



## CALENDAR of EVENTS

**February 3rd**  
Hockey Academy Meeting  
7 p.m. Cafeteria

**February 5th**  
Report Cards distributed in  
Advisory

Grade 8 Parent Information  
Session 7 p.m. Cafeteria  
(Programming)

**February 6th**  
High Performance Academy  
Information Session  
7 p.m. Library

**February 11th**  
After-Grad Meeting  
7 p.m. Library

**February 18th**  
PAC Meeting  
7 p.m. Library

**February 21st**  
Professional Day (District)

**February 26th**  
Grade 8 Parent Info Session  
7 p.m. Library  
(1:1 Technology)



Parents can link to my blog,  
"The Pulse". The link is:  
<http://aciolfitto.wordpress.com/>



ISSUE

# 04

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### Course selection for 2014/2015

Counsellors will be meeting with our Grade 9's, 10's and 11's at the end of February and in early March to help students with course selections for next year. It is very important that students attend the counsellor presentations. We encourage students and parents to meet with counselors individually to discuss any questions and concerns they might have. Just phone your counsellor to arrange an appointment. Courses selected, particularly for grade 11 and 12 students have an impact on post-secondary options. The programming schedule is as follows:

February 25 <sup>th</sup>	Grade 10's period 2 (A)	Grade 11's period 3 (B)
March 3 <sup>rd</sup> and 4 <sup>th</sup>	Grade 9's in Math classes	

Note: Grade 10's and 11's must have their completed course selection forms turned into their counselor by **March 5<sup>th</sup>**. Grade 9 completed course selection sheets are due **March 7<sup>th</sup>**. Students who hand in their course selection sheets past the deadline may not get their first choice electives as the classes may be full.

Please note that **all** students in grade 9, 10 and 11 will be required to register for **eight** courses. Grade 12's may choose to take 7 courses in discussion with their counsellor. Detailed course information can be found on the Riverside web page under "course planning". Several new courses and programs have been added to our usual offerings. As well, some District programs and on-line offerings are worth a look.

In partnership with Twist Conditioning, Riverside is pleased to offer a new program next year —

### High Performance Athletic Academy



"The pursuit of athletic excellence"

The academy is open to **male and female** students from **every sport** in grades 9 through 12 who are registered at Riverside as of the 2014/15 school year. Interested parents and students are strongly encouraged to attend our High Performance Academy meeting on February 6th at 7 p.m. in the library.



## GRADE 12 MARKS AND POST-SECONDARY APPLICATIONS

The Ministry sends official copies of student's interim marks in April and official transcripts in July to post-secondary institutions in order to assist students through the admissions process. The Ministry can send marks information only if a student gives them permission to do so. Students are required to complete the "Post-Secondary Institution Choice Form" (PSI) on-line on the Ministry website. Counsellors will provide specific instructions to students and parents but instructions are also available on the counselling department web site as well. In order to be considered for admission students should complete this task before the end of March. Only students applying for a September '13 entry need to submit their PSI form.

More details to follow!

## STUDENTS ENRICHED AND CHALLENGED THROUGH MATH CONTESTS

The **Mathematics Department** continues to provide numerous opportunities for 'more able' students to enrich their mathematical experience by participating in national and international math contests. The contests include a wide range of routine and non-routine problems that encourages students to use divergent thinking skills. Special thanks are extended to the **Parent Advisory Council** that provides some of the funding to cover entry fees for some of the contests. This year, for the first time students were able to sign up to participate in contests individually by paying a nominal registration fee.

