



# THE "BEST" INFORMER

## WEDNESDAY, MAY 8, 2024

### TODAY IS DAY 1

\*\*\*\*Please note: All new and changed items are in red\*\*\*\*



#### GENERAL ANNOUNCEMENTS

##### DRESS YOUR BEST ON FRIDAY

Wear your 'Best' school clothing this Friday!  
This can include spirit wear, grad wear or school coloured clothing.

##### MENTAL WELLNESS WEEK COMING TO CHARLES BEST - MAY 13<sup>TH</sup>-16<sup>TH</sup>

\*\*\*Please note there are 2 activities on Thursday\*\*\*

Themed days with corresponding activities, participate to feel more connected to Charles Best and have some fun!

- **MONDAY Calming Mind**

Colouring Sheets to Calm the mind, Available all day, front foyer

- **TUESDAY Connecting with outdoors**

Guided Walk in Munday Park, available in blocks 2 ,3 or 4, **preregistration required**

- **WEDNESDAY Taking care of our body**

Yoga in the cafeteria, available in blocks 2 ,3 or 4, **preregistration required**

- **THURSDAY Connecting with loved ones & Connecting with Friends**

Free Breakfast **before school** (bring a family member), **preregistration required**  
&

Spike Ball tournament **after school** , sign up with a friend  
(\$5 fee, includes a piece of pizza and drink, fun, music, and lots of door prizes plus prize for winners)

Use the QR code for more info and individual registration links



##### "HOW TO TALK TO YOUR YOUTH ABOUT SUBSTANCE USE" PRESENTATION

SHARE's Youth Substance Use Services team would like to invite parents and caregivers to their virtual presentation "How to Talk to Your Youth About Substance Use."

###### Where?

Virtually on Zoom. Links will be sent out to those who register via links/QR code below.

###### When?

**May 15<sup>th</sup>, 2024, 6:30-8:00**

RSVP via link or QR code below:

<https://forms.office.com/r/xVdShAvgJQ>



Registration is required. Links to the zoom event will be distributed via email closer to the date of the event.

If you have any questions, please contact Jordyn at [jordyn.sinkie@sharesociety.ca](mailto:jordyn.sinkie@sharesociety.ca)

##### FRENCH IMMERSION 12 DELF EXAM SIGN UP

Here is the link to register for the Delf B2 session, which will take place on **Monday, June 3rd 2024.**

**You have until Friday, May 10 to register.** <https://forms.office.com/r/2jEn2Eq8YP>

All students who are taking FRAL 12 in the 2nd semester have the opportunity to take this exam.

Students (from semester 1) who forgot to register at the previous session are also eligible for this session.

Fill in the form carefully (spell out your personal details) as this information will appear on your diploma.

Write your full name as it appears on your ID.

Once the list of registrants is known, the request for payment of \$35 will be posted on School CashOnline.

Register as soon as possible.

##### STILL 3 SHOWS LEFT!

**Charles Best Players presents "A Midsummer Night's Dream"**

This is a family friendly, timeless comedy.

Play opens **Thursday, May 2<sup>nd</sup>** and will run **May 3<sup>rd</sup> and 4<sup>th</sup>**, as well as **May 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup>.**

Tickets are \$15.00 for adults and \$12.00 for students and seniors.

Box office opens at 6:45PM, doors at 7:00PM, curtain at 7:30 PM.

### **BLACK AFFINITY GROUP**

SD43 has officially begun a Black Affinity Student group. Our goal is to have our monthly meetings at a different school, so that we can hopefully reach more students in the district. Black educators in the district will be present to support the group. Even if student can't make this meeting, we'd love if they could join our Teams. The link to join is [SD43 Black Affinity Student Group | General | Microsoft Teams](#), or they can just send an email to Ms. Nembhard at [nnembhard@sd43.bc.ca](mailto:nnembhard@sd43.bc.ca). Our next meeting is **Monday, May 13** at Terry Fox in room 213.

### **STUDENT PARKING**

We are experiencing a high demand for parking in the upper parking lot and the demand will only increase as more students pass the 'N' road test before the end of June. Students, you **MUST** register your car with the office and identify your car with your parking pass so we can differentiate between school demand vs. park demand. Registration forms are available in the front office.

### **TRI-CITIES MENTORSHIP PROJECT – ALUMNI PANEL SERIES**

Are you curious about what different degrees/programs have to offer? Want to learn more about how to get into a particular field? Join us for a VIRTUAL panel series where SD43 alumni will discuss their high school & post-secondary journeys and answer your questions!

