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December 2009 Volume 4

Principal's Message

Season's Greetings! We're moving into the last few weeks before the semester finishes and we move into the last half of the school year. This is also a time when some families choose to extend vacation trips into school time. While we recognize the opportunity for travel is typically a chance for students to learn about and appreciate other cultures, we also need to remind families that the best learning with regards to school subjects happens in the classroom with the teacher. If you are planning an extended vacation, please provide ample warning for the teacher, ask for an outline of outcomes which will be covered during the absence and be prepared to travel with texts if learning outcomes are to be met while on the trip. A reminder, too, that we offer peer tutoring at lunch times in room 16 and coordinated by counsellor Ms. Dietiker.

The November Report Card measuring student success for the first 11 weeks of the semester showed some very satisfying data:

Grade 9 cohort: 49% of students earned Honour Roll status (GPA of 4.01 or greater).

17% of those students earned a perfect 5.0 GPA

Grade 10: 46% on Honour Roll with 9% earning perfect 5.0
 Grade 11: 48% on Honour Roll with 15% earning perfect 5.0
 Grade 12: 40% on Honour Roll with 10% earning perfect 5.0

Well done to all our students – Good luck on the January exams and Semester 1 final report.

December also brings with it many opportunities for our students to demonstrate their Social Responsibility and Citizenship in the realms of giving and thinking of others. Please check this newsletter for notices regarding December food drives, "sock bombs" and in the New Year students will be organizing a coat and warm clothing drive.

We look forward to hosting our third "Family Sing-a-long" with families from Torquay, Hillcrest and Gordon Head Middle School. Wednesday, December 17 will be a chance for us to come together as a community and celebrate the season. Please consider coming by at 7:00 pm until 8 and join in the fun.

On behalf of the staff of Lambrick Park Secondary School, I'd like to wish your family a restful holiday break and a healthy, prosperous New Year!

Cheers!

IMPORTANT DATES

12/11/08	LAMPAC Staff Appreciation Lunch
12/14/08	Grad Soiree
12/15/08	Choir Soiree
12/17/08	Lambrick Family Sing-a-long
12/19/08	Last Day of Classes
01/05/09	First Day of Classes
01/05/09	LAMPAC Meets
01/15/09	Jan. Newsletter (Date Change)

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LAMBRICK LIBRARY LEDGER

Vol. 3

December 2008



A LIBRARY AND ENGLISH DEPARTMENT-SPONSORED ESSAY CONTEST...

... was held in early November on the topics of "War and Remembrance."

All English students from grades 9 through 12 participated, some through library-based research to help support their thesis.

The essay contest was excellent writing practice for all students, and special congratulations goes to the following individuals who earned gift certificates to Bolen Books with their winning essays!

JUNIOR DIVISION (grades 9 & 10)

1st—David Luco
2nd—Kirsten Cuckovich
3rd—Cassy Ransford

SENIOR DIVISION (grades 11 & 12)

1st—Brandi Fenn
2nd—Michelle Siemens
3rd—Matt Kemp



Winning essays have been posted with the students' permission on the library home page at <http://lambrickpark.sd61.bc.ca/services/library/>

HOLIDAY READING & SHOPPING LIST



Parents: here are some book shopping lists for your teen son or daughter. Students: it's a request list for you! In Google, try these searches:

- YALSA BEST BOOKS FOR YOUNG ADULTS 2008 — for top recommendations of the American Library Association.
- CLA 2008 YOUNG ADULT AWARD—nominations of the Canadian Library Association

D.E.A.R. DAY (DROP EVERYTHING AND READ DAY) . . .



... was celebrated by many Lambrick classes on October 27 to mark National School Library Day as well to support a province-wide initiative by teacher-librarians to encourage students to read recreationally.

Many elementary, middle and high school students and teachers across the province paused at 11:00 a.m. to read for twenty minutes — ideally an article or book of personal choice.

Many studies have proven the link between daily recreational reading — material of personal choice — and improved performance in all subject areas, including Math and Science. Twenty minutes per day is time well spent, not to mention fun as well!

NEW ONLINE RESOURCES

The library recently acquired *Canadian Points of View Reference Center* — the companion database to *Points of View Reference Center*.

Like the latter, it is useful for research on controversial issues and help for writing an essay, but it focuses on issues of special interest to Canada and also draws upon more Canadian source material.

The library has also acquired different versions of the *World Book Advanced Encyclopedia* — a *World Book Student* and *World Book Kids*, available in the Encyclopedias link of the Lambrick Park Library web page.



World Book Student will appeal to grades 9 & 10 students while *World Book Kids* will help students who need extra support in reading.



GRADE 12 NEWS

POST-SECONDARY APPLICATIONS

Christmas Break is an excellent opportunity for students to take some time to investigate post-secondary options, complete their Scholarship Resumes and work on post-secondary applications. Links for post-secondary pursuits including colleges, universities, apprenticeships and other training opportunities are all available online at the Lambrick Park Career Education website. **Note:** Students can provide their transcript information to a number of post-secondary institutions by filling out a **Post-Secondary Institutions Form (PSI)** online starting January 2009. It will be available at: http://www.bced.gov.bc.ca/transcript/transcript_psi.htm

LANGUAGE PROFICIENCY INDEX (LPI) 2008-2009

Most universities in BC, including UVic, UBC and SFU, require that prospective students write the LPI. Students applying to university in BC (and possibly elsewhere) **must** write the LPI exam **UNLESS THEY MEET THE CRITERIA FOR EXEMPTION** (see Ms. Dietiker for confirmation).

2009 sittings before September are: UVic—Feb. 21, April 25, May 9, June 13, Aug. 15; Camosun—Jan. 10, March 14, July 11. The cost is \$57.00. It is important to register well in advance for your preferred date. See Ms. Dietiker or the website for more information. LPI website: <http://www.ares.ubc.ca/LPI/>. Workbooks to assist in preparing for the LPI are available for loan in the Career Centre.

GRADE 12 OPTIONAL PROVINCIAL EXAMINATIONS

Grade 12 Provincial Examinations, with the exception of English 12 and Communications 12, are optional. This year, students are being asked to declare their intention to write—or not write—their optional Grade 12 Provincial Exams. Students who do not write an optional exam will receive their school mark as their final mark for the course.