To date, Riverside has already participated in three different competitions. On November 6<sup>th</sup> our top senior students took part in the **Canadian Open Mathematics Challenge**. This is a two and half hour open ended competition the marks, not only accuracy, but also clarity of presentation. The results for this year's competition include:

Plamondon, Thomas	Performance with Honours
Kwong, Eugenie	Certificate of Participation
Plamondon, Lukas	Certificate of Participation
Wu, Connan	Certificate of Participation
Yu, Raymond	Certificate of Participation
Lo, Geomar	Certificate of Participation
Roemer, Julian	Certificate of Participation

On November 21, 2013, some of Riverside's top junior and senior students wrote the **Canadian Intermediate and Senior Mathematics Contest**. This was a 2-hour open ended competition that also marked for accuracy and quality of presentation. Again, Riverside students performed very well. Results are included below:

Sunmin Choi	Top	9% in Canada*
Noah Tajwar	Top	9% in Canada*
Gerrik Wong	Top	15% in Canada*
Jeremy Fell	Top	18% in Canada*
Gabriella Moino	Top	24% in Canada*
Kianna Bruhn	Top	32% in Canada
Jeffery Kim	Top	39% in Canada
Natalie Maslowski	Top	39% in Canada
Murray Meldrum	Top	43% in Canada
Andy Wu	Top	43% in Canada
Kunal Chettiar	Top	49% in Canada

Based on 5 706 official contestants

\* In total 5 students earned Certificates of Distinction for placing in the top quartile.

## Canadian Senior Mathematics Contests

Thomas Plamondon	Top	12% in Canada*
Dmitry Narkevich	Top	20% in Canada*
Alwin Leong	Top	26% in Canada
Lukas Plamondon	Top	29% in Canada
Julian Roemer	Top	29% in Canada
Wayne Chen	Top	32% in Canada
Antsun Wong	Top	36% in Canada
Ryan Clark	Top	39% in Canada
Wayne Kim	Top	43% in Canada
Bryan Logue	Top	43% in Canada
Raymond Yu	Top	43% in Canada
Farhang Behrouzi	Top	50% in Canada

Based on 6 167 official contestants.

\* In total 2 students earned Certificates of Distinction for placing in the top quartile

Other contests to be held this year:

American Mathematics Competition 10	Tuesday, February 4, 2014
American Mathematics Competition 12	Tuesday, February 4, 2014
Pascal Contest ( Grade 9 )	Thursday, February 20, 2014
Cayley Contest (Grade 10)	Thursday, February 20, 2014
Fermat Contest (Grade 11)	Thursday, February 20, 2014
Euclid Contest ( Grade 12 )	Tuesday, April 15, 2014
Fryer Contest ( Grade 9 )	Wednesday, April 16, 2014
Galois Contest ( Grade 10 )	Wednesday, April 16, 2014
Hypatia Contest ( Grade 11 )	Wednesday, April 16, 2014

Riverside's **Math Challengers Club** will compete at the Lower Mainland Regional Championships early in February. **Math Challengers** is an enrichment program that promotes mathematics achievement among students in Grades 8 and 9 by challenging students with stimulating and thought-provoking questions. Teams from these schools then compete with each other at local, regional and provincial tournaments. Special thanks go out to **Ms. Wong** that has spent many hours outside of class time teaching new content and enhancing the team's problem solving skills.

Special thanks to the many parents that encouraged their students to sign up and participate in these contests. If there are any further inquires, please contact Mr. Muro at [cmuro@sd43.bc.ca](mailto:cmuro@sd43.bc.ca).

## EMERGING TALENT SHOW AT EVERGREEN

This year's Emerging Talent Art Show at Evergreen Centre features the work of seven very talented and dedicated Riverside Artists!

The annual Emerging Talent Show runs from January 18th to February 27th. This juried event showcases the work of District 43 art students who plan to go on in art related careers. This year's show includes almost 100 pieces of very high quality art. The opening reception for the show is Sunday, January 26th from 2 to 7 pm with opening remarks at 3:30. We hope to see many of you there to help celebrate the accomplishments of our Riverside artists. The following talented, dedicated and creative students have had works selected for the show: **Donya Ain-Sanati; Sasha Ceperkovic; Charmaine Cheng; Mariya Drenska; Kiera Forsythe; Agatha Lai; and Kyle Murdoch.** Their selected pieces include acrylic paintings, graphite drawings, water colour pieces and photographs. Congratulations to this year's participants!

