



# Dr. Charles Best Secondary Newsletter

## Issue #2 – September 12, 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**

#### **Wednesday, September 17**

Clubs Day/ Resource Fair

#### **Thursday, September 18**

Grade 9 Parent Information Night (7:00-8:30pm)

#### **Friday, September 19**

District Pro D Day (students do not attend)

Deadline to update Student Verification forms in MYED Parent Portals

#### **Monday, September 22**

1<sup>st</sup> General PAC meeting for all interested parents (7pm Library)

#### **Tuesday, September 23**

Senior Sail

#### **Friday, September 26**

Truth & Reconciliation Assembly (Orange Shirt Day)

Assembly Bell Schedule (see below)

#### **Monday, September 29**

Last day to order Grade 12 Grad wear

#### **Tuesday, September 30**

National Day for Truth and Reconciliation-School not in session

#### **Wednesday, October 1**

Grade 12's begin sign up for CLC Capstone check in meeting

#### **Friday, October 3**

Terry Fox Run

Assembly Bell Schedule

#### **Monday, October 6 – Friday, October 10**

Grade 12 Survival Guide-Counsellor classroom visits

#### **Wednesday, October 8**

Grade 12 Scholarship meeting #1 (3:30pm Library)



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### **PRINCIPAL'S MESSAGE**

It has been an amazing start to the school year at Charles Best! As we embark on this new academic journey, I am filled with immense pride and enthusiasm for the opportunities that lie ahead. The start of the school year always brings a unique energy, and this year is no exception.

**Learning and Growth** Our classrooms are buzzing with the excitement of new learning experiences. Our dedicated teachers have prepared engaging lessons that will challenge and inspire our students. Let's embrace this year with curiosity and determination!

**Athletics and Clubs** Our athletic teams are already hard at work, preparing for a season filled with teamwork, perseverance, and sportsmanship. Whether it's on the field, court, or cross-country trails, our student athletes are ready to give their best. Additionally, our wide array of clubs and extracurricular activities are kicking off. Clubs day is next week, and this is when our students get an opportunity to see all that will be offered; something for everyone. Thank you to our amazing educators for all their support in making these extracurricular activities part of Charles Best culture.

Thank you for all your support as a community and we look forward to an amazing year at Charles Best!

Sincerely,

Dave Cyr

Principal

## GRADE 9 PARENT INFORMATION NIGHT

On **Thursday, September 18<sup>th</sup>** we will host our grade 9 parent information night. The event will run from 7-8:30pm and begin in our large gym. You will have an opportunity to tour the school under the guidance of our leadership students and meet the counselling team here at Charles Best. Information is sent home regularly to our community so if you are unable to join, please check our regular newsletters, website and social media posts for updated information.

## GRADE 9 IMMUNIZATIONS-SAVE THE DATE

Mark your calendar! Fraser Health will be onsite to conduct three immunization clinics for our grade 9 students. The three clinic dates will occur on the following dates:

- Wednesday, January 14, 2026
- Tuesday, February 3, 2026
- Monday, February 23, 2026

Watch for more information at the start of the second semester!

## GRADE 10 FRENCH IMMERSION : OPPORTUNITY FOR AN EXCHANGE TO QUÉBEC

Dear FRIMM 10th graders, if you are interested in an unforgettable cultural and linguistic experience in Québec, we invite you to sign up for the exchange program we are setting up with a high school in Québec. Sign up using the link sent to your school email address earlier this week. **Registration closes tonight.** If you have any questions, please feel free to email Mr. Poudré as soon as possible @ [ppoudre@sd43.bc.ca](mailto:ppoudre@sd43.bc.ca)

## REMINDER ABOUT REPORTING AN ABSENCE

Parents, if your child is not able to attend school, will be late, or requires an early dismissal, please contact the office by phone or email the school office at [charlesbestattendance@sd43.bc.ca](mailto:charlesbestattendance@sd43.bc.ca) . This email can also be found on our school website home page under quick links "Absence Report." Emails to alert teachers of an absence/late/early dismissal are not necessary but are not discouraged. The office is the first place to alert the school for attendance, thank you! Students are reminded to sign in and out at the office.

## REMINDER ABOUT FORM UPDATES FOR 2025-2026

As our district continues to move towards digitization of student forms to ensure the confidentiality of personal information, parents/guardians will be required to complete some on-line forms and to submit an information verification form during the first few weeks. Most forms and fees will be completed through <https://sd43.schoolcashonline.com/> and includes District Policy, School Volunteer and Volunteer Driver application forms.


