



# THE "BEST" INFORMER



**Friday, March 09, 2018**

Today is **Day 2**

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

## GENERAL

### PLEASE COME TO THE OFFICE

Would the following students please come to the office:  
Kian Abdollahi, Isabella Azzi, Giuliana Chimarois, Mikela Hanson and Saul Rodriguez-Suarez.

### AP EXAM REGISTRATIONS

AP exam registration is open until **today, 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.

### SPRING DRESS EXCHANGE

Want to renew your wardrobe for spring semester events such as Spring dance, Grad dinner dance and commencement? Centennial School is organizing a Dress Exchange for SD43 secondary schools, for semi-formal and formal dresses – from party dresses to grad dresses.

The date is **Thursday, April 5<sup>th</sup>** from 4pm to 5:30pm at the Centennial Foyer, 570 Poirier Street, Coquitlam.  
Fitting rooms will be available on site. To get in, you must bring a non-perishable food item for SHARE. You do not have to donate a dress but if you don't bring a dress, but you will need to make a minimum \$10 donation to take a dress home. Matching accessories are welcome but no shoes please. Drop off for dresses any time during school hours to the main office at Centennial or bring your dress/dresses to the event. For more information please email Ms. Mattson at [mmattson@sd43.bc.ca](mailto:mmattson@sd43.bc.ca) or Ms. Farnell at [vfarnell@sd43.bc.ca](mailto:vfarnell@sd43.bc.ca).

### 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)!

### 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

### 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 **today, Friday** on our turf field at Charles Best at 3:30pm. **They are no longer being held at Hillcrest.** Please wear the appropriate equipment and be on time to start!

### SENIOR LACROSSE

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

**SENIORS:** Friday 10:30am @ Best  
Semi-Finals and Finals for both teams TBD

## GRADE 12

### BCIT PATHWAY TO SUCCESS AWARDS\*\*\*\*\$3,000

If you have applied or are planning to apply to a FT BCIT 1st year program in **technology, technical studies or trade (not apprentice)** SD43 has 3 scholarships available. Deadline to submit your application to Mr. Chang or the Career Centre by **NOON Tuesday April 03, 2018**. All the information you require and the application are available on the career centre page/financial aid.

## **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.