

Skeena Middle School, March, 2019



Bell Schedule

8:40 – Warning Bell
8:45 to 9:49 – Period 1
9:53 to 10:56 – Period 2
10:56 to 11:07 – Break
11:11 to 12:15 – Period 3
12:15 to 12:56 – Lunch
1:00 to 2:03 – Period 4
2:07 to 3:11 – Period 5
3:11 - Dismissal

Spring Break

The last day of classes at Skeena Middle School, before the start of Spring Break, is Friday, March 15th. Spring Break is from Monday, March 18th to Friday, March 29th. Our first day back from Spring Break will be Monday, April 1st.

Have a safe and enjoyable Spring Break!

This Month at Skeena Middle School

Second Trimester Report Cards

Our Second Trimester Report Cards will be sent home on Tuesday, March 12th with all students.

Early Dismissal Days

On Wednesday, March 13th and Thursday, March 14th, we will dismiss one hour early, at approximately 2:11. All buses will run one hour earlier than normal at the end of the day.

Parent/Teacher Interviews

Our Parent/Teacher interviews will be on Thursday, March 14th from 2:45 to 4:45. **We are seeking feedback on the earlier times for Parent/Teacher Interviews. Please email your feedback to cory.killoran@cmsd.bc.ca.**

Grade 9 Caledonia Course Selection for the 2019/2020 School-Year

The administration and counselors from Caledonia were at SMS on Monday, March 4 and Tuesday, March 5 to discuss course selections for the 2019-2020 school year.

All Grade 9 students were given a course selection sheet and an information booklet from Caledonia to bring home and share/discuss with their parents/guardians. **If your son/daughter was absent, there are extra copies available at the office.**

March Dates

March 5

Grade 9 course selections

March 7

All students Forum

March 12

report cards go home

March 13

Early Dismissal 2:11

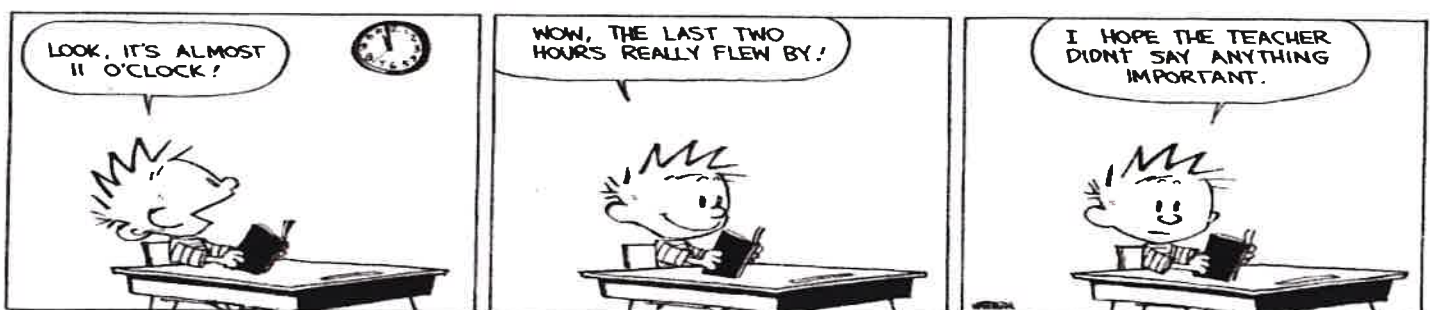
March PAC meeting

March 14

Early dismissal 2:11

Parent/Teacher interviews 2:45—4:45

March 18-March 29



Exercise Benefits the Brain

- Exercise reduces anxiety and depression
- Exercise improves attention
- Exercise improves cognitive functioning
- Exercise increases retention of new information.
- Exercise improves problem solving skills
- Exercise reduces the effects of stress



"He wants to buy an exercise bicycle with a motor on it."



