

Dr. Charles Best Secondary

2525 Como Lake Avenue, Coquitlam, BC V3J 3R8 Website: www.sd43.bc.ca/charlesbest
Principal – Carol Coulson, Vice-Principals – Rob Lederer, Anita Young (seconded to District),
Mary O’Neill (acting)



Best Vibrations Newsletter – Discover Your Best

December 16, 2016

Issue No. 5

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.

HIGHLIGHTS

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MESSAGE FROM THE PRINCIPAL

The bright blue sky and freezing temperatures paired with our beautiful view of the snow covered Mundy Park really makes it feel like winter and Christmas. At Dr. Charles Best, many of our students and staff have been working hard to make the Christmas spirit of giving come alive. Our student group - Best Buddies, Leadership students, Project Hello and Student Council - have been busy with a variety of fundraising events for SHARE, collecting food for Christmas hampers, taking photos with Santa, organizing Spirit Week, preparing and delivering Secret Santa gifts for seniors and finishing off our final school day of 2016 with our annual Talent Show, which will surely entertain us as we head into the holiday season.

On Wednesday evening the fine arts students entertained us with the annual Holiday Music Concert, which helped bring the Christmas season to life. The music was festive, the spirits were bright, and all performances were filled with good cheer. In Athletics, the basketball, wrestling and lacrosse teams are all underway and are giving it their all. Congratulations to everyone for what they have achieved and for the accomplishments that await them in the New Year.

In addition to all the service work being offered, our students are working hard at their studies and continue to keep focused on their learning. As always, extra help is available for those seeking assistance; your child’s teacher and counsellor can point you in the right direction. With the holiday season upon us and the quick approach to the semester’s end, we encourage students to take time to reflect on what they have learned and, as they enter into the New Year, to set goals that will assist them in their learning and achievement of success.

We wish you all the very best for a Merry Christmas with family and friends and a Happy New Year!

Carol Coulson
Principal

IMPORTANT DATES

December 16

Talent Show – 1 pm
Last day of school before Winter Break

December 17 – January 2

Winter Break

January 3 (Tuesday)

School reopens after Winter Break

January 9

PAC General Meeting – 7 pm

January 12

Gr 8 Parent Tours – 6:30 pm
Gr 8 Parent Information Evening – 7-8 pm

January 17

Evening of the Arts – small gym – 7 pm

January 27

Gr 8 Walk-About – 11:30 am – 2:30 pm

January 30

School Based Pro-D (students do not attend)

January 31

Semester 2 begins

February 2

Second Formal Report Card distributed

February 13

B.C. Family Day

February 23

Gr 9-11 Parent Information Night

February 24

District Pro-D Day (students do not attend)

WHAT'S BEEN HAPPENING THIS MONTH?

AN EXCEPTIONAL VISIT TO COQUITLAM SCHOOL DISTRICT FOR TWO KENYAN STUDENTS COMES TO A CLOSE

On Oct 28, two Kenyan students Allan Waithira and Denis Chege, arrived in the Coquitlam School District for a two month stay. They were selected due to their hard work in a course called Butterfly Effect; an independent study course where students at Dr. Charles Best Secondary School in Coquitlam, along with students in Langley, Surrey and Kenya do projects of their own personal interest and support each other in an online community of learners (Butterflyeffect.hoop.la).

Butterfly Effect is a cultural exchange component of PA-MOJA (PA-MOJA.com), which is a small grassroots NGO that partners schools in North America with schools in Kenya for authentic connections and to preserve wildlife. Coquitlam has a number of PA-MOJA schools so during their stay, Allan and Denis spent one day a week at Maple Creek Middle, Kilmer Elementary and Mary Hill Elementary to share their culture and learn Canadian culture. This deep connection has allowed all the schools involved to expose students to the new core and curricular competencies of the new BC curriculum in an authentic way.



Denis and Allan stayed with homestay families from the district and got to experience many Canadian activities. The visit has profoundly impacted both the two Kenyan students and also the many students at Coquitlam schools. If you would like to read about their experiences, please visit their blogs at KenyaAllanCanada.wordpress.com and KenyaChegeCanada.wordpress.com.

Everyone involved would like to thank the Coquitlam School District for providing the flights for the students and to all the schools, students, parents and homestay families who made the visit such a success. We also want to thank everyone who donated clothes and tickets for activities; it really helped the boys fit in to our schools, acclimatize to our weather and have some great experiences.

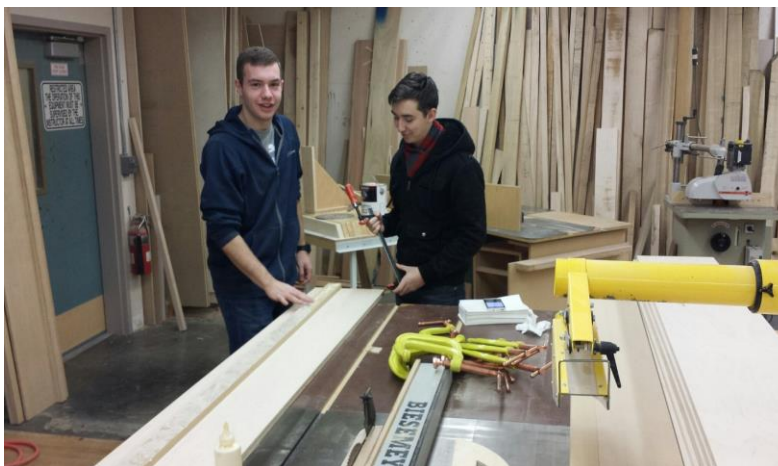
Denis and Allan will return to Kenya on Dec 28th. They will bring back the knowledge and experiences from Coquitlam to the Kenyan schools involved in the project. If anyone would like further information on this exchange, please contact Alison Stuart, a teacher at Dr. Charles Best Secondary, at astuart@sd43.bc.ca.