Janice Schmidt, on behalf of the Art Department

## MULTI-CULTURAL LEADERSHIP CLASS

Feb. 3 3:00 p.m. New EAL/International students' orientation in room 214

Feb. 11 – 14 New Year's Festival highlighting celebrations from many cultures. At lunch in main school foyer.

Feb. 14 – Riverside Alumni Postsecondary Information session – former students return to speak to classes about their postsecondary programs. Students at SFU/Capilano/Douglas/BCIT will be featured.

Feb. 21 – Riverside Alumni Postsecondary Information session for UBC students

## USED BOOK DRIVE

Used Book Drive for Thistalalh Memorial Library

In the summer of 2013, a fire destroyed the Thistalalh Nation's public library. This aboriginal community is located in Bella Bella, a remote area on the coast of Northern BC. Their library was a place for reading, learning, reflection and gathering. It was a great loss to this community. The District's Aboriginal Me2We group is collecting gently used books and funds to rebuild and restock this library. In the spring, the Me2We group will be sending a barge up to Bella Bella with crates of books and furniture. If you have any new or gently used **children or adults books**, please consider dropping them off at the Riverside library for the collection in March. The Thistalalh Nation has already received a large donation of teen books so they are only accepting children and adult books.

We will be holding a fundraiser in March to aid in the rebuilding of this library. Stay tuned for more information and thank you for your donations.

## WE NEED YOUR UNWANTED FASHION MAGAZINES

It's time for spring cleaning! You could recycle those old fashion magazines or you can donate them to Riverside's Fashion Design class.

If your collection includes titles such as: Vogue, In Style, Vancouver Fashion, Elle, Harper's Bazaar, Flare, Glamour, Marie Claire, Chatelaine, (including magazines that are not in English), please donate them to Ms. Jackson, Room 128.





## After-Grad Update

It's the New Year and officially 2014 – our kid's graduation year!! It may seem like a long ways away but June 14 will be here before you know it and we have a LOT of work to do. Please SUPPORT this amazing event – it really is all about OUR KIDS! We've got a busy couple of weeks ahead and need YOU to get involved!

**Pub Night** – February 7, 5:30 – 8:00 pm at the Cat and Fiddle Neighbourhood Pub. Please book this night, invite friends, and support our After Grad. Tickets on sale right now. E-mail Bernice Draper ([bdraper@telus.net](mailto:bdraper@telus.net)) for more information. Can't make it, please donate a prize!!

**Sun Vacation Lottery** – tickets will be on sale right after Xmas for \$20.00 each. Limited # sold and your chances of winning are high. Grand Prize \$2500.00 towards a vacation in the sun! This is one of our major fundraisers - please HELP us by volunteering to sell these tickets and purchasing some yourself. Contact Bev Haydock at [bevs.squad@shaw.ca](mailto:bevs.squad@shaw.ca) if you can help. Draw will be done at the Pub night.

**Canadian Tire Money** – yes, we want it! Please drop it off at the front office. Note: this will be ongoing all this year as well.

**Tired of Fundraisers ???** Then give us a donation. It's tax deductible! Please be aware your grad's ticket covers a very small part of the cost of this event. We keep the ticket price low to ensure ALL grad's can attend and celebrate! If you plan to do this please donate as soon as possible as it will impact the number of fundraisers we need to do in the next 4 months!

Get involved in the After Grad celebration!

We have several committees needing volunteers. Come out to our next meeting, **Tuesday, Feb. 11, at 6:45 in the Riverside library** and join the fun!

# Making Sense of Anxiety

The escalating level of anxiety in our children begs for an explanation as well as a solution. This Neufeld course sheds light on this age-old problem, paving the way for natural interventions that can actually get to the root causes as opposed to just managing symptoms. This course brings a fresh and promising perspective to one of our most troubling and perplexing human problems. Although the focus is on children, this enlightening material will benefit anyone suffering from anxiety.



