

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

January 27, 2017

Issue No. 6

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

What's Been Happening this Month?	Page 2-4
What's Coming Up?	Page 5
Athletics	Page 5
Information and Reminders	Page 6

MESSAGE FROM THE PRINCIPAL

As our first semester winds to a close, it is hard to believe that we are already half way through another school year. Best has been a busy place with our students, and teachers, wrapping up semester one classes, and finalizing marks. Look for the report cards to come home on Friday, February 3rd.

This past week, our grade 9's enjoyed a fabulous presentation from our own Mr. Dy as part of their Career Education 9 requirements, and many of our grade 12's wrote provincial exams and completed Exit Interviews as part of their Grad Transitions requirements.

We will have a few staffing changes coming up. Firstly, we wish Mrs. O'Neill all the very best as she returns to enjoy retired life after serving as our vice-principal for the entire first semester. Mrs. O'Neill graciously agreed to return to help us out when Mrs. Young was seconded to a district position. I cannot thank Mrs. O'Neill enough for her generosity, care, compassion and expertise. We also say good-bye and thank you to Ms. Croft who completes her first semester only position teaching Ceramics and Social Studies. Best of luck in your next teaching position.

We are fortunate to have Vice Principal Mrs. Buteau joining us on February 1st. Mrs. Buteau has been an administrator within the Vancouver School District for a number of years and we welcome her experience and expertise at Best. We also welcome Ms. Bablitz as a full time teacher in our Learning Resource Centre for the remainder of the school year. The staffing for this position resulted from an agreement reached between the Province, BCPSEA, and the BCTF to provide school districts with \$50 million to immediately begin hiring teachers and improve student supports. The interim measures, outlined in a Memorandum of Agreement (MOA), are the first step in responding to the decision from the Supreme Court of Canada as negotiations continue on the restored collective agreement provisions.

Even as the first semester is ending, we are already actively planning for the next school year. Our counsellors have completed articulation meetings with our feeder middle schools and in mid-February, they will begin course programming for the 2017-2018 school year. It is important that students and parents understand that the courses students choose on their programming sheets directly determine the courses that will be offered next year. Please get involved in your child's course planning, and plan to attend the Grade 9-11 Parent Information Night scheduled for Thursday, February 23rd at 7 pm. If you have any questions, please contact your child's counsellor.

Now that our first semester is over, we look forward to settling in for part two of our school year. Students have already received their semester two schedules and classes will begin first thing on Tuesday morning.

Carol Coulson,
Principal

IMPORTANT DATES

January 30

School Based Pro-D (students do not attend)

January 31

Semester 2 begins

February 3

Advisory Schedule
Second Formal Report Card distributed

February 13

BC Family Day – Stat Holiday

February 16

Poetry in Voice – Library 12:30 pm

February 23

Grade 9 – 11 Parent Information Night – Gym
7:00 pm

February 24

District Pro-D (students do not attend)

March 4

Parent Dance (80's Theme) – Small Gym 6:00 pm

March 8

Spring Music Concert – Gym 7:00 pm

March 9

Early Dismissal – 2:00 pm
Parent/Teacher Interviews – Gym 3:00 pm

March 10

Last day before Spring Break

March 13 - 24

Spring Break

March 27

School reopens after Spring Break

WHAT'S BEEN HAPPENING THIS MONTH?

