# **Dr. Charles Best Secondary Newsletter**



Issue #13 – February 27, 2025

2525 Como Lake Avenue, Coquitlam, BC V3J 3R8 604-461-5581

Website: http://www.sd43.bc.ca/school/charlesbest/Pages/default.aspx

Principal – David Cyr

Vice-Principals – Tara Sutherland, Kelly Fridge, and Michael Viveiros

Our school goal is to develop a culture of connectedness and belonging within the school, among school staff, students, and our parent community, in order to enhance opportunities for collaborative partnerships.

# **UPCOMING EVENTS**

ent Dance day, March 10 '50 Draw date @ 2pm-Get your tickets now! day, March 11 n up closes for Parent/Teacher interviews (11:59pm) nesday, March 12
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y, March 14
t day of school before Spring Break
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# **OUT WITH THE OLD/IN WITH THE NEW**

We said goodbye to our original street sign circa. 1990 and hello to a new one in December 2024. We can't thank our past and current P.A.C. (Parent Advisory Committee) enough for the years of fundraising that was required to make this sign happen. Also, a very big thank you to former Principal, Heather Murphy for her tireless efforts with the sign company, school district and City of Coquitlam to coordinate this project.

### **DECEMBER 2024**

**FEBRUARY 2025** 



# **SPRING TEAMS AND CLUBS PHOTO DAY MARCH 12**

Photos will begin at 9:00am.

Club leaders, you will have received an email from Mr. Viveiros to sign up for Club Photo Day. Club leaders, it is your responsibility to let your members know of your timeslot.

Athletes, you will be notified by your coaches of your time slot this day.

If your team or club needs to dress up in a uniform, make sure this is done before your time slot, so we stay on schedule. (as the time will be tight)

# **LEARNING UPDATES**

Over the past week teachers have been collaborating with their students to complete the Informal Learning Update. Updates will be available to parents on Wednesday, March 5<sup>th</sup>. As this is an informal Learning Update, it will not be published to the parent portal. Students are asked to share with their parent/guardian their progress to date for all their classes; this can include showing their parent/guardian their update on TEAMS, hardcopy or an image. Discussing the Informal Learning update is an opportunity for your child to share with you their progress to date.

# PARENT TEACHER INTERVIEWS

Please be advised we are transitioning to a new parent/teacher interview signup program commencing with our **March 13, 2025** interview session. Instructions for this program have been attached to this email. \*Please save for future use.

Appointments will be open for registering/booking beginning Wednesday, March 5<sup>th</sup> unless you are contacted by a teacher and will close at 11:59pm on Tuesday, March 11<sup>th</sup> to allow teachers time to prepare. \*Please do NOT contact teachers if you are experiencing issues with the program. Please call the office directly.

SEMESTER TWO PARENT TEACHER INTERVIEWS WILL BE BROKEN UP INTO 2 SESSIONS.

Session one will run from 2pm – 4pm and will be entirely on-line <u>using your child's TEAMS account</u>. You will need access to your child's TEAMS login.

Please be logged in at your scheduled interview time with both camera and microphone turned ON.

Session two will run from 5pm – 7pm and will be entirely in person at the school.

#### Appointments **must** be pre-booked.

Drop-in appointments are **NOT** available. You are free to attend meetings in either session or a blend of both. We are offering this hybrid model to increase access to meetings for all parents.

Students will be dismissed early that day. See schedule below.

#### Helpful Reminder when booking:

We have multiple teachers with the same last name. Please double-check you are booking with the correct teacher.

March 13th Bell Schedule:

BLOCK 1	8:16AM – 9:05AM
BLOCK 2	9:10AM – 10:00AM
BLOCK 3	10:05AM – 10:55AM
BLOCK 4	11:00AM – 11:50AM
BLOCK 5	11:55AM – 12:45PM

### TO SCHEDULE INTERVIEWS STARTING WEDNESDAY, MARCH 5, 2025:

Please disregard all past login instructions and use the following information:

- 1. Navigate to our school appointments web site for our school. <u>https://charlesbest.parentteacherconferences.net/</u>
- 2. Register for an account by clicking the "REGISTER" menu tab and filling in the on-line form. Choose a user id and password for yourself and then click the "Register Now" button.
- 3. Add your children into the system by clicking the "Add a Student" button. Click the "Insert New" button to add more children.
- 4. Click the "date" icon beside each child's name to schedule appointments. Select the staff you wish to book appointments with and the "View Calendars" button. Use the "Ctrl" or "Command" key to select multiple staff to view at the same time.
- 5. Click on available time slots to book your appointments to make your bookings.