Medical School: **Thu, May 16** (7-8 PM)

Bachelor of Arts: **Thu, May 23** (7-8 PM)

Business: **Thu, May 30** (7-8 PM)

RSVP here: [bit.ly/tricitiesalumnipanel](https://bit.ly/tricitiesalumnipanel)

## **CAREER CENTRE NEWS: OPPORTUNITIES FOR ALL STUDENTS**

### **SD43 TRADES & CAREER FAIR**

If you are looking for a summer job, want to find general employment in the trades sector, or want to learn more about future career options in the trades, come to Centennial Secondary School on **Wednesday, June 5<sup>th</sup>**, 5-7 pm. Bring your resume and meet employers from a variety of skilled trades such as: Carpentry, plumbing, electrical, mechanics, sheet metal, welding, landscaping, ironworking, and more.

### **SD43 SUMMER LEARNING VOLUNTEERS WANTED**

Gain experience and community leadership by helping out in an elementary or middle school classroom. July 9-26. Total commitment is 45 hours during the morning hours. **Apply by Friday, May 31.** [More info.](#)

### **COQUITLAM CRUNCH CHALLENGE**

Volunteers needed for a variety of tasks, i.e. event set up, registrations, course marshalling. Happening on Sat, June 1. [Sign up by May 24<sup>th</sup>.](#)

### **YOUTH4ACTION HIGH-SCHOOL ACTION MENTORSHIP PROGRAM (CHAMP)**

CHAMP equips Metro Vancouver's high school youth (grade 8 to 11) with the knowledge, skills, inspiration, and support to influence sustainability in their school communities and beyond. Participants learn about regional sustainability issues and climate action, receive mentorship and support on a collaborative action project, develop leadership, and have fun while collecting volunteer hours. Program runs August – December 2024 (some in-person, some virtual events), incl. a kick-off Sun, August 18 – Wed, August 21 at Camp Capilano. [Apply by May 24.](#)

### **WOMEN IN ORTHOPAEDICS WORKSHOP**

Open to young women in grades 10-12 (incl. women-identifying, non-binary and gender non-conforming students) interested in pursuing a career in healthcare. Goal is to provide more clarity on careers in the areas of orthopaedics and engineering. An interactive set of sessions will be offered, including hands-on learning workshops and career panels featuring female orthopaedic surgeons, researchers, engineers, and allied health workers. BC Children's Hospital, **Sat, June 8**, 8.30 am – 3.15 pm. [Apply by May 24.](#)

### **GOLDEN SPIKE DAYS FESTIVAL**

Get involved in our community and help at this Port Moody tradition at Rocky Point Park. **Canada Day long weekend.** Volunteers must be 14+ and a variety of positions is available. [Sign up here.](#)

### **SCOTFEST BC**

The 92nd British Columbia Highland Games will be held at Town Centre Park in Coquitlam on **Fri, June 14 and Sat, June 15.** Volunteers (16+) are needed for various tasks, June 13-16, i.e. event set up, entry gates, kitchen crew, children's activities. Min. 4 hour commitment will get you a free lunch and t-shirt. [Sign up here.](#)

### **PLACE DES ARTS SUMMER CAMP VOLUNTEERS**

Responsible, caring, and committed volunteers are needed for a variety of visual and performing arts camps, running July 2 – August 9. Must be 13+ and must have an interest in working with children ages 5-12. Min. commitment is 2 weeks, plus mandatory orientation session on June 25, 4:30-6:30 pm. [Apply here by June 14.](#)

## POST SECONDARY EVENTS

\*\*\*WATCH THIS SPACE FOR MORE EVENTS\*\*\*

### GRADE 12'S

#### GRADE 12 ASSEMBLY-NEW DATE

Grade 12's the **MANDATORY** assembly originally scheduled for Friday, May 10<sup>th</sup> is now scheduled for **Monday, May 13<sup>th</sup> during the 2<sup>nd</sup> half of BLOCK 2.** Listen for announcement over PA to direct you to the gym. **If you have a spare in block 2, please make arrangements to be at the assembly for important graduation deadlines and information.**

#### LINK CLOSING THIS WEEK - COMMENCEMENT MESSAGE

Grade 12's, check your **SCHOOL EMAILS** to find the link necessary to compose your commencement message. Please write a timeless, thoughtful message your family, friends, and you would be proud to hear. **Check your school email, use the following link, or find it on our school website homepage:**

#### [Commencement Message 2024](#)

This link will be live until May 10<sup>th</sup>.

#### GRAD DINNER/DANCE TICKETS

Tickets are now available for purchase on School CashOnline Accounts.

If you do not see the option to purchase, please come to the office.