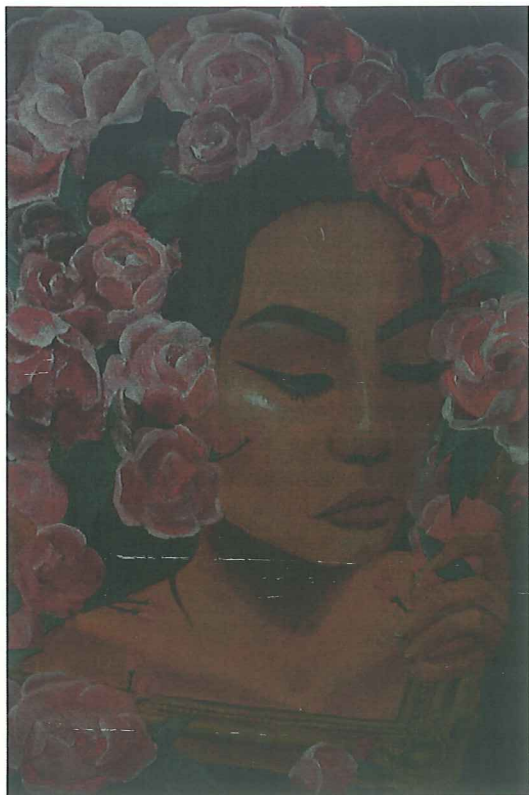
FINE ARTS

Band and Choir – Christmas Concert

Mr. Hughes' Christmas concert was definitely the artistic highlight of the December arts calendar at Dr. Charles Best. He and his dedicated students always know how to ring in the Christmas season right. Thank you for your hard work and talent making the wonderful evening sing.

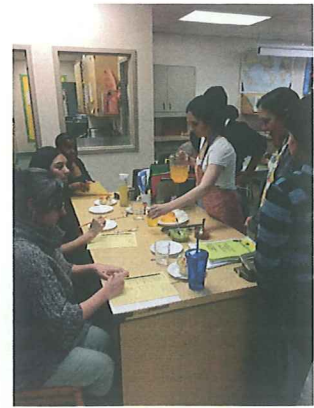
Evening of the Arts (Fine Arts Night)

On Tuesday, January 17th the Dr. Charles Best Fine and Performing Arts Department held their annual "Evening of the Arts" (Fine Arts Night). This was a special evening, a celebration of ALL the arts at Charles Best. Presented in our Gallerasium, we transformed our small gymnasium into an art gallery/theatre/jazz café so that students, their families and friends could enjoy ceramics, painting, drawing, graphic arts and photography as well as several wonderful jazz selections and a two part, one act play from Acting 12. Newcomer visual and graphic art teachers, Mr. Morris, Mr. Yoo and Ms. Croft in collaboration with Best veterans Mr. Hughes and Mr. Case presented a great evening for everyone. If you missed this special event, there's always next year. If you managed to make it in for this whirlwind two-hour event, thanks for your support.



FOODS 9: MAC AND CHEESE CHALLENGE

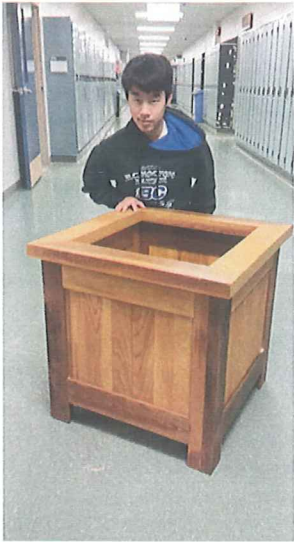
Last month, the Foods 9 class had their "Mac and Cheese-Off". They learned how to make macaroni and cheese from scratch, and then used their creativity and knowledge of ingredients to create their own signature recipes! Each group's dish was inventive and delicious, according to our awesome judges: Mme. Ritterger, Mrs. Portelance and Ms. Nembhard. Mrs. Portelance even said that one dish she tasted was "the best Mac and Cheese" she'd ever had! Well done, Foods 9!



MR. JONES' WOODWORKING CLASS

Impressive projects completed by Best students!

↙: Steven Ono (grade 10) : planter



↓: Joseph Pollack (grade 12) : black walnut live edge desk



Kevin Harold and Dimo Bakas help district cabinet maker Andy Menic install the benches they made in Mr Jones' Wood 12 class.



MICROSOFT "THE GARAGE" - MAKERSPACE

IPC 11 (Integrated Physics and Chemistry) students visited *The Garage* at Microsoft (downtown Vancouver) on January 25th. They explored the facility and used tools like 3D printer, vinyl cutter, laser cutter, Axidraw, and VR equipment.



Below is a laser etching the students created at "The Garage".



