

#### PRINCIPAL'S MESSAGE

It is hard to believe that we are already through September and into October, our second month of the school year. Students and staff are settled into the semester and are engaging in learning activities, participating in clubs and extra-curricular activities and finding ways to contribute to the fantastic culture that we have here at WGSS. We hosted our Meet the Teacher evening where many families came to visit the school and connect with our staff. I know that our staff always appreciates this evening to connect with families and introduce themselves to our school community. Many of you will have noticed our Gator Quality Ambassadors (GQs) helping to guide families throughout the building and set a welcoming tone for the evening. Many parents were greeted with applause and cheering as they entered the building; it was clear that our GQs were having a great time being together and helping to set such a fun atmosphere for staff, students and families for that evening.



Last Friday, we recognized the National Day for Truth and Reconciliation and many staff and students participated by wearing orange shirts. In addition, our Aboriginal Worldviews and Perspectives department heads, Ms. Beston and Ms. Brasnett put together a number of resources and activities that students and staff could engage with to learning more about Truth and Reconciliation. The focus this year, was for students and staff to explore and engage with the Aboriginal Ways of Knowing and Being. Here are a number of resources that have been shared with staff and students to deepen their understanding and learning around this topic:

- What is Truth & Reconciliation?
- National Centre for Truth & Reconciliation







As always, WGSS is abuzz with activities. Our Athletics programs are up and running, student council is meeting regularly to find ways to serve the students of Gator Nation and to build positive culture throughout the school and our clubs are starting to form. We hosted our Post-Secondary Day where Grade 11 students had the opportunity to hear from a wide variety of universities, colleges and post-secondary institutions and our Grade 12s had the opportunity to engage with those same post-secondary institutions to ask questions during REP time. In the coming weeks students and staff will engage in our Informal Learning Update process. Students will be bringing home their informal learning updates on October 15, so please keep an eye out for that. We will also be hosting our parent-teacher interviews on October 23 and 24. Stay tuned for more details.

Wishing you all a fantastic weekend.

Mr· Jeremy Lyndon
Proud Principal









#### **ORANGE SHIRT DAY**

Phyllis' Story In Her Own Words

I went to the Mission for one school year in 1973/1974. I had just turned 6 years old. I lived with my grandmother on the Dog Creek reserve. We never had very much money, but somehow my granny managed to buy me a new outfit to go to the Mission school. I remember going to Robinson's store and picking out a shiny orange shirt. It had string laced up in front and was so bright and exciting – just like I felt to be going to school!

When I got to the Mission, they stripped me, and took away my clothes, including the orange shirt! I never wore it again. I didn't understand why they wouldn't give it back to me, it was mine! The color orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. All of us little children were crying and no one cared.

I was 13 years old and in grade 8 when my son Jeremy was born. Because my grandmother and mother both attended residential school for 10 years each, I never knew what a parent was supposed to be like. With the help of my aunt, Agness Jack, I was able to raise my son and have him know me as his mother.

I went to a treatment centre for healing when I was 27 and have been on this healing journey since then. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years. Even now, when I know nothing could be further than the truth, I still sometimes feel that I don't matter. Even with all the work I've done!

I am honored to be able to tell my story so that others may benefit and understand, and maybe other survivors will feel comfortable enough to share their stories.

https://orangeshirtday.org/phyllis-story/



#### NATIONAL DAY FOR TRUTH AND RECONCILIATION

In the past two weeks, Ms. Charlston and students at WGSS have dedicated their time and effort to create a stunning collaborative painting, measuring 19 feet by 14 feet, in preparation for the National Day for Truth and Reconciliation. This painting was on display at the September 28<sup>th</sup> Vancouver Whitecaps FC game, where local communities came together to honour and reflect on the importance of truth and reconciliation in our society.

Attendees at the match had the unique opportunity to see the WGSS students' artwork displayed prominently, showcasing their hard work and creativity while promoting awareness of reconciliation themes.