# **GRADE 12 PARENT PRESENTATION**

All Grade 12 parents are invited to a short presentation on **Thursday, March 13<sup>th</sup>** from 6:30pm to 7pm in the Charles Best Library. This information session will cover sending marks to universities, the local scholarship package, CLC, Valedictorian, Dinner Dance and Commencement, and other important upcoming events. Please plan your parent/teacher interviews accordingly.

# FRUIT AND VEGGIE FUNDRAISER

The Fresh Fruit and Veggie Fundraiser is back at Charles Best. This is our 4th year with this program and the produce has been excellent! Please consider purchasing the spring bundle (see details below) to support our school.

This is a WINNING situation. Eat healthy, support local farmers, and **40% of all sales goes directly to our school.** 

Money has been used to support multiple initiatives at our school including the school garden, guest artists, earth week activities and other leadership initiatives!

Spring bundle: \$25: 2lb Carrots, 3lb Ambrosia Apples, 5lb Golden BC Beets, 5lb Russet PotatoesAll sales must be made through School Cash Online accounts. Please look for this option in your account.Deadline to purchase your bundle is Tuesday March 11th.

Pick up of bundles will happen April 9th - 19th. An email will be sent through the KEV system to all people who have purchased a bundle approximately 1 week before delivery to let you know exact pick updates. Pick-up will be available after school however special requests for earlier or later pick up can be made! Please consider supporting this fundraiser! <u>https://sd43.schoolcashonline.com/</u>

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# **QUEBEC EXCHANGE TRIP**

# A True Québécois Experience!

This winter, 22 students from our French immersion program had the incredible opportunity to take part in the first half of our annual exchange program with a high school in Sainte-Marie, Québec—just 40 minutes south of Québec City. The biggest surprise of the trip? A true Québécois winter! Our West Coast students were met with not one, but two massive snowstorms that left them in awe (and a little frozen). Despite the cold, they fully embraced the adventure, experiencing daily life with their host families, playing in the snow, and discovering what it means to live through a real Québec winter.

The second half of our exchange will take place in May when we welcome our Québec students to billet with our BC families. Next year, this unforgettable experience will be open to our current Grade 9 students—stay tuned for details!









# HEALTH RESOURCE FAIR FOR STUDENTS AND PARENTS

We are pleased to have the following groups join us on **Thursday, March 13**<sup>th</sup> during parent teacher interviews. All parents are welcome to attend this event in the school cafeteria whether you have parent teacher interviews booked or not. Please take a moment of your time to see what these invaluable resources have to offer for both students and parents.

# \*Groups are subject to change:

#### Share

Counselling, support groups for a variety of issues, food bank and assistance for new residents

#### SD43 Train in Trades Program

#### The Uplifting Group

#### Foundry

Mental health care, physical and sexual health, substance use services, peer support, employment and education supports, mental health. Opening in Tri-Cities September 2025

#### Naloxhome

NaloxHome provides youth with de-stigmatizing education on the signs of an overdose, stigma, naloxone training **Tri-Cities Community Action Team** 

The Tri-Cities Community Action Team addresses the toxic drug crisis by educating and combating stigma surrounding substance use and mental health. We focus on prevention, resilience, and empathy through interactive education, resource connection, and creative visuals.

#### **Carol Todd**

Carol Todd has impacted the world as an educator, an advocate, parent and leader for social action in speaking openly about the bullying, cyberbullying, exploitation and the mental health challenges of her daughter Amanda Todd. **YMCA** 

A charity dedicated to the growth of all persons in spirit, mind and body, and to their sense of responsibility to each other and the global community. YMCA has been helping Canadians improve their lives since the first Y opened in Montreal in 1851.

#### ACT 2

Non-profit organization providing specialized assistance to individuals, children and families who have experienced crisis, violence, trauma and/or abuse.

#### City of Coquitlam-youth programming

Will highlight youth related events and actions in the community

#### **Family Smart**

Non-profit agency focused on providing support and information to families and caregivers of children, youth and young adults experiencing mental health and/or substance use challenges.

#### Emotions B.C.

Training, knowledge and support to help people cope, understand, communicate better with a loved one struggling with mental health issues

# **REMINDER ABOUT HONOURS STANDING CRITERIA AND TIMELINE**

Students in grades 10 to 12 will have their grades calculated in Quarter 3, which takes place in April 2025, for Honours standing. This practice of calculating marks in Quarter 3 is consistent across the district.

