

# Best Vibrations

Mrs. Mary O'Neill, Principal  
Daren Fridge and Darren Stewart, Vice Principals

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Access our Web page at [www.charlesbest.sd43.bc.ca](http://www.charlesbest.sd43.bc.ca)

*"Discover Your BEST"*

## Message from the Principal

Wow! If the next nine months are like September at Charles Best, we are in for a stellar 2009-2010 school year. We opened our doors to a student body of 1,300 and one of the largest Grade 9 classes to date. Once again, these incoming Grade 9s made a very positive impression at their orientation day in early September. Their enthusiasm and eager participation were the highlight of the informative and fun-filled morning overseen by Ms. Blakeway, Ms. John, Ms. Dhaliwal, and the welcoming BEST Buddies. It is apparent that the Grade 9s have embraced the school and we anticipate great things to come from this class. As well, Ms. Joba welcomed new international students to Coquitlam and Charles Best. Along with our new students, we have a number of new staff members, including: Ms. Megan Leslie, Ms. Suzanne Bilodeau, Ms. Sophie Manolis, Mr. Kevin Startin, Mr. Tom Nguyen, Ms. Bal Arneson, Ms. Natalie Klassen, Ms. Lindsey Schafhauser, Ms. Soni Joon, and Ms. Nasreen Khokhar. I know you join me in welcoming them to the BEST community.

With the late start to school this year, our students came to class with especially high spirits and boundless enthusiasm! Beyond being actively engaged in classroom activities, Best students have attended grade-wide assemblies where they were: introduced to a number of support staff, and challenged by Student Council Co-Presidents Larkyn Froese and Dora Du to get involved in all that Best has to offer. It is apparent that students have taken this to heart, as evidenced by our Terry Fox Fundraising Campaign, "The Sky's the Limit." Staff, students and the community came together to raise more than \$11,000 for the Terry Fox Cancer Fund. As well, over the month, students will have: responded to evacuation drills; taken part in writing competitions; attended the ME to WE Day, and become involved in a wide array of extra-curricular activities. Specifically in this area, volleyball, soccer, cheer and dance, and cross-country are well into their seasons. There's more: auditions for the fall play have taken place; and the Art Service, Mural Club and SPINN are well underway. Finally, Student Council has had a record turnout of members eager to plan school events and activities, and organize school dances.

Our first PAC-sponsored Family Barbecue and Meet the Teacher Night saw many students, parents and teachers come together to enjoy a hot dog, tour the school, hear a little bit about the programs being offered and preview our student assembly media presentation, which sets the overall focus for the year. A special thank-you goes out to PAC president Sara Swenson and parent helpers who assisted with the Barbecue, as well as to Best graduates and members of the band HUGENULK – who provided the music entertainment. We look forward to seeing more parents at our first PAC meeting on September 29 and also look forward to working with you to develop a strong community spirit and provide a positive educational experience for your sons and daughters. As the school year progresses, there will be a number of opportunities to meet with administrators and teachers to learn more about what is happening at Best. Please access our school website to keep abreast of upcoming events and announcements.

Mary O'Neill  
Principal

Daren Fridge  
Vice-Principal

Darren Stewart  
Vice-Principal

## Important Dates to Remember

### Mark Your Calendar

Sep. 25	District Wide Pro-D Day (no school)
Sep. 29	PAC Meeting – 7:00 PM
Oct. 1	Post Secondary Day for Grades 11 & 12
Oct. 8	Grade 12 Parent Information Night
Oct. 12	Thanksgiving Day (no school)
Oct. 13	Gr. 12 Scholarship Meeting
Oct. 14	Exams – PSAT
Oct. 15	Interim Report Cards Distributed
Oct. 23	Province Wide Pro-D Day (no school)
Oct. 28	Fall Music Concert

## Parent Volunteers Needed

Ms. Hamilton's and Ms. Schafhauser's Biology 11 classes are heading to the Aquarium on an option class field trip on December 1, and December 2. We are currently in need of parent volunteers to assist in supervision of this activity to make this possible. If you are interested in spending an action filled day at the Aquarium with us and learning new and exciting things, please email Ms. Hamilton at [jhamilton@sd43.bc.ca](mailto:jhamilton@sd43.bc.ca) or call 604-461-5581 for more information.