British Columbia public universities and colleges, including the University of Victoria, UBC & Camosun College, *encourage* students to write provincial exams. For both admission and scholarship selection, these institutions will **only** use examination results if the result increases the applicant's admission average. However, a significant number of out-of-province Canadian institutions *will* count the provincial exam mark if the student chooses to write. Students & parents are strongly advised to check with the specific institution.

Students must write optional provincial exams to be eligible for BC Provincial Examinations Scholarships. Students who are Canadian citizens or permanent residents, achieve at least a B in English 12, and attain scores of 86% or better on 3* Provincial Exams will be awarded a \$1000 scholarship. Provincial Exams are not required for Entrance Scholarships for BC public universities & colleges, including UVic, UBC and Camosun College. (*Some exceptions apply.)

Students should be aware that results for optional provincials they write will count for 40% of their final grade for the course and will be included on their Ministry of Education official transcript. If writing an optional provincial exam causes a student's final grade in a course to drop below 50%, the student will not receive credits for the course, and graduation status may be affected.

UNIVERSITY OF VICTORIA

Self-reporting Phase 2 is from January 2 - March 31, 2009. Students are expected to have **PREDICTED** grades for Semester 2 courses. It is recommended that Lambrick Park students wait until late February or early March to self-report. Students must self-report during Phase 2 to be eligible for Entrance Scholarships based on grades. To be considered for Entrance Scholarships based on marks and other criteria (such as community service), students must complete the online UVic Entrance Scholarship application by March 31, 2009.

UVic Parents' Newsletter is available for parents of new and prospective students. **The Fountain**, an e-newsletter, helps parents build a relationship with the UVic campus. Visit <http://web.uvic.ca/transition/fountain> for the current issue.

CAMOSUN COLLEGE

Starting this academic year, Camosun will be giving conditional seat offers to high school applicants as their applications arrive, without waiting to receive final or interim grades. Grade 12 students are welcome to apply anytime between September 15 and May 15. If they apply before February 28, their Grade 11 and 12 marks (including all final marks plus interim marks from 2nd semester of Grade 12) will be electronically transferred to Camosun. To authorize the electronic transfer, students must include their **Personal Education Number** on the application, and complete the online PSI form required by the Ministry of Education. For further details about the application process, visit: <http://camosun.ca/about/counsellors/admin-proc.html>

NOTE: Please refer to the article, "**Grad Transition**" on page 2 for important information about the Grad Transition process and requirements.

SCHOLARSHIP DEADLINES

UNBC LEADERSHIP AWARDS	DEC. 15
UNIVERSITY OF ALBERTA ENTRANCE AWARDS	DEC. 15
UNIVERSITY OF CALGARY - AWARDS FOR ENTERING HIGH SCHOOL STUDENTS	DEC. 15
B.C. COWBOY HERITAGE SOCIETY SCHOLARSHIPS (THE)	DEC. 31
SHAD VALLEY PROGRAM ENTRANCE SCHOLARSHIPS AND BURSARIES	JAN. 14
DANCEWORKS SCHOLARSHIP PROGRAM	JAN. 15
VANCOUVER ISLAND UNIVERSITY ENTRANCE SCHOLARSHIPS AND AWARDS	JAN. 15
WEYERHAEUSER COMPANY FOUNDATION SCHOLARSHIP PROGRAM	JAN. 15
ZONTA INTERNATIONAL FOUNDATION YOUNG WOMEN IN PUBLIC AFFAIRS AWARDS	JAN. 16
TOP 20 UNDER 20 AWARDS PROGRAM	JAN. 22
ROYAL COMMONWEALTH SOCIETY ESSAY COMPETITION	JAN. 23
BC INNOVATION COUNCIL - TRIUMF HIGH SCHOOL FELLOWSHIP	JAN. 30
D.B. PERKS & ASSOCIATES LIFESAVING SOCIETY SCHOLARSHIPS	JAN. 31
DAVID C. LAM/TEAL FOUNDATION SCHOLARSHIP	JAN. 31
DUPONT CHALLENGE SCIENCE ESSAY AWARDS COMPETITION (THE)	JAN. 31
TOYOTA EARTH DAY SCHOLARSHIP PROGRAM	JAN. 31
YVR ART FOUNDATION SCHOLARSHIP	JAN. 31

NOTE: Please check with BCAwardsOnline at: <http://bcawardsonline.sd61.bc.ca/> for a complete list of available scholarships.

VANCOUVER ISLAND UNIVERSITY

Program Information Sessions

Program Information Session dates have now been set for 2008-2009 and will be delivered starting November 20th. A description of what the student can expect at a program information session and a complete list of dates for the upcoming sessions can be viewed at <http://www.viu.ca/advising/infosessions/index.asp>

Applying to Vancouver Island University

This is just a reminder that we started accepting applications for most of our programs November 15th. We encourage students to apply online at <http://www.viu.ca/apply/index.asp>.



**CAMOSUN
INFORMATION
SESSIONS**

**Third Thursday of every month at
both campuses from 6-8pm
(next session January 2009)**

**Check for room locations at:
<http://camosun.ca/about/counsellors/>**

GRAD TRANSITION



Completion of the Grad Transition Package is mandatory for all graduating students. The Grad Transition package is comprised of three components: Daily Physical Activity - DPA (log 150 minutes of physical activity per week), Employability Skills Log (30 hours of work experience and/or community service) and Grad Transition Plan. Each grade 12 student should check in with their respective Grad Tracker (as noted on your report card) soon and needs to budget their time in order to meet these requirements in a timely manner. Students who do not know to which Grad Tracker they have been assigned, can see Ms. Burnett in the Career Centre. For more information on the Graduation Program, check the Ministry of Education website at: <http://www.bced.gov.bc.ca/graduation/grad2004.htm>

NOTE: Students can start their Grad Transition package as early as grade 10. For DPA, students must log 150 minutes/week for grades 10, 11 and 12.





SPIRITWEAR

Get in the SPIRIT with
LAMBRICK PARK
SPIRITWEAR

Available with
a new logo and
new look...
come and check it!

