



Dr. Charles Best Secondary Newsletter

Issue #3 – September 26, 2025

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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

Monday, September 29

Last day to order Grade 12 Grad wear (11:59pm)

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 meetings

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)

Monday, October 13

Thanksgiving – School not in session

Tuesday, October 14

Photo retakes



PRINCIPAL'S MESSAGE

Today, our school community came together for a moving and meaningful Truth and Reconciliation Assembly. It was a moment to reflect, to learn, and to honour the stories and voices that continue to shape our shared journey toward understanding and healing.

A heartfelt thank you to Ms. Laura Grizzly Paws and her daughter for their incredible performance. Her artistry and presence brought depth and spirit to the assembly, reminding us of the power of Indigenous culture and resilience.

We also extend our deepest gratitude to Ms. Bruneau, whose tireless dedication and thoughtful planning made this event possible. With the support of our outstanding leadership students, she created a space that was both educational and emotionally resonant—a true testament to the strength of collaboration and compassion.

As we approach September 30th, we pause to reflect on the significance of Orange Shirt Day—a day that calls on all of us to remember the painful legacy of residential schools in Canada and to honour the survivors, their families, and the children who never came home.

Wearing an orange shirt is more than a symbolic gesture. It is a powerful act of remembrance and a collective commitment to truth, reconciliation, and healing. It reminds us that every child matters—that every child deserves to feel safe, loved, and free to learn and play without fear or trauma. The innocence of childhood is sacred and protecting it is a responsibility we all share.

This day is not just about looking back; it's about shaping the future. It's about building a society where our children grow up surrounded by respect, compassion, and the rich diversity that defines us. It's about ensuring that our schools are places of inclusion, understanding, and hope.

Sincerely,

Dave Cyr
Principal

CLUBS DAY

Clubs day was a huge success on September 17th! This year we have 72 clubs offering a wide range of activities. For more information, lists of all clubs have now been posted in the front lobby on the 'Need to Know' bulletin board, lobby windows and also under 'Documents' on our school website homepage.

SENIOR SAIL

Our Seniors had an amazing night at their Senior Sail on Tuesday! Thank you to all who made the night so eventful and fun!



TERRY FOX RUN

Our school will be running our rendition of the Terry Fox run on **Friday, October 3.**

This will be an assembly bell schedule day.

"Attention all Terry Fox Runners- are you ready to speed away for Terry and race for the win. Top 3 Runners are guaranteed prizes. Please be ready to run when announced on the day of the Terry Fox Assembly. This is a rain or shine event. You may need to change in block 2 so you won't be late to the starting line. ALL RUNNERS from Grade 9-12 are eligible to enter the race. Simply go down to the front foyer when called over the PA during the assembly and bring your energy and enthusiasm for stepping towards the fight to end cancer."

This year, in order to create a more efficient means of collections, the Fox Foundation has set up a Charles Best Link to track our progress by school. OUR GOAL is to raise \$2000 for the school or more and the end date will be Oct 3rd after the Fox Run Assembly.

Thank you for your support of the Fox Foundation and a Cure for Cancer!

Click here to donate or visit our website homepage: <https://schools.terryfox.ca/99989>

LANGUAGE CHALLENGE EXAMS

The Delta School District is offering language challenge exams for the 2025/2026 school year. This exam can account for credits (this exam will test students on their ability to read, write and speak in this language). Many students who have taken these challenge exams in the past are students who are in the French Immersion Program and wish to use this opportunity to possibly obtain a high grade for one of their grade 12 classes for the purpose of postsecondary admissions.

****All universities in Canada accept Language Challenge exam marks. UBC accepts Challenge credits for pre-requisite requirements for courses but does not accept Challenge marks as part of the GPA calculation for admission. It is highly recommended that you check with your intended university for their admissions requirements.**

Interested students please refer to [Challenge Exams - Delta School District \(deltasd.bc.ca\)](https://deltasd.bc.ca) for further information on the student application package, exam schedules, locations, and exam specific details. Students are required to provide a passport quality photograph as part of the application package. Deadline for applications this year is **Thursday, October 23rd**. If students miss this deadline, they will not be able to apply this year and will have to wait until next year to reapply. Please submit your applications to Ms. Alam in the counselling suite. See Ms. Alam if you have any questions!