Please discuss with your child the importance of starting the semester with effective study habits that support success. Encourage them to seek help at the earliest sign of difficulty. This proactive approach will help prevent disappointment when marks are assessed in Quarter 3, ensuring they have the necessary grades to achieve Honour Roll, Honour Cord, and/or Honours with Distinction.

#### \*\*\*ONLY CLASSES COMPLETED IN PERSON AT ÉCOLE DR. CHARLES BEST ARE CONSIDERED FOR HONOURS STANDING.

Grade 10 and 11	Grade 12	
HONOUR ROLL	HONOUR ROLL	
Best 8 courses at Ecole Dr. Charles Best	Best 8 courses including Career Life Connections	
• 73% or greater	12 at Ecole Dr. Charles Best	
<ul> <li>Marks calculated at Quarter 3 (April)</li> </ul>	• 73% or greater	
	<ul> <li>Marks calculated at Quarter 3 (April)</li> </ul>	
	HONOUR CORD	
	<ul> <li>Best 8 grade 11 and best 8 grade 12 courses at</li> </ul>	
	Ecole Dr. Charles Best	
	• 73% or higher	
HONOURS WITH DISTINCTION Grades 10 - 12		
<ul> <li>Best 8 courses at Ecole Dr. Charles Best</li> </ul>		
• 86	% or greater	
<ul> <li>Marks calculated at Quarter 3 (April)</li> </ul>		

# ATHLETICS



Dr. Charles Best Secondary Athletics Home of the Blue Devils @charlesbestscho Charlesbestathletics.weebly.com



For secondary sport updates and information...



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#### WRESTLING

We want to take a moment to express our gratitude for a fantastic wrestling season. We welcomed many beginner wrestlers this year alongside our experienced veterans, and it was truly a remarkable group. The support they showed for each other and their hard work was inspiring.

**Follow Charles Best Athletics on Instagram here** 

As we approached the provincial championships, we had high hopes for several placements. Although some wrestlers faced challenges with injuries, sickness, and tough matches, they fought hard in every bout. It's tough when all the effort comes down to just two six-minute matches. However, we are proud to announce that we had two wrestlers place in the top six: Kaylee Dodd, who placed 5th after impressive performances against a couple larger opponents, and Liam Gorton, who won his prelim matches effortlessly, held on in the final becoming a three-time provincial champion! We are incredibly proud of all our wrestlers for their determination and perseverance throughout the season. Great job, BEST wrestlers!

Thank you all for your support.

Coaches Abdou, Jaeggle and Coops





Liam G. 3-Time Provincial Champion

Kaylee D. – 5<sup>th</sup> place in Provincials

# ATHLETICS CONTINUED

# FIELD LACROSSE

The field lacrosse team held their Senior Night before their league game on Tuesday, Feb 18<sup>th</sup> against Terry Fox. Charles Best came away with a convincing win 14-4.

Congratulations to graduating players Kai H, Charlie H, Jacob M, Keegan M, Kai M, Conlan O, Nathan L, Tai F, Jackson M, and Boris M. We wish you all the best!

The Charles Best Field Lacrosse team has an upcoming tournament at the **Centaurs Invitational Showdown Tournament** on March 12<sup>th</sup> and March 13<sup>th</sup> at Centennial Secondary. Best of luck to our players!



#### SENIOR BOYS BASKETBALL

The Sr. boys ended their season in a thrilling Fraser North Playoff game vs Centennial losing 63-60. Thanks to our fans for coming out and support the boys.

Despite the fact that the boys fell short of their goal, the coaches are extremely proud of the team and the improvements they made throughout the season.

They finish with a 23-12 record overall and the team is poised to be competitive again next year.

Sad to see our grade 12's go but want to thank Arya, Zach, Jack, Angelo, Liam, Derek and Nathan for representing the school proudly. -Coach Daniel Depelteau





# **SCHOLARSHIP INFORMATION**

#### **CHARLES BEST INTERNAL SCHOLARSHIPS**

Are you in grade 12 and missed our scholarship meeting? You can find all the required information on the <u>Career Centre website</u>. We have 60 scholarships exclusively for Charles Best grads, including the District Authority Awards. Application deadline is April 2, but don't wait to the last minute because you will need a reference letter, a personal letter, and a resume – plus completion of the online application form. Questions? Contact Ms. Kaufmann at the Career Centre.

#### **SFU ENTRANCE BURSARIES**

For entering students with grade average +80% and demonstrated financial need. Deadline is March 31. Apply here.