## Introducing a new member of the Social Studies Department.

The Social Studies Department would like to take this opportunity to introduce Megan Leslie to the Charles Best Community. Ms. Leslie recently joined the Social Studies department where she will be teaching History 12, Socials 9 and Comparative Civilizations 12. She is very excited about this new position as it is were her interests are. Ms. Leslie received her Bachelor of Arts from the University of Victoria where she majored in European History and a minor in English Literature.

Ms. Leslie started her teaching career in Port Alberni on Vancouver Island before moving to the main land five years ago. Her first job in Coquitlam was at Banting Middle school where she taught drama and it's been wonderful to see my old students here at Best. For the past three years she has been teaching Art and Drama at Minnehada Middle School. She looks forward to working with the students here at Best and sharing her knowledge of my subject areas with the students.

## FSL 12 - Online

FSL 12 online is offered at Best from October to March- You still have time to register. -Short meeting Sept. 24 room 214 at 3h15 A bientot! (see Madame Chartrand)

## Entertainment 2010 Books

Members of the music department are selling entertainment books this year. The book has hundreds of money saving coupons for all over the lower mainland and sells for \$46. If you would like to look through a book or purchase one, please contact a music student, or Mr. Hughes at [bhughes@sd43.bc.ca](mailto:bhughes@sd43.bc.ca)

## Counsellor's Corner

A warm welcome to Indra Dhalial to the Best Counselling Team. The counseling loads for this year are as follows: Ms Rachel John (A-G), Ms Kristi Blakeway (H-O), and Ms Indra Dhaliwal (P-Z)  
**Post Secondary Day:** a variety of institutions will be here the afternoon of Oct. 1. Please see the attached chart. Grade 11 and 12's are expected to attend the sessions. Hence, grade 11 and 12 classes will be cancelled for the afternoon.

**Challenge Exam:** student who have a previous background in French, Spanish, Mandarin, Punjabi, Korean or Japanese can write an exam to get credits towards graduation. Student will need to apply by the middle of October. Please see the counselors for further information.

**PSAT:** Colleges in the US require students to write the SAT for entrance purposes. On October the 14th from 12:00 to 4:00 Dr Charles Best School will be having a sitting of the Practice SAT at a cost of \$15.00. Please register with Ms Baker at the Career resource center. The registration for the SAT is online at

[www.collegeboard.com](http://www.collegeboard.com)

**Grade 12 survival guide:** On October 8, the counselor will be holding a presentation for the Grade 12's to talk about grad and post secondary requirement, commencement, graduation, and scholarships just to name a few. Grade 12's, don't miss this.

**Grade 12 parent night:** parents of our graduating class are invited to attend an informational evening on October 8<sup>th</sup> at 7:00 pm to look at the important information that was presented to the Gr 12's. The after grad committee will be there as well.

**Scholarship meeting:** Last year Best students were awarded approximately \$ 448 620 in scholarship money. On Oct. 6<sup>th</sup>, right after school, there will be a meeting to look at all all scholarship opportunities and the application process.

## Upcoming Post Secondary Visits

Sept. 28 Monday	<b>University of Toronto</b> at Gleneagle School at 3:15 - 4 pm. See Mrs. Baker in the Career Center if you are interested in attending
Oct. 1 Thursday	<b>Post Secondary Institutions of BC (PSIBC) Day</b> at Charles Best at 1 – 3 pm. Students in grades 11 and 12 will have the opportunity to visit 3 schools for brief presentations; there will be an opportunity to ask questions. BCIT, Capilano U, Douglas College, Emily Carr, Kwantlen Polytechnic U, NVIT, Royal Military College, SFU, Thompson Rivers U, Trinity Western U, UNBC, UVic, and VCC
Oct. 1 Thursday	<b>Yale Information Session</b> at St. George's School, Vancouver at 7 pm. Funmi Showole, Assistant Director of Undergraduate Admissions, will discuss academics, campus life, financial aid, and admissions. All are welcome so please feel free to bring your family and friends. Registration is optional but encouraged: <a href="http://admissions.yale.edu/events">http://admissions.yale.edu/events</a> .
Oct. 10 Saturday	<b>UBC</b> at Port Moody Inlet Theatre at 10 – noon & 12:30 – 2 pm. Register at <a href="http://you.ubc.ca">http://you.ubc.ca</a> ; "Vancouver campus" then "Events & Visits".
Oct. 21 Wednesday	<b>University of Alberta</b> at Charles Best in the Career Center at 9:30 – 10:30 am. A representative will be in the career Center to answer questions about U of A.
Nov. 16 Monday	<b>Canadian University Event (CUE)</b> at Heritage Woods School at 9 – 10:30 am. Several Universities from across Canada are represented.
Nov 16 Nov. 24	<b>UBC</b> at the Evergreen Cultural Center, Coquitlam at 6:30 – 8:30 pm. Register at <a href="http://www.you.ubc.ca">www.you.ubc.ca</a> ; "Vancouver campus" then "Events & Visits"

## Graduation Activities

Graduation year include three major activities for our senior students- Winter Ball in December, the Grad Dinner/Dance and Commencements and the Grade 12 BBQ in June - when school staff are involved in the planning and supervision.

