



ISSUE

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## CALENDAR of EVENTS

- January 25th  
Last Day of Semester 1
- January 28th—30th  
Provincial Exams
- January 30th  
New ELL students' Assessment 1:00 p.m. Room 214
- January 31st  
First Day of Semester 2
- February 4th—8th  
Grad Gown Measurement Lunch time or after school Room 201
- February 8th  
Shortened Day Schedule 12:15 dismissal
- February 11th  
Family Day - No School
- February 12  
After-Grad Meeting 7:00 p.m. Library
- February 19th  
PAC Meeting 7:00 Library
- February 22nd  
Professional Day (District)

Instead of my Principal's Message in the newsletter, parents can now link to my blog, "The Pulse". The link is: <http://aciolfitto.wordpress.com/>



## SEMESTER TURNAROUND

Students will receive their new schedule in Advisory on Jan 23<sup>rd</sup>. In some cases, the schedules are slightly different than the one students received in September. **The new schedule is the only one that is valid.** Although most courses are now full, students may request schedule changes if they choose.

Counsellors will be available by appointment only for course change requests on:  
Thursday, January 24<sup>th</sup> from 8:00 am to 3:30 pm  
Friday, January 22<sup>nd</sup> from 8:00 am to 3:30 pm  
Students may sign up for an appointment after Advisory on the 23<sup>rd</sup>.

Note: **no student requested course changes will be made after January 25<sup>th</sup>.** Students requesting an upgrade or an extra course will be dealt with in the first week of the new semester.

## COURSE SELECTION FOR 2013/14

Counsellors will be meeting with our Grade 9's, 10's and 11's at the end of February and in early March to help students with course selections for next year. It is very important that students attend the counsellor presentations. We encourage students and parents to meet with counselors individually to discuss any questions and concerns they might have. Just phone your counsellor to arrange an appointment. Courses selected, particularly for grade 11 and 12 students have an impact on post-secondary options. The programming schedule is as follows:

- February 26<sup>th</sup>                      Grade 10's period 2 (A)  
   Grade 11's period 3 (B)
- March 4<sup>th</sup> and 5<sup>th</sup>                Grade 9's in Math classes

Note: Grade 10's and 11's must have their completed course selection forms turned into their counselor by **March 6<sup>th</sup>**. Grade 9 completed course selection sheets are due **March 8<sup>th</sup>**. Students who hand in their course selection sheets past the deadline may not get their first choice electives as the classes may be full. Please note that **all** students will be required to register for **eight** courses for next year. Detailed course information can be found on the Riverside web page under "course calendar". Several new courses and programs have been added to our usual offerings. As well, some District programs and on-line offerings are worth a look.

## FOLLOW US ON TWITTER

## Grade 12 marks and Post-secondary Applications

The Ministry sends official copies of student's interim marks in April and official transcripts in July to post-secondary institutions in order to assist students through the admissions process. The Ministry can send marks information only if a student gives them permission to do so. Students are required to complete the "Post-Secondary Institution Choice Form" (PSI) on-line on the Ministry website. Counsellors will provide specific instructions to students and parents but instructions are also available on the counselling department web site as well. In order to be considered for admission students should complete this task before the end of March. Only students applying for a September '13 entry need to submit their PSI form. More details to follow!

### SCHEDULE FOR Friday, February 8th

BLOCK	TIME
X (1)	8:10—8:55
A (2)	9:00—9:45
B (3)	9:50—10:35
C (4)	10:40—11:25
D (5)	11:30—12:15



**Encounters**  
WITH CANADA

*Read further for an opportunity for your son or daughter to attend a full week in Ottawa for \$575 (including airfare, room & board and program activities).*

Every week of the school year, approximately 120 teens from across Canada (ages 14 to 17) go to Ottawa to participate in Canada's largest youth forum, Encounters with Canada.

