



ACSS Totem Times

Dream, Believe, Achieve

Please visit our website www.acsstotems.ca for more information.

Upcoming Calendar Events

Monday January 25, 2021	PAC Meeting
January 25—29, 2021	Literacy and Numeracy Assessment Week
Monday February 1, 2021	Last day of Quarter 2

January 22, 2021

Good afternoon Aldergrove Community Secondary School students and families,

I hope that you are all doing well. With winter fully upon us it has been nice to have a few dry days this past week. The forecast does call for snow this weekend, so we will have to see if it does actually arrive. Please take care in the event of snowy weather and please do see the *Information About School Status During Inclement Weather* section included in this newsletter to keep informed about school procedures on such days.

This past week was another eventful one at ACSS. Students and staff are working hard to complete courses with energy and focused study. This second quarter of the school year began way back in November, November 19th to be exact, and will be completed with the last day of classes on Monday, February 1st. There will be a “quarter turnaround day” on February 2nd (students are not in attendance) and then on Wednesday, February 3rd the third quarter of the school year will begin.

I was very fortunate this week to be able to hear Grade 11 student, Matthew, present his capstone project (more information of the projects below). I found Matthew’s presentation to be exceptionally enthralling and true to heart. Our Careers Department is doing wonderful work allowing our students to discover their passions and chase their dreams. The ACSS slogan *Dream, Believe, Achieve* is alive and well at ACSS!

Please see the information included in this newsletter regarding activities, events and initiatives happening around the school and, as always, please contact us if you have any comments, questions or concerns. Thank you.

Have a wonderful weekend,

Mr. M. Palichuk
Principal
Aldergrove Community Secondary School





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PAC Meeting – January 25

On Monday evening, January 25th, the monthly Parent Advisory Council meeting will be held via Zoom. Please see the information emailed to you this week if you would like to attend the meeting. A big thank you to our PAC executive and PAC members for their dedicated work supporting ACSS.

Bell Lets Talk Day—January 28th

Next week is Bell Let's Talk day. This is an important day to highlight as it discusses the importance of Mental Health, attached to this newsletter are a few Activities that you can use to help facilitate mental health awareness, self-care practices, and stigma reduction.

Aldergrove Legacy Project

The mural project is almost complete! District maintenance installed the smaller versions of the mural on one interior wall outside of the office this week. We think it looks great! The larger mural will be installed on the front of the school very soon. The story of the mural including the purpose, artists and progress timeline can be found at the following website:

<https://acsslegacyproject.wordpress.com/>



Ashley and Jordan and the ACSS Legacy Project

Youth Train in Trades Orientation

On Thursday evening all of our incoming Youth Train in Trades students and their families participated in a virtual orientation via TEAMS. We have 38 students beginning in the three district programs (Auto Service Technician, Carpentry, Hairdressing) on February 3rd. While many of these students are already ACSS students, many are also coming to us from other secondary schools in Langley. We are excited to be the new home for these students and we are especially excited for them as they begin their dual credit (high school AND post-secondary credit) educational journeys in their chosen trades career. Thank you to our teachers, Mr. Jones (Auto), Mr. Gaumont (Carpentry) and Ms. Wight (Hairdressing) for their fantastic work presenting their programs to the students and parents. Thank you also to Ms. Luteijn, Ms. Smith, and Mr. Orchard for their help facilitating the evening with district staff and school admin.



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Career Life Connections Capstone Interviews

On Tuesday, Mr. Hunter's class completed their Capstone interviews. The students did a fantastic job presenting their learning to special guests in the school including district staff Mr. Kozlovic, Ms. Milne, Ms. Petrie, and Ms. Silcox-Burk, as well as to some ACSS staff. Thank you very much to Mr. Hunter, Ms. Luteijn and Ms. Smith for coordinating and facilitating the Capstone interviews.



SchoolMessenger Communications Message from the Langley School District

The District is aware of parents/guardians receiving a message from the Langley School District. This text message is a request to opt-in for text messaging notifications from their child's school. This is a component of the District's plan to roll out a new parental outreach notification system called SchoolMessenger. This is not spam. This is a communication message from the Langley School District. We acknowledge this alert was unexpected for families. Our plan was to roll this out to our school communities in February, with the full system in place by the middle of the month. We will be sharing more information in the coming days.



GRAD GOSSIP

PARENTS & GRADS! JOIN GRAD REMIND:

Text @acsgrad21 to 778-651-9772 All info for grad will be pushed here and posted on ACS-Grad 2021 Teams space. Grad Remind is a one-way notification system; we are only able to send messages, we cannot receive your messages on Remind. Any questions about Grad can be sent to Ms. Caines on Teams via email at kcaines@sd35.bc.ca

WE HAVEN'T FORGOTTEN!