PHOTO RETAKE DAY

Tuesday, October 14th is photo retake day for any students and staff who missed the opportunity on September 5th. There is also the option for students to have a retake. ***All students must have a photo taken for our records and yearbook regardless of whether you plan to buy school photos or not.**

GRADE 11 PARENT DINNER DANCE

Grade 11 Parents! It is time to come together to plan the Grade 11 Parent Organized Community Dinner Dance - a much-anticipated Best tradition! It is a fun themed evening in the new year where parents can mingle and enjoy good food and music all while helping raise money for the Grad Dinner Dance 2027 and is open to all. Details on the first meeting to come! For more information, please email bestgrad2027@gmail.com.

AFTERGRAD2026

We had a successful first AfterGrad2026 meeting! The team is now planning next steps, fundraisers, entertainment and more for our kids and we need your help. If you are able to volunteer in any way please contact us at bestgrad2026@gmail.com. Details on the next meeting to come!

ATHLETICS



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



For secondary sport updates and information...



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

CROSS COUNTRY TRACK AND FIELD

Last Wednesday, 17 September we had our season opening meet at Mundy Park. With a lot of new faces on the team this year, there is always some uncertainty, but the kids ran great. Some notable results:

Dylan Marchant Esparza (gr9) won the Jr Boys race, a great start to his high school XC career! Stanley Xin (gr9) was 4th overall in the Jr Boys race. Our Jr Boys are looking strong again this year.

Amy Mohlmann (gr10) finished 2nd in the Jr Girls race, and Jessica Tempel (gr9) placed 3rd.

Talia Raabe placed 4th overall in the Sr Girls race.

Jay Jung (gr11), Isaiah Burke (gr11). Sasha Guyduy (gr11), and Cameron Handyside (gr12) placed 2nd, 3rd, 4th, and 7th in the Sr Boys race. This team is also looking very strong to start the season!

On Monday 22 September just over half of the team raced at the Big Valley XC Clash in Abbotsford. Outside of Provincials, this was the deepest and most competitive meet we will compete in this year, and the kids raced incredibly well.

Amy Mohlmann was our top finisher, placing 7th in the Jr Girls race.

In the Jr Boys race, Stanley Xin, Nathan Zhang, and Dylan Lim all placed in the top 30, great results for cross-country rookies!

In the Sr Boys race, Sasha Guyduy (21st), Isaiah Burke (23rd) and Cameron Handyside (27th) also ran excellent races. Cameron has been the breakout runner of the year so far, running two brilliant races so far!

In the Sr Girls race, our only two entries were Talia Raabe and Michelle Lee, who raced hard and competed well.

JUNIOR BOYS VOLLEYBALL

The team had a strong start to a season. We came in 10th during the UBC Thunderbird Classic Tournament out of 24 attending teams. We also 3-0 during our first league game against Riverside September 22nd.

Here is the upcoming league schedule:

Oct 1st: Away game at PMSS starting 6pm

Oct 6th: Home game against Centennial: Boys play starting 7:30

Oct 8th: Home game against Pinetree: boys play at 6pm

Oct 15th: Away game at Heritage woods: Boys play at 6pm



FIELD HOCKEY

Field Hockey has a perfect 3-0 record with zero goals scored against! The next 3 games are at Home (Oct. 1st, Oct. 7th, & Oct. 9th) vs. Maple Ridge, Gleneagle, and Heritage.

SENIOR BOYS SOCCER

After winning the Centennial Kickoff Tournament, the boys were really excited to get the season started. Our first league game was against Riverside yesterday which ended in a 1-1 draw. Not a terrible result but we should have won the game. Next up, we face Centennial at home after school on Thursday, October 3rd. We will always welcome anyone who is willing to come out and support this good group of athletes.

BEST CAREER CENTRE NEWS Follow our Career Centre on Instagram [@bestcareercentre](https://www.instagram.com/bestcareercentre)
OPPORTUNITIES FOR ALL STUDENTS

SCIENCE ALIVE: EMPLOYMENT OPPORTUNITY

Grade 11 & 12 students! Science ALIVE is hiring four Junior STEAM Instructors (**October 3 - April 30**). Responsibilities include organizing and delivering school-year outreach programming through Pro-D Day camps, weekend workshops, and community events across the Lower Mainland. Provide quality instruction to students, while overseeing and supporting assigned volunteers. Must be available for at least one shift (5-8 hrs) per month. \$19-20/hour. Must have strong interest in science, a passion for engaging with youth, min. 1 year experience working with large groups of children, first aid. Apply ASAP, posting will close when positions have been filled.

[2025_sciencealive_jrsteaminstructor.pdf - Google Drive](#)

MINERVA – LEARNING TO LEAD WORKSHOP

Free leadership program for self-identified girls in Grades 10 – 12. Explore your leadership potential, build confidence, and become part of a supportive network. Four Wednesdays (Oct 8-29), 6-8 pm, online. [Apply by October 5](#).

