Mrs. Hampton’s room for all registered participants. This meeting is a tune- up for reviewing packing requirements, clothing expectations to meet weather demands and a whole bunch of other pertinent information that your child will need to keep in the forefront of their thoughts while preparing to pack for the March weekend event. Thanks to the teachers, Mrs. Hampton, Mr. Lageston and the parent chaperone volunteers who are giving so freely and lovingly of their time to make this a valued mountain resort experience for our students.

Transition to Secondary Schools - The process of transitioning our Grade 8s to secondary schools throughout the school district has begun. The Gr. 8 students have received their course selection forms and have gone on a tour of their catchment secondary school. Information on school programs of choice were happening all throughout the month of January to help provide you with information about future choices. We encourage you to go to the catchment school website for your child and checkout their information for the details of what courses and opportunities exist for your child as they continue their educational journey into their secondary school program. If you have any questions or concerns on course selections for next year, please contact Mrs. Dhaliwal at: ldhaliwal@sd43.bc.ca

For a full summary of SD #43 Secondary school programs please go to the SD #43 website.



ATTENTION NEIGHBOURS OF HILLCREST MIDDLE SCHOOL

You can help stop vandalism on school grounds

What You Can Do

Parks, schools and public spaces are most vulnerable at night. Keep your eyes and ears open for suspicious activities. Everything you see and hear helps. Note the physical characteristics and clothing of individuals. If you see automobiles, jot down license plate numbers.

Report All Suspicious Activities to the Vandal Watch Tip Line

604-927-7600

Call immediately when something raises your suspicions.

Do not wait for the damage to be done.

Your Call is Anonymous and Confidential

No one will ask for your name or phone number. Security personnel will be alerted and will investigate. They will take direct action or involve the police. **Do not get involved in a confrontation yourself.** The Tip Line is available 24 hours a day.

KEEP THE TIP LINE PHONE NUMBER HANDY. MAKE SURE IT IS GIVEN ONLY TO RESPONSIBLE ADULTS.

PAC News and Events:

Next Meeting: Tuesday February 20th @ 7:00 in our Library

Our next PAC meeting will be held tomorrow **Tuesday February 20 at 7 pm** in the Library. All parents and guardians are welcome and encouraged to attend.

From Catherine Hubbs, PAC Fundraising Coordinator and PAC Lunch Coordinator: Next year (2018-2019) will be my last as a Hillcrest parent. I'm looking for parents who have both younger children and an interest in volunteering to take over the Fundraising Coordinator and Pizza Lunch Coordinator positions.

Before my last child leaves in June 2019 I'd like to share what I've learned with the incoming coordinators. Over the 2018/19 year I'll introduce the new people to our suppliers and systems and then leave it with them to decide what works - they can leave things as is or change things up and put their mark on it!

If you are interested please contact me at hillcrestfundraising@gmail.com.

The PAC is on Facebook – join us at Hillcrest Middle School Parents (Coquitlam)



Purdys Easter Chocolates: Our online campaign is now open! Simply go to www.purdysgpp.com – we are Group 6408.

Paper catalogues will come home next week with students. Alternatively, you can click here for the printable [catalogue](#) and the [order form](#).

All cheques should be made out to **Hillcrest Middle School PAC** and please remember to calculate and include taxes when submitting a paper order form.

Order due date: 3 pm Wed. March 7 to the office or online. Late orders cannot be accepted. Please e-mail Catherine at hillcrestfundraising@gmail.com if you are submitting a paper order and I will confirm receipt.

Pickup date: Thursday, March 15 at the school or by prior arrangement.

Pizza Lunches: Ordering for PAC pizza lunches for the remainder of the year is now up and running on [MunchaLunch](#). All orders and payments must be made through the MunchaLunch system.



Orders for the Feb. 27 **Red** and **Blue** Team lunch are due TOMORROW Tuesday, February 20

Each team will be offered four lunch dates. The remaining dates are:

Green: Apr. 17, May 15

Red: Feb. 27, Apr. 17, May 29 – **orders due tomorrow Feb. 20**

Blue: Feb. 27, Apr. 24, May 29 – **orders due tomorrow Feb. 20**

Yellow: March 6, Apr. 24, June 5

Orange: March 6, May 15, June 5

Orders are due one week before the lunch date.