We know that everyone is eager to hear about dates for Grad 2021. In the next few weeks, we will be firming up dates and locations for our ceremonies. Once we have that information, it will be posted to Grad Teams, Grad Remind, and all our ACSS Social Media pages. Stay tuned!



GRAD GOWN ORDERS: This week your teachers will be asking all grads for their height (with shoes on) so we can order the correct size grad gown. Please ensure you know your height (in feet and inches, eg: Ms Amado is 5'2, Ms. Caines is 5'9.) Due to COVID-19 protocols, the gowns we order for you will be similar to the single-use gowns we ordered for grad 2020: Gowns, stoles, hats, and tassels will be yours to keep forever!

GRAD YEARBOOK QUOTES: Grad yearbook quotes are open! Please have your yearbook quote submitted no later than Sunday Jan 24th. Access the quote form here: <http://bit.ly/ACSS2021Yrbk> *Due to time constraints with Yearbook publishing deadlines, quotes not submitted by Jan 24th may not be accepted. Mr. Jones has kindly offered to write a quote for anyone who has not submitted their quote by the deadline, and he claims he's not a writer. You have been warned. To date, we have received 26 yearbook quotes out of a potential 200 graduates.*

GRAD BABY PHOTOS: Baby photos can be emailed as a .jpg to Ms. Caines (kcaines@sd35.bc.ca) by Sunday Jan 24th. These will be used in the yearbook. **The yearbook page has a firm deadline and photos not received by Jan 24th will not make the publication.** To date, we have received 9 baby photos out of 200 potential graduates.

GRAD HOODIES (FINAL ORDER): The final order for grad hoodies is now on SchoolCashOnline. This will be the final chance to order hoodies for grad 2021, so don't miss out! We only order the exact amount that YOU paid for, so we will not have extras. Orders will be open until Feb 19th. We will submit the order after the deadline and the hoodie order will arrive after spring break. If you ordered your hoodie in the fall, we still have 8 that have not been picked up.

GRAD YEARBOOK QUOTES: Grad yearbook quotes are open! Please have your yearbook quote submitted no later than Jan 24th. Access the quote form here: <http://bit.ly/ACSS2021Yrbk>

GRAD BABY PHOTOS: Baby photos can be emailed as a .jpg to Ms. Caines (kcaines@sd35.bc.ca) by Jan 24th. These will be used in the yearbook.



Attention all Tiktokers!

Ms. Arthurs is sponsoring an anti-vaping/anti-smoking contest via Tiktok. The top prize is a pair of Airpods! Deadline for entries is January 31. See the attached poster for more contest details!



TIKTOK CONTEST

**NATIONAL NON-SMOKING WEEK
JANUARY 18TH - JANUARY 22ND**

WHAT'S A RUMOUR ABOUT VAPING THAT
NEEDS TO BE STOPPED? ENCOURAGE ANTI-
VAPING IN YOUR TIKTOK!

USE THE "STOP SPREADING THOSE
RUMOURS AROUND" SOUND. SUBMIT
YOUR ENTRY BY FOLLOWING AND
TAGGING US AT @JAIME_PCERS

DEADLINE: JANUARY 31, 2021

PRIZES:

**1ST PLACE:
AIRPODS**

MOST VIEWS

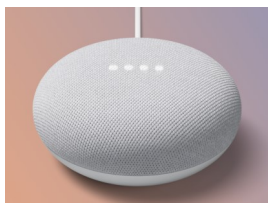
**2ND PLACE:
\$75 AMAZON
CARD**

MOST CREATIVE

**3RD PLACE:
GOOGLE NEST
MINI**

STAFF'S CHOICE

BROUGHT TO YOU BY ACSS WAVE - PCRS TEAM





Sign of the Week

Signs of the Week

Pop down to Ms. Solvey's room for "Sign of the Week"

When she is here, you will find her in the Braille room, across from the

Dramnasium. Her schedule varies, so no set times, just pop by whenever.

From the doorway, you can learn new signs every week and build your vocab. Plus you will get a treat.

Knowledge is better when shared.

Hope to see you soon.

Our counselling department wants to make all of our families aware of some comprehensive family resources available for Aldergrove parents and students.

[BC211](#) Government resource to ask questions and find out about supports available in your community

[Langley Children](#) Large collection of resources for children and youth in Langley

[Langley Children and Community Response to Covid-19: Children, Youth and Families](#)
Resources for families and their children specific to COVID related challenges

Reminder of Gr. 11/12 classes and Wednesday/Hybrid Schedule

This is the schedule for our Gr. 11/12 classes for the second half of a quarter.