Sweatpants are here...
Hoodies, Running Tops arriving
Friday...don't miss out...
stop by the office before...
It's too LATE!



Attention BC students!

StudyBUZZ is pleased to announce that the British Columbia Virtual School Society's LearnNowBC is providing **free** StudyBUZZ assessments to all BC students for:

BC Biology 12
BC Principles of Math 12
BC Chemistry 12
BC Geography 12
BC History 12
BC Physics 12
BC Geology 12

- Science 10
- Principles of Math 10
- Essentials of Math 10
- Social Studies 11

[CLICK HERE](http://www.learnnowbc.ca/services/) (or copy & paste this URL) <http://www.learnnowbc.ca/services/>

To sign up with LearnNowBC and get access to StudyBUZZ BC in the Tutoring section of Student Services.

Mr. Ham has posted photos on the Lambrick Park Band web-site of Hermann's and the Santa Claus Parade.

http://web.me.com/brucegham/Site_2/





Entertainment Booklets!!!

Entertainment Booklets for sale...
Fundraiser for the...
Breakfast of Champions Celebration...
On sale NOW...in the Office...20.00!!!

EATING HEALTHY

Act Now BC has launched an Eat Together, Eat Better campaign with some excellent online resources, including meal planning, recipes, and how to address meal behaviour and manners. Studies have shown that children from families that eat meals together consume more fruits and vegetables and more nutrients such as fibre, calcium, and folate, and are at lower risk of becoming overweight. Adolescents from families that eat together have better school performance, lower risk for substance abuse and better social adjustment

Check out the resources at www.eattogether.net

BAAAD WEATHER!



We are now approaching the season when inclement weather may affect the safety and welfare of students. In particular, snowy weather has the potential to cause classes to be postponed or some School District 61 services to be suspended.

Current information will be updated continuously on the Greater Victoria School District 61 website at <http://www.sd61.bc.ca/>

Within the Greater Victoria School District, the Superintendent of Schools will provide media outlets with information about the status of our facilities and transportation services by 6:30 a.m. if there is a concern.

Local media outlets have indicated that they will provide constant information and the Weather Network will also post updates at:

<http://www.theweathernetwork.com/weather/CABC0313>

LAMBRICK PARK CHOIR **DECEMBER 2008 NEWS**

The months of November and December are busy concert months in the Lambrick Park Music Department. The Concert Choir started out the concerts with a well appreciated performance on Friday November 28th at the BC Superintendent's Association Conference at the Victoria Conference Centre. This was a 15-20 minute concert for the conference delegates. This comment was from an e-mail from a person from the Vancouver School Board and received by Mrs. Hughes last week.

"Dear Karen Hughes, I am writing on behalf of someone in our district who heard the performance of the choir that you direct at the recent (Nov 27-28) BCSSA Conference in Victoria. The music was, by all accounts, superb and I congratulate you ..." Well done, Concert Choir! Thank you to all the volunteer parent drivers **Mr. Stevens, Mrs. Luco, Mr. Entz, Ms. Maesser, Mrs. Van Kooten, Mrs. Wright, Mrs. Siemens, Mrs. Cathrea and Mrs. Yong.**

Eight members of "Another Shade of Blue" Vocal Jazz and 4 members of the Concert Choir presented an excellent show for the fine folks at the Kidney Foundation Christmas party. Our students are always treated so kindly and appreciated so much by the Kidney Foundation members. At our Choir Soiree donations at the door will go to the Kidney Foundation of Canada, Victoria Chapter. We acknowledge Mrs. Diana Dobson for continuing to support the Lambrick Park Choral Music Program over the past 4 years by extending invitations for us to perform for these folks.

On **Monday, December 15th @ 7pm** in the Band room the choir students will present the **'Twas the Night before Christmas"** Choir Soiree and story narration with **Bake Sale** by donation. Just a reminder to students that we need the baking to be brought in on that day. A reminder that the donation at the door will be in support of the **Victoria Chapter of the Kidney Foundation of Canada**. With all concerts, **students and parents are reminded that students are requested to remain for entire concerts** as part of their professional musical responsibilities. If there are any requests for special exceptions, students must bring a note from home **PRIOR TO** the concert.

On **Tuesday, December 16th** the **9/10 Concert Band and the Concert Choir** will present a short concert at **Gordon Head Middle School**. Students are reminded to bring uniforms to school and be ready to meet in the hall outside the LP office at 12:15 to walk over to GHMS. We will return to LP before the last block in the afternoon.

The Lambrick Park Family of Schools Sing-a-long will put you in the spirit of the season on Wednesday, December 17th from 7pm-8pm in our school gym. We will have the band, a choir of 140 singers and lots of other fun to make this a real community event.

Our Choir students are busy both inside and outside of school in various activities. Jessica Steele is a member of the cast of the Kaleidoscope Theatre production of "Silverwing". Best of luck at your performances and congratulations, Jessica!

This past month "WE SALUTED" the following choir students for their contributions to the choral music program: Shawn Lum, View Sodsong, Eric De Loor and Marlena Wright. Congratulations to these students! Watch each LP newsletter for the "featured" choir students!

The Night before Late Night Shopping at Hillside Mall was a very successful fundraiser! Thanks to all the people who supported the choir by buying a ticket and attending this fun evening. We will see you all next year at the mall!

Mrs. Hughes will be serving lunch on Wednesday, December 16th to "Another Shade of Blue" Vocal Jazz in Annex 41. This has become a tradition and is always a very festive event. On Thursday at lunch we eat yet again at the Choir's Annual Candlelight Christmas Potluck Lunch.

MUSICAL POINTS TO PONDER

*"This is the season for so many reasons,
this is the season to sing."
Lyrics from the song "Season to Sing" by Linda
Kerby.*



We don't receive wisdom; we must discover it for ourselves
after a journey that no one can take us or spare us.