We serve two teams on each date on a rotating basis - **remember to order only on your child's team dates**. If you have multiple children on different teams you can order extra and the kids can share it - for example if you have Child A on Red Team and Child B on Orange Team order for both under Child A's name on Red Team Pizza Days and order for both under Child B's name on Orange Team dates. **Please note:** you must order the entire lunch for all kids under the child's name who is on the team being served lunch that day. **The kids must pick up the entire order together at the same time.**

We need volunteers to run the lunches. If you have about 40 minutes available from noon to 12:40 pm we would appreciate your help.

No late orders, no refunds and no special orders. All orders and payment must be through the MunchaLunch system.

The pizza lunch coordinators for this year are Catherine Hubbs and Deb Dobson who can be reached at hillcrestlunches@gmail.com.



QSP Magazines: Our prize portion of this fundraiser is over but you can order magazines online all year long. QSP offers popular titles in both paper and electronic form from both Canadian and international publishers. Magazine subscriptions make great gifts that last the entire year.

Magazines may be online at www.qsp.ca – **Hillcrest is Group 3745007**. Hillcrest PAC profits an average of \$10 per subscription sold, making this a profitable fundraiser.

Fundraising by Donation: If you would like to support by providing a donation please see the attached PAC donation. Alternatively, you can make your donation through the School Cash Online (KEV) system by No other fundraiser has a 100 percent profit margin and for \$25 or more you will receive a tax receipt from SD43.



Hillcrest PAC letter/form.

clicking [here](#). donations of

Big Brothers and Discover Books Donation Bins – Hosted by Hillcrest: Hillcrest hosts both a Big Brothers clothing donation bin and a Discover Books bin both located at the Como Lake Ave. entrance to the school. These bins are conveniently open 24/7 and benefit both Hillcrest (we get 10 cents per pound of donated clothing, footwear, linens, material and accessories/eight cents per pound of books) AND Big Brothers.

Community News:

Coquitlam Open Learning Opportunities:

Please see the various links below for

[Continuing Education](#),

Continuing Education Magazine

<http://online.flipbuilder.com/bmr/xxag/mobile/index.html>

Community Program Links:

Topics : Community Events & Opportunities

[KidsSport's Used Equipment Sale](#) Elementary, Middle, Secondary

[2018 Tri-city Branch EGBC NEGM Popsicle Stick Bridge Competition](#) Elementary, Middle, Secondary

[Model United Nations Conference - YLSBCMUN 2018](#) Secondary

External - posted on the [district public-facing website here](#)

[KidSport's Used Equipment Sale](#)

Winter Weather Ahead!

Schools are not routinely closed due to snow or other inclement weather conditions. All schools in School District 43 (Coquitlam) will remain OPEN, if at all possible, during winter weather, including snowfall.

However, on occasion, a district-wide or partial-district closure is required due to extreme weather. Partial-district closures affecting individual schools may occur due to the very different geography within our school district. If there is a partial-district closure affected schools will be identified.

The decision on schools remaining open or needing to be closed, because of extreme weather, occurs **before 6:30 a.m.** so that families can plan and make alternate arrangements.

Any district-wide or partial-district closure will be decided and communicated by 6:30 a.m. via the School District 43 website: <http://www.sd43.bc.ca/Pages/default.aspx> and CKNW AM 980 radio, CKWX 1130 radio and CBC (690) radio.

Extreme weather can also impact transit. Transit schedules may face significant changes or cancellations due to the weather conditions. Parents seeking information on transit schedules need to consult the Translink website:

<http://www.translink.ca/>

We encourage families to continuously check the School District 43 website for updates and changes:

<http://www.sd43.bc.ca/Pages/default.aspx>

Learn more about SD43's process for emergency and inclement weather status updates at:

<http://www.sd43.bc.ca/NewsEvents/Pages/EmergencyInformation.aspx>

While the District tries to make the best decision with the information available, the weather does change quickly. Therefore, when schools remain open, decisions to stay at home during challenging weather conditions should be made by each family

Making your summer plans yet?