Grade 11/12 Blended Model Schedule Second Half - Quarter 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM Period 1 9:10 – 11:20 AM	Group A only (Hybrid)	Group B only (Hybrid)	Online/Remote Instruction Groups A & B	Group A only (Hybrid)	Group B only (Hybrid)
Lunch	-----	-----	-----	-----	-----
PM Period 2 12:00 – 2:10 PM	Group B Arrives Full Class Instruction	Group A Arrives Full Class Instruction	Groups A & B Arrive Full Class Instruction	Group B Arrives Full Class Instruction	Group A Arrives Full Class Instruction



Provincial Assessment Week

January 25-19, 2021

*All assessments will be written in the Library Commons.

FPC 10 and WP 10 will write the Numeracy assessment during their class time.

Comp/New Media will write the Literacy assessment during their class time.

All Gr. 11's who need to complete the Numeracy assessment will receive a personal invitation reminding them when they are to write. Please note that the dates will impact their current class.

Advance students will write the Numeracy assessment this session and then the Literacy assessment during the session in April.

All Gr. 11's who need to complete the Literacy assessment will be scheduled during the April session.

During the week of Jan. 25-29th all **Gr. 10 students** who are currently taking a Numeracy or Literacy class (in Quarter 2) will be scheduled to complete a Provincial Assessment. This means that if a Gr. 10 student is taking a Math 10 course, they will write the Numeracy Assessment and if a Gr. 10 student is taking an English 10 course, they will write the Literacy Assessment. Students will write the assessment during their specific course time and the specific date will be communicated by their teacher.

During this same week, **Gr. 11 & 12 students** who have yet to write the Numeracy assessment will be scheduled to write it during the same week. Information will be communicated with these students by Admin within the next few days. All assessments will take place in the Learning Commons.

Provincial Assessments – January 2021 Session

	Mon. Jan. 25	Tues. Jan. 26	Wed. Jan. 27	Thurs. Jan. 28	Fri. Jan. 29
9:00 – 12:00	Gr. 11 Numeracy Catch Up Last Names H-R		FPC 10 Sinilaid (Numeracy)		
12:15 – 3:15	Gr. 11 Numeracy Catch Up Last Names A-G	Gr. 11 Numeracy Catch Up Last Names S-Z	WP 10 Dahl (Numeracy) Advance (Numeracy)	COMP/NM 10 Mathai (Literacy)	

PHE 9 and 10 students



HEY TOTEMS

DID YOU KNOW THAT AS A GRADE 9 STUDENT YOU ARE ABLE TO PURCHASE YOUR TOTEM GEAR KIT FOR PHE!

FOR ONLY \$20 YOU WILL RECEIVE A SHIRT AND SHORTS TO WEAR DURING YOUR PHE CLASSES! PLEASE GO TO SCHOOL CASH ONLINE AND YOU WILL SEE THE ATTACHMENT FOR YOUR GEAR KIT, BRING YOUR RECEIPT TO YOUR PHE TEACHER AND THEY WILL GIVE YOU YOUR GEAR! YOU ARE ALSO ABLE TO PURCHASE MULTIPLE SETS IF YOU WOULD LIKE TO ROTATE WHEN YOU BRING IT HOME TO BE WASHED!

GRADE 10-12 PHE STUDENTS CAN ALSO PURCHASE GYM STRIP IF THEY SO CHOOSE!

IF YOU HAVE ANY QUESTIONS PLEASE SEE MARIE BEZANSON IN THE OFFICE OR VIA EMAIL MBEZANSON@SD35.BC.CA

Reading Buddies



The Reading Buddies Program

Join the Reading Buddies Program!

Reading Buddies is a program in Langley that pairs high school students with kids in Grades 1 to 3 who need extra help with reading. Big buddies must be ages 15+ and/or registered in Grades 10 to 12.

For Big Buddies to apply, visit:

<https://langleyliteracynetwork.com/reading-buddies/>

reading BUDDIES



Join the Reading Buddies Program!

Reading Buddies is a program that pairs high school students with kids in Grades 1 to 3 who need extra help with reading. Big buddies must be ages 15+ and/or registered in Grades 10 to 12. Due to COVID-19 the Reading Buddies program will be held on-line via Zoom from February to April 2021.

To apply:

<https://langleyliteracynetwork.com/reading-buddies/>

Applications are due back January 23. For more information, email

info@langleyliteracynetwork.com

Read. Learn. Play.
www.fvrl.ca



Langley Literacy Network
weaving literacy throughout the community

Student Safety Around Schools

With the days growing shorter and the weather changing to rain, fog, and frost, Aldergrove Community Secondary is reminding all our students to take extra precaution when walking to and from school. Please be aware of your surroundings, walk on the sidewalk and with someone whenever possible, and avoid wearing headphones. We also ask drivers in our school community to be vigilant on our roads. Student safety is our priority. Thank you for your cooperation and support in keeping everyone safe.