ONE MATCH PROJECT

On Wednesday, December 7th, Social Justice 12 students worked with Canadian Blood Services in the One Match project. What is One Match? It is a campaign to register 17 to 35 year olds into a DNA database which can be used to match stem cells to cure blood cancers and diseases. The students encouraged their fellow grade 12's to be informed and be cheek-swabbed to collect a DNA sample. In only three blocks of time, there were 102 grade 12 students registered and gave the opportunity to save lives. Dr. Charles Best is the only school in Coquitlam to partner with Canadian Blood Services in this way. We are very proud of all the participants in this very important event.

MR. JONES' WOODWORKING CLASS

Grade 12 students Dino Bakas and Jacob Williams from Mr. Jones' woodworking class, work on the new benches that will be installed throughout the halls. As part of a school-wide initiative, students are helping with projects that will revitalize Dr. Charles Best Secondary. The benches are made of maple plywood and solid maple molding and will be cantilevered from the walls.



ATHLETIC LEADERSHIP CLASS

On Wednesday Dec 7th, the Athletic Leadership class hosted 180 grade 5 students from around the district for the 2nd Volleyball Jamboree. In partnership with Mr. Passaglia (Principal of Porter Elementary) the leadership students ran the volleyball tournament and concession. The athletic leadership students donated the proceeds of \$425 from the concession to the food bank. This is the 3rd district volleyball tournament the class has run for middle school and elementary schools this term. Students have been complimented for their leadership skills. The students also volunteer once a week at Ranch Park Elementary where they conduct PE lessons for students. Well done!



WHAT'S COMING UP?

EVENING OF THE ARTS

On Tuesday, January 17th the Dr. Charles Best Fine and Performing Arts Department will be holding our annual Fine Arts Night. This special evening will be a celebration of ALL the arts at Charles Best. Presented in our Gallerasium (our small gymnasium) we transform the space into an art gallery/theatre so that students, their families and friends can enjoy drama, band, choir, ceramics, painting, drawing, animation, graphic arts and photography presentations. It's sure to be a great evening so come and check out this fantastic event. Whether your son or daughter is involved in these electives or wants to be in the future, be sure to save the date. The fun starts at 7:00 pm and seating will be cabaret/coffee house style. Coffee and tea will be available by donation.

CALL FOR SUBMISSIONS! – EMERGING TALENT ART SHOW 2017

Grade 12 visual arts students in School District 43 graduating in the spring of 2017 and applying to a post-secondary art program by June 2017 are invited to submit their work. The intention of the exhibition at Evergreen Centre is to provide SD 43 art students who have a desire to pursue a visual arts vocation, the chance to experience the process of a formal exhibition. All the art works (2D & 3D) must be submitted no later than Tuesday, January 10th, 2017. Please see Mr. Yoo (room 207) for more details.

POETRY IN VOICE

The Poetry in Voice competition, a poetry recitation contest, returns to Best in February 2017. Now is the time for students to select and memorize poems from the Poetry in Voice site. Any student can sign up to participate. Top performers from the school qualify for the national on-line semi-finals. New this year: a regional team championship at Prince of Wales Secondary in March. See Ms. Silzer in the library for more information, or e-mail her at dsilzer@sd43.bc.ca. Go to www.poetryinvoic.com to find competition rules, and to explore the huge list of poems you can choose from.

ATHLETICS

SENIOR GIRLS BASKETBALL

Congratulations to the senior girls basketball team who started off their season by winning the “No Regrets” basketball tournament for the second year in a row. Jessica Wolpert was top scorer in all three games. Nicole Cabuco, whose tenacious last minute steal and three pointer to win our first game on the buzzer was selected for a first team all-star. Nancy dominated the boards and had a solid 18 point game. Kendal Sands’ consistent leadership at both ends of the floor was awarded with MVP of the tournament. We played the weekend games with 7 players. Gratitude to the unselfish work ethic of Dana Shier, Tiffany Soel and Jocelyn Heywood; all these girls stepped up and played with NO REGRETS. The girls have a long season ahead and we wish them continued success in this very competitive league.



NO REGRETS 
2016 Tournament Champions
Charles Best Blue Devils

INFORMATION AND REMINDERS

FOODSAFE EXPIRY

A heads up to holders of FoodSafe Level 1 certificates. Unless your certificate has an expiry date, they are set to expire July 29, 2018. You can renew your certificate by retaking the course, or taking the online FoodSafe Refresher course. For more information, please check the FoodSafe web site: <http://foodsafe.ca/>

GRAD WRITE-UPS

Please go to <http://www.bigasquatch.com> to complete your grad write-ups.

YEARBOOK DEADLINE

Yearbook purchase deadline is January 6, 2017. Less than 157 yearbooks are left to order so don't miss out!

THANK YOU FOR SUPPORTING THE TERRY FOX FUNDRAISER

We would like to thank the following groups for donating prizes during our Terry Fox fundraiser. Chappell family, Moderno Cabinet Company, Save On Foods - North Road Store 2221, Browns Social House, Tiffany Nails and Coquitlam Goodlife – North Gate location. We really appreciate your support. We raised \$2,583.05!