



THE "BEST" INFORMER

Monday, March 12, 2018

Today is **Day 1**

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

GENERAL

BELL SCHEDULE FOR TODAY

Block 1	8:20-9:10
Block 2	9:15-10:05
Assembly	10:20-12:20
Block 3	12:30-1:20
Block 4	1:25-2:15
Block 5	2:20-3:10

SPIRIT WEEK THIS WEEK

Attention students, it's time to show your spirit. All this week is spirit week.

Today 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.

EMPLOYMENT – HASTINGS RACECOURSE

<http://www.hastingsracecourse.com/careers/> Seasonal part time employment April – October (weekends)

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 5th** 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 or Ms. Farnell at 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

HOCKEY PLAYERS

Attention Hockey players grade 10-12. Last meeting tomorrow Tuesday March 13th right after school in room 206 to have a quick talk about our last try out.

GRADE 12

GRAD COUNCIL 2018

Attention all grad council members: there will be a meeting **Thursday March 15th** at 3:15 in room 101. We have many important topics to discuss as Grad is approaching. Please see Ms.Thomas or Mr.House if you cannot attend or for more info.

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

If you are 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.

LOTUS LIGHT CHARITY SOCIETY SCHOLARSHIP

\$500 Lotus Light Charity Society (LLCS) Scholarship to assist in post-secondary studies. Applicants will be assessed on **scholastic record and community volunteer involvement**. See the online Career Centre for application and information.

UBC SELF-REPORTING

Applicants – the self-reporting window will close on **Friday, March 16th**.

REMAX QUEST FOR EXCELLENCE BURSARIES

The Quest for Excellence Program recognizes the pursuits in leadership and community contributions.
\$1,000 awards - **Deadline Today, March 12th**

MARCH SCHOLARSHIP DEADLINES

Check the online career centre! Deadlines of **March 31st** are coming up for over 15 Scholarships!
<https://www.sd43.bc.ca/school/charlesbest/ProgramsServices/career/Pages/FinancialAid.aspx>

LOCAL SCHOLARSHIP PACKAGES

The deadline to submit COMPLETED applications is **Friday, April 6th, 2018** by 3:30 pm. Late applications will not be accepted. Ensure to request a letter from your reference ASAP! Application posted under documents on link above.

COQUITLAM ROTARY CLUB BURSARY AWARD

One \$1,250 award available to each **Coquitlam** High School. This award is coordinated with the Coquitlam Foundation. Application and additional criteria (resume, 2 letters of support, transcript etc.) **Deadline: April 6th** (same day as local package) **Email Application and attachments** to Mrs. Healey Wright or Mr. C for submission to Rotary by April 10th. Application on career centre page.

2018 GRADS PLEASE SAVE THE DATE

Spring is almost here and so is grad season. Grads of 2018 please save the dates:

April 4th- 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 19th- 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 8th -Commencement rehearsal, period 5, large gym

June 9th -Commencement

June 23rd – 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.