WHAT'S COMING UP?

POETRY IN VOICE

Best's Poetry in Voice competition is around the corner! It will take place in the library on Thursday, February 16th, during period 4. Students can still register to compete. See Ms. Silzer in the library for more information, or e-mail her at dsilzer@sd43.bc.ca. Go to www.poetryinvoice.com to find competition rules, and to explore the huge list of poems you can choose from.

DRAMA

Mr. Case and Mr. Hughes are working together to present this spring's production of the musical "*Bye-Bye Birdie*". Auditions were held earlier this month and casting decisions made. With that complete, our actors and technicians are now fervently working on yet another Best Players musical. Be sure to set aside one evening in the first two weeks of May. *Bye-Bye Birdie* will run on May 3rd, 4th, 5th, 6th and May 10th, 11th, 12th, and 13th. Thank you for your past support and please bring the family to see this production.

ATHLETICS

SENIOR GIRLS BASKETBALL

Proud successful efforts from a gritty team of 6 players. The Senior Girls Basketball team has come together down the last stretch of league games. The girls are 3-1 in league play as they head down the final few weeks play. We are a small but mighty team with an entertaining, feisty playing style. Jessica Wolpert and Nicole Cabuco bring energy from behind the arc. Kendal's score from anywhere and leadership from both ends of the court. Nancy Emma dominating the boards and put backs. Dana Shier and Jocelyn Heywood selflessly being able to play anywhere we need them. Not to underestimate Tiff Seol, our good luck player who dropped 8 points in the final quarter for our win against Terry Fox. This was a game we won finishing with four players on the court. We have two more HOME games and would love your support. Friday, February 3rd at 5:30 pm vs Heritage and Tuesday, February 7th at 7:00 pm vs Gleneagle. **This is our SENIORS night and we will be saying farewell to seniors Kendal Sands and Nancy Emma.**

SENIOR BOYS BASKETBALL

The Senior Boys Basketball team has had an inconsistent season so far. Injuries to a couple of players and some tough competition has left the team with a 4-10 record to start the season. Highlights so far have included losing by 3 to the #2-ranked "A" team in the province (BC Christian) as well as a loss to perennial powerhouse Terry Fox by only 9 in league play. The team's most exciting game of the season happened at Charles Best on January 24th against Riverside, in front of a great crowd, including a raucous bunch of Mr. Sokol's Math students who came with signs, costumes, face-paint and great enthusiasm! The team was down 3 points in the final 12 seconds, but some great free-throw shooting and defense gave the team its first league win of the season, beating the Rapids 69-68! Thanks to all students, parents and staff for their support. **The team's next and final home game of the season will be February 1st against Gleneagle; it will also be "Senior's Night" where all graduating players will be honoured before the game for their dedication to Charles Best basketball. Come out and support the team!**



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://foodsafeca.com>

GRAD WRITE-UPS

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

GRAD WEAR AND SPIRIT WEAR – ROUND 2

The grad wear and spirit wear link will be up from February 1 – 28 for a last chance to order clothing for this school year. On-line orders only on our website under: “Quick Links, Spirit Wear Clothing, Gr 12 Grad Wear”.

YEARBOOK DEADLINE FINAL DAY TO PURCHASE – JANUARY 31

This is the final sale! We have a limited number of yearbooks available until January 31. Payment can be made on-line on our website (located under – Quick Links, Student Fees).

DR. CHARLES BEST FUNDRAISER – FUNDSCRIP GIFT CARDS

Our school is pleased to bring you a Fundscrip gift card fundraiser starting from February 1st until May 31st and if successful will continue each school year. We would like to raise funds for projects such as purchasing more picnic tables (\$1,500 each), silk flowers for Commencement Ceremonies/Awards Night (\$1,000), bulletin boards to display students’ projects, etc. Pay for your everyday expenses and gifts using gift cards bought from Fundscrip. Each purchase generates earnings for our school. A paper order form is available at the office or you can pay on-line on our school website under “Quick Links, Gift Card Fundraiser”. Great gift ideas for Mother’s Day, Father’s Day, birthdays, coaches, weddings and graduation. The gift cards are shipped to the school unless you specify to have them sent directly to your home or business. Every paper order received at the school office will go into a draw for prizes at the end of each month. Winner’s will be announced in the Daily Informer. Thanks for your support!