Although there are twelve themes (check out the website: [www.ewc-rdc.ca](http://www.ewc-rdc.ca)), much of the program is the same from week to week. The theme selected applies to only two days of the entire week at Encounters, affecting guest speakers, field trip choices and workshop selections. The rest of the week is the same no matter what the theme. For example, every group visits Parliament and tours the capital, visits a museum and a veterans' cemetery (following a presentation), presents skits about their home province, and has several group discussions about issues such as multiculturalism, etc. Participants meet other young Canadians and discover their country by talking to each other. If they know any French at all (not necessary to participate in the program), they will hear French spoken and have the opportunity to practice it. Over 91,000 youth have lived the EwC experience to date!

The usual cost of a week at Encounters is only \$675 (including airfare, ground transportation, room & board at the Terry Fox Canadian Youth Centre, guest speakers, field trips, workshops, etc.)—a great deal, especially for students travelling all the way from BC. (Student flights are covered by Exchanges Canada, part of the federal Department of Canadian Heritage.) Students usually register in May for the following school year and then, during the school year, the Encounters staff lets Mrs. Wattamaniuk know if there's still availability (because other provinces may not have used their entire quota). Right now there are **TWO** such opportunities that have an *extra-special* price attached—both of the following weeks have spots available and are available for the reduced price of **\$575** (yes, that includes airfare, room & board and the entire program):

[RCMP \(February 17 - 23\)](#)

[Vimy: Canada's Coming of Age \(April 7 - 13\)](#)

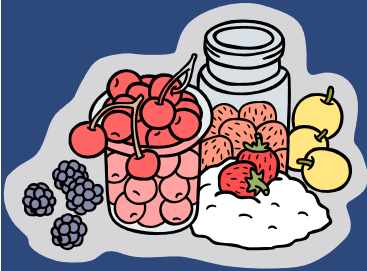
Check out the website for further details on these specific weeks. Note that if you attend the Vimy week, you become eligible for the Beaverbrook Vimy Prize Scholarship, with an opportunity to visit England, France and Belgium this summer. The Vimy Foundation will choose one participant from Encounters with Canada, who will qualify for this exciting adventure.

If interested in attending either the **RCMP** or **Vimy** weeks, please see Mrs. Wattamaniuk in the counselling office as soon as possible (or contact her at [pwattamaniuk@sd43.bc.ca](mailto:pwattamaniuk@sd43.bc.ca)). Students need to be in good academic standing since they need to miss a week of school to attend. If interested in one of the other ten themes, stay tuned—or sign up in May to attend during the next school year! Encounters with Canada is a once-in-a-lifetime opportunity—students may attend the program only once.

## CANNING JARS CLUTTERING YOUR STORAGE SPACE?

Donate them to the Foods and Nutrition 12 classes who will be learning about food preservation and making jam and pickles next semester. We'll take any size 500 mL and under.

Please contact Jessica McDiarmid at [jmcdiarmid@sd43.bc.ca](mailto:jmcdiarmid@sd43.bc.ca) for pick up/drop off info.



## NEW STUDENT ORIENTATION

New ELL and new students to Riverside will have an orientation on Monday, February 4th in Room 214. Time: 10:30—12:10 with a pizza lunch and tour of the school.

## EMERGING TALENT SHOW

Emerging Talent Art Show at Evergreen Centre features many Riverside Students

The annual Emerging Talent Show, featuring the work of a large group of grade 12 artists in our tri-city schools, is currently underway at Evergreen Centre. The juried show is a very prestigious one and those students whose works are selected are considered to be very high calibre artists. This year, we are proud to announce that Riverside has many students with work in the show! We also hope that you will be able to drop by and see the exhibition; we are sure that you will be inspired by the artistic talents and imaginations of these junior artists. The various submissions by Riverside students include drawings, paintings, photographs and sculptural pieces.

The show runs from January 26<sup>th</sup> to March 9<sup>th</sup> and is located at the Evergreen Cultural Centre, 1205 Pinetree Way, just across for Douglas College.