We do not sponsor nor do we endorse any grad trips beyond the three listed above; the S trips that have become popular in the last few years. Parents and students should be aware that the rules and values of the company do not necessarily comply with those of the school or the district.

### Save the Date...

Grad Dinner & Dance will be on Friday June 11, 2010 at the Waterfront Hotel at 6 PM

Commencement Ceremonies will be held on Sunday June 6th, 2010 at 12 PM. Each student will receive 4 complimentary guest tickets. Additional tickets will be available at \$5 each.

Awards Night: Will be in our school gym at 7 PM on Thursday May 27, 2010.

## Terry Fox Run

On Thursday September 24th all Dr. Charles Best Staff and Students participated in our Terry Fox School Run. Thanks to REMAX for donating their hot air balloon for our event. Although the weather did not permit the balloon to actually take flight, it was inflated and the ball drop took place. BEST student, James Deady's ball landed closest to the target allowing him to claim the \$1000 cash prize. Donations can still be made online at [www.terryfox.org](http://www.terryfox.org) – you can choose Dr. Charles Best as the school to support on their website. Thanks to our community businesses for donating fantastic prizes for this event.

## Event Information:

Our grade nine class is off to a great start after completing their fun and informative Grade Nine Orientation Day. Thanks to the grade 10-12 Buddy Leaders for planning a successful event.

## Fine Arts Corner

Our Fine Arts classes are quite full this semester! We are happy to see so many students taking some form of art course! Mr. Scott is teaching Animation and Graphics, Mr. Foulkes teaches Ceramics and Mrs. Atnikov teaches the drawing/painting courses and Photography 11.

Mr. Scott has just completed a week long drawing 'boot camp' in his Graphics classes to teach some foundation drawing skills. These skills are essential to all art students, not just those in the traditional drawing and painting courses. Their first project is learning about texture and patterns in their sea star unit.

Mr. Foulkes has the students working with clay, learning important skills such as wedging clay, joining pieces, and proper storage for their assignments.

Mrs. Atnikov is beginning the year with some line drawing assignments and figure drawing. Basic drawing skills such as gesture, continuous line, proportion using sighting are important techniques that help improve our drawing skills. Senior drawing students will be completing drawings/paintings using the figure as a theme. Keep a watch out in our hallways for student work displays.

The 'Open Studio' in art room 208 is now every Tuesday from 3-6pm until next June. Students may use the art facilities to build their portfolios and create their own art projects outside of regular class time.

## PE Department

The PE Department is excited to get another year of fun and positive physical activity underway. The department will be celebrating the success of our students from time to time this year by publishing the names of those students who have done tremendous work in fitness activities (a "Fitness Wall of Fame").

So far, classes have undergone fitness testing and most classes have seen their first foray into our renewed tradition of Fitness Fridays. Each month, we will name those students with top times for each run.

### DPA

It is the responsibility of each student to participate in at least 30 minutes of moderate to vigorous physical activity each day. Students in Grade 10 will track DPA (Daily Physical Activity) in their Planning classes, while Grade 11 and 12 students are responsible to track DPA as part of their Grad Transition Plan. Grade 11 and 12 students who are not taking PE need to be tracking their DPA themselves. See Ms. Klassen for more information.

Parents are reminded that if they have a son or daughter in Grade 9 who is not currently taking PE, he or she should be tracking their own Daily Physical Activity. DPA records must be entered for each Grade 9 student, and while we do not have our system set online yet, it will be ready in plenty of time for the first report card. Having a record of his or her physical activity up to that time will aid the process tremendously. If your son or daughter is currently taking PE 9, this semester's DPA is automatically accounted for.