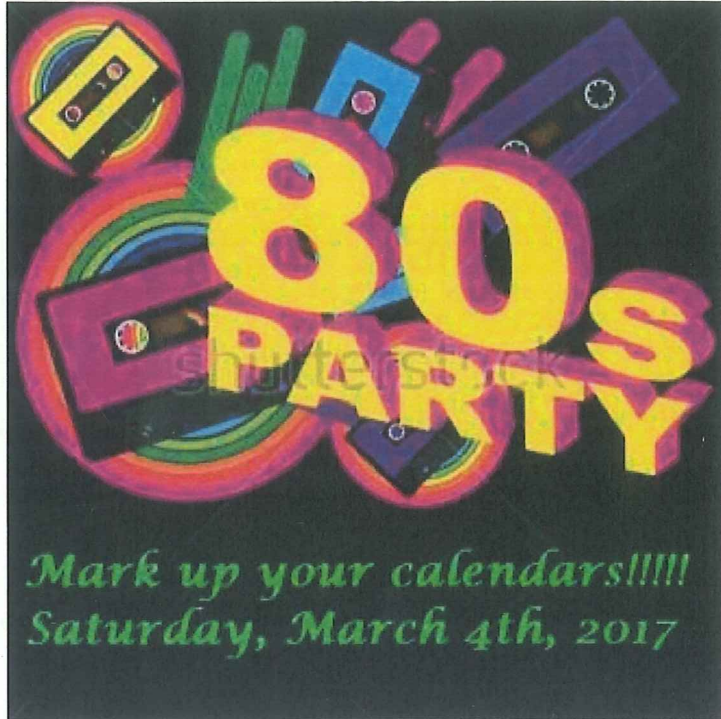
IN MEMORY OF ETHAN DENUM

It is with sadness that we announce the passing of a former Dr. Charles Best student.

**ETHAN CARMICHAEL DENUM
(1997-2017)**



Ethan was an important member of the Charles Best Class of 2015 and a huge part of the Cheer community at Charles Best. Ethan had the ability to bring such light and laughter to us all over the years and his positive outlook on life just grew as he fought his battle with cancer. Ethan was friends with everyone and even though he graduated 2 years ago, he still seemed to know and talk to everyone when he came around for his monthly visits here at school. Ethan also formed and led a Charles Best sports team to its first High School Water Polo championship in his grade 12 year. One of his very last outings was to the Charles Best Alumni basketball game. His strength inspired many and he will be greatly missed.



Parents, dig through your closet, find some tubular neon shades and your brightest leggings! Feather your hair - **TO THE MAX** - cause it's time to **PARTY!**

On Saturday, March 4th, 2017 from 6:00 pm to 1:00 am, Dr. Charles Best Secondary School will be holding its 18th Annual **80's** Themed Adult Dinner & Dance complete with dinner catered by Lottrell Catering, DJ from Complete Music DJ & Video, a silent auction, draws and much more!

(Don't miss the toonie toss!).

As you probably know, this is a fabulous community event, it sells out quickly, and it's a lot of fun. Tickets are \$40 per person ... let's all fill up a couple of tables!

Cheques will be made out to Dr. Charles Best Secondary School... **simply tear off the order form at the bottom of this sheet, send it to school with your son/daughter**, and on **January 25th** he/she can pick up the tickets at the office and bring them home to you!

If you know anyone who has anything they would like to donate towards our silent auction table, please let us know... (we have had a variety of things in the past, Canucks tickets, bottles of wine, golf paraphernalia, event tickets, food baskets, pieces of furniture from La-Z-y Boy, gift cards... anything and everything is welcome!).