Information About School Status During Inclement Weather

Snow closures and power outages are an annual occurrence in Langley School District. So, where do you go to get information about the status of schools during periods of inclement weather? If you are able to access the internet via computer or smartphone, current information about Langley schools can be accessed on all school websites or www.sd35.bc.ca. Updates are also posted to Twitter @LangleySchools and Facebook at www.facebook.com/langleyschooldistrict. If you don't have internet connectivity but your phone is working, call a relative or friend in an area that has not been affected by the storm and ask them to check the district website for you. Local radio stations are also informed of school status in Langley. Tune in to CKWX 1130AM, CKNW 980AM, Country Radio 107.1FM, Pulse 107.7 or CBC 690AM or 88.1FM for updates.

Please note that Langley District schools are all considered 'open' until a decision to close is required. Decisions on school closures are usually made by 6:30am. As always, it is a parent's decision whether to send their child to school based on safety and individual circumstances. If you feel it is unsafe for you or your child to travel to or attend an open school for any reason, please keep your child home and report an absence to the school.

School Immunizations

The District has been advised by Fraser Health that school immunizations are expected to take place in January. As in previous years, students in grades 6 and 9 will have the opportunity to be vaccinated. Fraser Health will also provide catch up immunizations to students who did not complete their immunizations last year or over the summer. If you have any questions, please contact the Langley Health Unit (604-539-2900).



Video on how to access Report Cards on MyEDBC

Here are the links to two videos that you can share with your community to assist students/parents with accessing the Parent/Student Portal on MyEDBC so they can view report cards and other information on the portal. These videos will also be placed on the MyEDBC Family/Student Portal Help Page on the District website.

The first video is a general overview of how to access the MyEDBC Parent/Student portal including how to access the Report Card but also shows the parent how to access other information on the portal such as attendance and schedules for secondary.

<https://storage.googleapis.com/sd35-myedbc-support/video/parent-portal-intro-FINAL.mp4>

The second video is specifically for parents around forgotten passwords.

<https://storage.googleapis.com/sd35-myedbc-support/video/parent-portal-forgot-password-Final.mp4>



Haven't
logged in
for over
90 days?

Passwords are good for 90 days to protect your child's data.
You will be prompted to change your password.

you may need to log
back in with your
new password after
resetting password.

Invalid Login
after changing
your password?

Forgot
your
password?

Click "I forgot
my password" on
the Log on screen.

The recovery
process asks for your current
Login ID, Email address, and
your security question.
They are **Case Sensitive**.

Invalid
Login?

☒ Both Login ID and Password
are **Case Sensitive**.

☒ Pop-ups are **Enabled**.

☒ **Close your browser
completely*** and try again
or **try with another
browser**. (Chrome, Firefox,
Microsoft Edge etc)

* Closing browser completely
on Mobile/Tablet, click [here](#).



Login ID: sd35-xxxxxxx
both logins and passwords are case sensitive.
Logins should be all lower case.



One login ID
should give parents access to all their
children's information.



Published Report Cards

It is recommended that you save the PDF documents as
the report card is only posted on the Family Portal for a
limited time.



How to use the Family Portal
Please visit our website [here](#).



Need Help?

Please submit a request through our website
<https://www.sd35.bc.ca/students-parents/myedbc-family-portal-help/myedbc-request-for-assistance-form/>

For more information

<https://www.sd35.bc.ca/students-parents/myedbc-family-portal-help/>

INTERESTED IN A CAREER IN TRADES? SEE THE ATTACHED POSTER
FOR MORE DETAILS ABOUT OPPORTUNITIES



SD35CareerEd



SD35CareerEd

Applications are open for our Youth TRAIN in Trades programs! Train to become an Automotive Service Technician, Pipefitter/Sprinkler Fitter/Plumber, Electrician, Hairstylist, Landscape Horticulturalist, Carpenter or Cook tuition-free! Apply by April 1!

See your Career Advisor or visit





Schulich Leader Scholarship

Do you fit the criteria?

- be a Canadian citizen or permanent resident
- plan to enroll in **STEM** at one of their partner universities (is. SFU, UBC, UVic in BC, loads of others across the country that I have a list we could check for you)
- NOT planning a career as a medical practitioner
- Meet at least 2 of the following criteria:
 - Academic excellence
 - Leadership (community, business or entrepreneurial)
 - Financial need

If you are interested in being considered as our school's nominee, for a chance to win a \$80,000 or a \$100,000 STEM Leader Scholarship, please provide the following to Mrs. Luteijn, by Jan. 24th:

- List the universities you wish to attend
- Describe your top 3 achievements (academic or other)
- 600 word essay demonstrating why you should win
- (optional) 250 word essay to outline extenuating circumstances
- a short answer to identify where you see yourself in 10 years
- transcript (Mrs. Luteijn can print off for you)
- 2 letters of reference

Please type any responses.

