

CABE

SECONDARY SCHOOL

CABE NEWSLETTER

October 23rd, 2019

1411 Foster Avenue
Coquitlam, B.C.
V3J 2N1

604-939-4522

CABE CONNECTIONS

On the calendar:

Oct. 24 th :	Reports sent home Parent/Teacher Conferences
Oct. 29 th :	Lunch & Learn
Nov. 6 th :	Provincial Numeracy Assessment
Nov. 7/8 th :	November Intake
Nov. 7 th :	Remembrance Day Assembly
Nov. 8 th :	Connections Sign Up (Round #2)
Nov. 11 th :	Remembrance Day Statutory Holiday
Nov. 12 th :	New Connections begin
Nov. 13 th :	Outdoor Ed Trip Minnehada Hike
Nov. 21 st :	Connections Assembly
Nov. 22 nd :	LIFT Awards applications due
Nov. 26/27 th :	GOAL Clothing Drive
Nov. 28 th :	SPARK Awards Assembly

Ongoing Volunteer Opportunities

Tuesdays	Mountain View Buddies Program
Wednesdays	Food Bank
Thursdays	Porter Buddies Program



RECENT EVENTS AT CABE SECONDARY

TERRY FOX RUN AND FUNDRAISING EFFORTS

Our goal this year was to again raise at least \$1 for every CABE/GOAL student. We raised over \$370 this year, thanks in large part to the amazing efforts of GOAL students who held a bake sale at the school board office and brought in half of our final total!

ORANGE SHIRT DAY

On September 30th, CABE honoured Orange Shirt Day and residential school survivors by doing a school wide activity during our Monday Connections circle time. Some students also attended a special event at Winslow Centre.

LUNCH AND LEARN

The Tri-Cities Soroptimists are back supporting our CABE students with Lunch and Learn again this year! Our first event was a great success and the Soroptimists will be returning on October 29th.

THANKSGIVING LUNCH

We had another wonderful Thanksgiving luncheon at CABE! Our meal included turkey, ham and all the trimmings. Many thanks to Keith and Marcel Boivin, Thrifty Foods for their generous turkey donations, as well as Austin Gourmet and WA-2 for their support! Thanks to one of our Youth Workers, Erin, for organizing vegetarian meals so everyone could enjoy this shared meal experience.

Principal Seddon's Message



Welcome to the new school year at CABE/GOAL!

It's so hard to believe we have already travelled through September and are nearing the end of October so quickly!! We hope that all our new and returning families and students are feeling comfortable and settled into this new year!

This newsletter is released just as we host our first Open House for our parents and students. We encourage all parents and guardians to attend this important event and take the opportunity to speak with teachers, counsellors, youth workers and even admin for a quick year-opening conversation!

Parents new to our Open House should know that our format is relaxed. Last week, all parents and guardians were contacted by the school to schedule brief visits with their child's teachers. If for any reason a parent did not get the message or e-letter, please contact the school and Sandy, our school secretary, will help you. For those parents who think they might need more than a short visit, please contact each teacher directly for a privately scheduled meeting. On our Open House Day we are always gifted a bounty of fresh food from our local food bank, so watch for that and plan on taking some home with you!

Already this year, we have had many events that have set this up to be our finest year ever!! We have had numerous opportunities for our student volunteers to be working within our greater community. There have been three Outdoor Club educational trips, the Terry Fox Run where the CABE/GOAL students raised \$372, with our GOAL students selling homemade cookies to the School Board Office staff, and, of course, the start of our Soroptimist Lunch and Learn series, where professional women come and speak to our female identified students about opportunities in the professional world. This year for the first time, with help from the Port Moody Rotarians, we are putting together a male identified group of students for a similar experience. This is very exciting for us and the students!!!!

Please remember, our doors are always open to you and we welcome your input. Your years of investment into your children make you the experts, and we invite a strong partnership between the school and family.

Cindy Seddon

Cindy Seddon, Principal – CABE/GOAL Secondary School

Commit Achieve Believe Engage

"At CABE Secondary, we are a safe learning community committed to the positive growth of the whole person where everyone is cared for and connected."