Vaping

Nicotine & Non-nicotine Delivery Systems (also called vaporizers, vapes, or e-cigarettes) are considered to be cigarettes – and, as such, are not permitted to be used at anytime in or on the grounds of SMS. Students who are found to be vaping or smoking on grounds or in the school will face serious consequences.

The use of vapour products has been on the rise with youth. A recent Health Canada survey showed that 23% of students in grades 7 to 12 have tried an e-cigarette or vape. "Vaping" is the act of inhaling and exhaling an aerosol, often called vapour, which is produced by heating a liquid with a battery-powered device known as a vape, electronic-cigarette or vapour product. The liquid is often referred to as e-juice, and comes in a variety of flavours which youth may find appealing.

Vapour products do not produce smoke or steam, but rather an aerosol consisting of fine particles, containing varying amounts of propylene glycol, glycerin, flavourings and other chemicals. Some of these have been linked to cancer, respiratory and heart disease. People who use vapour products may be reassured by "nicotine-free" labels on the liquids. Tests performed by Health Canada found that about half of e-juices that were labelled "nicotine-free" actually contained nicotine. It can be difficult for parents to know if their child is vaping. Some liquids are odourless and devices can mimic the look of common objects such as USB flash drives, pens and flashlights.

TALKING WITH YOUR TEEN ABOUT VAPING

A TIP SHEET FOR PARENTS



BEFORE THE TALK: GET THE FACTS

Vaping is not harmless

- > Vaping can increase your exposure to harmful chemicals.
- > Vaping can lead to nicotine addiction.
- > The long-term consequences of vaping are unknown.
- > It's rare, but defective batteries in vaping products have caused fires and explosions.

Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it is known to alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Not all vaping products contain nicotine, but for those that do, the level of nicotine can vary widely. Some mixtures have very low levels, while others can contain more nicotine than in a typical cigarette. Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

Vaping nicotine can alter teen brain development.

Vaping versus smoking

For smokers, vaping is less harmful than smoking. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products. If you suspect your child is addicted to nicotine, talk to your healthcare provider.

Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed.

There is no burning during vaping, instead, the liquid is heated. This process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the vapour.

Quick facts

- > Vaping is intended to help smokers quit tobacco. Vaping is not for youth and non-smokers.
- > Vaping is not harmless, yet Canadian teens are trying vaping products. Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- > There are characteristics that can make vaping products more difficult for you to recognize or detect: devices come in a variety of shapes and sizes, some resembling a USB flash drive; liquids can have high levels of nicotine and come in a variety of flavours; and vaping may not leave a lingering identifiable smell.
- > Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.

Set a positive example

If you use tobacco or vaping products, be honest with your child about the risks, and any regrets, difficulties and health effects resulting from your experience.

Talk to your child about when and why you started to smoke/vape and explain how you thought it would make you feel, and how it is affecting your health.

It is never too late to quit smoking. If you are vaping to help you quit smoking, talk to your teen about it. Talk to them about addiction and how hard it can be to quit smoking. And remember, quitting smoking is possible. For free help, visit gosmokefree.gc.ca/quit or call 1-866-366-3667.

Vaping is not intended for youth and non-smokers.

START THE CONVERSATION

Find the right moment

Take advantage of situations where you can talk about vaping. It doesn't have to be formal. For example, when passing a group of teenagers who are vaping, take the opportunity to have a conversation with your teen about it. Discuss the facts and correct any misconceptions.

Be patient and ready to listen

- > Avoid criticism and encourage an open dialogue.
- > Remember, your goal is to have a meaningful conversation, not to give a lecture.

Get support

- > Not sure where to begin? Ask your healthcare provider to talk to your teen about the risks of vaping.
- > You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping. These supportive adults can help reinforce your message as a parent.