**\*STUDENT INFORMATION VERIFICATION FORMS** have been published to Parent MYED portals and will be available to review/update until Friday, September 19<sup>th</sup>. If you require assistance with your portal, please call the office.

## REMINDER ABOUT MEDICAL FORMS

It is extremely important we have the most up to date information for students with medical or life-threatening alerts EACH YEAR. Parents, please navigate to our school website homepage to find these important forms under the top tab "Parents". Please fill out the applicable forms **as soon as possible** and have the forms returned to the office. Thank you for helping us with this!

## STAY CONNECTED TO OUR SCHOOL

- [Our Website](#) is the best place to start for calendars, daily announcements, newsletters, submitting absences, programming info, important documents, and lots more.
- Ensure your email is up to date. We distribute newsletters approximately every 2 weeks during the school year. If you notice you haven't received school news, please check your junk folder or call the office.
- Download the [MySchoolDay App](#) on your iPhone or Android device (instructions attached), which serves as a digital calendar, agenda, student planner, daily bell schedule calendar, and a way to receive important push notifications and announcements. Parents are very much encouraged to download the APP as well so important notifications are received. Be sure to say 'yes' to push notifications!
- Instagram: we have accounts for the school, our PAC as well as athletics!

 Instagram  
<https://www.instagram.com/charlesbestscho>


### **Dr. Charles Best Secondary (@charlesbestscho)**

2210 Followers, 106 Following, 1430 Posts - See **Instagram** photos and videos from Dr. Charles Best Secondary (@charlesbestscho)

 Instagram  
<https://www.instagram.com/charlesbestpac>

### **Dr. Charles Best Secondary PAC (@charlesbestpac)**

176 Followers, 21 Following, 49 Posts - See **Instagram** photos and videos from Dr. Charles Best Secondary PAC (@charlesbestpac)

 Instagram  
<https://www.instagram.com/charlesbestathletics>

### **Dr. Charles Best Secondary Athletics (@charlesbestathletics)**

909 Followers, 43 Following, 248 Posts - See **Instagram** photos and videos from Dr. Charles Best Secondary Athletics (@charlesbestathletics)

## STAY CONNECTED WITH OUR SCHOOL DISTRICT

We encourage all members of our school community to stay informed and engaged by following our district's social media pages.

Get the latest updates on school events, student achievements, important announcements, and more!

[Follow us on Facebook @sd43bc](#), [Instagram @schooldistrict43](#), [X formerly Twitter @sd43bc](#)

## ATHLETICS



Dr. Charles Best Secondary Athletics  
Home of the Blue Devils  
[@charlesbestscho](#)  
[charlesbestathletics.weebly.com](#)



For secondary sport updates and information...



[@cssaasd43](#)

[Follow Charles Best Athletics on Instagram here](#)

## BEST CAREER CENTRE NEWS Follow our Career Centre on Instagram [@bestcareercentre](#)

### OPPORTUNITIES FOR ALL STUDENTS

#### **PLACE DES ARTS YOUTH COUNCIL**

The council organizes and hosts one youth-oriented event each year and advises Place des Arts on teen engagement. Must be a student (age 13-17) with a strong interest in the arts (i.e. visual arts, music, dance, theatre arts and/or literary arts), interested in developing leadership and event planning/ marketing skills. [See details and application here.](#)

#### **GAIRDNER HIGH SCHOOL SYMPOSIUM**

Organized by the Centre for Molecular Medicine and Therapeutics, the Gairdner High School Symposium is an annual half-day event that gives secondary students in grades 10-12 the opportunity to interact with Gairdner award-winning scientists and BC Children's Hospital researchers. **Monday, October 20**, virtual or in-person. [Register by September 21.](#)

#### **SFU SCIENCE ALIVE: EXPLORING AI**

Exploring AI: the Good, the Bad, & Beyond is a series of seven online workshops that run from 10-11:30 am every Saturday between **Sept 20 - November 8, 2025** (except for the Thanksgiving weekend). Grade 8-12 students will explore artificial intelligence (AI), while learning more about generative AI, ethics of AI, and real-world uses of AI in STEM fields, while learning more about coding! Some experience in text-based coding is recommended. [More here.](#)

#### **EXPLORE MARITIME CAREERS AT PORT DAY VANCOUVER**

Discover potential career paths, connect with industry professionals, learn about the diverse opportunities in the maritime sector. **Saturday, September 27**, 12-5 pm, Ballroom A & B, Canada Place. Additionally, there will be live music, performances, community exhibits, displays, and fun activities for all ages! [More info.](#)

#### **JOB SHADOW DAY IN FINANCE**

This free, day-long program for young women and gender-diverse high school seniors features interactive workshops, networking and mentoring sessions, presentations profiling women with diverse careers in finance, and an afternoon of job shadowing with a mentor who works in the industry.

