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CAMBIE SECONDARY NEWSLETTER

April 30, 2018

Dear Parent/Guardian,

We continue to have a full compliment of activities taking place around Cambie. Our clubs are preparing for their year-end activities and our athletic teams are well underway in the spring season. Within the classroom, this is a peak time for students to maintain positive work habits to ensure a strong finish to the school year – only eight more weeks!

Term 3 “At Risk” Interim Reports will be distributed next week. Students will receive an interim if they are at-risk of not successfully completing a course, or if the teacher desires to communicate with parents about another issue. Parents are encouraged to contact the subject teacher if they have any questions. It is important that students who are “at risk” of not successfully completing the course start to devote extra time and effort to these classes. Now is the time to work on strengthening learning and catching up on any missed work. Students may continue to visit the Cambie Commons for additional assistance with their work during any block, as well as after school on Tuesdays, Wednesdays and Thursdays.

The last day of regular classes for students is Friday, June 22nd. We will be providing additional details to students and parents about programming opportunities for students during the week of June 25-29th. Teachers will soon be communicating with students about any in-class final exams. This is a reminder that some students in grade 10 and all students in grade 11 will be writing the Graduation Numeracy Assessment during the last week of June. Students enrolled in English 12 will still have to write a Provincial Exam on Monday, June 25th from 9:00am to 12:00pm, and students enrolled in Communications 12 must write a Provincial Exam on Wednesday, June 27th from 9:00am to 12:00pm.

Over the coming weeks, we will also start communicating with parents about how you will be able to access your child’s report card online. Stay tuned for more detailed instructions on how to set up an account.

We encourage students to maintain a healthy lifestyle during these final busy months by ensuring they eat well, get adequate sleep, and continue to participate in physical activity. We look forward to seeing you at our Annual Awards Night on Thursday, May 24th starting at 7:00pm.

Sincerely,

Principal

Important Dates

Wed., May 2nd
Thurs., May 10th
Thurs., May 10th
Wed.-Thurs., May 16th – June 14th
Fri., May 18th
Mon., May 21st
Thurs., May 24th
Thurs., May 31st

Collaboration Block – School starts at 9:45am
PAC Meeting – 7:00 pm. All Parents Invited
Term 3 Interim Report (At Risk) mailed home
Ramadan
Pro-D Day - School Closed
Victoria Day - School Closed
School Awards Ceremony – 7:00 pm
Gr. 7 PAC Dinner





March/April Staff Collaboration Time



Cambie staff met in small groups to explore different aspects of enhancing student learning and student engagement On March 7th and April 11th. The purpose of these sessions is to enhance the learning experience for our students. The following were topics of discussion featured on these collaboration days:

March

- Strategies to implement inquiry
- E-portfolios: posting in different modalities. Exploring the new possibilities that the *electronic* portfolio offers, getting classes set up for easy and efficient posting
- Sharing different core competencies reflection frames that teachers have been using with their classes
- Creating a New Media unit that focuses on the role of new media in society, how to navigate it, and how to effectively use it as a means of communication. This will be an ongoing project during future collab days.
- Working on logistics of FemFit camping trip
- Organization of the Human Library project (which took place this month in April after Spring Break!)
- Using the embroidery machine to customize student projects in textiles (grade 8 students have been actively using this machine in Home-ec to add their names to their pencil cases)
- Reviewing genetics resources for new curriculum
- Hosting of Spirit Dance, discussing theme, setting up, collaboration between different groups involved
- Reviewing the current career education curriculum
- Explored introducing TinkerCAD unit into grade 8 rotation as an introduction to 3D modelling and possible 3D printing.

April

- Reviewing descriptors for new ELL standards put out by the Ministry of Education
- Finance topics for Math 9 and 10
- Continuation of media studies
- Planning for Grade 8 tour in May for incoming grade 8 students
- Co-planning Ceramics and 2D crossover unit: planning for a unit in which 3D students create “Kandinsky” inspired ceramics sculptures, while Drawing/Painting students interpret the concepts in watercolour.
- Geometry (surface area and volume) project
- Developing a working draft of a uniform Pathways volunteer booklet
- Cross-curricular pathways 10 project on historic injustices
- Project/Test/Major assignment strategies: creating a document for students when they find themselves in situation where they have something important the next day, but do not know where to begin. This document will help students identify their possible choices and consequences of those choices, and how to make better choices about finishing and developing effective study skills.
- Continuation of “Blueprint Builder into Career and Life Education”
- Developing graduation support plans for modified students



Girls Soccer is Back!



