

# November 22 – November 26, 2021



# CAMBIE WAAAG

Monday November 22	Tuesday November 23	Wednesday November 24	Thursday November 25	Friday November 26																														
(School Closed) Professional Development Day  Theme: Assessment  Welcome Breakfast 8:00am  Assessment Conversation 8:30am  Learning Maps/ Working Groups 10:30am  Lunch – 11:30am  SCC Meeting @ 11:30am  Department Meetings 12:30pm & 1:30pm	(ABCD)  Semester 1 Term 1 Report Cards Published to MyEd BC  Parent-Teacher Phone Conference Booking Opens – 1:00pm See our website for instructions  UBC Teacher Candidates on site  After School Support Cambie Commons Teacher Tutoring All Students – All Subjects 3:10 pm- 4:40 pm Be Ready to Succeed	(Coll-PLT-AB)  Staff Collaboration Day PLT - students @ 9:30 am  Collab-PLT Bell Schedule <table border="1"> <tr><td>Collaboration</td><td>8:30</td><td>9:30</td></tr> <tr><td>PLT</td><td>9:30</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> Gr. 12 TVR & Scholarship Assembly Gym A 10:20am  After School Support Cambie Commons Teacher Tutoring All Students – All Subjects 3:10 pm- 4:40 pm Be Ready to Succeed	Collaboration	8:30	9:30	PLT	9:30	10:10	Block A	10:20	12:15	Lunch	12:15	1:00	Block B	1:05	3:00	(PLT-CD)  PLT Bell Schedule <table border="1"> <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> After School Support Cambie Commons Teacher Tutoring All Students – All Subjects 3:10 pm- 4:40 pm Be Ready to Succeed	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	(ABCD)  Wake -A- Thon (Stay-Late-A-Thon)
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## Every student, every day, whatever it takes!

*"I am stuck in fight or flight mode."*

*Unknown*

Our brains are designed to act and feel before we think. This seems odd, right? Logic would dictate that we think and then react with actions and feelings, but this is not the case. Our brains are sequential, they work from the bottom up. This means that our "old brain," which includes the Amygdala and the brain stem is activated first and then our upper brain... our "new brain," the Cerebral Cortex is activated.

This sequence of activation is important because the old brain only cares about survival, winning, and actions that will remove the perceived threat as quickly as possible. The "new brain" where we solve problems, think logically, and reason is activated last. The "new brain" is our thoughtful brain. It houses our values and our personality, as well as our social skills. This is the part of the brain that we count on to resolve conflict.

Young or old, student or teacher, it doesn't matter who the person is, if they get stuck in the "old brain," an individual's blood pressure and heart rate will go up and adrenaline and cortisol will enter the bloodstream. This results in rapid loss of creative thought, logic, and reasoning, as well as diminished empathy. In these situations, the individual is more likely to escalate an interaction by saying and doing things that they normally might not. Their actions and feelings come before their "new brain" is activated and given the opportunity to thoughtfully address the situation.

So, the goal is not to teach people to maintain dignified and respectful behavior when upset. Instead, the trick is to manage the conflict so that you don't get stuck in the "old brain" and become overly upset or emotional and then respond by fighting or fleeing. Knowing how to help an individual calm down and, more importantly, knowing how and when to take a time out when things begin to get out of hand are skills to learn and practice.

**At Cambie we are "Champions for students!"**

### How to help a student that is unsuccessful in your class

1. Get the parents/guardians involved early.
2. Try to meet with each struggling student.
3. Provide opportunity for student self-reflection.
4. Ask how you can **help**.
5. Look for underlying problems.
6. Follow up with other teachers (to get a better understanding of what is happening for the student).

## DATES TO REMEMBER:

Nov 22	Pro-D Day (School closed to students)
Nov 22	SCC @ 11:30am
Nov 23	Report Cards Published, P-T Conference Booking Opens
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
Dec 21-23	Individual Grad Photos by Appointment
Jan 4	School Reopens
Jan 4	Staff Meeting @ 3:10pm on TEAMS
Jan 27	Last Day of Semester 1
Jan 28	Pro-D Day (School Closed)
Jan 31	Teacher Preparation Day for Semester 2 (School Closed)

## REPORT CARDS

Reviewing report cards and ePortfolios creates an important opportunity to reflect on growth. All students are asked to reflect on the following:

- What did I work hard at that I am proud of?
- How did I tap into my strengths and push myself to grow?
- What are my stretches and how am I going to continue to improve in these areas?

## RAISING THE BAR – 3 Ways Families Can Raise the Bar

We continue to challenge students to set high expectations for themselves and then to demonstrate determination to striving for these goals.

- 1) MySchoolDay App: Have your child show you how it works (follow their schedule/classes, receive notifications, etc.). Parents can download the app too.
- 2) ePortfolios: Have your child show you 3 different posts (old or new) on their ePortfolio. Have them tell you why they chose those ones. As a parent, add a comment.
- 3) Unplug: All phones away for an hour. Play a game of cards or go for a walk around the neighbourhood.

## NEED HELP? After School Support - CAMBIE COMMONS

Cambie Commons is open after school Monday to Thursday for extra student support. This is a great way for students to get some extra support in Math, Science, English and so much more. Parents and teachers can make direct referrals to Cambie Commons by emailing / talking to the school counselors.