This event fills up quickly (only 250 tickets will be sold), so don't delay! Email deni_james@telus.net to order your tickets now!
Thank you in advance from the Grad 2018 Parent Dance Committee

March 4th, 2017 – 6pm to 1am - 80's Parent Dance, Dr. Charles Best

Number of tickets @ \$40 ea. _____

Name: _____

(Name of student who can pick up): _____

Contact email: _____

Contact telephone #: _____

Cheque #: _____

Graduate? Upgrade? Learn English? New Career?

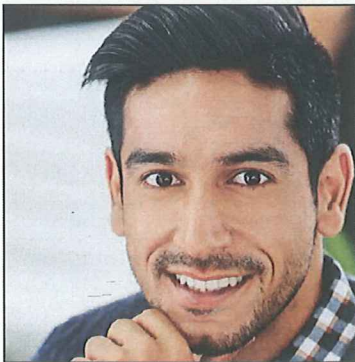


The road to success starts here.

English Language Learning

High School Credit

Business, Careers & Job Skills



Need to Improve Your English?



Want to Graduate?
Need to Improve Your Marks?



Looking for a New Career?
Improve Your Job Skills?



New to Canada?

Montgomery Centre
380 Montgomery St., Coquitlam
604.936.4261

Millside Centre
1432 Brunette Ave., Coquitlam
604.936.4285

Vanier Centre
1600 King Albert Ave., Coquitlam
604.945.7311

**Coquitlam Learning
Opportunity Centre (CLOC)**
104-2748 Lougheed Hwy., Port Coquitlam
604.945.4211

Night School Location
1195 Lansdown Dr., Coquitlam
604.464.5793

For All Your Adult Learning Needs

Register online or by phone today!

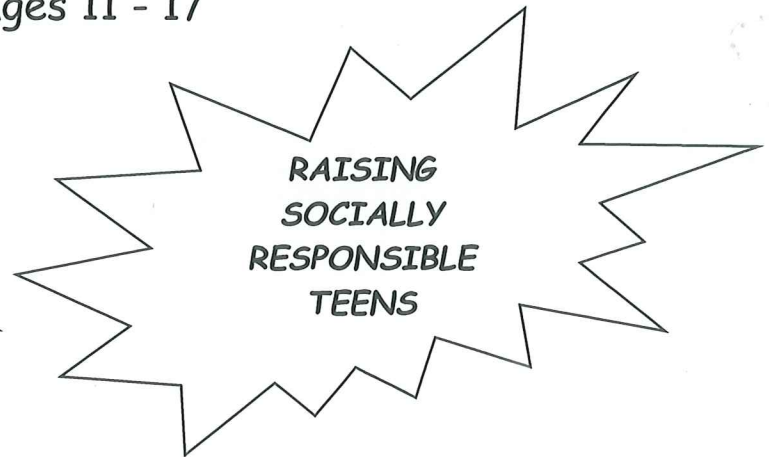
www.ce43.com

604.936.4261



Fine Tune Your Parenting Skills With
STEPS TO EFFECTIVE PARENTING

For Parents of teens... ages 11 - 17



STEP offers a down-to-earth and practical way to meet the challenges of raising teenagers today. It is a group discussion program that paves the way to improved parent-teen relationships; more responsible teenage behaviour in home, school and community; and teenage self-esteem and self-reliance.

Place: Eagle Mountain Middle School

Time: 7p.m. - 9p.m.

Dates: Thurs. March 30, April 6, 13, 20, 27, May 4, 11, 18, 2017

[This is an eight week program]

Facilitated by: Marilyn Abram, Certified Parent Facilitator

To register: E-mail: mabram@sd43.bc.ca [preferred]

Phone: 604-469-1133

Register by March 1st, 2017

Class is limited to 20 participants.

The only cost is \$25.00 for the parent workbook!

Parents as Career Coaches' Workshop

Date: 2-session workshop on Tues., Feb. 21 and 28, 2017

Time: 6:30pm - 8:30pm

Location: Pinetree Secondary School Library

Parents of high school students are invited to attend the 'Parents as Career Coaches' workshop that was developed by the Nova Scotia Department of education, skills and Learning Branch. It will that take place over two evenings. Parents will be given practical tools and strategies to help them become better career coaches for their youth. Please contact Ms. Carmen Moorhouse, for more information cmoorhouse@sd43.bc.ca. Register early as seats are limited.