For more information check out: www.SchulichLeaders.com





One PDF application for multiple awards.

Details about a variety of awards can be viewed and download applications directly through www.ufv.ca/entrance-scholarships

March 1, 2021 deadline.

UFV President's Entrance Scholarship - \$4,000 per year, renewable for up to three additional years to a maximum of \$16,000.

UFV Excellence Entrance Scholarship - \$3,000 to be awarded over two semesters - \$1,500 towards tuition in the first semester and \$1,500 towards tuition in the second semester.

Other Entrance Scholarships:

Dr. Francis Pang Endowment Entrance Scholarship – Computer Information Systems

George A. Ferguson Memorial Annual Entrance Scholarship – Business/Agriculture

Manning Elliot Annual Entrance Scholarship – Business Administration

UFV/Community Endowment Scholarship – Open to all

Marco Corbin Memorial Endowment Entrance Award – Engineering Transfer

Kichi Tepakohp Iskotew Iskew Entrance Scholarship for First Nations Students

Gladys & Harvey Kipp Entrance Endowment Scholarship – Open to all post-secondary programs. \$4000 per year, renewable for up to 3 additional years to a maximum of \$16,000.



BC Excellence Scholarships



There are 55 BC Excellence Scholarships available to recognize well-rounded B.C. graduates. Winners will have demonstrated service and leadership, both at school and in their communities, and shown aptitude and commitment to their chosen career paths. They will receive a \$5000 scholarship voucher to use for post-secondary tuition.

Nomination and Application

You must be nominated by your secondary school in order to apply for this scholarship. Only one student from each school may be nominated.

Eligibility

Nominees must:

- Be in their graduation year with graduation to occur by August 31 of the school year in which they are nominated
- Be eligible for a B.C. Certificate of Graduation (Dogwood Diploma) and fulfill graduation requirements.
- Have at least a:
 - "B" (73% or above) in their Language Arts 11 final mark
 - "B" average in final course marks that fulfill graduation requirements of Science 11 or 12, Math 11 and Social Studies 11 or 12, with no more than one "C+" (67% or above) final course mark, (marks lower than "C+" are not accepted)
- Maintain a "B" average or better in Grades 11 and 12 final course marks required for graduation

The following must be submitted to Mrs. Luteijn for consideration by Jan. 24th.

- Resume
- Two reference letters, one from your community and one from your school
- A written statement, maximum 500 words, which must describe:
 - What led you to your most relevant community service, volunteer activity, and/or leadership role, and
 - What you learned from this experience, and
 - How this experience will benefit you in your chosen career path.

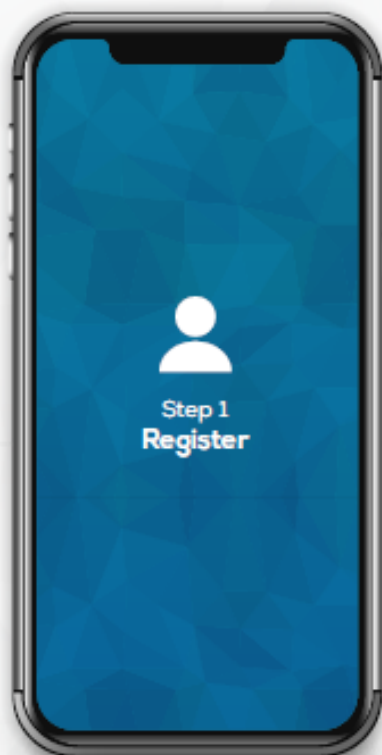
The school's nominee will be notified and directed to fill out an online application. The application must be submitted to the Ministry before Feb. 28th.

The online application form can be found at <https://www2.gov.bc.ca/gov/content/education-training/k-12/support/scholarships/provincial-scholarships/bc-excellence-scholarships>

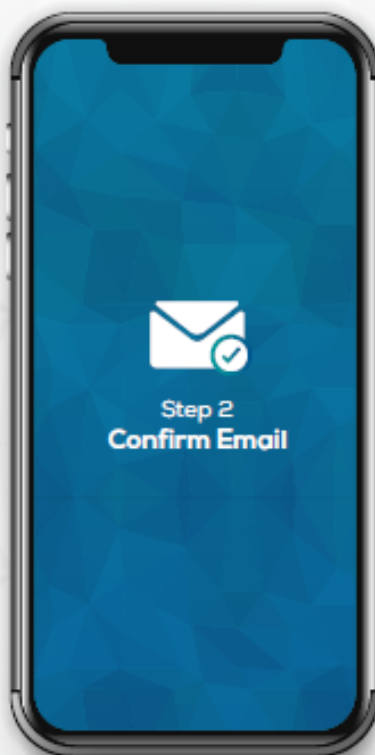
Welcome to SchoolCashOnline

Fast. Safe. Convenient.