Marcel Proust

**IMPORTANT DATES FOR THE LAMBRICK PARK CONCERT CHOIR
2008-2009**

Mon. Dec. 15, 2008	'Twas the Night before Christmas" Choir Soiree 7PM. Band room. Donations at the door in support of the Victoria Chapter of the Kidney Foundation of Canada.
Tues. Dec. 16 th , 2008 @ 1pm	LP Music Dept. (Concert Band(s) and Concert Choir perform Christmas Concert in assembly at GHMS.
Wed. Dec. 17 th , 2008 7pm	Lambrick Family of Schools Sing-a-long @ LP in the gym.
Thurs. Dec. 18, 2008	Annual Choir Christmas potluck, please bring food and beverages.
Monday, March 9 th @7pm	Victoria Sings Concert at UVIC Centre



GRAD GIRLS BREAKFAST

The grade 12 girls got up early and headed to the White Spot for their traditional early morning breakfast in November...a good time was had by all!



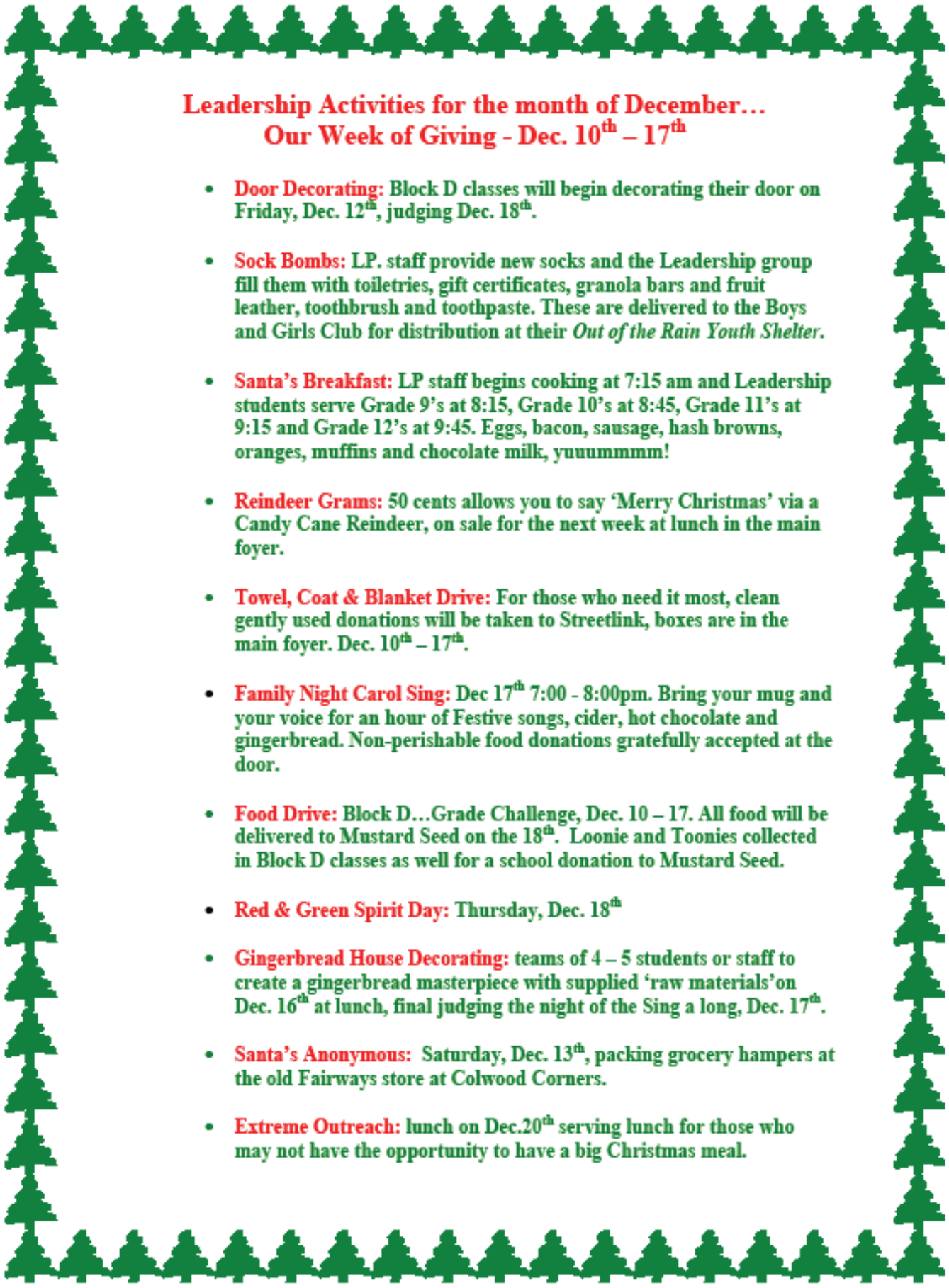
A Personal invitation to you.....
Lambrick Park's
" 'Twas the Night Before Christmas"
A CHOIR SOIREE
With story narration
Monday, December 15th @7pm
in the Lambrick Park Band room
(4139 Torquay Drive)

- DONATIONS AT THE DOOR IN SUPPORT OF
THE
BC KIDNEY FOUNDATION OF CANADA,
VICTORIA CHAPTER

Featuring the Concert Choir, "Another Shade
of Blue" Vocal Jazz, VOICES 2009, solos,
duets and small ensembles.



Sit back, relax and enjoy the Spirit of
Christmas at a very special evening of
choral and instrumental music.
**CHOIR BAKE SALE BY DONATION **



Leadership Activities for the month of December...