[Click Here to Register](#)

Community Emergency Preparedness Seminars

HEROS PROGRAM

The City of Coquitlam offers the following emergency preparedness seminars to help residents and businesses become better prepared for a major emergency.



Personal, Family & Community Emergency Preparedness

This session uses an earthquake scenario to help you become better prepared at home. The session topics include, typical earthquake damage/hazards, how to protect yourself inside and outside of your home or place of business, family communication and reunification, assembling emergency supplies and community preparedness.

Disaster Preparedness & Basic First Aid for Pets

Learn how to prepare your pets in times of emergencies or disasters. The session includes a demonstration & quick lesson on basic pet first aid presented by a Registered Animal Health Technician of the Canadian Veterinary Assistance Team. \$10 fee covers the cost of a pet first aid starter kit.

HEROS Winter Training 2017

Date	Course	Location	Cost	Barcode #
January 27 10 a.m. – noon	Personal, Family & Community Emergency Preparedness	Glen Pine Pavilion 1200 Glen Pine Court, Coquitlam	FREE	585705
January 30 6:45 – 8:45 p.m.	Personal, Family & Community Emergency Preparedness	Poirier Library - Nancy Bennett Room 575 Poirier St. Coquitlam, BC	FREE	589830
February 21 6:45 – 8:45 p.m.	Personal, Family & Community Emergency Preparedness	Glen Pine Pavilion 1200 Glen Pine Court, Coquitlam	FREE	585654
February 27 6:45 – 8:45 p.m.	Disaster Pet Care & Basic First Aid (includes a starter first aid kit for pets)	Poirier Library - Nancy Bennett Room 575 Poirier St. Coquitlam, BC	\$10.00	589859
March 20 10 a.m. - noon	Personal, Family & Community Emergency Preparedness	Dogwood Pavilion 1655 Winslow Ave, Coquitlam	FREE	585656

Advance registration is requested

Register to reserve your space by using one of the following methods and quoting course number:

1. coquitlam.ca/signmeup
2. In person at any Parks, Recreation and Culture facility
3. Staff assisted phone-in registration 604-927-4386. This service is available Mon. through Fri. 8:30 a.m. - 7 p.m.

For more information on future session dates or to request a course for your community group, please contact the HEROS Program Office at 604-927-6434 or visit coquitlam.ca/preparedness





ROW TO / RAMER VERS LE
PODIUM

DO YOU MEASURE UP?

Row to Podium is identifying
Canada's next gold medalists.
Visit rowtopodium.ca

In conjunction with the Inlet Rowing Club's Open Day Event, Rowing BC is holding a FREE one-day talent search event for athletes 14-25 years old and Para Athletes from within the Tri-Cities area.

Each athlete goes through a set of basic physiological tests to assess, strength and endurance to find out how they measure up to Rowing Canada's standards.

For something a little less intense, simply visit the clubs open day to observe the assessments, have a tour of the club and try rowing (Between 11am -1pm)

For more information please contact;
Rob Richards - rob.richards@rowingbc.ca
Darren Radford- president@inletrowingclub.com

Testing Venue: Inlet Rowing Club , Port Moody, Rocky Point
Park

Date: Sunday the 26th of February

Time: 10am to 2pm

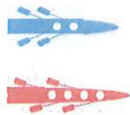
Cost: Free

Registations: www.inletrowingclub.com



ROWING
CANADA
AVIRON





Come Out... ...Try Rowing!



...and see why rowing is one of the best activities around.



Youth Programs

Friendship & Fun



Teamwork



Competitive Programs & Regattas

Fitness & Long-Term Health



Leadership & Coaching Opportunities



*Visit our website to
See our Learn-to-Row
Spring Sessions!*

2715 Esplanade Street,
Port Moody, BC V3H 3P4