Four Wednesday Mornings  
February 12 - March 5, 2014  
10 am - 12 noon

Port Moody  
Recreation Complex  
Ioco Road, Port Moody  
Fees: \$120.00 for 4 sessions

Registration:  
Online at [www.portmoody.ca/signmeup](http://www.portmoody.ca/signmeup)  
or call 604-469-4556  
Course Code #50960



**Bridgett Miller**  
Authorized Neufeld Facilitator

Bridgett Miller is an Authorized Neufeld Facilitator and has a background in Education, Special Education and Psychology. She is a certified teacher in British Columbia. Bridgett facilitates Neufeld courses in small groups for parents and educators wanting to make developmental sense of the children in their care. Her private practice -True Growth Consulting- is based in Port Moody. Bridgett consults privately with parents who are seeking a deeper understanding of how the Developmental Approach, which is firmly rooted in Attachment Theory, relates to their own children and family. These consultations are suitable for parents wanting to discuss their concerns privately rather than within a group setting. On a personal note, Bridgett is the mother of two daughters and has found the work of Dr Gordon Neufeld to be pivotal in helping her to grow them up.



For more information on other courses or to book a private consultation please contact [bridgett@truegrowthconsulting.ca](mailto:bridgett@truegrowthconsulting.ca)

## CAREER FAIRS IN FEBRUARY



**Green Bricks** is very pleased to offer to grade 10/11 students FREE participation in the **Green Collar Futures Career Conference** on **Saturday February 15, 2014** at the Hilton Metrotown, Burnaby.

Space is VERY LIMITED so students can register via the Riverside Career Centre website or at <http://greenbricks.ca/futures/>. Students **MUST** be registered by February 11, 2014 to attend this event. Lunch and prizes included.

**Futures** is much more than a career fair as it allows you to interact with career mentors from various sustainability related careers who have excelled in and are passionate about their green careers.



Students, Teachers and Parents are welcome to attend the annual **SD43 Career Fair** at **Dr. Charles Best Gym**, 2525 Como Lake Ave. on Wednesday **February 26** from 9:00 to 12:30pm.

In attendance will be Trade Schools, Public and Private Post-Secondary Schools, Employer Groups, individuals from various careers.

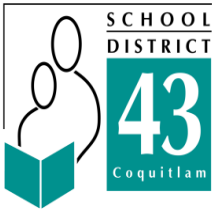
Please make arrangements for any missed classes so as not to miss this exciting event!

## PORT COQUITLAM MINOR BASEBALL ASSOCIATION

This is the link to our web site: <http://www.pocominorbaseball.com/home.php>

**Registration is open** at [www.pocominorbaseball.com](http://www.pocominorbaseball.com) If you register before February 1, you will receive our 2013 rates! On February 1 we raise the rates for 2014.

- For those wishing to **register in person**, we are holding registration sessions:
    - Saturday February 8 at Hyde Creek Rec Centre (1379 Laurier Avenue ), 9am-11am
    - Sunday February 9 at Poco Rec Complex (ice rink at 2150 Wilson Avenue), at 9:45am-11:45am
- Please bring your chequebook, proof of address (copy of a utility of other bill), and proof of age (birth certificate).



Learning for a Lifetime

## *School District #43 (Coquitlam)* **Settlement Workers in Schools (SWIS)**

The Settlement Workers in Schools (SWIS) program is a government-funded and school-based settlement service for new immigrant families to meet their immediate and ongoing settlement needs. Families who have children in the school district are connected to schools, community and government organizations and their resources.