Think ... *Summer Learning!*



Elementary: July 10-27 9am-12pm

K to 1 Transition, Fine Arts, French Immersion, Integrated Studies, Montessori, Math, Reading & Writing, Coding (Info Tech), Science - Outdoor Focus

Middle: July 10-27 8:45am-11:45am

Art, Band, Creative Writing, Drama, Home Ec/Culinary, Integrated Studies, Language Arts, Mathematics, Montessori, PE/Leadership, Coding (Info Tech), Science Grade 6/7 (Ecology/Outdoor Focus), Tech Ed

Secondary Skill Building & Remedial: July 10-27 8:30-11:30am & 12:00-3:00pm

English, English for School Success, Math, Music, Science, Fitness, Tech Ed

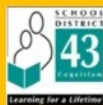
Advanced (High School) Credit: Face-to-face & Online blended (Fast Track):

July 4 - August 10 8:00-11:30am & 12:00-3:30pm

Gr 10, 11, and 12 courses in English, Mathematics & Sciences. Canadian Studies 10, Career Life Education (Planning), Fitness & Conditioning 11/12, PE 10/11, Social Studies 10/11, Composition 11 & Communications 12

See our website for full info: www.summerlearningcoquitlam.ca

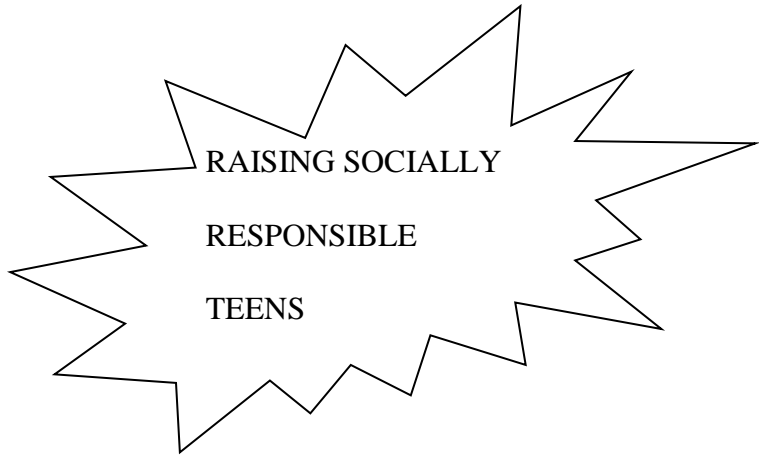
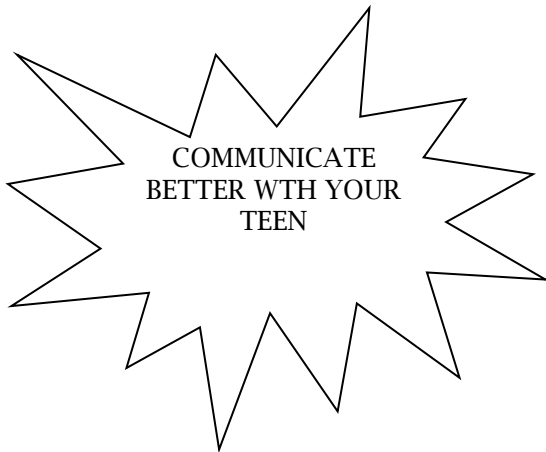
- ⇒ Tuition is free for BC residents (International fees apply otherwise)
- ⇒ 13 school locations throughout the Tri Cities
- ⇒ Registration opens in late April, create/update your account today



Fine Tune Your Parenting Skills With

STEPS TO EFFECTIVE PARENTING

For Parents of teens... ages 11 - 17



STEP offers a down-to-earth and practical way to meet the challenges of raising teenagers today. It's a group discussion program that paves the way to improved parent-teen relationships; more responsible teenage behaviour in home, school and community; and teenage self-esteem and self-reliance.

Place: Eagle Mountain Middle School

Time: 7p.m. – 9p.m.

Dates: Thurs. April 5th, 12th, 19th, 26th, May 3rd, 10th, 17th and 24th.

[This is an eight-week program]

Facilitated by: Marilyn Abram, Adler Certified Parent Facilitator

To register: E-mail: mabram@sd43.bc.ca [preferred]

Phone: 604-469-1133

Register by March 12, 2018 as book pick up is March 15, 2018

**Class is limited to 20 participants.
The only cost is \$25.00 for the parent workbook!**