



# Sardis Secondary School Newsletter



Chilliwack  
School District

January 24, 2014

## 16<sup>TH</sup> ANNUAL SARDIS STRONGMAN COMPETITION

The week of Feb.24<sup>th</sup> to 28<sup>th</sup> will be an exciting one here at Sardis, as we host our Annual Strongman Competition. The competition involves approximately 60 brave competitors in 6 different weight classes – all vying for top honor in their respective weight classes.

Weight classes include flyweight (approx.140lbs and under); lightweight (approx. 140-160); middleweight (approx.160-185); heavyweight (approx.185 +); female lightweight (140 and under); female middleweight (140+). Each day competitors compete in heavy power and strength tasks. Monday is Sled Pull; Tuesday is Sandbag Shuttle; Wednesday will be Tire Flip; Thursday they'll be doing Sled Push and Friday finishes off with Farmer's Carry and Awards.

Once again we expect the house to be rock'in at lunch time...members of the public are welcome. This is a very exciting time for Sardis Secondary – don't miss the action!

The following list of names are just some of the students taking the challenge:

Kyle Esau, Sam Fletcher, Tyler Scholing, Hayden Van-Santen, Leo T.Baker, Corey Lampen, Nick Ward, Liam Godlien, Thomas Heuser, Kyle Brown, Santana McKay, Dawson Rodin, Austin Hills, Brendan Murphy, Jack Mof-fett, Derrick Huizenga and Reece Howden.

## OUTSTANDING SCHOOL FEES 2013-2014

There are a number of students who made payment arrangements for their school fees, and have yet to make payments on their account. Please contact the Business Manager to discuss your fees.

Grads who will be commencing June 2014, please ensure your grad fees have been paid and make sure you are on the grad list to commence.

NOTE: If you are having financial difficulty, please make payment arrangements with the Business Manager at 604-858-9424 Ext.1081. *We ENCOURAGE payment plans!*

When **writing cheques** to the school, please write the **student number** and name on the bottom portion of all cheques. Please no payments during class time. All

school fees or payments to the office should be made before or after school, or at lunch breaks.

**Textbooks** not returned to the subject teacher at the end of Semester 1, have now been added to student bills. Please return them ASAP. **TEXTBOOKS ARE A VALUABLE RESOURCE FOR OUR SCHOOL.** Students will bear full responsibility for lost, stolen or damaged textbooks and will be billed accordingly. Due to the RISING costs of textbooks...upwards of \$90.00 PER BOOK.... **STUDENTS PLEASE TAKE CARE OF YOUR TEXTS!!**



## Calendar Items

### January

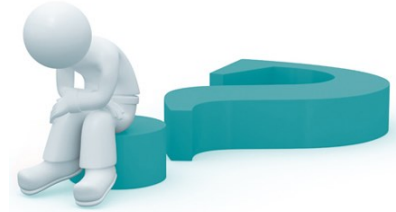
24 Term II ends  
27-31 Provincial and Final Exams (see Page 3 of newsletter)

### February

3 Term III begins  
10 **Family Day—school closed**  
12 Report Cards Issued  
17 Internal Scholarships due  
19 PAC Meeting at 7:00pm in the Library  
21 **Pro-D Day—school closed**  
24 Dry Grad Meeting at 7:00pm  
24-26 Strongman Competition at lunch  
27 Spring Dance at 6:30pm  
28 Commencement Data Form due  
Grad Transitions due

## Counselling Corner

**Mental health and wellness is something we all need to think about, just like our physical health.** We may be talking about how to be mentally healthy while living with a mental illness or how to make healthier mental wellness choices for those who do not have a mental illness.



Community Resources:

Are you a student who is struggling and not sure where to turn? Check out some of the following:

1. Talk to our counsellors at Sardis
2. Check out Kelty Mental Health Resource Centre – they have resources (online webinars, quizzes, fact sheets) and live peer mentors for you to talk to
3. Mindshift app – helping you problem solve situations
4. DWD online – an online depression workbook – resources to help you cope
5. [www.mindcheck.ca](http://www.mindcheck.ca) – a program developed and supported by the Vancouver Canucks to help youth talk openly and learn how to access the supports they need

Are you a parent whose child is suffering from or you think may be suffering from a mental illness? Check out some of the following:

1. Kelty Mental Health Resource Centre – resources for parents
2. F.O.R.C.E. – **access webinars** – that educate you on different illness and help you learn your support networks and practical skills to support your child, and speak to one of their **PARENT IN RESIDENCE** who have a child with a mental illness and have navigated the system, so will offer support and advice, and access quick **FACT SHEETS**

**STUDENT STUDY SPACE**

LOOKING FOR A TUTOR?  
NEED A SPACE TO DO HOMEWORK?