### ***We help with settlement support:***

- Providing orientation on Canadian culture and school system
- Facilitating communications between parents and school personnel
- Assisting families to access community resources and government programs

### ***We provide culturally sensitive services to families by:***

- Serving families in English or their home language whenever possible
- Keeping information confidential

### ***We provide information and orientation workshops on:***

- School System
- Parenting and Child Development
- Health Services
- Housing
- Employment Services
- After School Programs and Leisure Access Programs
- Child and Family Benefits and Programs

### **We provide service linking to community and government resources:**

- Parenting and Preschool Programs
- Child and Family Benefits
- Child Care and Youth Services
- Women Support/Transition Houses
- EAL Support Services and Adult Continuing Education
- Job Search Programs and Volunteer Opportunities
- Income Assistance and Employment Insurance Services
- Parks and Recreation
- Counselling Services
- Legal Services
- Citizenship and Immigration

### **Please contact us for services you need in English or your home language:**

SWIS Coordinator:	Krisztine Trumley – 604-219-1153	<a href="mailto:ktrumley@sd43.bc.ca">ktrumley@sd43.bc.ca</a>
Farsi & Dari:	Roya Aghakhani - 604-619-5163	<a href="mailto:raghakhani@sd43.bc.ca">raghakhani@sd43.bc.ca</a>
	Bahareh Hosseinpour - 604-785-7679	<a href="mailto:bhossein@sd43.bc.ca">bhossein@sd43.bc.ca</a>
	Soheila Soudy – 604-619-6273	<a href="mailto:ssoudy@sd43.bc.ca">ssoudy@sd43.bc.ca</a>
Russian:	Nina Bobrova – 604-619-6583	<a href="mailto:nbobrova@sd43.bc.ca">nbobrova@sd43.bc.ca</a>
Korean:	Dayna Lee – 778-879-6299	<a href="mailto:dlee@sd43.bc.ca">dlee@sd43.bc.ca</a>
Mandarin & Taiwanese:	Yufen Hsiao - 604-803-8128	<a href="mailto:yhsiao@sd43.bc.ca">yhsiao@sd43.bc.ca</a>
Spanish & Portuguese:	Lecia Funes – 604-454-7392	<a href="mailto:lfunes@sd43.bc.ca">lfunes@sd43.bc.ca</a>
Arabic:	Hadil Fonouni-604-349-7706	<a href="mailto:hfonouni@sd43.bc.ca">hfonouni@sd43.bc.ca</a>

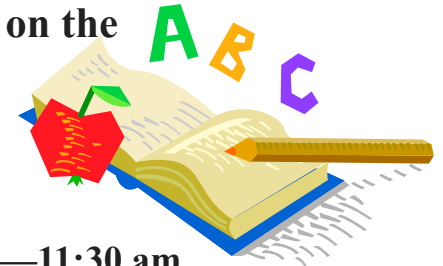


# Settlement Workers in School (SWIS)

Present

## Free Monthly Orientation Workshops on the School System

Open to all Newcomer Families



Please join us for all workshops at:  
**Vanier Centre, 1600 King Albert Ave. 10:00 am—11:30 am**

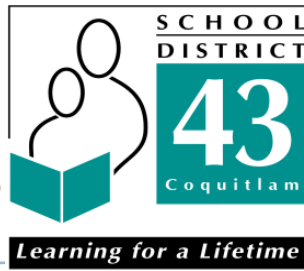
Monday, November 25	<b>General Orientation to the School System</b> <i>Focus: Reporting &amp; Grading System (Parent Teacher Interviews)</i>
Monday, December 9	<b>General Orientation to the School System</b> <i>Focus: Health &amp; Wellness &amp; Understanding the Festive Season in Canada</i>
Monday, January 27	<b>General Orientation to the School System</b> <i>Focus: Graduation Requirements &amp; Post-Secondary Options, Transitions</i>
Monday, February 24	<b>General Orientation to the School System</b> <i>Focus: Student Services and Social Responsibility</i>
Monday, March 10	<b>General Orientation to the School System</b> <i>Focus: Youth Employment Skills</i>
Monday, April 28	<b>General Orientation to the School System</b> <i>Focus: Summer Programs, Activities &amp; Community Resources</i>
Monday, May 26	<b>General Orientation to the School System</b> <i>Focus: School Programs in SD43</i>
Monday, June 23	<b>General Orientation to the School System</b> <i>Focus: Planning for Successful Transitions – Summer &amp; New Schools</i>

**Support is available in multiple languages**

Funded by:



**S.W.I.S.**  
Settlement Workers  
in Schools



**Vanier Centre**

1600 King Albert Ave. Coquitlam V3J 1Y5

Are you a newcomer with children in school and need help?

