



CAMBIE WAAAG

October 11 – October 15, 2021

Monday October 11 <small>(School Closed)</small>	Tuesday October 12 <small>(ABCD)</small>	Wednesday October 13 <small>(PLT-AB)</small>	Thursday October 14 <small>(PLT-CD)</small>	Friday October 15 <small>(ABCD)</small>																														
<p>Thanksgiving</p> <p>“Gratitude changes our brain”</p>	<p>Health & Safety Meeting @ Lunch</p> <p>SBT Meeting @Lunch</p> <p>After School Support Cambie Commons Teacher Tutoring All Students – All Subjects 3:10 pm- 4:40 pm Be Ready to Succeed</p>	<p>PLT Bell Schedule</p> <table border="1" style="margin: 0 auto; border-collapse: collapse;"> <tr><td>Warning</td><td>8:25</td><td></td></tr> <tr><td>PLT</td><td>8:30</td><td>10:10</td></tr> <tr><td>Block A</td><td>10:20</td><td>12:15</td></tr> <tr><td>Lunch</td><td>12:15</td><td>1:00</td></tr> <tr><td>Block B</td><td>1:05</td><td>3:00</td></tr> </table> <p>Student Photo Retake (morning)</p> <p>Interim Reports Due to the Main office</p> <p>After School Support Cambie Commons Teacher Tutoring All Students – All Subjects 3:10 pm- 4:40 pm Be Ready to Succeed</p>	Warning	8:25		PLT	8:30	10:10	Block A	10:20	12:15	Lunch	12:15	1:00	Block B	1:05	3:00	<p>PLT Bell Schedule</p> <table border="1" style="margin: 0 auto; border-collapse: collapse;"> <tr><td>Warning</td><td>8:25</td><td></td></tr> <tr><td>PLT</td><td>8:30</td><td>10:10</td></tr> <tr><td>Block C</td><td>10:20</td><td>12:15</td></tr> <tr><td>Lunch</td><td>12:15</td><td>1:00</td></tr> <tr><td>Block D</td><td>1:05</td><td>3:00</td></tr> </table> <p>Student Breakfast sponsored by Applewood Nissan</p> <p>After School Support Cambie Commons Teacher Tutoring All Students – All Subjects 3:10 pm- 4:40 pm Be Ready to Succeed</p>	Warning	8:25		PLT	8:30	10:10	Block C	10:20	12:15	Lunch	12:15	1:00	Block D	1:05	3:00	<p>Dassehra (Hinduism)</p> <p>SBT Meeting @Lunch</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>REMINDER</p> <p>Interim Reports emailed home on October 18th</p> </div>
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Every student, every day, whatever it takes!
“Live a life full of humility, gratitude, intellectual curiosity, and never stop learning.”
Unknown

Gratitude changes our brains; it is an important part of education. As educators and parents, we often reward good behaviour in our children with the hope that they learn to associate the positive behaviour with pleasure. The pleasure center of our brain divides these rewards into intrinsic (i.e. food rewards) and extrinsic rewards (i.e. money and success). Research on the brain shows that feelings of gratitude activate the same areas of the brain as when an individual is rewarded intrinsically or extrinsically. In other words, giving gratitude...“giving thanks” can have the same pleasurable impacts on brain as food rewards, money, success, etc.

Thus cultivating an attitude of gratitude with students in our classrooms, in our schools and in our communities is vital for happy and healthy young people. Research shows that students who express more gratitude are generally more optimistic, have higher life satisfaction, and have higher satisfaction with their school experience. They also have fewer depressive symptoms, are happier with their lives overall, are less likely to abuse drugs and alcohol, and are less likely to have behavior challenges at school and in the community.

A daily process of gratitude, taking a few minutes each day to give thanks results in a significant decrease in materialism and an increase in gratitude and generosity.

To experience the benefits of expressing gratitude, we need to really mean it. We can't just say thank you to be polite, or pretend to be grateful...we need to genuinely feel grateful. Our brain knows the difference, brain scans in research show it.

Living a life full of gratitude encourages curiosity and life long learning. A life full of gratitude encourages individuals to live in the moment. A life full of gratitude changes the brain.

At Cambie we are “Champions for students!”

CAMBIE COMMONS: After School Support 3:10 pm - 4:40pm
 The Cambie Commons is open after school Monday to Thursday for extra learning support for all students in all subject areas. This is a great way for students to get some extra help with their learning with the help of a teacher. Please encourage your students to take advantage of this great resource.

Steps to success during PLT - Personal Learning Time

- Organize your learning plan
- Develop a game plan for the week & the PLT days
- Set your priorities – What do you need to accomplish
- Sign-up online - Be prepared and ready to learn

DATES TO REMEMBER:

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| Oct 11 | Thanksgiving (School Closed) |
| Oct 12 | Health & Safety Meeting @ Lunch |
| Oct 13 | Student Photo Retake (Morning) |
| Oct 13 | Interim Reports Due to the Main Office |
| Oct 18 | Ed Fac. Meeting @ 3:10pm on TEAMS |
| Oct 18 | Interim Reports Emailed Home |
| Oct 20 | Grade 9/10 Immunizations |
| Oct 21 | Re-imagining Secondary Schools Meeting |
| Oct 22 | Pro D Day (School Closed) |
| Oct 25 | SCC Meeting |
| Oct 27 | Staff Collaboration block (School Starts for students @ 9:30am) |
| Nov 1 | Staff Meeting at 3:10 pm |
| Nov 3 | Virtual Grade 9 Take Our Kids to Work Day (MyBluePrint) |
| Nov 3 | Provincial Graduation Assessments (Numeracy 10) |
| Nov 11 | Remembrance Day (School Closed) |
| Nov 12 | Semester 1 Term 1 suggested marks cutoff |
| Nov 15 | Ed Fac Meeting @ 3:10pm |
| Nov 16 | Student – CLC Conference Day |

Communicating Student Learning

Student progress information will be communicated with parents in a variety of ways this year. For each subject, students will be given an interim report, a term report card at the mid-point of the semester and a final report card at the end of the Semester. These progress updates will include information about the learning progress to date and the student's work habits and engagement.

Many Cambie teachers are also using ePortfolios to showcase and share evidence of student learning. For these classes, progress information will also be available through ePortfolios. Parents will receive an email invitation to view their child's ePortfolio when learning evidence is posted.

Interim Report Card Time

Wed, Oct 13	Interim Excel files due by 1:00pm
Oct 13 – 18	Admin and Counsellors review interim data
Mon, Oct 18	Interims emailed home at approx. 1:00pm

Summary of Key Health & Safety Measures

- 1) Non-Medical Masks required for staff, students, & parents
- 2) Cleaning and Disinfecting will occur once every 24 hours
- 3) Food in school shouldn't be shared.

Extra-curricular school life returns with many Clubs and Teams

A lot of renewed energy has returned to our building through passionate participation with various Clubs and Sports Teams. H&S protocols are being followed for all activities in our school. Currently, district guidelines for audiences/spectators to music concerts, theatre performances, and sports games inside our building allow for only current students and employees to attend. Thank you.