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We're on the Web!  
See us at:  
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 @cambiecrusaders

# CAMBIE SECONDARY NEWSLETTER

March 10, 2017

## Dear Parents and Guardians:

I frequently get asked if things are "winding down" before spring break or other holidays. Ironically, it doesn't work that way, and in fact, the opposite is true. Prior to any holidays, I believe it is fair to say that work increases for both students and staff caused by a push to wrap up the current tasks before leaving.

This definitely has been the case over the past 6 weeks as we have approached Spring Break. February started with Term 2 Interim Reports, our Gr. 7 "Life in Secondary School" Conference and Program Planning. Although it always seems early to be planning for the next school year, this timeline is required in order to meet the deadlines. During the month of February, we also hosted Parent-Teacher Conferences and our Cypress and Whistler Ski Club.

We celebrated ERASE Bullying month in February with a feature presentation of "Kindness Rocks" and hosted our own "ACT" Day. During this week, our school not only was decorated in pink with positive messages throughout the school, but our school community embodied the values that we strive to promote at Cambie.

*"At Cambie, we are a COMMUNITY, TOLERANT and ACCEPTING of others.  
We stand together!"*

We hosted our Gr. 11/12 Winter Formal Dinner & Dance, our Gr. 8-10 Jr. Dance, and the drama department showcased "Check, Please" for a week of matinees and evening performances.

As a school, we have focused on helping students gain greater understanding of the core competencies (part of the new curriculum), through a series of activities and mini-lessons for Gr. 8 & 9's. Teachers are working to help students make greater connections between the content that is being learned and the skills and experience needed to prepare them to be successful, educated citizens in the future. This is a long-term goal and we are committed to making this learning and connections more explicit in our classrooms. We are also starting to plan for how students are going to self-assess their progress on core competencies for the final report card.

Students will be receiving their Term 2 Report Cards to bring home on Thursday, March 9<sup>th</sup>. Included in the Term 2 Report Card package is a Course Request Verification sheet showing the courses each student selected for next year. Please take time to review this sheet and if any errors are found, please correct and return it to the office by **March 29<sup>th</sup>**.

When we return from spring break we will be focussing our planning on our year-end and graduation events.

On behalf of the Cambie Staff, I would like to wish all the students and their families a safe and relaxing spring break. This is a time for students to rest and recharge as they prepare for the final stretch of the school year.

Sincerely,  
*Rob Laing*  
Principal

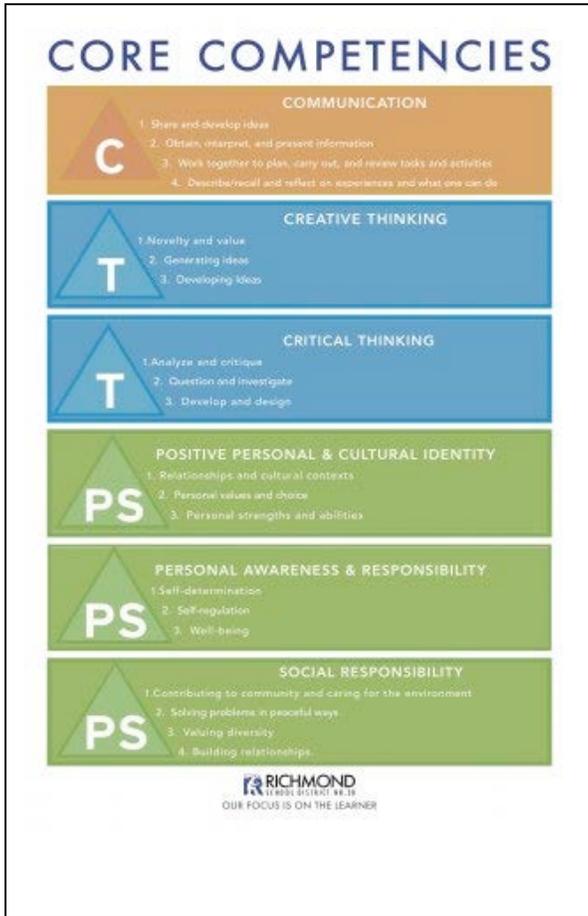
## Important Dates

Fri., Mar. 10 <sup>th</sup>	Last day before Spring Break
Mon., Mar. 27 <sup>th</sup>	School re-opens after Spring Break
Wed., Apr. 5 <sup>th</sup>	Collaboration Block – School starts at 9:45 am
Fri., Apr. 14 <sup>th</sup>	Good Friday – School Closed
Mon., Apr. 17 <sup>th</sup>	Easter Monday – School Closed



### From the B.C. Ministry of Education:

The core competencies along with literacy and numeracy foundations and essential content and concepts are at the centre of the redesign of curriculum and assessment. Core competencies are sets of intellectual, personal, and social and emotional proficiencies that all students need to develop in order to engage in deep learning and life-long learning. Through provincial consultation, three core competencies were identified.