Please contact Settlement Workers in Schools (SWIS).

Principal: Krisztine Trumley

604.945.7311 [ktrum-](mailto:ktrumley@sd43.bc.ca)

[ley@sd43.bc.ca](mailto:ktrumley@sd43.bc.ca)

اگر شما تازه به کانادا مهاجرت کرده اید و فرزندتان به یکی از مدارس آموزش و پرورش منطقه 43 می رود با مشاورین فارسی زبان سکنی گزینی آموزش و پرورش تماس بگیرید.

بهاره حسین پور 604- 785- 7679;

[bhossein@sd43.bc.ca](mailto:bhossein@sd43.bc.ca)

رویا آفاخانی 604- 619-5163;

[raghakhani@sd43.bc.ca](mailto:raghakhani@sd43.bc.ca)

سهیلا سعودی 604- 619-6273;

[ssoudy@sd43.bc.ca](mailto:ssoudy@sd43.bc.ca)

**Farsi**

您是新移民並且有孩子在上學嗎(幼兒園-12年級)? 請聯系學校移民安頓輔導員來幫助您。

普通話: Yufen Hsiao

604-803-8128 [yhsiao@sd43.bc.ca](mailto:yhsiao@sd43.bc.ca)

**Chinese**

새 이민자로서 자녀의 학교 생활에 대해 궁금한 점이 있거나 도움이 필요하시면, 학교 적응 담당자인 저에게 연락하십시오.

이미호: 778-879-6299

**Korean**

Eres un nuevo inmigrante con hijos en edad escolar (Kindergarten a grado 12)? Por favor contacte al Settlement Worker in Schools o consejero de asentamiento en las escuelas.

Lecia Funes: 604-454-7392

[lfunes@sd43.bc.ca](mailto:lfunes@sd43.bc.ca)

**Spanish**

Вы только что прибыли в Канаду с ребёнком школьного возраста и нуждаетесь в помощи?

Позвоните русскоговорящему консультанту по адаптации:

Нина Боброва: 604-619-6583

[nbobrova@sd43.bc.ca](mailto:nbobrova@sd43.bc.ca)

**Russian**

هل انت من الوافدين الجدد و لديك اطفال في المدرسة و تحتاج الى مساعده يمكنك الاتصال بالمستشار الاجتماعى

Hadil Fonouni: 604-349-7706

[hfonouni@sd43.bc.ca](mailto:hfonouni@sd43.bc.ca)

**Arabic**

School District No. 43 Safe Schools Task Force  
An invitation to the School District Community  
Tuesday Feb. 4<sup>th</sup> from 7-9 pm  
Coquitlam Alliance Church, 2601 Spuraway Ave, Coquitlam, B.C.

Parenting our Kids in the 21<sup>st</sup> Century

Presented by Kevin Cameron  
Director: Canadian Center for Threat Assessment and Trauma Response

The 2<sup>nd</sup> of a Three Series Event sponsored by The Ministry of Education,  
School District No. 43 and the partner groups listed below.

Peer dynamics, school dynamics, and broader social dynamics can have a tremendous influence on our children and youth and the greatest evolving force of all is the role of technology from texting, social networking (Facebook, Twitter, Instagram, Snapchat) and the Internet in its totality.

The factors that can negatively influence child and adolescent behaviours are far more prevalent now than when most parents were children themselves. The strategies to manage those risk factors have not necessarily changed; we just need to do more of it.

This presentation will look at some of the common and evolving problems faced by children, families and schools in this generation, and strategies used to deal with some of North America's most complex cases from high profile suicides and violent incidents to the quiet personal tragedies known only by those who have endured them.

Please plan to attend at this event at the Coquitlam Alliance Church, 2601 Spuraway Ave, Coquitlam, B.C. Seating is limited to 700.

