



# THE "BEST" INFORMER



**Thursday, March 08, 2018**

Today is **Day 1**

\*\*\*\*Please note: **All new items or any item with changes will be in Red\*\*\*\***

## GENERAL

### BELL SCHEDULE FOR TODAY

BLOCK 1	8:20-9:25
BLOCK 2	9:30-10:35
BLOCK 3	10:40-11:45
BLOCK 4	11:50-12:55
BLOCK 5	1:00-2:00

### HAPPY INTERNATIONAL WOMEN'S DAY

To celebrate and help support girls education on Women's Day, students 4 students is doing a Root Beer Float sale during Blocks 1-5. Cost is \$2.00 each.

### AP EXAM REGISTRATIONS

AP exam registration is open untill Friday March 9<sup>th</sup>.

### SPIRIT WEEK NEXT WEEK

Attention students, it's time to show your spirit. All next week is spirit week.

**Monday** is colour day: Gr 9 is red, Gr 10 is green, Gr 11 is purple, Gr 12 is blue and Staff are yellow.

**Tuesday** is Canadian Day, **Wednesday** is PJ day, **Thursday** is superhero/villan day and **Friday** is Hawaiian day.

### RUN YOURSELF JOYFUL!

Are you feeling stressed or anxious? Feel like you need a little help coping with the pressures of school and life? Come join us and Run Yourself Joyful! This club will give you basic information about keeping your mind and heart healthy. We begin each session with a short meeting where you can learn strategies for managing stress and anxiety, then we will all go for a run or walk together in the park. Research has shown that cardiovascular activity is both good for the body and the mind! If you or anyone you know struggles with stress, anxiety, depression, or any other mental health challenges, join us. Students of all fitness levels are welcome!

Information session Tuesday, March 13 after school at 3:20 in 104 (Foods Room)!

### LAW ENFORCEMENT STUDIES INFO SESSION AT THE JUSTICE INSTITUTE

Interested in a career in law enforcement and public safety? Discover what it takes at an upcoming information session for the Law Enforcement Studies Diploma and the Bachelor of Law Enforcement Studies programs. Learn about the education, applied skills and specialized knowledge required to become a superior candidate in the recruiting process. **This Thursday, March 8th 7pm – 8:30pm @ JIBC.** Register and learn more: <http://www.jibc.ca/lesd>

### YOUTH AMBASSADOR PROGRAM (Canada)

If you are 15 to 18 years old with at least 4 months of high school (*not graduating June 2018*), have CDN Citizenship, have interest in the United States and have a commitment to implement a community service project, then you are eligible to apply for a 3-week exchange in the US. This intensive program takes place from July 16 through August 4, 2018 and is carried out in Ottawa, New York State, and Washington, D.C. Participants have all travel, meal and accommodation costs during the exchange covered by the program, in addition to health benefits with limitations provided in the USA. To apply and for more information visit: <http://www.plattsburgh.edu/cesca/youthleadership.php> Deadline to apply is March 31, 2018.

### SUPER G AND HONOR ROLL LISTS

A **draft** copy of Semester 1 Super G and Honor Roll lists have been posted across from the Career Centre. Any questions please see your counsellor.

## SPORTS

### TENNIS

Attention to all Charles Best Aces, are you ready to get served? The tennis team will be having a brief meeting after school **today, Thursday March 8<sup>th</sup>** in Room 206. If you are interested, please come to the meeting or see Mr. Choi.

### SKI/SNOWBOARD CLUB

Sunday is our last trip of the year! Do not forget about the time change on Saturday night. Departure on Sunday at 6:00am, be there on time.

### ICE HOCKEY

Attention grades 10-12 interested in playing hockey this year. Make sure your papers and cheque are in before our first skate Saturday. If you haven't picked up your papers please see Mr. Last or Ms. Jenkins.

### **JUNIOR GIRLS SOCCER**

**TRYOUTS** are being held this Friday on our turf field at Charles Best at 3:30pm. *They are no longer being held at Hillcrest.*  
Tryout This Friday after school at our field at 3:30pm. Please wear the appropriate equipment and be on time to start!

### **SENIOR BADMINTON TEAM**

Congratulations to the senior badminton team's 9-2 win against Terry Fox as well as their very close 7-4 loss to Riverside on Tuesday. Singles players Jimmy Cheng and Joyce Dai went undefeated in singles and together in mixed doubles against both Fox and Riverside. The boys' doubles teams of Chris Cheng/Leo Peng, Ricky Tat/Jason Li and Jim Liu/Mark Wang and girls doubles team of Emily Lam/Claire Song went undefeated against Terry Fox. Great effort and start to the season by all players!