- Communication – the communication competency encompasses the set of abilities that students use to impart and exchange information, experiences and ideas, to explore the world around them, and to understand and effectively engage in the use of digital media.

- Thinking – the thinking competency encompasses the knowledge, skills and processes we associate with intellectual development. It is through their competency as thinkers that students take subject-specific concepts and content and transform them into a new understanding. Thinking competence includes specific thinking skills as well as habits of mind, and metacognitive awareness.

- Personal and Social – Personal and social competency is the set of abilities that relate to students’ identity in the world, both as individuals and as members of their community and society. Personal and social competency encompasses the abilities students need to thrive as individuals, to understand and care about themselves and others, and to find and achieve their purposes in the world.

Core competencies are evident in every area of learning; however, they manifest themselves uniquely in each discipline. In the current drafts of the redesigned curricula, competencies are embedded and evident within the learning standards. Competencies come into play when students are engaged in “doing” in any area of learning. This includes activities where students use thinking, collaboration, and communication to solve problems, address issues, or make decisions. The ultimate goal is for learners to employ the core competencies every day in school and in life, and for the core competencies to be an integral part of the learning in all curriculum areas.

### Collaboration Time Update

In February, Cambie staff met in small groups to initial new topics during collaboration time. The purpose of these sessions is to enhance the learning experience for our students. The following are the topics that we discussed.

- Grade 8 teachers met to discuss strategies to support students who are struggling in their classes.
- The Social Studies Department met to discuss and explore learning maps for students that reflect the redesigned curriculum.
- The PE Department worked on revamping the basketball and volleyball unit that reflects the learning outcomes on the redesigned curriculum.
- Members of the Science and Math Department met to develop the framework and process to support students where additional teacher support blocks are available.
- Members of the English and Socials Department met to identify students needing support and put forth a plan, which includes pull out support to work on essay writing.
- The library staff looked at the current selection of non-print resources, and began the process of updating titles and content to reflect the new curriculum.

# 15 Things To Say To Help An Anxious Child Find Calm

Anxiety is our warning system that something doesn't feel right. Let's be a detective and discover what that might be.

Finding calm is easier when we have a strategy to use before we begin to feel anxious.

You have a tool kit of calming strategies, let's choose one to write down and carry in your pocket to help you if you begin to feel anxious today.

Let's choose a mantra to use if you get worried or anxious today.

Your brain is feeling overloaded, let's help your brain by using one of our calming strategies.

You are your brain's best helper. You help your brain find calm.

What are your brain and body needing to get calm now?

Anxiety is a sign that this task feels too difficult, let's work on one part at a time, to make it simpler.

Anxiety is a sign that this is a BIG task, let's break it down into smaller parts.

Let's make this easier to tackle.

We can use our mantras to help us get calm. Which mantra can help you right now?

Which mantra shall we plan to use for this day?

Anxiety is not mysterious, it comes when we have too much to handle.

Let's be a detective and keep an eye out for things that might seem like too much.

When we see the anxiety coming, we can use our tools, to calm our brains and bodies down.

Bloom (Kenney & Young, 2015)

## Cambie Breakfast Café

The Cambie Breakfast Café, brought to you by the Cambie Counselling Centre, is open **five days a week!** Breakfast starts at 7:45 and goes until 8:15 am. Come and join your fellow students to enjoy a healthy breakfast! All are welcome!