Our Week of Giving - Dec. 10th – 17th

- **Door Decorating:** Block D classes will begin decorating their door on Friday, Dec. 12th, judging Dec. 18th.
- **Sock Bombs:** LP staff provide new socks and the Leadership group fill them with toiletries, gift certificates, granola bars and fruit leather, toothbrush and toothpaste. These are delivered to the Boys and Girls Club for distribution at their *Out of the Rain Youth Shelter*.
- **Santa's Breakfast:** LP staff begins cooking at 7:15 am and Leadership students serve Grade 9's at 8:15, Grade 10's at 8:45, Grade 11's at 9:15 and Grade 12's at 9:45. Eggs, bacon, sausage, hash browns, oranges, muffins and chocolate milk, yuuummmm!
- **Reindeer Grams:** 50 cents allows you to say 'Merry Christmas' via a Candy Cane Reindeer, on sale for the next week at lunch in the main foyer.
- **Towel, Coat & Blanket Drive:** For those who need it most, clean gently used donations will be taken to Streetlink, boxes are in the main foyer. Dec. 10th – 17th.
- **Family Night Carol Sing:** Dec 17th 7:00 - 8:00pm. Bring your mug and your voice for an hour of Festive songs, cider, hot chocolate and gingerbread. Non-perishable food donations gratefully accepted at the door.
- **Food Drive:** Block D...Grade Challenge, Dec. 10 – 17. All food will be delivered to Mustard Seed on the 18th. Loonie and Toonies collected in Block D classes as well for a school donation to Mustard Seed.
- **Red & Green Spirit Day:** Thursday, Dec. 18th
- **Gingerbread House Decorating:** teams of 4 – 5 students or staff to create a gingerbread masterpiece with supplied 'raw materials' on Dec. 16th at lunch, final judging the night of the Sing a long, Dec. 17th.
- **Santa's Anonymous:** Saturday, Dec. 13th, packing grocery hampers at the old Fairways store at Colwood Corners.
- **Extreme Outreach:** lunch on Dec.20th serving lunch for those who may not have the opportunity to have a big Christmas meal.



You are invited to the Lambrick Park
Family of Schools



Seasonal Sing-a-long

Come and join the 'Family' Choir
and Lambrick Park's band
in an hour of festive fun!



When: Wednesday, December 17th,
7:00 -8:00(ish)pm Band

Where: Lambrick Park Secondary
Gymnasium



Bring pillows and blankets
to sit on the floor and a
mug for your beverage.
Bleachers will be available
for your use.

Cider, Hot Chocolate, and Gingerbread
will be served throughout the event.





Introduction to RESTITUTION for PARENTS

Have you heard the term **RESTITUTION** at your child's school and been curious about it? At this Introduction you will learn the underlying premises of Restitution, how Restitution helps children understand the needs behind their behaviour, fix their mistakes and learn to make better choices for the future.

**January 22, 2009
SJ Willis Educational Centre - 923 Topaz Ave
6:30-8:30 pm**

The presentation is free but pre-registration is required. Please email your name and school you are representing to mjones@sd61.bc.ca or call Healthy, Safe and Caring Schools at 250-360-4359

Empowering Families Parent's Group

Discovery will be facilitating a six-week group for parents of teens that will focus on skill development and support. Parents will have an opportunity to learn how to appreciate 'what's going well' in their relationship with their teen in a group setting. Facilitated by Discovery Youth & Family Addiction Services counsellors.



When is it?

Weekly (Wednesday evenings)
6 to 8 pm
Starts January 14, 2009

Where is it?

530 Fraser Street (2nd Floor)
Free parking @ Esquimalt Rec Centre



Discovery
Youth & Family
Addiction Services

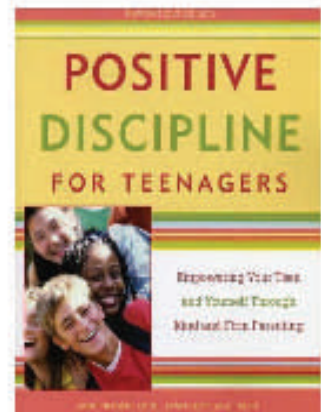
Esquimalt Health Unit
2nd Floor - 530 Fraser Street
Victoria, BC V9A 6H7

P: 250-721-2669
F: 250-721-3408

To register, please call:
250-721-2669 (press 0) or
email Lorraine.Trischuk@viha.ca

BEFORE DECEMBER 12, 2008

Registration is *free*, however, we ask that parents purchase or bring a copy of the book, 'Positive Discipline for Teenagers'.
(\$11, copies available from group facilitators)



Vancouver Island Parent Conference Sat. Feb. 7, 2009

Caring Communities

Engaged in Our Childrens' Future

Keynote Speakers



Steve Dotto

introduces [Cyber Safe](#), a guide for any adult responsible for a computing environment accessible by kids.



Dr. Gabor Maté

[Hold On to Your Kids](#) - restore parenting to its natural intuitive basis. Also, [Hungry Ghosts](#) - enter the realm of addictions.

When? Saturday, February 7, 2009, 8:00 am - 4:00 pm

Where? [Spectrum Community School](#) 957 West Burnside Road, Victoria, BC

Why? Students of today have far more options in their lives than ever before. As a community supporting our youth, we need to be aware of the many choices they will be faced with; the influences in their daily lives; and how we can support them to navigate these things.

How much? \$60 per person for the day, including lunch and snacks

Registration Required. Final deadline is Jan 28, 2009

8am - 8:45	Registration and Exhibits open, Continental breakfast
8:45 - 9:15	Introductions and 'The Story of Stuff'
9:15 - 10:15	Morning workshops
	Break - snacks and visit EXHIBITORS
10:30 - 12:00	Steve Dotto - 'Cyber safe'
12:00 - 12:40	Lunch and DOOR PRIZES
12:45 - 2:15	Gabor Maté - 'Hold on to your Kids'
	Break
2:30 - 3:30	Afternoon workshops
3:30 - 4:00	Debrief, share ideas, finish DOOR PRIZES

Presented by the School District Parent Advisory Councils of
[Saanich \(COPACS\)](#), [Sooke \(SPEAC\)](#) and [Victoria \(VCPAC\)](#)

Vancouver Island Parent Conference Sat. Feb. 7, 2009

1:30 – 3:30 Afternoon Workshops

The Story of Stuff - Anne Leonard 8:45 am – 9:10 am



20 minute, fast-paced, fact-filled look at the underside of our production and consumption patterns. From its extraction through sale, use and disposal, all the stuff in our lives affects communities at home and abroad, yet most of this is hidden from view. **The Story of Stuff** exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world. You may learn something, it may make you laugh, and it just may change the way you look at all the stuff in your life forever.

