



CAMBIE WAAAG

November 15 – November 19, 2021

Monday November 15 (ABCD)	Tuesday November 16 (ABCD)	Wednesday November 17 (PLT-AB)	Thursday November 18 (PLT-CD)	Friday November 19 (ABCD)																																																			
<p>ED Facilitators/RIS Meeting @3:10pm on TEAMS</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>CLC Conference Day For grades 8 to 12</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Warning</td><td>8:25</td><td></td></tr> <tr><td>Session 1</td><td>8:30</td><td>9:30</td></tr> <tr><td>Session 2</td><td>9:35</td><td>10:35</td></tr> <tr><td>Recess</td><td>10:35</td><td>10:55</td></tr> <tr><td>Session 3</td><td>11:00</td><td>12:00</td></tr> <tr><td>Lunch</td><td>12:00</td><td>12:45</td></tr> <tr><td>Session 4</td><td>12:50</td><td>2:00</td></tr> </table> <p>UBC Teacher Candidates onsite</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		Session 1	8:30	9:30	Session 2	9:35	10:35	Recess	10:35	10:55	Session 3	11:00	12:00	Lunch	12:00	12:45	Session 4	12:50	2:00	<p>PLT Bell Schedule</p> <table border="1" style="width: 100%; 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>All Term 1 Semester 1 Marks Posted in MyEd BC</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="width: 100%; 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>PAC Meeting @ 7pm on TEAMS (all parents welcome) Click here to Join Meeting</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>Birthday of Guru Nanak Dev Sahib (Sikhism)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Reminder MONDAY November 22, 2021 Pro-D (School Closed)</p> </div>
Warning	8:25																																																						
Session 1	8:30	9:30																																																					
Session 2	9:35	10:35																																																					
Recess	10:35	10:55																																																					
Session 3	11:00	12:00																																																					
Lunch	12:00	12:45																																																					
Session 4	12:50	2:00																																																					
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																																																					
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																																																					

Every student, every day, whatever it takes!
 “Connectedness has the **power to counterbalance adversity.**”
Dr. B. D. Perry

Life is full of adversity. Nobody makes it through life unscathed. These events of adversity will inevitably change an individual, but it does not all have to be for the negative. Research shows that people who experience negative events say they have much greater inner strength than they ever thought possible, and they are closer to friends and family. In fact, many credit connectedness to family, community, and culture as the key element that helped them overcome life’s adversities.

An individual’s connectedness to family, community, and culture is a better predictor of their current and future mental health than their history of adversity or trauma. It is important to note that “connection” is not defined by the number of friends or relationships a person has, but by the quality of relationships that exist. At Cambie, like in many families, the power of connection is defined by the energy that exists between people when they feel seen, heard, and valued. “The more that an individual feels seen, heard and valued, the more that person feels ‘connected’ and the greater their ability to counterbalance adversity.”

In similar research, people showed lower levels of anxiety and higher self-esteem when they felt more connected to others. Feelings of connectedness created a more positive well-being for individuals. Socially connected people experience increased feelings of belonging, self-worth, and confidence. Connection is not defined by the number of friends or relationships a person has, but by rather the quality of relationships that exist.

At Cambie we are “Champions for students!”

Capstone Project - Grade 12 Students
 A Capstone Project is a passion project that is part of Career Life Connections. Starting in their grade 11 year, this year’s Grade 12 students chose a topic they want to learn more about. The Capstone Project is a *graduation requirement*. It is mandatory for all students to complete a Capstone in order to receive a Career Life Connections course credit. To successfully complete their Capstone Project requirements, grade 12 students must create a plan, design a project, document their work and present their Capstone Project. Students who do not complete and present a Capstone receive an Incomplete.

Conference Day Inclusivity Workshop: is focused on building compassion, dispelling stereotypes, and showing that we all have challenges, we can all be kind, and we are a lot more alike than we are different. The presentation is for all students.

DATES TO REMEMBER:

Nov 15	Ed Fac Meeting with RIS @ 3:10pm (3:15-4:45pm)
Nov 16	Student – CLC Conference Day
Nov 18	PAC Meeting @ 7pm on TEAMS (All parents welcome)
Nov 22	Pro-D Day (School closed to students)
Nov 22	SCC @ 2:15pm
Nov 23	Report Cards Published to MyEd BC
Nov 24	Staff Collaboration Block (Student and PLT starts @9:30am)
Nov 26	Wake-A-Thon (Stay-Late-A-Thon)
Nov 29	Staff Meeting @ 3:10pm on TEAMS
Dec 1	Early Dismissal 1pm
Dec 1	Parent-Teacher Conferences (2-4pm & 6-8pm)
Dec 2	Early Dismissal 1pm
Dec 2	Parent-Teacher Conferences (2-4pm)
Dec 6	Lockdown Drill @11am
Dec 6	Ed. Facilitators @3pm (TEAMS)
Dec 13	SCC @ 3pm
Dec 14	Health and Safety Meeting @ Lunch
Dec 16	Locker Clean-up
Dec 17	Last Day Before Winter Break
Jan 4	School Reopens

CLC Conference Day - November 16, 2021
 Our first Student Conference Day at Cambie of the school year, will focus on building awareness of inclusive practices in our school community. We have invited the organization, Get REAL Movement, to offer a presentation for all our students, titled, “The Inclusivity Workshop.”

CLC Conference Day Schedule

Warning	8:25	8:30	Activity
Session 1	8:30	9:30	Lesson One
Session 2	9:35	10:35	Get Real Presentation
Recess	10:35	10:55	
Session 3	11:00	12:00	Lesson Two
Lunch	12:00	12:45	
Session 4	12:50	2:00	Grade specific Sessions

The first three sessions of the Student Conference Day focus on:
 1) Building a understanding of Inclusion, 2) Acquiring knowledge and skills to be Inclusive and 3) Reflecting on their learning in-order to hold on to the main ideas and key concepts shared.

Conference Day Big Idea: By building people up and giving people strength, we might help them find a sense of belonging and voice in our school community.

Conference Day Essential Question: How might I demonstrate inclusive, respectful, and safe interactions in multiple career-life contexts (school community, social groups, cultural groups, local communities, workplaces, digital communities)?

Conference Day Key Concepts: Community, Relationships, Diversity, Inclusion