WOMEN IN ORTHOPAEDICS WORKSHOP

Female students (incl. women-identifying and non-binary) in Grade 10-12 are invited to this annual workshop at BC Children's Hospital, **Saturday, October 25th**, 9 am to 12:30 pm. Are you interested in pursuing a career in healthcare and engineering, specifically in orthopaedics? Gain more insight and explore career pathways. [Apply here](#).

POST SECONDARY EVENTS

SFU FACULTY OF ENVIRONMENT DISCOVERY DAY

Get a first-hand look at what it's like studying in the Faculty of Environment! Take part in mini lectures, interactive lab activities, and have the opportunity to connect with professors and current students while exploring programs like Environmental Science, Urban Worlds, Geography, Archaeology, Resource and Environmental Management, and more. A complimentary lunch is included, plus the option to join a campus tour to experience the Burnaby campus!

[Learn more now!](#)

YORK UNIVERSITY VISIT AT BEST

Stop by the main lobby on **Wed, October 1** after school to learn more about York University in Toronto. Lots of exciting program options are available. A recruiter will be available to answer all your questions.

BCIT BIG INFO

This BCIT Open House is your chance to find out about all BCIT programs – from business and media, computing and IT, engineering, health sciences, trades and apprenticeships, and applied and natural sciences. [Register to join in person](#) on **Wed, October 8**, 4-7 pm, at the Burnaby Campus.

U.S. COLLEGE AND UNIVERSITY FAIR

If you are thinking about post-secondary studies in the United States, this would be your chance to learn more about opportunities and to connect with admission representatives. **October 9**, 5-7 pm, West Point Grey Academy, Vancouver. Expect 60+ post-secondary institutions incl. Boston University, Duke, John Hopkins, NYU, Tufts, UCLA, and many more. More information and free registration here: wpga.ca/vais.

DISCOVER SFU BEEDIE SCHOOL OF BUSINESS

Students interested in pursuing the BBA at SFU's Beedie School of Business don't want to miss this exclusive on-campus event. Get a first-hand look at what it means to study business at SFU, connect with like-minded peers from across the Lower Mainland and current Beedie students, build connections with Beedie recruiters who will support you throughout the application process, and have the opportunity to use this experience on your supplemental application. The event will include a sample lecture, an introductory case competition, a student panel, complimentary lunch, and an optional campus tour. **Friday, October 24 (Pro D Day)**, 9 am - 4 pm. Students with strong academic standing, leadership experience, or a passion for business and making an impact are encouraged to register.

Only 80 students will be selected. Open to Grade 11 students as well. [Apply here](#) by **September 28**.

SCHOLARSHIP INFORMATION

LESTER B. PEARSON INTERNATIONAL SCHOLARSHIP

We can nominate one international student for U of T's Pearson International Scholarship. Are you intending to begin your studies at U of T in September 2025? You should be a creative thinker with an exceptional academic record who is recognized as a leader within our school and exhibits the potential to contribute positively to the global community in the future. If you want to be considered for nomination, [submit our "Pearson International Scholarship Brag Sheet + reference letter"](#) to skaufmann@sd43.bc.ca by **Tuesday, October 7th, end of day**.

UNIVERSITY OF TORONTO WOLF'S SCHOLARSHIP

New this year. Applicants to the St George campus, Arts & Science admissions category, min. +90% grade average. The scholarship includes full funding for all four years of undergraduate studies (tuition, fees, plus a stipend). Criteria include leadership, resilience, drive, initiative, character, creativity, curiosity etc. **Apply by November 10**. [More info](#).

PAC CORNER

Please join us for our next Parent Advisory Council (PAC) meeting on Monday, October 20th 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/dutiesofofficers>.

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

- A couple of people to help co-chair the AfterGrad2026 and the Grade 11 Parent Dinner Dance Committees.

Please contact us at bestpacchair@gmail.com for any questions. We look forward to seeing you at our next meeting!

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!

National Day for Truth and Reconciliation

SEPTEMBER 30TH

11AM ~ 4PM

With Deep Respect:
Dorothy & William Visser
Leading as Head Man and
Head Woman

Buffalo Thunder Group,
drumming and dancing

Vendors and Food
Trucks will be on-site

**220 1ST ST,
NEW WESTMINSTER
QUEEN'S PARK**



In observance of **Truth
and Reconciliation**, we
invite everyone to drop
by our event to learn and
reflect about our history.