MORNING WORKSHOPS: 9:15 am -10:15 am

Workshop A

How Can School Communities Pay Off Our Children's

Nature Deficit? - Todd Carnahan

Outdoor educator and biologist **Todd Carnahan**, Land Care and Stewardship Coordinator for Habitat Acquisition Trust (HAT) shares his ideas on the successful creation of experiential learning opportunities for environments on our school grounds. HAT delivers stewardship programs from Sooke to Galliano that give landowners, governments, and schools the tools necessary for intelligent natural lands management. Focusing on the Green Spots Program piloted by HAT since 2005, Todd will provide insights for solutions that counter the negative trends of violence, obesity, hyperactivity, and ecological illiteracy of our children. Visit:

http://www.hat.bc.ca/index.php?option=com_content&view=article&id=7&Itemid=11

Workshop B

Restitution and Community Justice Conferencing in our

Schools and Community - Etta Connor and Pat MacGregor

The philosophy, values and principles of restorative justice are put into practice through conflict resolution and restorative practices in schools, neighbourhoods and families. The presenters will give examples from their experience as community volunteer facilitators and trainers. **Pat Macgregor** is Coordinator of school volunteers, and **Etta Connor** is Coordinator of Training for Peninsula Crossroads Community Justice Program.

Workshop C

Why go to school? - James Young

There are students and parents that for various reasons don't place a high value on a school education. **James Young** is the Aboriginal Nations Education Liaison at the Victoria Native Friendship Centre www.vnfc.ca. He will give us a unique perspective on the forces that prevent some of our children from becoming engaged in their education.

Presented by the School District Parent Advisory Councils of
[Saanich \(COPACS\)](#), [Sooke \(SPEAC\)](#) and [Victoria \(VCPAC\)](#)

Vancouver Island Parent Conference Sat. Feb. 7, 2009

FREE for Everyone

KEYNOTE #1: 10:30 am – 12:00 noon

Cyber Safe - Steve Dotto

Cyber Safe with Steve Dotto is the first step you can take to gain the knowledge needed to keep our children safe on the internet. Steve guides you through the most popular Social Networking sites showing you how they work, how kids interact with them and *most importantly* - what security settings you should employ. Do you know the difference between Nexopia and Facebook? You really need to know about the places your teens are hanging out, join us and learn more about them.

Steve Dotto's presentation is FREE to anyone who wants to attend this part of the conference only, by way of sponsorship from The Virtual Schools Society and support from London Drugs. Send this to a few friends, free is a good price for an hour of information that will inform the way you parent.

We must take reservations for this very popular speaker so, please click on the link below, then send your name and phone number, if you want to register for this session only.

[Steve for FREE, please!](#)

LUNCH BREAK: 12:00 noon to 12:45 pm

- ↔ time to visit the exhibitors and network
- ↔ lunch prepared by *Food For Thoughts catering*.
- ↔ Some DOOR PRIZE draws at 12:30 pm

After lunch we will begin back together in the theatre with Gabor Maté

KEYNOTE #2: 12:45 pm – 2:15 pm

Hold on to Your Kids - Dr. Gabor Maté, M.D

Dr. Gabor Maté is a physician/psychotherapist, who co-authored with Dr. Gordon Neufeld, a developmental psychologist, the book 'Hold on to Your Kids' which tackles one of the most disturbing and misunderstood trends of our time - *peers replacing parents in the lives of our children*. *Hold on to Your Kids* will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in 'Hold on to Your Kids' will empower parents to satisfy their children's inborn need to find direction by turning towards a source of authority, contact and warmth. The concepts, principles and practical advice contained in *the book* will empower parents to satisfy their children's inborn need to find direction by turning towards a source of authority, contact and warmth.

**Presented by the School District Parent Advisory Councils of
Saanich (COPACS), Sooke (SPEAC) and Victoria (VCPAC)**

Vancouver Island Parent Conference Sat. Feb. 7, 2009

AFTERNOON WORKSHOPS: 2:30 pm – 3:30 pm

Workshop D

What is true partnership in schools and how does it benefit our children? – John Bird

John Bird, President of the [Victoria Confederation of Parent Advisory Councils](#), will lead a discussion about building active partnerships in your school. John will elaborate on concepts such as "community of learners and leaders" and "intrinsic accountability". We will discuss how parents can bring ideas to their school through building buy-in with staff and students.

Workshop E

In the Realm of Hungry Ghosts – Dr. Gabor Maté, M.D

Dr. Maté looks at the epidemic of addictions in our society, tells us why we are so prone to them and what is needed to liberate ourselves from their hold on our emotions and behaviours. For over ten years Gabor Maté has been the staff physician at the Portland Hotel, a residence and harm reduction facility in Vancouver's Downtown Eastside. Dr. Maté looks at his own history of compulsive behaviour. He weaves the stories of real people who have struggled with addiction with the latest research on addiction and the brain.

Workshop F

Sustainability...One Street at a Time – Angela Evans, MCIP

Angela Evans explores the concept of community building through her own experiences as a professional planner and a mother, bringing many simple and low or no-cost ideas that are good for the planet, our kids' physical and mental well being, and the community at large. Starting with what was to be a simple traffic-calming project to protect young children from careless drivers, she and her neighbours created something unique that has been featured in a number of newspapers and magazine articles locally and nationally.

Debrief in the Theatre: 3:30 pm

We like to learn from our experiences and we like to share what we have learned. So we end our conferences with a sharing of what we liked, how we can improve and anything else you want to share. Then we have our final draw for door prizes.

We look forward to seeing you at the conference, Saturday, February 7th, 2009

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[Saanich \(COPACS\)](#), [Sooke \(SPEAC\)](#) and [Victoria \(VCPAC\)](#)

Vancouver Island Parent Conference Sat. Feb. 7, 2009

For more information on registration or exhibitor table rental contact
Karen Coles at bkcoles@shaw.ca

- \$50 Early Bird Registration received before Jan. 9, 2009
 \$60 Received before Jan 28, 2009

Name _____

School(s) _____ School District _____

Email address _____ Phone # _____

Morning Workshops (Choose one)

- A How Can School Communities Pay off Our Children's Nature Deficit?
- Todd Carnahan
 B Restorative Practices in the Whole School Community
- Etta Connor and Pat MacGregor
 C Why go to School? - Jim Young

Afternoon Workshops (Choose one)

- D Partners in Schools - John Bird
 E Hungry Ghosts - Gabor Mate
 F Sustainability...One Street at a Time - Angela Evans

Send Registration and a cheque made payable to 'VIP Conference' before January 28th, 2009 to:
VIP Conference c/o SPEAC 3143 Jacklin Road, Victoria, BC V9B 5R1

- Please indicate any **food allergies** or sensitivities below:

The following books by Dr. Maté will be available for purchase at the conference. Please mark here if you may be interested in purchasing. (This is not a commitment.) Please bring **exact cash or cheque** as we **will not have debit or credit card machines** available. Thanks.