### Cambie Library News

Cambie library has had a very busy last month, and we are pleased to work with and to assist so many active readers. In the last month alone, we have completed more than 976 transactions! Our top ten titles are as follows:

1. **Ms. Marvel 1: No Normal** by G. Willow Wilson
2. **Projekt 1065** by Alan Gratz
3. **Shooter** by Caroline Pignat
4. **Scorpion Rules** by Erin Bow
5. **How to Keep Rolling After a Fall** by Karole Cozzo
6. **Are You Seeing Me?** By Darren Groth
7. **The Darkest Part of the Forest** by Holly Black
8. **Breaking Dawn** by Stephenie Meyer
9. **Crown of Midnight** by Sarah Maas
10. **Great Gatsby** by F. Scott Fitzgerald

We are also pleased to announce that we have completed the installation of a very impressive AV projection unit in the library. We hope that teachers and students will make good use of this technology and great space in the library.

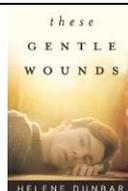
### Cambie Reading Riot

Cambie's Reading Riot continues to be a huge success, with many students participating in the reading and rating of some excellent titles. All secondary schools in Richmond are participating in this initiative that runs until March 28th. It's easy (and not too late) to join. Just register with Mrs. Kos or Ms. Cho in the library. There are eight (8) books in total. Read and rate at least five (5). At the end of March, teacher-librarians across Richmond will tally up the votes and declare one book to be a district-wide winner. Don't forget, we draw for fabulous prizes every Friday, so listen for your name. Let's keep up the good momentum, Cambie students!

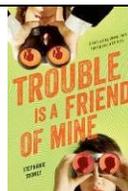
As well, we have been keeping track of your many (over 60!) requests for new titles, and Mrs. Kos and Ms. Cho are happy to report that we have purchased quite a few new books for students' enjoyment. Our most recent shipment includes the following titles:



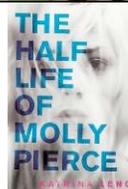
**Night Sky** by Clare Francis -- In the brutal chaos of the Second World War, three people find their lives inextricably interwoven in a web of courage, betrayal and love. Julie Lescaux is the young Englishwoman involved in one of the most dangerous operations of the French Resistance. David Freymann, German scientist caught up in the unimaginable horror of the war, is destined to lose everything except his faith in the discovery he's made. **Night Sky** is Clare Francis' sweeping chronicle of Europe in peace and war, a tremendous floodtide of narrative that builds to a gripping and unforgettable finale.



**These Gentle Wounds** by Helene Dunbar -- Five years after an unspeakable tragedy, Gordie Allen is living with his half-brother Kevin. Their arrangement works, since Kevin is the only person who can protect Gordie at school and keep him focused on getting his life back on track. But just when it seems like things are becoming normal, Gordie's biological father comes back into the picture, demanding a place in his life. Now there's nothing to stop Gordie from falling into a tail-spin that could cost him everything -- including his relationship with Sarah, the first girl he's ever trusted. With his world spinning out of control, the only one who can help Gordie is himself....if he can find the strength to confront the past and take back his future.



**Trouble is a Friend of Mine** by Stephanie Tromly -- As Zoe quickly learns, Digby is a guy you either love or hate, and try as she might, she can't seem to avoid him. As their investigation deepens, Zoe gradually realizes she doesn't hate him. At all. But that means ... she could be heading for a lot more trouble with Digby than she thought, if he doesn't get her killed first.



**Half Life of Molly Pierce** by Katrina Leno -- For all of her seventeen years, Molly feels like she's missed bits and pieces of her life. Now she's figuring out why. Now she's remembering her own secrets. Bit by bit, Molly is uncovering the separate life she seems to have led ... and the love that she can't let go



**Ruthless** by Carolyn Lee Adams -- When she wakes up with a concussion in the bed of a moving pickup truck, Ruth realizes she has been entered into a contest she can't afford to lose. At a remote, rotting cabin deep in the Blue Ridge Mountains, Ruth's blindfold comes off and she finds herself face-to-face with her captor: a man who believes his mission is to punish bad girls like Ruth. A man who has done this six times before. The other girls were never heard from again, but Ruth won't go down easy. She escapes into the wilderness, but her hunter is close at her heels. That's when the real battle begins. That's when Ruth must decide just how far she'll go in order to survive. Back home, they called her Ruthless. They had no idea just how right they were.

## Career Centre Newsletter February /March 2017

Grade 10 - 12 students and their parents please visit the Career Centre District Website for post-secondary updates, events, volunteer opportunities and scholarship information:

<http://sd38careercentre.weebly.com/calendar.html> and [Ms. Millar's Career Centre face book page](#).