Deadline to purchase dinner/dance tickets is May 20<sup>th</sup>

@ 11:59 pm. Please ensure you buy ASAP.

<https://sd43.schoolcashonline.com/>

### SCHOLARSHIP/AWARD/BURSARY INFORMATION

#### CTA SCHOLARSHIPS (EXCLUSIVELY FOR SD43 GRADUATES)

- **Equity Scholarships:** 4 x \$1,500 will be awarded to graduating SD43 students who identify as Indigenous, Black, a person of colour, LGBTQ2S+, or a person with a disability. [Application form.](#)
- **Trades or Arts Scholarships:** 2 x \$1,500 for graduating students who are planning to pursue a career in Trades or a career in Visual Arts or Fine & Performing Arts. Must have completed secondary school coursework in either area. [Application form.](#)
- **Barbara Vengshoel Scholarships:** 2 x \$500 are available for one student pursuing a career in Trades and for one student pursuing a career in Fine & Performing Arts. Selection will be based on achievement in the areas of Trades or Fine & Performing Arts – based on courses taken in a graduation program. [Application form.](#)  
**Deadline for all is June 1, at 4.30 pm.**

#### CLASS OF 2024 – HAVE YOU WON ANY SCHOLARSHIPS OR BURSARIES?

Please share the good news with us.

We would like to acknowledge you in the commencement program.

Undergraduate entrance scholarships, smaller automatic entrance awards, community scholarships and bursaries, etc. - even if you decide not to attend the post-secondary institution that awarded you the scholarship, those are achievements that deserve to be celebrated.

[Please submit one form for each award](#)

#### MORE SCHOLARSHIPS LISTED ON CAREER CENTRE WEBSITE

Grade 12 students, if you are still looking for financial aid, you can find a variety of scholarships and bursaries with upcoming deadlines listed here.

[Scholarships, Bursaries and Financial Aid - École Dr. Charles Best Secondary School \(sd43.bc.ca\)](#)

# ATHLETICS



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



For secondary sport updates and information...



@cssaasd43

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

## **BLUE DEVILS ATHLETICS AWARDS & BANQUET NIGHT**

**SAVE THE DATE:** Athletics Awards Night on **June 4<sup>th</sup>** beginning at 5:30pm.

All students who participated in Athletics this year representing Dr. Charles Best Secondary are invited.

Tickets are now available on School Cash Online and can be purchased until **MAY 21<sup>st</sup>**

This will be a semi-formal event that will include dinner followed by team awards.

Parents are invited to the Awards portion of the night which will begin at approximately **6:45pm**.

<https://sd43.schoolcashionline.com/>

## **BADMINTON MAY 6-10**

### **JR. TEAM**

**Thursday, May 9<sup>th</sup> & Friday, May 10<sup>th</sup>** Fraser Norths at New Westminster Secondary.

The matches will consist of singles, doubles and mixed doubles. 3:30pm start. Good luck Juniors!

## **HOCKEY MEETING FRIDAY, MAY 10**

All players from both the main roster and AP, we will have a meeting next **Friday May the 10<sup>th</sup>** after school in room 206 to discuss the upcoming playoffs.

Playoffs will run the week of May 13<sup>th</sup> to May 17<sup>th</sup>.

## **RUGBY MAY 6-10**

### **SR. GIRLS**

**Wednesday, May 8<sup>th</sup> HOME** game vs. Maple Ridge on the upper field.

Last game of the regular season.

Game start is 4:30pm.

### **SR. BOYS**

**Thursday, May 9<sup>th</sup> HOME** field advantage for game one of Fraser Norths quarter finals hosting Heritage Woods at 4:15pm on the upper field..

### **JR. BOYS**

**Friday, May 10<sup>th</sup>** is game one of Fraser Norths quarter finals. The Jr. Boys have also secured **HOME** field advantage against Maple Ridge. Game start is 4:00pm on the upper field.

## **SOCCER MAY 6-10**

### **JR. GIRLS**

Playoffs begin **Monday, May 6<sup>th</sup> & Wednesday, May 8<sup>th</sup>**. Stay tuned for locations and times.

### **SR. GIRLS**

With their win yesterday, the Senior Girls Soccer team look to qualify for Provincials on **Thursday, May 9<sup>th</sup>!**

Kickoff is 2:45 (at home).

## **TRACK AND FIELD MAY 6-10**

The team participates in 2 days of District Championship meets this week to qualify for Fraser Norths.

The 2<sup>nd</sup> meet is on **Friday, May 10<sup>th</sup>** at Town Centre Stadium. (Percy Perry Stadium).