KEEP THE CONVERSATION GOING

Don't expect to have just one conversation with your child. Odds are you will probably need to talk about the subject many times and in many different places. Whenever you have some time together, you can strike up the conversation again. You will also find that as your child grows, your conversations about vaping will change and reflect their growing maturity, intellectual abilities and the pressures they face. Keep in mind that talking about it can also set the stage for important discussions about tobacco, alcohol, drugs and other risky behaviours.

WORK WITH YOUR CHILD'S SCHOOL

- > Confirm that there is no tobacco or vaping product use at school events.
- > Ask the principal if the school has a program to educate students about the effects of tobacco and vaping product use.
- > Lobby for tobacco and vaping prevention and cessation training for teachers.
- > Encourage other parents to get involved in school-based tobacco and vaping prevention programs.

For more information, visit: CANADA.CA/VAPING



5 things you can do in your day to improve your mental health

1. Try to eat a well balanced diet throughout the day.
2. Take a break from technology. Switch off from social media.
3. Engage in some exercise for 30 minutes. This is one of the most effective ways to reduce anxiety.
4. Write down three good things that you have achieved today.
5. Make sure you are getting a good nights sleep. Try to turn off your phones , tablets, computers, and TV's one hour before going to bed.



Annual Dodgeball Tournament

Our Annual Dodgeball Tournament will begin after Spring Break with games on Tuesday and Thursday at lunch. Students in all grades can sign-up in teams of 4 or 5. All games will be played at lunch with each game, time permitted, being best 3 out of 5.



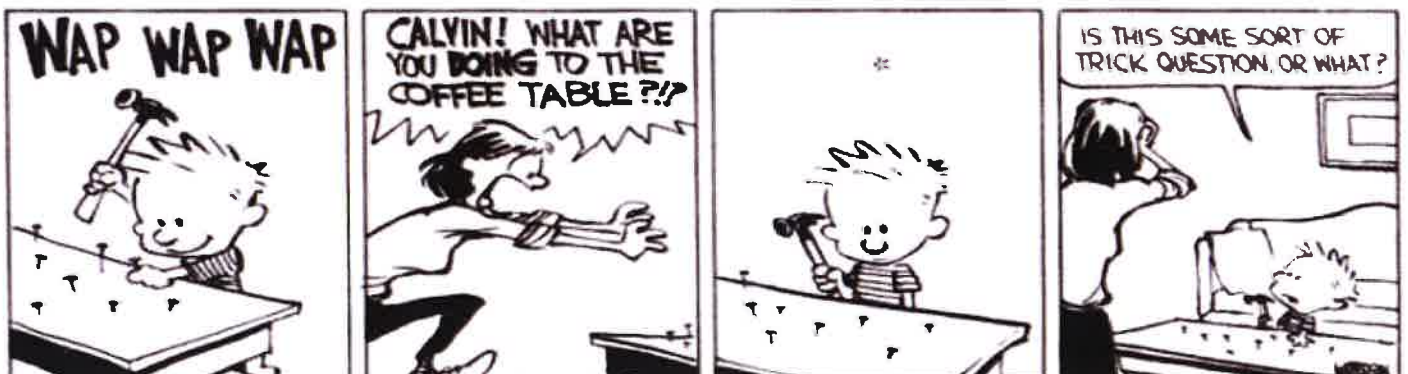
SALES for YEARBOOK END FRIDAY, MARCH 15th!!

Get your yearbook for \$25 before they're gone!
Forms and payment accepted at the front office.

**A huge thank you to Mrs De Jong and Mrs Rundell
for all their yearbook help.**

Guitars Needed

Our Guitar Club is open at lunchtime one day a week and is open to all students. Unfortunately, the lack of guitars has made it difficult to run the Guitar group this year. We are asking for the donation or loaning of guitars. We are hoping for between 5 and 7 guitars! If you are able to help, please contact Mr. Sort at the school.