Grade 12 students should be in the process of finalizing Post-Secondary applications. Many deadlines are fast approaching. In addition to university, students are encouraged to apply to a college. Did you know that, at approximately half the cost and depending on the program, students can study up to two years of university in college and transfer later! If you are still unsure of post-secondary plans - or if you have any questions - see Ms. Millar in the Career Centre.

### **District Trades In-School TRAIN (also known as ACE IT) programs Deadlines fast-approaching!**

If you are interested in doing one of the IN-SCHOOL TRADES 'TRAIN PROGRAMS' (also known as ACE-IT) including Plumbing; Professional Cook; Auto Service Technician; or Hair Stylist, see your counsellor first. Please note that applications need to be completed and handed into your counsellor or Ms. Millar by April 12<sup>th</sup> (the first deadline of March 8<sup>th</sup> has already passed for Baking). As programs can fill up quickly, students are encouraged to get applications in asap! Info and forms at: <http://careerprograms.sd38.bc.ca> A limited number of forms are available in the counselling area.

### **March 9/17 Rotunda ACE IT TRAIN Live Plumbing Demonstration 'Show and Shine' at recess/lunch break**

**All Grade 12 students - check that you have an EdAccess Student Secure Account in order to fill in the PSI Selection Form to allow release of marks and to send transcripts to the institutions to which you have applied.** You need your PEN (which is on your Term 1 and Term 2 report card):

<https://www.bced.gov.bc.ca/exams/tsw/tsw/student/welcome> \*Be sure to visit post-secondary accounts/websites often for details, updates, and deadlines. Questions - See Ms. Millar in the Career Centre.

**\*Be sure to check application, scholarship, housing and document deadlines.** Deadline dates vary so check carefully! Check with the post-secondary institution if you are unsure if they need any more information or documentation from you. Many universities & colleges require additional information such as transcripts, supplemental applications or profiles, required by a "document deadline". This is separate from the application deadline and varies depending on the institution.

### **Among Upcoming Deadlines**

Mar 28/17 Deadline Submission WorkSafeBC Student Video Contest for students in grades 8-12

### **Among Upcoming Scholarship Deadlines See the Career Centre for more opportunities!**

Mar 10/17 The Richmond Community Foundation Scholarships  
Mar 12/17 BCGEU Student Scholarship Awards  
Mar 13/17 Re/Max of Western Canada Quest for Excellence Bursary Program  
Mar 15/17 The Leonard Foundation Scholarship  
Mar 15/17 The Richmond Girls Soccer Association (RGSA) Scholarships  
Mar 15/17 The Trevor Linden Community Spirit Scholarship  
Mar 31/17 Retail as a Career Scholarship  
Mar 31/17 The Pacific Coast Field Lacrosse League Bursary  
Mar 31/17 Capilano University Excellence Scholarships (CAPX)

### **Among Upcoming Events**

Apr 1/17 KPU Music Program Information Session

**Are you interested in exploring Careers?** The Richmond School District offers students free access to the internet-based career exploration & education planning **Career Cruising** website. Students can use the career matching assessment tools for career option ideas. Career Cruising will help you build self-awareness, explore career options, create a plan and make it real. You need to set up an account. See Millar in the Career Centre with questions and for the school password. <https://public.careercruising.com/en/>

**Questions - see Ms. Millar in the Career Centre. ☺**

## What to do when an emergency vehicle approaches



Royal Canadian Mounted Police  
Gendarmerie royale du Canada



### 加拿大卑詩省交通及車輛法規

- 1) 沒有為警方停車 - 第七十三條第一項 Section 73(1) - 罰款 \$138加幣
- 2) 沒有遵守警方的指令 - 第一百二十三條 - 罰款 \$109加幣
- 3) 沒有讓路給緊急服務車輛 - 第一百七十七條 - 罰款 \$109 加幣

#### 以下的車輛被列為緊急服務車:

- 警車
- 救護車
- 消防車

#### 為何必須留意緊急服務車輛的動向?

- 它們可能正在應對緊急情況。
- 它們需要盡快抵達現場; 其他駕駛者應該靠右邊路旁停車, 讓路給緊急服務車輛。
- 它們可能正在以高速行駛; 所以確保所有人安全至為重要。

作為駕駛者, 有響警號及亮著警示燈的緊急服務車駛近時, 你是否知道如何應變?