### **JUNIOR AND SENIOR LACROSSE**

Please come out and support the Junior and Senior Lacrosse teams in the Provincials this week.

**SENIORS:** Thursday 1:00pm @ Town Center – Mobilio; Thursday 5:00pm @ Best;

Friday 10:30am @ Best

Semi-Finals and Finals for both teams TBD

## **GRADE 12**

### **2018 GRADS PLEASE SAVE THE DATE**

Spring is almost here and so is grad season. Grads of 2018 please save the dates:

**April 4<sup>th</sup>**- Valedictorian nominations available in the office. Do you want to represent your grad class at commencement? If so, you need to fill out the nomination form and hand it in by April 11

**April 19<sup>th</sup>**- Mandatory Grad Assembly, period 2, in the large gym where you will get important grad information, choose your valedictorian and grad song. Grad guest forms will also become available

**June 8<sup>th</sup>**-Commencement rehearsal, period 5, large gym

**June 9<sup>th</sup>**-Commencement

**June 23<sup>rd</sup>** – Grad Dinner and Dance followed by After grad

## **IMPORTANT REMINDERS**

### **WHEN CROSSING COMO LAKE**

To all students:

Please remember to use the crosswalks and obey all traffic lights when crossing Como Lake.

### **SAFETY CONCERNS**

During snow days, even if the sidewalks have not been cleared, please remember to stay on the sidewalks. By walking on the road you are jeopardizing your safety.

#### **Remember:**

Don't walk on the road or ice patches, face traffic, unplug, be aware, be safe and wear appropriate clothing for the weather with reflectors if possible.

### **\*\*\*\*\*SCENT FREE SCHOOL\*\*\*\*\***

All schools and buildings within SD43 are "scent free" places of work and learning. Numerous students and staff have serious medical complications with various natural and chemical scents/ fragrances.

As such, please make every effort to avoid using or wearing scented products within this space in order to establish an environment that is as "scent safe" as possible.

### **\*\*\*\*ATTENTION ALL STUDENTS\*\*\*NO LOITERING IN BUS SHELTER\*\*\*\***

Students are reminded that the bus shelters are for people who are actually waiting to get on a bus.

Please do not use them as a social gathering place.

### **STUDENT DROP OFFS**

Please be aware that when dropping students off in the morning, vehicles are **not permitted** to stop at the west entrance roundabout. Stopping in the roundabout causes dangerous traffic problems on Como Lake Ave and impedes traffic.

### **SLOW DOWN AND USE CAUTION IN THE DRIVEWAY/DROP OFF AREA IN FRONT OF THE SCHOOL**

Students are reminded to slow down and use the designated crosswalk area when crossing through the school driveway area. Be very vigilant as drivers are often distracted as they are moving in and out of waiting spots. Also, our student drivers are reminded that the expectation is "dead slow" in our school driveways and parking lots.

### **LITTER IN THE HALLWAYS**

Students are reminded to clean up after themselves. It is a continual challenge to keep our school clean for all of us given that lunch hours take place all day long. Please pick up after yourself and your friends. Remember, we have garbage, bottle recycle, paper recycle and organics bins in regular locations throughout the building. Let's all PITCH IN together!

### **\*\*\*VAPORIZERS – AN ADDITION TO THE CODE OF CONDUCT\*\*\***

#### **VAPING IS NOT PERMITTED IN THE SCHOOL OR ON SCHOOL GROUNDS**

We have noted an increase in the use of these devices by our student population at Charles Best. While there are documented health concerns associated with vaping, these devices have also become a safety issue. We are using this opportunity to inform students and parents **that vaporizers and/or e-cigarettes cannot be possessed at school under any circumstances**. There have been recent incidents in our school/district that have resulted in these devices unintentionally exploding which can result in serious injury for the user and those around them. For the safety of all of our students and staff, it is important that these devices are not on school property. Students are not permitted to have these devices in their lockers, backpacks, or on their person at any time while on school property. If a student is found in possession of a vaporizer or e-cigarette, it will be confiscated. Parents will be contacted and required to meet with the administration and their son/daughter. Reoccurring incidents will result in disciplinary action.