### DOUGLAS COLLEGE ENTRANCE SCHOLARSHIPS

Up to \$20,000. Available for students who excel in their studies and contribute to their communities, including the promotion of social justice and Indigenous Truth and Reconciliation within their schools and/or communities. <u>Apply</u> <u>here</u> by March 31.

### BCIT PATHWAY TO SUCCESS SCHOLARSHIPS

3 x \$3,000 are available for SD43 students entering a full-time first year technology, technical studies or trade program (excluding Apprentice) directly from high school. These awards are recognizing well-rounded citizens, who have displayed leadership qualities, and have demonstrated that they are willing to work hard to achieve their goals. Commitment and drive are as important as formal academic standing. **Apply by April 3**. More info.

# **CAREER CENTRE NEWS**



Students and Parents: Please use this QR code to follow the Career Centre on Instagram or check the Career Centre page on our school website for regular posts about upcoming post-secondary events, local volunteer opportunities or other neat, usually free, opportunities for personal growths like free coding classes, Fire Academy, career mentoring, etc. @bestcareercentre

ENTRE

# **OPPORTUNITIES FOR ALL STUDENTS**

#### COQUITLAM FIRE/RESCUE IS PLEASED TO PROMOTE ANOTHER YEAR OF CAMP IGNITE!

Camp Ignite is an incredible program that was both developed by and run by females in the Fire Service and is designed specifically for female participants in Grade 11 & 12. This year's Camp Ignite will take place <u>August 7-10, 2025</u>, and Coquitlam Fire/Rescue will be sponsoring up to two participants this year (space permitting), meaning that at least one lucky Coquitlam student will be able to attend the program at no cost to them!

For information on the program, please visit <u>www.campignite.com</u>. To get an idea of what the program entails, check out the <u>awesome videos</u> under the "PUBLICITY" tab on the website. The online fillable application form can be found under the "JOIN US" tab, or by clicking <u>HERE</u>. Applications must be submitted <u>no later than May 1, 2025</u>.

#### ROCKY POINT ICE-CREAM HIRING FAIR

Looking for a summer job? Stop by The Canteen & Creamery in Port Moody on **Sat, March 1st, 10 am – 2 pm.** Must be flexible and available all Summer. Hourly rate is \$17.40 plus tips, free kayak and paddle board rentals with Rocky Point Kayak, and one coffee/ ice-cream per shift 🐵 <u>More here</u>.

#### JILL OF ALL TRADES

**Reminder: Application deadline is March 7.** Female or gender diverse students in grades 9-12 have the chance to explore careers in the Trades. When? April 10. Where? BCIT (free transportation provided). More info.

#### FESTIVAL DU BOIS VOLUNTEERS WANTED

Be part of this great event by joining as a volunteer. Event dates are **March 7-9**, but volunteers might be needed as well for pre-festival work and take down. <u>Sign up here.</u>

#### SFU STEM SPEAKER SERIES: COMPUTER SCIENCE

Students interested in pursuing Computer Science for post-secondary can join this webinar to get the inside scoop from a 4th year student. Register to attend on Sat, March 15, 1-2 pm.

#### **CPA COIN COMPETITION**

This annual multiple-choice-question exam focusing on accounting, entrepreneurship, business acumen and introductory financial literacy concepts can win the Top 25 highest-scoring BC high school students some \$\$. Happening on **Sat, April 12, 1-2 pm**, but sign up by March **31, 9 am**.

### **POST-SECONDARY EVENTS**

#### CAMOSUN COLLEGE NURSING INFO NIGHT

Join online to learn about this Bachelor of Science in Nursing program. Tue, March 04, 6pm - 7pm

#### EDUCATION USA: START PLANNING FOR U.S. STUDY

Students in grades 9-11 can learn how to research opportunities, how to finance your studies, and start preparing in general. Join online on **Thu, March 6, 5-6 pm.** 

#### **BCIT ENGINEERING OPEN HOUSE**

Visit on campus to get your questions answered and collect information about all of BCIT's Engineering-related program options. Walk around campus, drop into the classrooms and have an inside look of the program areas and the way they are taught. Faculty will be available to answer any questions you may have, and students will be working on their Capstone projects, providing perspective of what you will learn in each of the programs. **Wed, March 5, 2-6 pm.** More here.

#### **UBC PROGRAMS FOR THE PLANET WEBINAR**

On **Wed, March 19, 4 pm,** explore UBC's degree programs focused on Sustainability, Forestry, and Land & Food Systems. Register here. Programs are still accepting applications!