CABE Community Happenings



C/ABE/GOAL students and staff after the annual Terry Fox Run. Our school raised \$372 for the Terry Fox Foundation.



Thank you to our Thanksgiving Luncheon sponsors.



C/ABE staff preparing to serve Thanksgiving lunch to students.



Students working out in Physical Education class.



Outdoor Education fieldtrip: Ziplining in Whistler.

OUTDOOR EDUCATION OPPORTUNITIES

Under the supervision of Mr. Radonich, we are very fortunate to be able to provide many amazing opportunities for our students to participate in a variety of outdoor pursuits while learning safety skills, respect for the environment and developing an appreciation of healthy lifestyle activities.

This year, CAFE students will have a number of opportunities to enjoy the outdoors. Mr. Radonich will be taking students on hikes, a kayaking session and to Manning Park. Students will learn rappelling skills and a number of winter survival skills including snow shoeing, shelter building and avalanche awareness skills.



NEW CONNECTIONS & CONVERSATIONS AT CAFE



Connections and Conversations options are offered in six-week cycles to all CAFE students. We are currently offering CAFE Creative, Cozy Connection, Games Room, 30 Minute HIIT, Yoga, Puzzles & Games, and Brain Break. Students will be hearing about new opportunities on November 7th and be able to sign up for their top three choices for the next round of Connections which begins on November 12th.

Vaping Products Information for Families

The prevalence of vaping amongst youth is a growing public health concern. The 2018 Adolescent Health Survey found 20% of youth surveyed in SD 43 has used a vape pen/vape stick with nicotine in the past month and 18% had used a vape pen/vape stick without nicotine. There are many misconceptions and unknowns around the impact of vaping on the health of youth and young adults. There are some misconceptions about the aerosol (vapour or cloud) produced, and currently the long-term health effects are unknown. As caregivers, you can connect and discuss issues around vaping products with your child. Read more [here](#).



SCHOOL LUNCHES AT CAFE



We have the fabulous Chef Keith whipping up amazing hot lunches each day at CAFE. Lunches are available for only \$3.00! Many parents and students like to prepay for a certain amount of lunches as we do not have the ability to accept credit or debit in the lunch kitchen. This can be done with cash or cheque (payable to CAFE) and handed in to Sandy Lackner in the office.

Alternatively, you may register with the "Kev School Cash Online" system:

<https://sd43.schoolcashionline.com>

Vaccination Status Reporting Regulation

The BC government has approved the Vaccination Status Reporting Regulation requiring parents or guardians to report the vaccination status of their school-age children. This regulation comes into force on July 1 and public health units will begin implementation of the regulation in September of 2019. Read more [here](#).

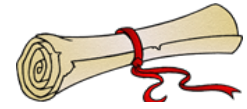


Community Connections

Did you know???

- CAFE students give back to our community every week by volunteering at our local Food Bank and by helping our "little buddies" at two elementary schools.
- Connections Assemblies happen six times a year and we have some fantastic guest speakers arranged to come in and talk to our students.
- GOAL and CAFE students collect and sort clothing for redistribution twice a year at our clothing drives. This benefits many families in the Tri-Cities. The next clothing drive is in November.

Graduation Information



Save the Date!!!

CABE/GOAL Secondary Graduation Ceremonies

will be held on:

Tuesday, June 23rd, 2020

at the
Massey Theatre
in
New Westminster.

New Grad Requirement: Career Life Connections 12



This year, the BC Ministry of Education introduced a new course which is a graduation requirement. Career Life Connections 12 (CLC12) is a course designed to identify and develop each student's personal interests, passions and goals. Students reflect on their learning experiences and competency development in school and community, as well as explore roles and possibilities in personal, education and work-life contexts. CLC12 is a 4-credit course with a percentage grade. Students will have to complete 30 volunteer/work hours, a mock job interview, a vision board and a culminating capstone project as part of their CLC12 requirements. For more information, contact: Ms. Charboneau, Mr. Miller or Ms. McClenahan. Learn more about CLC 12 [here](#).