## Attendance

Other than the academic lessons students learn at Dr. Charles Best Secondary, attitudes towards prompt and regular attendance at school and work are among the most important lessons we teach students. During their high school years, students learn to take personal responsibility for their education. Please help us to teach your son or daughter healthy attitudes towards school and the work place by:

**Phoning the school** each day your child is going to be absent or late. Even if your son or daughter may insist that you needn't call, please do so. The more information we have, the better we can deal with the situation. We need to hear **before** the absence occurs whenever possible. Our office is open daily at 7:30 am. Alternatively, we now have a **Link (reporting child absence)** on our website Public Page if you would prefer to e-mail the school to report the absence (080-secretary@sd43.bc.ca).

## Future Buddies Leadership Club



Congratulations Future Buddies Leadership Club! The following staff & students have been chosen as one of 16 school teams across the country to participate in the Olympic Torch Relay. The Future Buddies submitted a video to the RBC School Olympic Committee outlining how they are making Canada a better place. The following Future Buddies will run with the torch on February 11, 2010. Stay tuned for more details.

Ms. Blakeway  
Emily Beggs  
Gabrielle Bloomfield  
Amy Bunnage  
Adam Borean  
Gina Hahn  
Melanie Hameluck  
Ismael Idiris  
Maana Javadi  
Sana Javaheri

Zoya Jiwa  
David Jennings  
Katherine Kim  
Lauren Kyle  
Keith Lee  
Jessica Park  
Dabir Rashid  
Tamara Roughead  
Miekaela Tumber  
Brendan Wong

Grade 9's interested in leadership are invited to join the Future Buddies Leadership Club beginning the first week of November.



## Cell phones

Please help us preserve the positive learning environment of the classroom. Increasingly the interruption of the cell phone, I phone or blackberry has been finding its way into the classroom ...whether it be the ring tone, the vibration or the text message...all of these have the potential of disrupting the learning environment for each student. We are asking for your support because we are finding that some parents are phoning or texting their children during class time which is something that we would really like to discourage. If there is an emergency, please call the office and we can send a runner to the class .

## UBC Events In Your Community

UBC will be offering dedicated UBC events in your community this fall in lieu of our PSIBC visits to your school. We are offering these community events specifically for students in the Tri-Cities area who are interested in studying at UBC.

We have four events scheduled in your community:

Saturday, Oct 10 at the Port Moody Inlet Theatre 10:00 am- 12:00 pm and 12:30 pm - 2:00 pm

Monday, Nov 16 at the Evergreen Cultural Centre 6:30 pm - 8:30pm

Tuesday, Nov 24 at the Evergreen Cultural Centre 6:30 pm - 8:30pm

Registration is required. Event details are available online at [you.ubc.ca](http://you.ubc.ca) under events and visits.

## **Creative writing classes for teens at Place des Arts!**

For teens who love to write, Place des Arts has new Creative Writing classes. Published author Rachelle Delaney will help you refine your skills and develop your own style and voice through fiction, non-fiction and poetry. Classes will include work shopping, writing activities and exploring intriguing examples of young adult literature. Find out more about Rachelle Delaney at [www.rachelledelaney.com](http://www.rachelledelaney.com)

For more information, call 604.664.1636 or visit [www.placedesarts.ca](http://www.placedesarts.ca). Registration is easy through our online registration system or by calling the centre.

**FREE FUN for the Entire Family**  
**Hyde Creek Recreation Centre**  
**1379 Laurier Ave., Port Coquitlam**  
**MUSIC \* Food \*CRAFTS \* Games\* ENTERTAINMENT**  
Thanks to our generous donors:  
**Come Celebrate**  
**Community Living Month**

“A Spooktacular Fall Celebration”

**The activities of this initiative are to promote and support community inclusion and celebrate the many contributions that citizens with developmental disabilities bring to our community.**

**Date: October 23, 2009**

**Time: 3 - 7 p.m.**

**Donation to food bank in lieu of Admission (Costumes optional)**

## **RCMP – Back to School Message**

Whether your child is starting their first year of school, their last, or is somewhere in between each school year is full of new experiences and challenges. The Coquitlam RCMP School Liaison team is looking forward to working with students, teachers and staff of SD 43 to make the 2009-2010 school year the best, and safest, ever. To get off to a good start, the team would like to remind parents and students about some of the most common child/youth safety issues that they encounter in their daily work.

### **Cyber Safety**

The internet is an incredible tool that has completely changed the way all of us work, play and socialize. It has also changed the nature of crime and safety. From identity protection and cyber-bullying to child luring, kids today can be exposed to risks that previous generations could not have imagined. Take some time to talk to your kids about how they can have fun and take advantage of everything the internet has to offer while also staying safe.