After a few years of not having a Senior Girls Soccer team, a group of enthusiastic young ladies (& Mr. Nashlund as sponsor) are competing in the RSSAA soccer league again. With a short timeline, the team was formed very quickly with 25 girls from grades 8-12 making the effort to try-out. In the end, only 18 girls could be on the team. Only 5 girls on the team have significant playing experience, so many of the girls are bravely trying a ‘new’ sport. The team is composed of: Erin Bukid, Dilpreet Dosanjh, Kate Muckle, Tiana Nouredin, Abby Parada, Leanne Thieu, Lujain Alsaieri, Chanel Dazo, Sukvir Dosanjh, Aaliyah Egharevba, Rut Pasquier, Ziya Dosanjh, Jiya Gadhria, Kendralyn Kwan, Diya Mann, Kana Odaira, Ashleen Sindhar, and Anna Tongol. The team is also helped by managers Allyson Soriano and Jeremie Mendoza. Good luck, girls!

Cambie Library News



Hello Cambie students! The Cambie library continues to be a busy hub of the school, with many classes and individual students coming in for assignment-based resources as well as for recreational reading. In the past month alone, we completed a whopping 1,858 circulations! This is up by over 1,200 for the same period last year. Our “top borrowers” were the grade 9s, followed by grades 8, 10, 11 and 12. The following is a list of some of our more popular fiction titles:

Top 10 Titles for the Last 30 Days

1. **Short for Chameleon** by Vicki Grant
2. **Ready Player One** by Ernest Cline
3. **Spill Zone** by Scott Westerfeld
4. **Thunderhead** by Neal Shusterman
5. **Projekt 1065** by Alan Gratz
6. **The Marrow Thieves** by Cherie Dimaline
7. **Refugee** by Alan Gratz
8. **The Night Gardener** by Jonathan Auxier
9. **Scythe** by Neal Shusterman
10. **The Hate U Give** by Angie Thomas

Cambie’s Reading Riot continues to be strong, and it is great to see so many students participating this year. The contest runs until the end of the month, with prize draws held every Friday. We have worked through our holds, and now have several Reading Riot titles available on the shelf, ready to be taken out.

This is a reminder to all students that most materials are loaned out for two weeks. If a student needs a book for a longer period of time, he/she can renew it. We also carry many popular magazine titles as well as newspapers, and are constantly updating our fiction and non-fiction books. There is definitely something for everyone in the Cambie School Library.

We look forward to seeing and working with you in the library.

Happy Spring!
Mrs. Kos and Ms. Cho



Cambie Community Centre News

Cambie Community Centre will be hosting a lunch-hour event on Tuesday, May 1st to celebrate **BC Youth Week**. We will be providing food, music, and games for all Cambie students. All students are welcome!



7 DAYS, 15 FREE EVENTS, HOURS OF FUN!

The City of Richmond is celebrating "Youth Week" from May 1-7, 2018 by hosting 15 FREE events across the city.

For all details, visit:
WWW.RICHMOND.CA/YOUTHWEEK

Cambie Counselling Centre – April 2017

The GREEN light on Being READY TO SUCCEED ELMINATE BLUE LIGHT AT NIGHT

Being Ready to Succeed is about more than keeping up with assignments and recording in an agenda. It also includes how you prepare yourself physically and mentally for each day. Sleep is an integral part of that preparation often overlooked. Taking the time to unwind at the end of the day and power down is essential.

Adolescents love electronics. But did you know that the **blue light** (blue wavelengths) from the energy efficient screens of our electronics can disturb sleep, especially for teenagers? The main source of natural blue light is the sun, and during the day the blue light in sunlight makes us alert and helps to boost our attention, memory, energy levels, reaction times, and mood.

Any type of light at night can keep us alert due to its effect on the production of melatonin (a hormone produced by the pineal gland that helps your body fall asleep). But, the artificial blue light from our electronic devices has the biggest effect on suppressing melatonin production at night, and can disrupt our circadian rhythms, making it difficult to fall asleep and stay asleep.

A restorative sleep is necessary for physical, cognitive and emotional development. Sleep helps to fuel the body and the brain. The Canadian Pediatric Society advises a minimum of 8 to 10 hours of sleep per day for adolescents, as their brains and bodies are undergoing rapid growth.