- 1) 打方向燈並把車開往右邊路旁。
- 2) 安全停車。
- 3) 等待緊急服務車輛超越你的車輛。
- 4) 打方向燈並安全地融入車流。

當警車在你駕駛的車輛後方響警號及亮著警示燈時, 你必須:

- 1) 減速並靠右邊路旁安全停車。
- 2) 警車會停止響警號, 但會繼續亮著警示燈。
- 3) 未得警方指示, 不要踏出車外也不要將車開離現場。
- 4) 警員會走向你的車並與你對話。
- 5) 警員可能會要求你打開車窗並提供駕照。

切記! 當警車在你駕駛的車輛後方響警號及亮著警示燈時不要:

- 停在路中間或是停留在原地;
- 繼續行車;
- 把車停靠右邊路旁;
- 把車開離現場;
- 踏出車外。

### British Columbia Motor Vehicle Act Regulations:

- Fail to stop for Police—Section 73(1)—\$138
- Fail to obey police direction—Section 123—\$109
- Fail to yield for emergency vehicle—Section 177—\$109

### Why is it important to pay attention to emergency vehicles?

- they could be responding to an emergency situation
- they need to arrive fast, so other drivers need to pull over and create a path for them
- they could be going at higher speeds, so it is important to maintain safety for everyone

### Do you know what to do when an emergency vehicle sirens and lights up near you?

- Pull over to the right
- perform a safe stop
- Wait for the emergency vehicle to pass you
- Signal and safely return into the flow of traffic

### What to do when the police vehicle sirens and lights up behind you?

- slow down and pull over to the right
- perform a safe stop
- police vehicle will turn off sirens but keep the lights on behind you
- do not drive away or step out of your vehicle (unless told to)
- police officer will come up and talk to you
- you may be asked to roll down the window and produce a valid driver's license

### What does emergency vehicle include?

- police vehicles
- ambulance
- fire trucks

### DO NOT:

- stop in the middle of the road
- keep driving
- pull over to the left side of the road
- drive away
- step out of your vehicle

### Richmond RCMP

11411 No. 5 Road, Richmond, BC V7A 4E8  
Telephone: 604-278-1212  
www.richmond.rcmp-grc.gc.ca  
February 20, 2017

### La loi sur les véhicules à moteur de la Colombie-Britannique (British Columbia Motor Vehicle Act) et son règlement

- Défaut de s'arrêter pour la police—Paragraphe 73(1)—138 \$
- Défaut de suivre les directives d'un policier—Article 123 – 109 \$
- Défaut de céder la priorité à un véhicule d'urgence – Article 177 – 109 \$

### Pourquoi est-il important de porter attention aux véhicules d'urgence?

- Ils pourraient être en train d'intervenir dans une situation d'urgence;
- Ils doivent se rendre rapidement à leur destination, donc les autres conducteurs doivent se ranger afin de libérer la voie;
- Puisque ces véhicules roulent parfois à haute vitesse, il importe d'assurer la sécurité de tous.

### Savez-vous ce qu'il faut faire lorsque la sirène et les gyrophares d'un véhicule d'urgence sont activés derrière vous?

- Se ranger à droite;
- S'arrêter de façon sécuritaire;
- Attendre que le véhicule d'urgence vous ait dépassé;
- Mettre le clignotant et reprendre la route de façon sécuritaire.

### Que faut-il faire lorsque la sirène et les gyrophares d'un véhicule de police sont activés derrière vous?

- Ralentir et se ranger à droite;
- S'arrêter de façon sécuritaire;
- La sirène du véhicule de police va s'éteindre, mais ses gyrophares resteront allumés tant qu'il se trouvera derrière vous;
- Ne pas quitter les lieux et ne pas sortir du véhicule (à moins que le policier ne vous ait indiqué de le faire);
- Le policier se rendra à votre véhicule afin de vous parler;
- Il pourrait vous demander de baisser la vitre et de présenter un permis de conduire valide.

### Quels sont les véhicules d'urgence?

- les véhicules de police;
- les ambulances;
- les camions d'incendie.

### CE QU'IL FAUT ÉVITER DE FAIRE :

- S'arrêter au milieu du chemin;
- Continuer de rouler;
- Se ranger du côté gauche du chemin;
- Quitter les lieux;
- Sortir du véhicule.