### **Bullying**

For many kids school is a positive environment full of friendly faces and interesting experiences. But it's not that way for everyone. Going back to school puts some kids at increased risk of experiencing, witnessing, or being involved in bullying. Talk openly with your kids about what bullying looks like and what they can do to stop it. And watch and listen for signs that your child is being impacted by bullying.

### **Road Safety**

Whether your kids are pedestrians, passengers or drivers they should know how to keep themselves safe on the street. Teach them to be good pedestrians—wear visible clothing, pay attention to their surroundings, and follow the rules of the road. Teach them to be good drivers—avoid aggressive driving, respect the road conditions, stay focused on the road and always buckle up. Teach them to be good passengers—don't be a distraction, and always buckle up. And the best way to teach them is by setting a good example.

Every school in Anmore, Belcarra, Coquitlam and Port Coquitlam has a School Liaison Officer. Make sure your kids know who their SLO is and how to get in touch if they need to. If you have any questions about the Coquitlam RCMP School Liaison team you can reach them through the non-emergency/general information line 604-945-1550.

For more on these and other youth and child safety topics, visit:

- The BC Ministry of Education's "Safe, Caring & Orderly Schools" website: [www.bced.gov.bc.ca/sco/](http://www.bced.gov.bc.ca/sco/)
- [www.deal.org](http://www.deal.org), an RCMP-affiliated information and prevention tool for youth
- [www.safecanada.ca](http://www.safecanada.ca), the Government of Canada's "one-stop shop for safety and security information and services"
- The "For Parents" section of [www.safekidscanada.ca](http://www.safekidscanada.ca)
- ICBC's Road Safety website: [www.icbc.com/road-safety](http://www.icbc.com/road-safety)
- The BC RCMP website: [www.bc.rcmp.ca](http://www.bc.rcmp.ca)

## **Environmental Toxins & Your Health—a Canadian Cancer Society Forum**

**Saturday October 3<sup>rd</sup>, 10am - 12pm**

**Douglas College**

**Small Lecture Theatre**

**1250 Pinetree Way, Coquitlam**

**GREAT DOOR PRIZES/COFFEE & TREATS!!!**

For more info contact Ashley Duyker at 604.215.5212 [aduyker@bc.cancer.ca](mailto:aduyker@bc.cancer.ca)



Youth Addiction Services, 2615 Clarke Street  
Port Moody, BC V3H 1Z4

### A Five Evening Parent's Support Group

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

SHARE'S Youth Addiction Services assist youth who are currently using or who are at risk for substance misuse.

In our work with youth we've learned that parents can experience struggles in their relationship with their teenage sons or daughters. The **Parent's Support Group** offers the following:

- ◆ **A place to talk about your parenting concerns, especially those related to your teen's substance use.**
- ◆ **New ways to understanding your child's behavior and to seek solutions**
- ◆ **A place to feel included, understood and heard**
- ◆ **Encouragement and support**
- ◆ **Hope**
- ◆ **A confidential, safe environment**

This **cost-free drop-in** group is offered specifically to parents/caregivers of youth.

**WHEN:** Every Monday for 5 weeks (with a two week break), 7:00 – 9:00 p.m.  
**September 28<sup>th</sup> – November 9<sup>th</sup>, 2009**

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

- ◆ For more information, please call **Earon** at 604-937-6967
- ◆ Refreshments will be provided
- ◆ Please post or pass on this poster

## **Mental Health Concerns for Seniors and Their Families**

Presenter: Dr. Martha Donnelly, UBC Geriatric Psychiatry  
October 8, 2009 -- 1pm - 3pm  
Dogwood Pavilion- 624 Poirier Street, entrance off of Winslow Avenue  
Admission: Free

The stresses as one grows older can increase: the adjustment from a working career to retirement; the loss of a loved one; added caretaking responsibilities due to a serious illness. They can all result in social isolation and loneliness, adding much sadness and leading to depression. Many older people and their families don't recognize the symptoms of depression and may mistake them for signs of dementia. Come to learn more on this important topic from an experienced expert in the field.

Complimentary coffee and donuts courtesy of Tim Hortons.

Presented by: Canadian Mental Health Association, BC Schizophrenia Society, Mood Disorders Association of BC, Fraser Health, Douglas College, Simon Fraser University, City of Coquitlam

For information please call or email: [media@mdabc.net](mailto:media@mdabc.net) or 604-873-0103