**Wednesday, Oct 29**, 8:30 am - 3:30 pm. [Register](#) A.S.A.P.

(only 4 students/ school can participate, first-come, first-serve)

## PAC CORNER

**Please join us for our first Parent Advisory Council (PAC) meeting on Monday, September 22<sup>nd</sup> at 7pm in the school library.** All parents and caregivers are welcome! Principal Dave Cyr will also be in attendance to provide school updates and answer questions.

Please check out the PAC website for more information on how your PAC works for you and how you can get involved: <https://bestpaccomms.wixsite.com/drcharlesbestpac>.

#### **Who can join?**

Any parent of a Dr. Charles Best student is a member of the PAC and is eligible to be elected to any of these positions. For position descriptions and responsibilities, go to the PAC website:

<https://bestpaccomms.wixsite.com/drcharlesbestpac/dutiesofficers>.

**WE NEED YOU!** We are looking for volunteers for the following:

- A couple of people who can shadow our current **Chair** and **Treasurer** as they will be graduating in 2026.
- A couple of people to chair the **AfterGrad2026** and the **Grade 11 Parent Dinner Dance** Committees.

Please contact us at [bestpacchair@gmail.com](mailto:bestpacchair@gmail.com) for any questions. We look forward to seeing 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!

## **RESOURCE FAIR DAY WEDNESDAY, SEPTEMBER 17<sup>TH</sup>**

This fair has been organized by our Youth Worker, Heather Bjorson and Michelle Jacobsen, Peer Coordinator for the Tri-Cities. This event highlights all of the resources in the local area that parents or students can access if they need assistance. The fair runs from 9:30-1:45pm and parents are welcome to attend!  
Click on the links below for more information.

**Access Youth** - providing the Tri-Cities with youth outreach, youth empowerment, career building  
<https://accessyouth.org/>

**Tri-Cities Community Action Team** - coordinate programs/services, address gaps in the community and collaborative action around toxic drug crisis.  
<https://tri-citiescat.ca/>

**NaloxHome** - providing de-stigmatized education on the signs of overdose, stigma, naloxone and how to keep each other safe  
<https://naloxhome.com/>

**YMCA NextStep youth program** - 12 week program to help young people aged 16- 30. 6 weeks in class workshops on personal development/career planning, 4 weeks 1:1 support to build personal action plan, Certifications offered (ex: WHMIS, Food Safe, Emergency first aid, etc), financial incentives for completing milestones, virtual and in person options available across BC  
<https://ywcavan.org/nextstep>

**Share** - Counselling services for youth and families, substance prevention education and counselling.  
<https://sharesociety.ca/programs-services>

**ACT 2** - "Transforming trauma into hope." Community based social service agency  
<https://www.act2.ca/>

**City of Coquitlam** - youth services and affordable programs, opportunities for civic engagement, 3 dedicated youth centres  
<https://www.coquitlam.ca/476/Youth-Programs-and-Services>

**Pacific Community Resource Society** - 1:1 and group supports that engage youth through education, outreach and counselling  
<https://pcrs.ca/youth-family-supports/>

**Plea: KidStart** - core prevention and diversion program. Providing children/youth who are a risk of experiencing serious difficulties in their lives with 1:1 support with a caring volunteer mentor  
<https://pcrs.ca/youth-family-supports/>

**Plea: Children of the Street**- preventing sexual exploitation and human trafficking of children and youth in BC  
<https://www.childrenofthestreet.com/>

**RCMP** - volunteer and career opportunities  
<https://rcmp.ca/en/bc/coquitlam/contact#main>

**Moving Forward** - providing free short-term and affordable long term counselling for all individuals in BC  
<https://movingforward.help/>

**S.U.C.C.E.S.S** - helping immigrants and refugees assistance for building a successful life in Canada  
<https://successbc.ca/>

UNCONFIRMED but worth highlighting:

**Spirit of the Children Society** - Working to empower and strength Indigenous families by providing supports and resources through programs offered  
<https://sotcs.ca/>

**Jack.org** - youth mental wellness focused on prevention through youth-led presentations and peer support. Strong support of LGBTQ+ community  
<https://www.jack.org/>

**Indian Residential School Survivors Society** - bringing emotional, cultural, spiritual supports for the First Nation Communities  
<https://www.irsss.ca/>