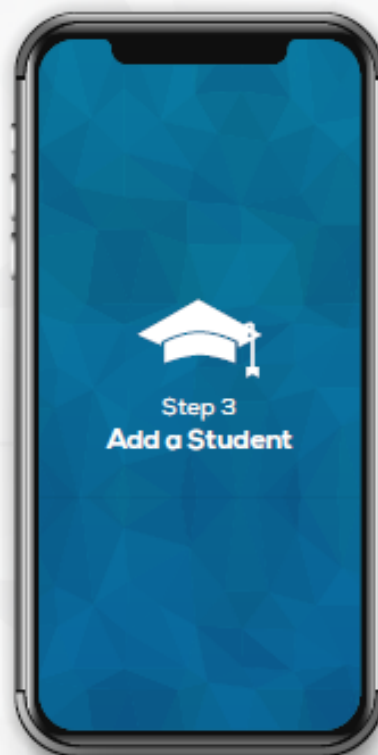
For safety and efficiency reasons, Langley School District would like to reduce the amount of cash & cheques coming into our schools. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE!
It takes less than 5 minutes to register. Please follow these step-by-step instructions so you will begin to receive email notifications regarding upcoming events involving your child.



Step 1
Register



Step 2
Confirm Email



Step 3
Add a Student

Go to
<https://sd35.schoolcashionline.com>
and click on **Register**.

- ✓ Enter in your first name, last name, email and create a password.
- ✓ Select a security question.
- ✓ Check YES to receive email notifications

A registration confirmation email will be forwarded to you. **Click on the link provided inside the email to confirm your email and School Cash Online account (check spam).**

The confirmation link will open the School Cash Online site, prompting you to **sign into your account**. Use your email address and password to log in.

This step will connect your child to your account.

- a) Enter the School Board Name.
- b) Enter the School Name.
- c) Enter Your Child's **Student Number, Last Name, Date of Birth**.
- d) Select Continue.
- e) On the next page confirm that you are related to the child, check in the Agree box and select Continue.
- f) Your child has been added to your account.

If you require assistance, select the **SUPPORT** option in the bottom right hand corner of the screen or go to helpdesk.supportschoolcashionline.com

 **KEV GROUP**
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FAQs

I've forgotten my password

Click on the "Forgot your password?" link to reset your password. A temporary password will be sent to the email address registered with your account.

How secure are my purchases?

KEV Group's top priority is to keep your personal information safe. Go to <https://helpdesk.supportschoolcashionline.com> and see Security for Security Policy and Privacy Policy.

What if I can't find my student?

Contact your school to confirm your student's details (sign up criteria) to ensure it matches exactly with what was entered in your school's records.

What if I can't see any items?

Each school creates their own items for purchase and assigns them to students. Once assigned, they will appear online under the student tab.

Need Help?

Go to helpdesk.supportschoolcashionline.com



Langley School District #35 - Langley



Contact your school office directly for the following issues:

- ✓ You require a refund for items purchased on School Cash Online
- ✓ When adding to the cart, the item displayed prevents you from completing your purchase correctly
- ✓ You made a purchase on an item incorrectly and want to change your order
- ✓ You are missing items that you thought were available to purchase. Items are created by the school and School Cash Online displays those items for parents to purchase

How To Make Online Payments for Your Student Fees using

SchoolCashOnline

Powered by KEVGROUP

Fast, safe, convenient.

Welcome to SchoolCashOnline



School Cash Online is an easy to use and safe way to pay for your children's school fees.

- ✓ Conveniently make payments for student fees online
- ✓ Stay connected and informed of all school activities
- ✓ Never miss out on field trips, school events, yearbooks and more

All you have to do is register, attach your students and in no time, you will be able to make payments online.

How to Register

1. Go to <https://sd35.schoolcashionline.com/> and click on Register
 - ✓ Enter in your first name, last name, email and create a password.
 - ✓ Select a security question.
 - ✓ Check YES to receive email notifications
2. A confirmation email will be sent to you
 - Check spam
3. Follow the instructions in the email.
Your email is used as your username in your profile.



How to Add a Student

1. Sign In to School Cash Online
2. Go to MY ACCOUNT.
3. From the drop down menu, select My Students.
4. Click to add a student.
 - a. Type in your School Board Name
 - b. Select School Name from the list.
 - c. Enter Student Criteria (as set by your School Board)
 - d. CONFIRM

You can add up to 8 students on your profile.

How to Make a Payment

1. You will be able to view any available items attached to your students that are set up on your account.
2. Select the item that you would like to purchase and click "add to Cart".
3. Once you have finished adding items to your cart, select "Check Out" to make payment.

You can pay for multiple student's items in one Check Out.