- Sustainability addresses complex environmental issues by integrating knowledge from different disciplines with hands-on and community-based learning.
- UBC's Forestry program is the top in Canada, and takes a forward-thinking and environmentally-focused approach. Check out their Tik Tok here to learn more!
- Land and Food Systems programs focus on building resilient food systems, sustainable agriculture, and promoting healthier communities.

# **GRADE 12 INFORMATION**

#### **OUTSTANDING GRAD PHOTOS-ONE LAST OPPORTUNITY**



For those grade 12's still needing to take a grad composite photo, there's still time to get your grad photos at Artona!

You will be included on the graduating class composite if you are photographed **by March 31**. Please book now by scanning the QR code or visiting <u>artona.com/bookings</u>

# **GRADE 12 FUNDRAISERS**



We need to reach our goal to make the After Grad an event to remember!! Please help support our 2025 graduates by supporting our current fundraisers.

### IT'S TONIGHT!!

No plans tonight? Then come out for some food, fun and prizes! Only a handful of tickets left so act fast!!



#### 50/50 ONLINE FUNDRAISER

The jackpot is growing and winner takes half!! Get your tickets online at <u>https://bestgrad2025.rafflenexus.com</u>. Draw will be on March 10, 2025 at 2pm.



#### ME-N-ED'S PIZZA

Make March 6<sup>th</sup> a pizza night while supporting our grads!!



#### **RETURN-IT RECYCLING**

Continue to support the AfterGrad by returning your recyclables at any time to any Return-I depot. Use Kiosk code 604-561-2152 and support the grads of 2025.

Scan here to save this number to your contacts so it's always handy when you're at the depot.



Stay informed on all the latest AfterGrad news, follow us at BestGrad2025 on Facebook

& Instagram AND join our mailing list at <a href="https://bit.ly/Best2025AfterGradMailingList">https://bit.ly/Best2025AfterGradMailingList</a>.

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### PAC CORNER

Thank you to all the parents that attended the past PAC meetings. If you can't make it out, you can find all the meeting minutes on the PAC website: <u>https://bestpaccomms.wixsite.com/drcharlesbestpac</u>.

\*\*Note- meeting minutes are always posted approx. one month behind because we are required to have them reviewed and approved by the collective at the following month's meeting.

There is no PAC meeting scheduled in February. Please join us for our next in-person meeting on **Monday, March 3, 2025, at 7:00pm** in the school library. Hope to see you there!

**Did you know?** You can **DONATE TO THE PAC ONLINE!** Parent donations to the Charles Best PAC help to support various aspects of your student's educational experience. Each year, the PAC provides much-needed funds to support activities such as extracurricular clubs, AfterGrad, teacher appreciation, and student scholarships. Login to your student's portal on the SchoolCash Online system to make your PAC donation today!

# **GRADE 11 PARENTS**

#### Last Chance to Get Your Tickets!!

#### Grade 11 Parent Organized Dinner Dance – on sale now!

An evening fundraiser in support of next year's graduating class of 2026 翰

Join us on **Saturday, March 8<sup>th</sup> at 6PM** for an exclusive hot buffet dinner, live DJ, almost \$9,000 amazing silent auction items up for bidding, 50/50, wine toss, fun trivia, and much more! Conveniently located in the school gym.

This annual event is open to everyone in the community (must be 19+ to attend). Tickets are only \$65 per person.

All proceeds help offset the Grads of 2026 formal Dinner/Dance ticket costs in June of 2026. Reserve your spot  $\P$  now by clicking on this link <u>https://buytickets.at/charlesbestpac</u> or scan the QR code at right.

### Why Miss Out on This Unforgettable Celebration?

This is your chance to connect with fellow parents and families from all grade levels! Mingle, share stories, and help strengthen our school community in a fun, relaxed setting. Looking to get more involved? Now's your time to shine! Plus, it's a night full of delicious food, exciting dancing, and refreshing drinks. Don't let it slip by – join us for an unforgettable evening!

**Donations & Prizes**...We currently have almost \$9000 worth of prizes collected for the Silent Auction, but we are always looking for more! Let us know!

**Volunteers**...Thank you in advance to everyone supporting this night and helping to make it a memorable experience for everyone – your support is invaluable, and we cannot do this without parent volunteers. If you can spare a bit of time before, during, or after the event, let us know!

Email us at <u>bestgrad2026@gmail.com</u> for any questions and/or comments.





# **SUMMER LEARNING REGISTRATION OPENS IN MARCH**