Skeena Middle School Music News



March 2019

SMS Band T-shirts

Band 8-9 students will receive their black band t-shirts before Friday to wear for the Telethon and all performances this year. Grade 7 students who didn't receive their Dare to Dream T-shirt at the band retreat will receive them after spring break before the festival performance. Please keep these very special t-shirts safe.

Dare to Dream Band Retreat Success!

Band students at Skeena worked with visiting clinicians Feb. 19-23 as part of the annual Dare to Dream Band Retreat. The Band 7 students enjoyed a concert by the Caledonia Band with special guests, massed band rehearsals, pizza lunch, a dance and a final massed band concert last Saturday at the R.E.M. Lee Theatre. It was a great opportunity to learn new skills, make friends and create great music!

Thanks to parents, Skeena Staff, Dare to Dream Foundation and band students for a successful retreat!

After School Band Rehearsals

Grade 7 Concert Band every Monday 3:10-4:15pm

Grade 8-9 Concert Band every Tuesday 3:10-4:15pm

These rehearsals are the only time our band classes get together to practice for Concerts like the Music Festival, Telethon, local school concerts, etc. This is an important time to listen and learn from each other and hear the awesome-ness of our band! With everyone at rehearsals, our band is all powerful! Congratulations to the many, many students who get to these rehearsals on time and ready to play every week! **SMS Bands ROCK!**

Cookie Dough Fundraiser! Orders due Wed. March 13: Pick-up orders Friday, April 12

Cookie Dough is BACK!! Scoops Cookie Dough flavours include: *Buttery Shortbread, White Chocolate Macadamia Nut, Ginger Molasses, Monster, Chocolate Chip, Oatmeal Raisin, Dark&White Chocolate Chunk.* Each four pound bucket is \$20. Band 7-8 students earn fundraising credits for **Calgary MusicFest Canada 2020 Band Trip** for each bucket sold. Don't miss out on your favourite bucket of cookie dough ready to bake (or EAT!)

*Prepaid Orders Due March 13. **Sellers responsible for delivering cookie dough to your buyers.

54th Annual Pacific Northwest Music Festival March 28-April 12, 2019

All of our Skeena Bands will perform in the festival at the R.E.M. Lee Theatre April 5-6. Performance times to be announced. Please mark your calendars.

April 5

- **Gr. 7 Concert Band performs at the R.E.M Lee from 2:30 – 3:30**

April 6

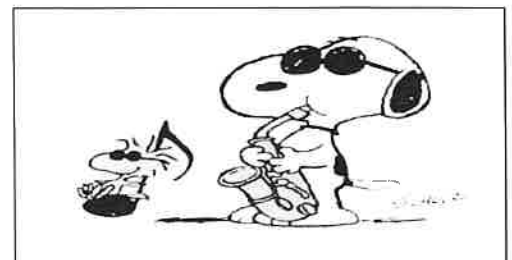
- **Gr. 8-9 Concert Band performs at the R.E.M Lee from 10:00-11:00**
- **SMS Morning Jazz Band performs from 3:30-4:30**

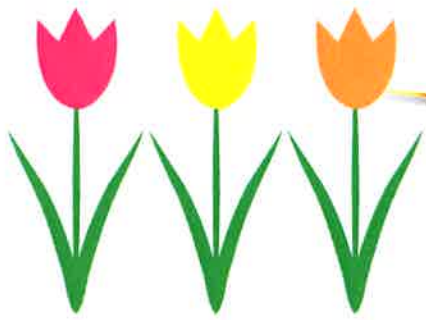
Parents and community members are encouraged to come out to hear the bands.

Thank you for supporting music at Skeena. See you at our next event!

Sincerely,

Susan Brouwer & Crystal Thomas
SMS Band Directors





Return one or both draw slips to win SMS clothing or free hot lunch! Remember, a parent/guardian needs to read the newsletter in order to enter the draw.

Entry # 1

Student Name: _____

Parent / Guardian
Name: _____

Entry # 2

Student Name: _____

Parent / Guardian Name: _____