Support in Planning for Post-Secondary

We are fortunate to have Denise Healey Wright, Career and Post Secondary Advisor, to support our students again this year. She is in our building every Wednesday. Students are encouraged to drop in with their questions and to access support in planning for life after CABE.

Apply for Post-Secondary Financial Assistance



Wesbild and The Stewart Family Foundation are generous supporters of CABE students as they take the next step to post-secondary. Last year more than \$60,000 was awarded to CABE graduates. Please talk with Ms. McClenahan for application details and deadlines.

BC TRANSCRIPT SERVICE

How to send your transcript to a post-secondary institution

As part of the Grad Checklist every student completes before graduating from CABE, students will be assisted in registering for their BCeID and shown how to order transcripts or have them sent directly to the post-secondary institution they plan to attend. Students will need their Personal Education Number (PEN), which can be found on their report cards, to use this service. Information about this can be found on the Grad Corner page of the CABE website or by clicking on this link: [BC TRANSCRIPT SERVICE](#)

Provincial Assessment Requirements

Students who intend to graduate by June will need to complete their provincial Numeracy Assessment as a graduation requirement. Some students may have fulfilled this requirement at a previous school or written it at CABE last year. Students needing to write these assessments will be informed by their teachers and/or notified by counsellors and student services teachers.

It is the student's responsibility to ensure that they attend the scheduled session to complete the requirement. Sessions are scheduled by the provincial government and we cannot provide a make-up exam at CABE should a student not attend regardless of whatever individual circumstances may have arisen.

NUMERACY ASSESSMENT: NOVEMBER 6th

Pathways to Graduation

Below is a list of all the requirements needed to graduate. Our school counsellors, Ms. Charboneau and Mr. Miller, maintain a record of every student's progress toward graduation. If you have any questions about your child's graduation status, please contact one of them.

rcharboneau@sd43.bc.ca OR damiller@sd43.bc.ca

A		Total # of Courses needed to Graduate (20 Courses)	Completed	Numeracy & Literacy Exam	Enrolled this year	Complete	Yet to Complete
Grade 10	1	Math 10 (Workplace) or (FOM & PREC)	%				
	2	English 10: and/or	%				
	3	Socials 10	%				
	4	Science 10	%				
	5	Physical & Health ED. 10	%				
Grade 11	6	ADST 10/11/12:	%				
	7	a English 11:	%				
	8	a Math 11 (Workplace) or (FOM) or (PREC)	%				
	9	a Science 11: (in Gr. 11or12)	%				
	10	a S.S. course (in Gr. 11or12)	%				
Grade 12	11	English Studies 12 or English First Peoples 12	%				
	12	a Grade 12 elective:	%				
	13	a Grade 12 elective:	%				
	14	a Grade 12 elective:	%				
Electives	15	a Grade 10,11 or 12 elective:	%				
	16	a Grade 10,11 or 12 elective:	%				
	17	a Grade 10,11 or 12 elective:	%				
	18	a Grade 10,11 or 12 elective:	%				
	19	Career Life Education (in Grade 10,11,or12)	%				
	20	Career Life Connections (in Grade 10,11,or12)	%				
Exams	21	Graduation Literacy Assessment (anytime in Grade 10,11,12; two rewrites possible)		1 2 3 4			
	22	Graduation Numeracy Assessment (anytime in Grade 10,11,12; two rewrites possible)		1 2 3 4			
TOTAL CREDITS FOR COURSES							
(4 credits for each class):				+		+	= 80 *

* Should total 80 credits (20 courses), and 16 (4 Courses) of the 80 credits are at the Grade 12 level. *

B		ADULT GRADUATE Program	completed	Enrolled this year	Yet to complete
1	English Studies 12 or English First Peoples 12	%			
2	Math 11 (W), (FOM) or (PREC)	%			
3	a Grade 12 elective:	%			
4	a Grade 12 elective:	%			
5	a Grade 12 elective:	%			