Payment Types Accepted



Credit Cards



eCheck



Stay connected by receiving email notifications of new fees.



Never miss out on field trips, yearbook sales, and school events.



Pay required fees any time, any where.





























Students no longer risk carrying cash and checks to school in their backpacks.

Self-Care Activity

Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm and peacefulness. Activities can include things you do on a day-to-day basis or new activities. Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

This month, challenge yourself to complete as many self-care activities as you can. For each activity completed, fill in the talk bubble in that square.

Cook a healthy meal 	Head out on a nature walk or hike 	Write a letter/email to an old friend 	Head to bed early 	Practice mindfulness 
Enjoy a quiet moment over a cup of tea or coffee 	Write a positive affirmation and recite it in the mirror 	Connect with your community 	Discover a new author or musician 	Stretch or practice yoga 
Discover a new podcast 	Talk to a loved one about your feelings 	 	Put on your dancing shoes 	Make a vision or mood board 
Paint or draw 	Set a goal 	Have a good laugh 	Write in a journal 	Create a gratitude list 
Do a crossword or jigsaw puzzle 	Take a warm bath or shower 	Practice deep breathing 	Make a to-do list 	Cuddle a pet or look at a cute photo of one online 

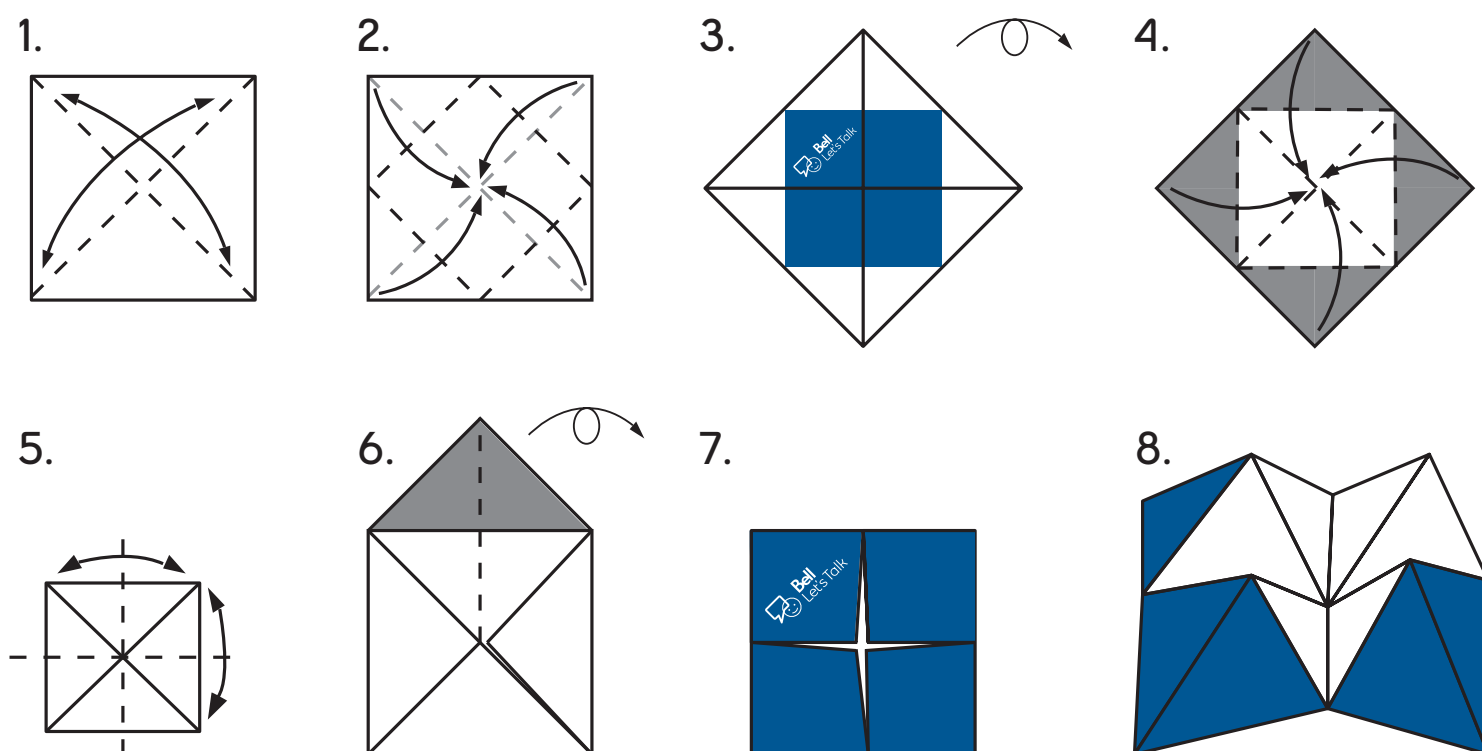
When it comes to mental health,
now more than ever, every action counts.

