

Dr. Charles Best Secondary Newsletter

Issue 13 – May 29, 2019

2525 Como Lake Avenue, Coquitlam, BC V3J 3R8 604-461-5581

Website: <http://www.sd43.bc.ca/school/charlesbest/Pages/default.aspx>

Principal – Heather Murphy, Vice-Principals – David Jones, Sharon McKay and Joel Nelson

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:

Friday, May 31

Summer Kick Off/Miracle Movement – 3:30PM-6PM in the Cafeteria

Wednesday, June 5

Year-End Music Concert - 7PM in the Gym

Thursday, June 6

Measles Immunizations - 9AM-3PM

Commencement Rehearsal & Cap & Gown Distribution (**mandatory for all grads**) – Block 5 in the Gym

Saturday, June 8/Sunday, June 9

Graduation Dinner & Dance (Waterfront Fairmont Hotel)/After Grad(Best Gym)

Thursday, June 13

Commencement Ceremony – 7PM at the Queen Elizabeth Theatre, Vancouver

PRIDE DAY AT BEST – MAY 17

Charles Best had a successful observance on May 17 of the 50th Anniversary of the Decriminalization of Homosexuality in Canada. This was a nationwide observance the Tri-Cities municipalities have shown support in various ways. Here at Best we are proud of our inclusive nature which helps provide a safe space for learning for all students. Thank you to students and staff who showed their support and flexed their Charles Best Pride bracelets.

SOCIAL JUSTICE 12 PRESENTATION AT CITY HALL – MAY 27

A delegation from Ms. Leslie's Social Justice 12 students presented at Coquitlam City Hall on May 27. Their motion for the city to investigate the cost and a timeline to install menstrual product dispensers in the washrooms of municipal facilities passed! If this comes into fruition, Coquitlam would be the first in Canada to join the global trend of increasing access to a much needed sanitation product. City dignitaries were very impressed with the professional report by Dajeong Kim, Jim Liu and Ellen Mee, and also expressed their gratitude to over 30 students from Ms. Leslie's classes who engaged in a letter writing campaign on the topic. Congrats to all! Video of the presentation (it starts at 2 mins into the video):

http://coquitlam.ca.granicus.com/MediaPlayer.php?view_id=2&clip_id=1372

Chris Wilson
1 hr · 🌐

Just finished listening to one of the most professional and passionate presentations since I've been on City Council. The subject....free menstrual products in city facilities. Wow. These young people are amazing. We also received about 30 individually written letters.

City Council Presentation: Menstrual Product Accessibility

We humbly request the following:

1. A task force to look into the cost of installing free menstrual product dispensers in all municipal public washrooms as soon as possible.
2. Have the task force report back to council in the next 3 months.
3. Include the plan to install free menstrual product dispensers in municipal public washrooms for the next fiscal year.

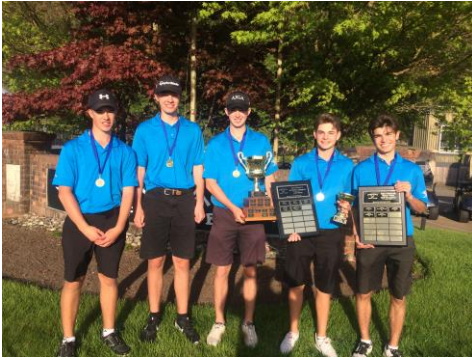
Recommendations:

1. A significant portion of the population is not getting their basic sanitation needs met when accessing public washrooms or restroom facilities.
2. This is a gender equality issue as men have all of their basic hygiene needs met at their public washrooms.
3. Menstruation is incremental and expensive. 1% of Canadian women struggle to afford menstrual products and this issue can be education, employment and social issues.
4. Our present and future with the city's strategic plan to improve quality of life.
5. Many employment opportunities around the world have implemented programs similar to this. This is an opportunity for Coquitlam to be a leader in Canada.
6. We think it supports the right to equal participation and equality for all citizens.
7. Products must be freely available in the washrooms as anyone a woman has ask for help in changing a tampon.

Estimated cost:

We looked to North Ayrshire, Scotland, for financial reference as they have nearly 9 million population in Coquitlam (~10,000). This municipality has provided free kits to menstrual products in 100 of their municipal buildings for a cost of \$70,843 (CAD). This roughly translates to a cost of \$0.25 per citizen of Coquitlam, or 500% of the annual operating budget for Coquitlam.

SENIOR GOLF TEAM WINS DISTRICT CHAMPIONSHIPS & PLACES 5TH AT THE FRASER VALLEY CHAMPIONSHIP



Jordan Allaire's lethal short game stunned his foursome as he took the individual low gross award over Glenagle's by a single stroke with a stupefying 68. Not to be outdone, Matthew Beauchamp pounded his drive on #17, lasered his 7 iron approach to 5 feet and eagled the hole on his way to a 74. Brothers William and Adam Tindle separated in age by 3 years but in score by a single stroke filled their back 9 with birdies and pars shooting 73 and 74. After hitting 15/18 greens, Noah Sohi dropped a bomb on #18 to birdie the last hole and set a new district record for team low gross score at 286. The team placed 5th at the Fraser Valleys which now qualifies them to move on to the Provincials later this week. Good luck team!

ORANGE SHIRT DAY – OCTOBER 4

Even though Orange Shirt Day is next October, Dr. Charles Best is proud to lead the way by offering custom made Orange Shirts to students for \$10. They can be purchased online from the quick links section of our website. This great price is available until May 31. Get your t-shirts and be a part of the Reconciliation process to honour the 150,000 students that attended Residential Schools in Canada. Our goal is to create a sea of Orange at our assembly! Shirts will be delivered to the school in September.



SHARE FAMILY & COMMUNITY SERVICES

SUBSTANCE USE SERVICES EDUCATION SERIES – Spring 2019 A Free Presentation - Open to the Public

SHARE Substance Use Services invites you to attend any or all of our Education Series. The program is open to everyone in the community. It offers important information for those who are struggling with substance misuse or are concerned about their use. It will also help those people affected by others' substance use. There is no cost for this group. Topics will vary from week to week as outlined below. The format consists of slide show presentation, video and discussion.

- May 16, 2019 - Substance Use: Understanding addiction and making substance use changes.
- May 23, 2019 - Trauma & Substance Use: How traumatic life experience can contribute to substance use.
- May 30, 2019 - Mental Illness and Addiction: Understanding the links between them.
- June 6, 2019 - Relapse Prevention: The psychological, emotional and physical aspects of relapse and how to respond.
- June 13, 2019 - Alcohol: How dependence develops; intoxicated driving; and effects during pregnancy.
- June 20, 2019 - Cannabis: A second-class addiction?
- June 27, 2019 - Opiates: Fentanyl, heroin & other commonly used depressants ~ addiction, safety and recovery.
- July 4, 2019 - Stimulants: Cocaine, crystal meth & others ~ short-term recovery and long-term recovery.
- July 11, 2019 - Anger, Stress & Depression: Learning how to support wellness without substance use.
- July 18, 2019 - Substance Affected: How others' misuse of substances can affect us and how to support them.

When: Thursdays: 6:30 pm – 8:00pm
Where: 2nd Floor - 2615 Clarke Street, Port Moody
 For more information, please call 604-936-3900