## MULTICULTURAL FASHION SHOW

Multicultural Fashion Show (part of Port Coquitlam Centennial celebration program)  
Wed. May 22<sup>nd</sup>, 2013 7:00 – 9:30  
Riverside cafeteria

Looking for participants (students, siblings, parents, family members) to volunteer with several aspects of this exciting event!

Please contact Ms. Yamamoto ([cymamoto@sd43.bc.ca](mailto:cymamoto@sd43.bc.ca)) if you can provide or are interested in assisting with:

- Costumes – ethnic costumes for men, women, children
- Wardrobe inventory and dressing assistants
- Seamstress/tailor to assist with simple costume adjustments/additions
- Technical support
- Performers—classic instruments and music as well as modern
- Advertising – in the community (churches, community centres, individual shops, restaurants)
- Sponsorship – advertising or donations
- Baked goods for dessert buffet
- Raffle prizes

Thursday, Feb. 28<sup>th</sup> 3:30 – 5:30 and 7:00 – 9:00 in room 214. Registration and selection of those who are interested in modeling (ethnic costumes as well as current day fashions). Please bring a photo, dress size, height and weight. Groups (families) are very welcome to participate too!

**RIVER'S EDGE THEATRE  
PRESENTS**  
**Les Misérables**  
February 28<sup>th</sup>  
March 1<sup>st</sup>, 2<sup>nd</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>  
Curtain is at 7:30 p.m.  
Stay tuned—more info to follow



# Les Misérables

# BULLYING: It Ends With You



On Oct 24 the TriCities Joint Family Court & Youth Justice Committee presented the community forum, *Bullying: It Ends With You*

## *The Discussion Continues*

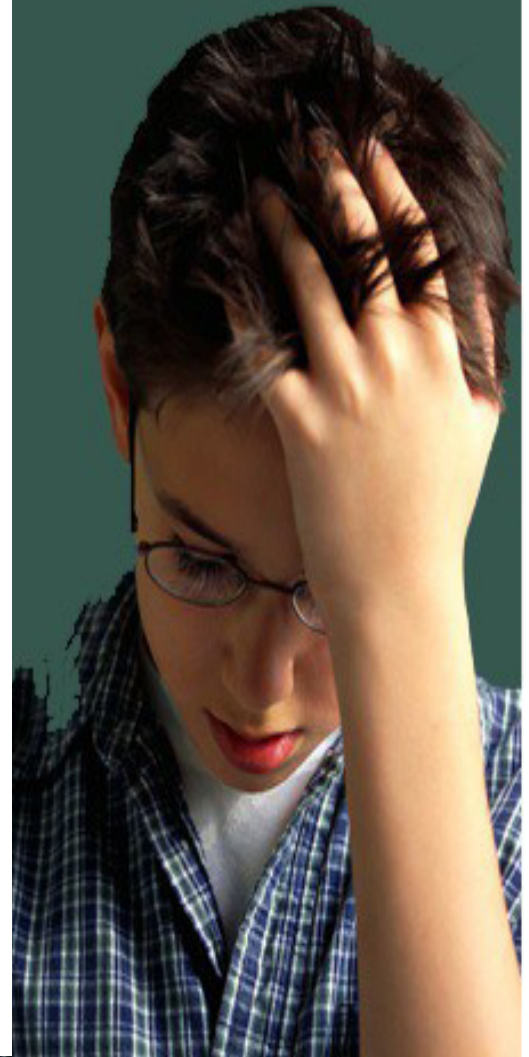
TriCities Joint Family Court & Youth Justice Committee  
Presents:

### *Bullying Prevention Series*

- ◆ **Session #1 - Jan 24** Topic: Response to Audience Questions from Oct 24<sup>th</sup>  
Location: Coquitlam City Hall, 3000 Guildford Way, Coquitlam  
Presenters: Cindi Seddon, Dr. Shelley Hymel, Dr. Kim Schonert-Reichl,  
Dr. Brenda Morrison, Dr. Aaron White, Jim Mandelin  
Moderator: Ted Kuntz
- ◆ **Session #2 - Jan 31** Topic: Take Action Against Bullying  
Location: Kwayquitlam Middle School, 3280 Flint Street, Port Coquitlam  
Presenters: Cindi Seddon, Dr. Shelley Hymel
- ◆ **Session #3 - Feb 7** Topic: Elementary & Youth Perspectives on Bullying  
Location: Alderson Elementary School, 825 Gauthier Ave, Coquitlam  
Presenters: John Goheen & Karen Moss
- ◆ **Session #4 - Feb 28** Topic: Emotional Learning and Restorative Justice  
Location: Moody Middle School, 3115 St Johns Street, Port Moody  
Presenters: Dr. Shelley Hymel, Dr. Kim Schonert-Reichl,  
Dr. Brenda Morrison, Jim Mandelin
- ◆ **Session #5 - Mar 7** Topic: Safe Schools and Gender Issues/Bullying  
Location: Winslow Center, 1100 Winslow Street, Coquitlam  
Presenters: Cindi Seddon, Dr. Aaron White

Pre-Register on Eventbrite: [www.bullyingpreventionseries.eventbrite.ca](http://www.bullyingpreventionseries.eventbrite.ca)

For more information or to preregister for childcare contact us at:  
[bullyingitendswithyou@gmail.com](mailto:bullyingitendswithyou@gmail.com)



### Coquitlam Continuing

Education offers many academic, high school credit courses during our Night School program at Gleneagle Secondary and Montgomery Centre. Second-semester courses start on February 7<sup>th</sup> so register early. Courses are available to adult students – tuition-free\* for most students.

\*Check us out at [www.ce43.com](http://www.ce43.com) for more information.

Biology 11/12

Physics 11/12

Chemistry 11/12

English 11/12

Communications 11/12

Math 11/12 (all)

## FRENCH QUARTER

After a lengthy career teaching French Immersion students at Mary Hill Junior (now Pitt Middle) and at Riverside Secondary, M. Jacques-André Larrivée is retiring at the close of this semester. In a classroom filled with hundreds of frogs he received from admiring students, 'Monsieur' inspired many over the years with his passion and philosophy. Early in his career at Mary Hill Junior, he developed the unique PIF intensive immersion program as well as the *Communications* course where students wrote plays that were performed in Québec and France. In recent years he took students to Montréal at March Break to volunteer with the homeless and at seniors' homes. Inspired by his close friend and colleague, André Laliberté, who was diagnosed with ALS (Lou Gehrig's disease), M. Larrivée established the André Laliberté Award to annually honour a graduating student who has made a significant contribution to the spirit of the French Immersion program. Last November, past and present students held a retirement celebration with all proceeds of the auction of all Monsieur's frogs donated to the André Laliberté Award Fund. A die-hard Habs fan, he enjoyed the staff hockey pool as well as playing goalie at the schools' *Carnaval* celebrations. Colleagues and students alike wish M. Larrivée a long and healthy retirement, filled with happy memories and new adventures. *Adieu, monsieur, le professeur!*

For information on student summer programs, work exchanges and scholarship information, check out the links on the updated [French Immersion](#) page on the school's website. The deadline for applying to the Explore Canada program is February 28. This government program pays for student tuition, room and board for 5 weeks for Anglophone students studying in Québec this summer. Students may also earn university credits depending on the course and school. The YMCA also has a work exchange program that enables students 16 or 17 years old to travel to Québec and work full-time for 6 weeks (at day cares, summer camps, etc.). All expenses are covered including flight and accommodation and students are paid \$10.15/hr. to work *en français*. In exchange, the student's family here hosts a student from Québec doing the same program.

## HEADS UP!

Do you know what's going on in your teenager's brain? Do your children even understand their own brains?

As young people move through adolescence, we are all too aware of hormonal and physical changes related to puberty but most of us do not know enough about the brain and its relation to both learning and emotional well-being. Mental health is no less important than physical health and often it is only during a period of mental illness, that one understands just how critical it is. [The Teen Mental Health](#) web site provides a wealth of information about the brain, teenage behaviours, brain injury, and the stigma of mental illness. The site includes videos, slideshows, and links to resources for teens, parents and educators.