Join in to help create positive change.

Learn more at bell.ca/letstalk

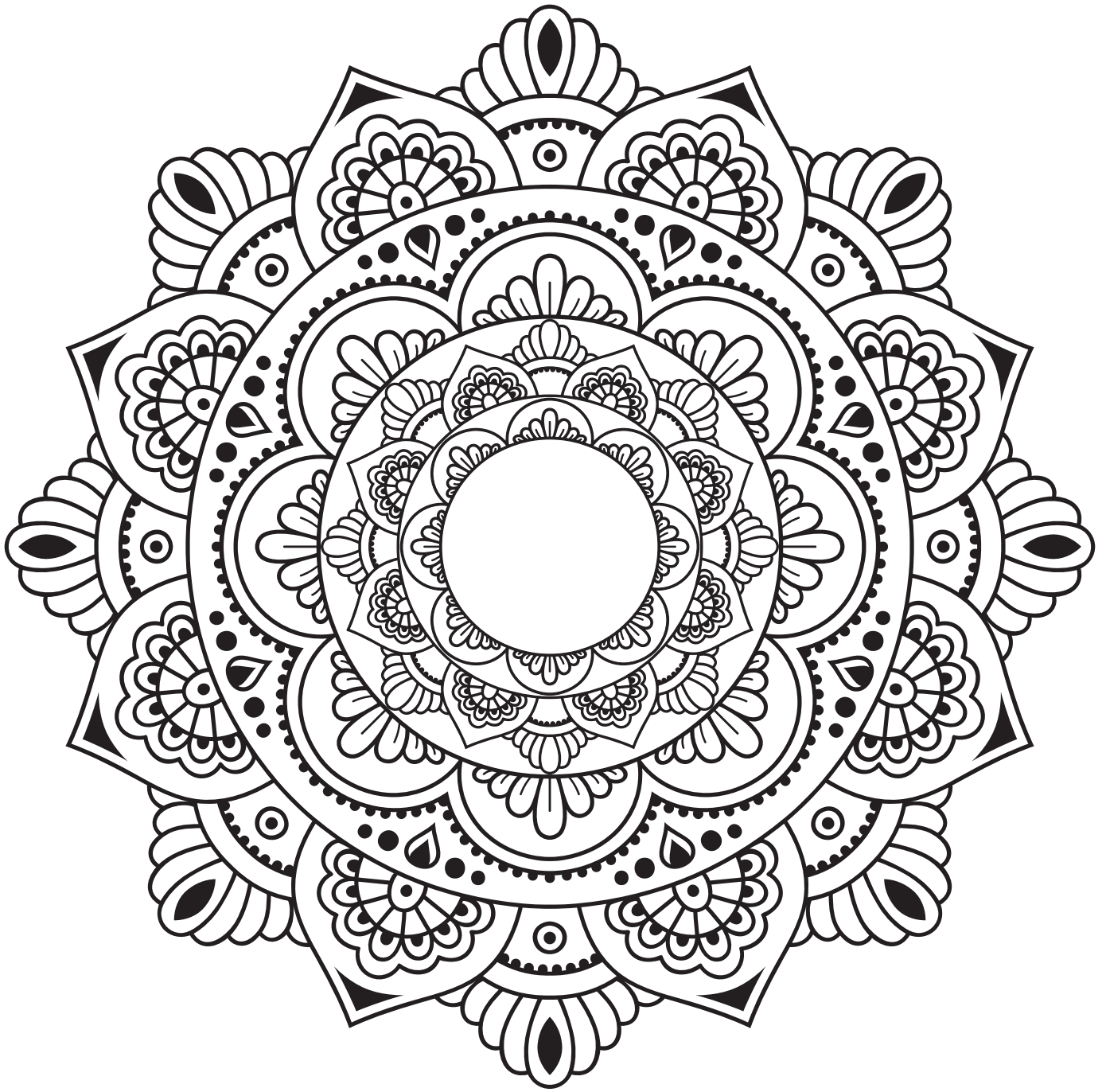


Folding instructions



How to start a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a blue number and open alternately that amount of times
- Pick your final number, open flap and start your conversation



Practice mindfulness with the Bell Let's Talk mandala

This year, Bell Let's Talk has designed a *mandala* that you can print out and colour in. Many mental health professionals recommend colouring as an effective way to practice mindfulness.

Mandala, meaning "sacred circle" in Sanskrit, is a circular art form often containing geometric and repeating designs. Similar to meditation, it focuses your attention on the present moment and away from worries and stress.

Share your creation on social media using [#BellLetsTalk](https://twitter.com/BellLetsTalk)

On January 28,
join in to help create positive change.