- Hold on to Your Kids \$16.00 The Realm of the Hungry Ghosts \$22.00
 Scattered Minds \$23.00 When the Body Says No \$23.00

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**LAMBRICK PARK
SCHOLARSHIPS AND AWARDS 2007-2008**

PREMIER'S AWARD

Matthew Siemens (2006-2007)

GOVERNOR-GENERAL'S BRONZE MEDAL

Alejandro Dau (2006-2007)

UNIVERSITY OF TORONTO NATIONAL BOOK AWARD

James Yang

PROVINCIAL EXAMINATION SCHOLARSHIPS

Bernard Lambrechts
James (Han Sol) Lee
Claudia Pampin
Curtis Muller

Maria Przydatek
Selene (Jing Yi) Ren
Thomas Shepherd
David VanInsberge

Scott Woody
James Yang

UNIVERSITY OF VICTORIA ENTRANCE AWARDS

UVic Entrance Scholarship

Nathan Birk
Hamidreza Eftekhari Dadkhah
Po-Yi Ho
Min Sung (Katie) Kong
Anisha Lagah (Declined)
Bernard Lambrechts
Melinda Louis
Tarynn McKenzie

Curtis Muller
Claudia Pampin
Charlayne Phillips
Lisa Prowse
Maria Przydatek
Laurel Scott
Kendal Sinclair
Byeong Hwey Sohn

David VanInsberge (Deferred)
Edgar Villegas Robles
Jeff Wade
Elissa Watt (Declined)
Trevor Woodburn
Scott Woody
Heewon (Iris) Yang
Christina Yang (Declined)

Faculty of Engineering Dean's Entrance Scholarship (Renewable)

Hamidreza Eftekhari Dadk Jeff Wade

President's Entrance Scholarship

Ju Hyun Ha Maria Przydatek

The Donald & Evelyn Munro Scholarship

Min Sung (Katie) Kong

The Home Depot, Gordon Head Residents Association Scholarship

Bernard Lambrechts

T.S. McPherson Scholarship

Claudia Pampin

CAMOSUN COLLEGE FOUNDATION- THRIFTY FOODS SCHOLARSHIP

Anisha Lagah

UNIVERSITY OF BRITISH COLUMBIA PRESIDENT'S ENTRANCE SCHOLARSHIP

Hamidreza Eftekhari Dadkhah
(Declined)
Po-Yi Ho (Declined)

James Lee
Selene Ren (Declined)
David VanInsberge

Scott Woody
Christina Yang

SIMON FRASER UNIVERSITY Summit Entrance Scholarship

Selene Ren (Declined) Laurel Scott (Declined)

Jeff Wade (Declined)

UNIVERSITY OF ALBERTA

Academic Excellence Scholarship

Min Sung (Katie) Kong
(Declined)

Jeff Wade (Declined)

Athletic Scholarship

Dana Morch

Engineering Academic Excellence Scholarship

Jeff Wade (Declined)

COLUMBIA UNIVERSITY ACADEMIC SCHOLARSHIP

James Yang

DARTMOUTH COLLEGE ACADEMIC SCHOLARSHIP

James Yang (Declined)

TRINITY COLLEGE ACADEMIC SCHOLARSHIP

James Yang (Declined)

UNIVERSITY OF WATERLOO PRESIDENT'S SCHOLARSHIP OF DISTINCTION

James Yang (Declined)

DAKOTA STATE UNIVERSITY, SOUTH DAKOTA

SOFTBALL SCHOLARSHIP

Amanda Stevenson

Ashley Stevenson

FRANK PHILLIPS COLLEGE, TEXAS

SOFTBALL SCHOLARSHIP

Kate Johnson

IOWA WESTERN COMMUNITY COLLEGE

SOFTBALL SCHOLARSHIP

Angela Jay

PENSACOLA COLLEGE, FLORIDA

SOFTBALL SCHOLARSHIP

Hannah Wilson

BARTON COUNTY COMMUNITY COLLEGE

BASEBALL SCHOLARSHIP

Tom Clark

TREASURE VALLEY COMMUNITY COLLEGE, OREGON

BASEBALL SCHOLARSHIP

Josh Campbell

Dave Jollymore

IOWA WESLEYAN COLLEGE, IOWA

BASEBALL SCHOLARSHIP

Conor McDougall

Geoff Ford

SALT LAKE CITY COLLEGE, UTAH

BASEBALL SCHOLARSHIP

Adam Wilson

Duncan Blades

Honour Roll – Reporting Period 1

Grade 9

William Aesoph
Erica Arberg
Kristopher Barber
Daniel Bednarski
Heather Boss
Zebulun Bossi
Bren Breathet
Connor Brooks
Madison Brown
Andrew Brown
Jordan Browne
Matthew Bryan
Steven Chambers
Benjamin Clark
Samantha Cox
Adriane Dewey
Nathan Donaldson
Mackenzie Doyle
Chantelle Emslie
Curtis Fradette
Alexander French
Graham Gaube
Cassandra Holt
Mackenzie Hustins
Ji Hyeon Jeong
Jason Johnson
Haneul Kim
Chung Yi Kuo
Alexander Lee
Sarah Lefebvre

Marta Lefsrud
James Litzenberger
Jesse Long
Therese Mah
Brandon Mar
Conner McConkey
Caitlin McLaughlin-Cooper
Jori Melville
Shawna Merkley
Lucas Millar
Brendan Miller
Emily Newman
Emma Northrup
Hayden Oliveira
Bradley Pardy
Preet Parhar
Michael Phillips
Cassandra Ransford
Thomas Rebitt
Mitchell Seivewright
Michael Siemens
Rebecca Sigurdson
Cindy Sio
Mckenzie Smith
Jeremy So
Joel Stephens
Jakob Stolz
Chelsea Strandlund
Quinn Takhar
Mimi Tang

