

# Dr. Charles Best Secondary Newsletter

Issue 5 – October 18, 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:

### **Wednesday, October 23**

After Grad Meeting 7pm – Library

PAC Executive Meeting 7pm

### **Friday, October 25**

Provincial Pro-D Day (students do not attend school)

Buddy Portraits – optional photo session –Cafeteria

### **October 28 – November 1: SPIRIT WEEK!**

**Monday – Colour Day: gr 9 red, gr 10 green, gr 11 white, gr 12 blue**

**Tuesday – Twin Day: do a “look-alike” outfit with a friend**

**Wednesday – Blackout: come to school dressed all in black**

**Thursday – Halloween: let’s see your Halloween spirit**

**Friday – PJ Day: dress as comfy as you want or come to school still in your PJ’s**

### **Tuesday, October 29**

Post Secondary Institution of BC Day

### **Wednesday, October 30**

Fall Music Concert 7pm – Gym

### **Thursday, October 31**

Halloween Assembly (altered bell schedule)

### **Friday, November 1**

Grad Portrait Sessions

“Dress Your Best” Friday

### **Monday, November 4**

PAC General Meeting 7pm - Library

## **PARENT STUDENT TEACHER INTERVIEWS**

We had a terrific parent turnout for parent interviews last night. Thank you to parents who attended and met with their child’s teachers. It is always a great way to connect with the school and get to know what is going on from the teacher’s perspective. Thank you to our teachers for their time and care with these very valuable opportunities for our parent community. Our next Parent Student Teacher Interviews for Semester 2 are Thursday, March 12, 2020.

## **DR. CHARLES BEST GRANDDAUGHTER : MELINDA BEST**

We had a wonderful, surprise visit from Dr. Charles Best’s granddaughter – Melinda Best. She was here in the Vancouver area on holidays from England and she wanted to come and see her “Grandpy’s” school. She toured the school and shared her memories of her grandfather with a few of our classes in the library. Thank you Melinda for thinking of us. Thank you to our students for being such gracious and mature hosts for her visit.



## CANDIDATES MEETING AT BEST



Calling all Candidates! Students from Ms. Leslie's, Mme. Manolis and Mme. Manton's classes were able to listen to our local federal elections candidates on October 10. Students challenged the candidates on topics such as climate change, transportation strategies and gas prices. We thank our local candidates for their generous donation of their time during this very busy election campaign.

## ORANGE SHIRT DAY

Maria Bruneau and the Orange Shirt Committee organized an amazing week of workshops and presentations to honour residential school survivors and the experiences of their families. The week ended with the whole school gathering in the spirit of reconciliation and hope for the future. Donna Dickeson and Gertie Pierre shared their stories of life in the residential schools and the impacts of that abuse in their lives and their children's lives. We were so thankful to all of the presenters who came and opened their hearts and shared their stories. Thank you Mme. Bruneau for all that you did to make this happen.



## DPAC 43 invites you to their FREE Parent Education Presentation happening on Wednesday, November 13, 2019! Mental Health First Aid Night – Parent Ed Presentation

Online registration is required for everyone attending  
Please register at

<https://dpac43mentalhealthfirstaid2019.eventbrite.ca>

**Date: Wednesday, November 13, 2019**

**Time: 6:45 – 8:15 pm (doors open at 6:15 pm)**

**Location: Theatre – Gleneagle Secondary School  
1195 Lansdowne Drive, Coquitlam**

The event is FREE, but we ask that you please register at

<https://dpac43mentalhealthfirstaid2019.eventbrite.ca>



District Parent Advisory Council

### Mental Health First Aid Night – Parent Ed Presentation

Free Parent Information Session  
For all parents and caregivers of District 43 students  
Online registration is required for everyone attending

Guest Speaker – Donna Bonertz Certified Career Development Practitioner  
28 years experience in the Mental Health Field

#### Topics Covered:

- How do we notice mental health problems?
- Asking about mental health and the importance of early intervention
- Being aware of our verbal and body language, de-escalating the situation
- Listening skills and leaning on natural supports
- How to get the appropriate help

Date: Wednesday, November 13, 2019  
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Location: Theatre – Gleneagle Secondary School  
1195 Lansdowne Drive, Coquitlam

Online Registration Required (for everyone attending):  
<https://dpac43mentalhealthfirstaid2019.eventbrite.ca>

Questions?  
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