*'Teens need about 9 to 9 ½ hours of sleep every night, more than pre-teens need. Since they don't get anywhere near this amount during the week, many teenagers try to catch up on lost sleep on weekends, which typically annoys their parents. It is important to remember that teens sleep late on weekends because they are sleep deprived. They have created a huge sleep debt during the week and are paying it off on the weekend. Sleep deprivation in adolescents can negatively affect the control of behavior, emotion and attention, and is a significant impediment to learning, attainment of social competence, concentration, focus and quality of life.'* From <http://teenmentalhealth.org/>



## Get involved in the After-Grad celebration!

We have several committees that will need volunteers. Come out to our next meeting **Tuesday January 8<sup>th</sup> at 7:00 p.m. in the Riverside library** and join the fun!

To join the After-Grad communication list & keep up to date on the planning, please email [Rachelle.Grant@telus.com](mailto:Rachelle.Grant@telus.com)

## AFTER-GRAD UPDATE

Happy New Year from the 2013 After-Grad committee! We've got some amazing fundraisers lined up for January & February.

**Is your New Year's resolution to get in shape?** Come and get your Zumba on by participating in our Zumba @ Fitwells on Christmas Way, Coquitlam. All female students, parents, teachers and friends are welcome! You still have an opportunity to get in on the final night.

We've lined up an amazing instructor and at the conclusion of the night there will a door prize draw! Friday Jan 25 (6:30pm)- instructor Lee Pusch. **\$10 per class. Tickets may be purchased by emailing** Laura Briscoe at [zumba4riverside@gmail.com](mailto:zumba4riverside@gmail.com) or you may purchase at the door on the day of the event. There are **only 40 spots** and tickets are already on sale. Be sure to buy yours early & not miss out!

**Pub Night** – Feb 8, 2013 at the Cat and Fiddle Neighbourhood Pub. Tickets are \$12 each. Please plan to attend! Bring your friends along & support our After-Grad. Tickets on sale right now. E-mail Donna Miller at [rellim5@telus.net](mailto:rellim5@telus.net) for more information or if you would like to donate a prize.

**Bowling Night**—Feb 22, 2013 at PoCo Lanes from 9 – Midnight. Tickets are \$20 and include 3 games of bowling & shoes. There will be raffles, a cash bar and tons of fun! Ticket order form is on the After Grad website under Fundraisers or you can contact [rkinnaird@shaw.ca](mailto:rkinnaird@shaw.ca)

**Cruise Lottery** – Tickets are \$20 each. Grand prize is a \$3000 travel voucher which may be used towards travel (airfare not included). There are only 300 tickets available so get yours soon. Please help us by volunteering to sell these tickets and purchasing some yourself. Contact Laura Genovese at [genovese@telus.net](mailto:genovese@telus.net) if you can help. Draw will be done at the After-Grad Meeting in April.

**Canadian Tire Money** – yes, we want it! Please drop it off at the front office. Note: this will be on-going all this year as well.

**Not interested in fundraising?** No problem. We welcome your donation! Donations of \$20 or greater are tax deductible. Contact [Rachelle.Grant@telus.com](mailto:Rachelle.Grant@telus.com) for a tax deduction form.

Riverside Secondary Europe Exchange Program  
Fall, 2013- Austrian Student Visitors

### Host Families Needed!!!

We are in need of twenty-five families to host visiting students from our sister school in Vienna, Austria. Visiting students will be here from Thursday, September 12<sup>th</sup> to Monday, September 23<sup>rd</sup>, 2013. Obligations of host families include providing a bed, meals for the duration of the stay, a packed snack or lunch for day trips and making the visiting students feel as much a part of a typical Canadian family as possible. It would not be unusual for a host family to ask a visiting student to help with meal preparation or basic chores. Further information can be found on our school share-point site and on Mr. Luongo's home page. Feel free to contact Mr. Luongo at [mluongo@sd43.bc.ca](mailto:mluongo@sd43.bc.ca) with any inquires.