Practice these tips for a healthier and more restorative sleep:

- **Turn off all electronics at least 1 hour before bed** including TV, video games, computers, or any screens that emit light
- **Keep devices out of bedrooms** as the brain needs to slow down to sleep rather than be stimulated.
- **Get outside during the day** by exposing yourself to bright light it will boost your sleep at night, as well as your mood and alertness during the day.
- **Practice good sleep hygiene which includes:**
 - A regular relaxing bedtime routine
 - Wake up and go to sleep the same time every day, try not to vary the time by more than an hour even on weekends!
 - Only use the bed for sleeping – not studying. Lying in bed awake can create a link between your sleeping environment and wakefulness.
 - Avoid caffeine (cola, tea, coffee) in the late afternoon as it can interfere with sleep.
 - Try not to drink too much of anything before bedtime as bathroom trips interfere with the sleep process.
 - Ensure that the bedroom is dark, quiet, cool and comfortable.
 - Exercise for better sleep. Teenagers should be aiming for at least 60 minutes of exercise every day, including aerobic activities such as fast walking and running. Exercising out in daylight will help to encourage healthy sleep patterns, too.
 - Avoid strenuous exercise 3 hours before bedtime.
 - Have a light snack before bedtime so that your stomach is not empty.
 - Limit daytime naps to not more than 20 minutes.

Can't sleep? After 20 minutes, get up and return to another space in the house to do a relaxing activity, such as reading or listening to music, NOT social media! After 20 minutes return to your bed and try again.

Used & adapted with permission from How to manage blue light and electronics so that they don't affect a good night's sleep. By Kathy Wong, Occupational Therapist. GF STRONG ADOLESCENT COMPLEX CONCUSSION CLINIC. April 11, 2018

Career Centre Newsletter April/May 2018

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://sd38carecentre.weebly.com/calendar.html> and Ms. Millar's Career Centre face book page.

Important Grade 12 students! Double-check your STS Accounts!

MAY 3, 2018 *all students should have filled in your STS Accounts Post-Secondary Institutions Selection order forms by this time, indicating 'INTERIM and FINAL' grades to be sent, in order for post-secondary institutions to receive your Term 2 marks. <https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates>.

Be sure to visit your post-secondary email accounts and websites often for application details, updates and deadlines. Document Deadlines: Many universities & colleges require additional information such as transcripts or supplemental applications or profiles, called a "document deadline". This is separate from the application deadline and varies depending on the institution.

Visit the Career Centre District Website events, information, and more scholarship opportunities!
<http://sd38carecentre.weebly.com/calendar.html>

Among Upcoming Deadlines

- April 30 Adoptive Families Assn of British Columbia Scholarship
Richmond Firefighters Association Community Scholarship
Richmond Firefighters Association Family Scholarship
Richmond Firefighters Assn Jock Murdoch Memorial Scholarship
SFU Other Scholarships Entrance Awards & Bursaries
- May 1 1800 Wheelchair Canada Scholarship
Joint Diversity Scholarship
Richmond Chamber of Commerce Carol Young Scholarship
The United Croats of Canada King Tomislav Branch Scholarship
- May 7 BC School Sports Zone Scholarships
BC School Sports Bert & Greta Quartermaine Badminton Scholarship
BC Sports Dave Gifford Memorial Scholarship
- May 9 CUPE 716 Scholarships
- May 10 Ukrainian Community Society of Ivan Franko Scholarship
- May 31 ABCDE Scholarship
Betty Spalton Scholarship
- June 1 The Queen's Commonwealth Essay Competition (Royal Commonwealth Society)

Among Upcoming Events

- May 10 Langara Nursing Information Session
- May 23 BCIT Trades Discovery Information Session
JIBC 49th Anniversary Open House Career Fair

Are you interested in exploring Careers?

Post-secondary institutions offer programs for college/university study, and some, education and training for specific careers! The Richmond School District offers students free access to the internet-based career exploration & education plan 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. ☺

May 12

2018

10:00am-1:00pm

9th annual
Cambie Community Centre

SWAP MEET

Buy

Sell

Swap

Cambie Community Centre
12800 Cambie Road
Richmond, BC
call 604.238.8399 for more information

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Tables \$20 (plus tax)**