*Drop-in space and time*

Where: C127

When: Mondays and Thursdays after school 2:45-4:00  
Wednesdays lunch time



For further information and resources check our website, [www.sardissecondary.ca](http://www.sardissecondary.ca) under Parent Information or Counselling Department

## TID BITS OF INFORMATION

⇒ Volleyball drop-in Fridays, January 31 to February 28 from 2:45 to 4:30. Everyone is welcome!

⇒ Multiculturalism:

- SSS is a culturally diverse and inclusive school; one of the ways this welcoming attitude is visible is through the display of flags in the cafeteria/pit area. If the flag that represents your family's national background is missing, please see Mrs. Klassen in C123 or email her at [cori-anne\\_klassen@sd33bc.ca](mailto:cori-anne_klassen@sd33bc.ca).
- GSA Information (links available on our website <http://sssgsa.blogspot.ca/>)
  - \* *My Prairie Home*: this documentary film about Canadian transgender singer/songwriter Rae Spoon can be viewed for free on the National Film Board's website on January 26 and 27. It has been selected for participation in the Sundance Film Festival.
  - \* *Gender Failure*: Rae Spoon (subject of the above-mentioned documentary) and Ivan Coyote (BC author/story-teller) have collaborated on this discussion of gender stereotypes and the gender *binary*. Tickets for youth between the ages of 15 and 24 are only \$10! The event in on February 7 and 8 at the Surrey Arts Centre.

⇒ Need to check the menu from the cafeteria each week? Log in to our website [www.sardissecondary.ca](http://www.sardissecondary.ca) homepage.

(Continued on Page 3)

## JANUARY 2014 FINAL AND PROVINCIAL EXAM SCHEDULE

**P = Provincial; F = Final**

Date	Time	Exams	Location
Monday, January 27	8:30—11:30	English 12 (P) English 11 (F) Communications 11 (F)	Gym
	12:30—3:30	Socials 11 (P) Socials 10 (F) Law 12 (F)  Sciences Humaines 11 (P) e-exam (A-I in B208; K-Z in Library)	
Tuesday, January 28	8:30—11:30	English 10 (P) Communications 12 (P) Physics 11 (F) Physics 12 (F)	Gym
	12:30—3:30	BSP 11 (F) Spanish 11 (F) French 11 (F) BGerman (F) French 10 (F)	
Wednesday, January 29	8:30—11:30	Science 10 (P) Pre-Cal 11 (F) Pre-Cal 12 (F)  First Nation Studies 12 (P) e-exam (A-I in B208; K-Z in Library)	Gym
	12:30—3:30	Biology 11 (F) Biology 12 (F) Earth Science 11 (F)  Civic Studies 11 (P) e-exam (Library)	
Thursday, January 30	8:30—11:30	AWM 10 (P) FMP 10 (P) FOM 11 (F) AWM 11 (F)	Gym
	12:30—3:30	Psychology 11 (F)	
Friday, January 31	8:30—11:30	Chemistry 11 (F) Chemistry 12 (F)	Gym
	12:30—3:30	Exam conflicts	

### TID BITS OF INFORMATION (continued)

- ⇒ The Breakfast Club would like to thank all of the donors who have helped us by donating juice boxes, fruit, and cereal. Your donations help ensure that we can continue this program, especially in the lead up to the exam period. We are still accepting donations of all breakfast items, which can be dropped off at the front office or at room B120.
- ⇒ Operation Fairy Godmother is in full swing and we have already donated several gowns and shoes for this year's grad ceremonies. We are still in need of grad wear for young men and will happily accept donations, which can be dropped off at room B120 or the front office. Thanks again to all of the generous donors who have supported us in the past.