**RIVERSIDE EXAM SCHEDULE**  
**January 28<sup>th</sup>- 30<sup>th</sup> 2013**

**All students need photo id. to write exams.**  
**Should check in 15 minutes before the start time.**

*"Walk-in" exam writers should report to the last room listed for each exam.*

DATE/TIME	SUBJECT	STUDENT/TEACHER NAME	RM	INVIGILATORS
Mon. Jan. 28th 1:00pm	<i>Math 9 Prin. (Departmental)</i>	<i>Wong, day 1 A blk Burton, day 1 A blk Burton, day 2 A blk Jackson, day 2 A blk Wong, day 1 B blk Paziuk, day 2 C blk Epp, day 2 C blk Burton, day 2 D blk Paziuk, day 1 D blk Paziuk, day 2 D blk</i>	<i>Port. 5 212 220 212 218 Port. 4 215 211 Port. 1 219</i>	<i>Epp Paziuk Muro Thies McArthur Burton Della Neufeld Jackson McArthur</i>
Mon. Jan. 28th 1:00pm	<i>Math 9 Honours</i>	<i>All</i>	<i>216</i>	<i>Wong</i>
Mon. Jan. 28th 1:00pm	<i>Math 9 FRIM (Departmental)</i>	<i>All</i>	<i>208 209</i>	<i>Cyr</i>
Tues. Jan. 29 <sup>th</sup> 10:00am	Chemistry 12	<i>All</i>	201/ 203	
Monday, Jan 28th 9:00am	<b>Foundations of Math 10</b>	Della, sec 1 A blk Burton, sec 2, B blk Burton, sec 3 C blk Della, sec 4 D blk McArthur, sec 1 A blk	215 Port. 4 Port. 5 216 218	Bancroft/Barrington/Lotter Hackett/ Hethey/Leonard Tate/Shong/Barazzuol Keating/Yamamoto/ Price Lotter/Darbari/ Torresan
Monday, Jan 28th 9:00am	Apprenticeship and Work- place Math 10	All- Paper exam	220	Business
Monday, Jan 28th 9:00am	English 12	All- Paper exam	Gym	Socials + Larrivee
Monday, Jan 28th 1:00pm	Socials 11	All- Paper exam	Gym	PE & Tang
Tuesday, Jan 29th 9:00am	English 10 Comm. 12	All- Paper exam Walk-ins	Gym	Science & Chua/Roberge/ Garga
Tuesday, Jan 29th 9:00am	English 10 DI	E-exam	225	Tech Ed
Tuesday, Jan 29th 1:00pm	Francais Langue Seconde- Immersion 12	All (1 sec) E exam	225	Art
Wednesday, Jan 30 <sup>th</sup> 9:00am	Science 10	All- Paper exam	Gym	Mathematics
Wednesday, Jan 30 <sup>th</sup> 9:00am	Science 10 DI	E-exam	225	Home Ec.

\*Adjudicated exams will be conducted in room 125

\*Tuesday, February 5, 2013: Deadline for return of locally marked written-response results for EN 10, & SS 11

# Parent & Caregivers' Circle

Education and support for parents and caregivers who are concerned about their youth and substance use.

**WHEN:**

Mondays evenings  
from 6:30-8:30.  
Group begins January  
14th and runs for 8  
weeks

**WHERE:**

SHARE Family &  
Community Services  
2615 Clarke Street  
(2nd floor),  
Port Moody



**The journey of parenting can have many highs and lows. This is especially true when faced with the challenging task of parenting a teenager.**

**Participants will:**

- Increase their knowledge about substance use
- Find support from other parents/ caregivers
- Build skills in effective communication
- Learn to manage tough emotions
- Foster healthier life balance

To reserve a spot or for more  
information contact SHARE  
Family & Community Services  
Intake at 604-936-3900

[www.sharesociety.ca](http://www.sharesociety.ca)