Jesse Thomson
Jordan Webb
Clair Williams
Ka Wong
Leo Yong
Meng-Ting Yu
Meng-Tsun Yu

5.0 GPA

Angelina Atkinson
Morgan Cathrea
Shahbaz Claire
Miranda Clissold
Kirsten Cuckovich
Lucas Dellabough
Anthea Gaunt
Jennifer Getz
Sheriden Goodmanson
Lindsay Holt
Morgan Jackson
Allison Lee
Marisa London
Jonathan Mar
Kate Meldrum
Mitchell Sawyer
Cassandra Sims
Justine Thibadeau
Olivia Tubman
Maria Weaver

Grade 10

Ryan Adkins
Dylan Anderson
Jason Basi
Tyler Boldt
Matthew Boss
Shawn Brand
Kevin Breef
Matthew Bridge
Michael Chambers
Yuriko Clark
Sarah Coupur
Khisnika Dassoruth
Brock Davidoff
Rajiv Dillon
Stephanie Du
Amanda Erickson
Dakota Fitzgerald
Hugh Fuller
Taryn Gmitroski
Osman Tan Hatipoglu
Joseph Holt
Jenna Hughes
Jong Won Im
Mingu Ji
Matthew Johnson
Christopher Kelly

Yun Ji Kim
Yoon Soo Kim
Luqi Liu
David Luco
Shawn Lum
Gayle MacDonald
Amanda Macleod
Brenden Magee
Jennifer Mangold
Edmond Mar
Keegan Matheson
Sarah Matheson
Matthew McDonough
Braeden McKenzie
Adam McKenzie
Damian Morris
Natsumi Nishimura
Owen O'Rourke
Akshay Rai
Alexandra Richardson
Gabiella Rose
Brandon Rossum
Jessica Round
Megan Rowlett
Talia Ruffolo
Ty Russell

Dallen Russell
Cole Shields
Julian Sketchley
Isaac So
Shun Sugawara
Brendan Thiessen
Gregory Tonkin

5.0 GPA

Daryl Blaskovich
Scott Byrne
Caleigh Gerow
Sarah Gittens
Celeste Glover
Whitney Hamilton
Luke Hawkins
Sanjeev Kang
Hae Lee
Alexandra McLaren
Alexis Miller
Emma Tanaka
Jacquelyn Walker
Brianna Wright

Grade 11

Amy Acheson
Peter Andersen
Olivia Anglin
Elizabeth Ashton
Jesse Bains
James Barbour
Laura Chambers
James Chana
Yangyixin Chen
Zachary Cunningham
Elijah Dyck
Mitchell Egner
Jordan Evans
Alexandra Fisher
Deryk Friestad
Vaughn Gaston
Garrett Greenwood
Chelsea Higley
Yun Jung Hur
Bonnie Hwang
Ian Jacek
Scott Jones
Matthew Kemp
Paige Kerr
Woo Sung Kim
Tin Lai Lau
Matthew Lefebvre
Patricia Leon Hung
Victor Liu
Vanessa Lloyd
Rebecca Moore
Devan Moore

Adrienne Morgan
Sato Muramatsu
Wesley Myron
Hyo Ji Nam
Kyle Norris-Jones
Kelly Norris-Jones
Kristiana Perri
Chantelle Phillips
Jordan Pilon
Samantha Postle
Marissa Praud
Jaclyn Rekis
Shinnosuke Sato
Julia Schmidt
Heather Scholz
Michael Shortreed
Kevin Skillings
Janelle Smith
Kaitlynn Stevens
Kathleen Sturrock
Gregory Thibadeau
Morgan Thomas
Kayla Topping
Channing Vigier
Alexander Vitek
Xinyi Wang
Linda Wassill
Brandon Waters
Julie Williams
Matt Woody
Lu Yang
Sasja Zethof

Matthew Zupanc

5.0 GPA

Carly Aspden
Iman Bulghani
Robert Chittick
Lori Chow
Rebecca Clarke-Coates
Heather Clifford
Brody Coulter
Catalina Dau
Lindsay Dealy
Maura Dewey
Dana Fraser
Andrew Guy
Angela Harris
Lisa Harris
Garrett Holt
Taylor Hughes
Stefan Jankowski
Stephanie Korolyk
Elvis Lam
Caitlin Lee
Matthew Legaspi
Jessica London
Mary Luco
Diandra Mark
William Russell
Kiera Smith
Jessica Steele
Rae-Lee Tresierra
Maaike Van Kooten

Grade 12

Thomas Allen
Morgan Allen
Jonathan Au
Meghan Baker
Christopher Batt
Kevin Bazett
Kim Carnes
Chien Hao Chen
Stephanie Chong
Orion Croft
Nathan Damell
Alexander De Sousa
Lucas De Sousa
Gregory Dealy
Byron Deziel
Lauren Fougner
Alanna Gagliani
Gurpreet Gahunia
Cortnie Grantham
Dong-Hyun Ha
Christie Hagen
James Hammond
Aneesa Heatherington
Johnston Ho
Joshua Hozack
Patrick Hung
Jian Qiao Huo
Daniel Hurl

Jane Kelly
Patricia Kennedy
Jessica Kop
Kyle Long
Megan Louie
Avenil McEvoy
Julia McMullen
Megan Miles
Adam Millar
Morgan Miller
Erica Milner
Ki Won Min
Casey Moore
Connor Moughtin
Laurence Muir
Takahito Ogura
Melissa Orton
Andrew Reid
Fraser Rich
Sydney Richdale
Allison Roper
Sarah Rossum
Austin Russell
Dalan Ruttan
Erin Savory
Kevin Sheen
Justin Sketchley
Hannah Strothmann

Ya-Shen Tsai
Amber Vallee
Monica Winkel
Gelsy Wong
Marlena Wright

5.0 GPA

Kelsey Blake
Glynis Byrne
Melissa Coupar
Frederick French
Lauren Goodmanson
Gavin Hastings
Min-Jae Lee
Nathan Leung
Alexander Macauley
Janis Maynard
Christina McLean
Kristi Michaud
Jack Morris
Jordan Munro
Teresa Roney
Michelle Siemens
Janine Sigurdson
Kelly Sutton
Robyn Turner
Candice Winger