This initiative not only highlights the artistic talents of the students but also reinforces the commitment of WGSS to fostering meaningful dialogue around the topics of Truth and Reconciliation.





#### **IMPORTANT DATES**

Tuesday, October 8 PAC meeting @ 7PM in WGSS Library

Wednesday, October 9 HUB Day

Wednesday, October 9 School Photo Retake Day

Monday, October 14 Thanksgiving Day (school closed)

Tuesday, October 15 Dry Grad meeting @ 6:30PM in WGSS Library
Wednesday, October 23 Parent/teacher interviews, early dismissal @ 1:55PM
Thursday, October 24 Parent/teacher interviews, early dismissal @ 1:55PM

Friday, October 25 Provincial Pro D Day, students do not attend

#### **COMMUNICATING WITH YOUR SCHOOL**

Schools and families continue to work together to ensure success for students. If you have an issue or concern but don't know who to speak with, the District encourages you to read these helpful Communicating with your School guidelines for parents/guardians found on our District website <a href="here">here</a>. As an additional reference, review this one-page resource here.

#### **STUDENT SAFETY IN SCHOOLS**

The Langley School District is committed to fostering safe and caring schools that promote mutual respect, cooperation, and social responsibility, and support optimal learning. Trauma Informed Practices and Procedures promote the creation and maintenance of safe, inclusive, equitable, welcoming, and nurturing school environments. The District expects all students to follow the Student Code of Conduct AP 350.

The District is sharing a reminder that no one can have "any weapon for any purpose" on school property. This means that weapons are not allowed to be used as part of an educational project, drama production, or themed costume. Examples of weapons include but are not limited to knives, brass knuckles, swords, decommissioned firearms, replicas, air soft guns, bb guns, and toy guns. The possession or use of fireworks, firecrackers, explosives, or similar devices or objects is also prohibited on school property. Failure to follow these expectations may result in confiscation, intervention, and consequences



#### **SAFER SCHOOLS**

The Ministry of Education has once again contracted Safer Schools Together to offer complimentary Family Sessions, designed to support families and caregivers navigate the digital world. There is one session per month. Families can participate in as many as they wish. Sessions can be found at the link below:

#### erase Registration (saferschoolstogether.com)

#### Families will learn:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behaviour as well as possession and distribution of intimate images (sexting and sextortion)
- An anonymous student reporting tool that can help you and your friends stay safe both online and offline

#### **COMMUNITY VOLUNTEERS IN EMERGENCIES**

Emergencies can happen unexpectedly due to weather events (e.g. earthquake or flooding) or unforeseen situations in the community. The health and safety of students, staff, and families is the District's priority. The District together with schools follow emergency procedures to respond to incidents as well as prevent them from happening. As stated in the provincial <a href="Emergency Management Planning Guide for Schools, Districts and Authorities">Emergency Management Planning Guide for Schools, Districts and Authorities</a>, staff have a legal "duty of care," meaning that they "must ensure that students are cared for until such time as they can be safely reunited with their parents." Depending on the situation, the school may be caring for students for many days.

In these circumstances, schools may rely on members of the community to assist with emergency responses. Administrators may send a request to parents/guardians to help volunteer with first aid, facilities and maintenance, safety and security, and general labour. Adults with special skills in health care, policing, and engineering would be an asset in an emergency. No action is needed from families at this time as the purpose is to keep families informed.



#### FRASER HEALTH

The District's community partner Fraser Health is sharing important information with families regarding Vaccination Status Reporting and Regulation (VSRR).

Families are encouraged to review the following newsletter to help keep our community healthy and safe:

<u>Keep Immunizations Up to Date - Secondary</u>

For other languages read here.

#### **BACK TO SCHOOL HEALTH GUIDE - FRASER HEALTH**

As summer winds down, it's time to gear up for a healthy back-to-school season. Set the stage for a smooth transition back to school. Here are some practical tips to get you started.

#### **Prioritize Sleep**

Ensuring your child gets enough sleep is an important part of a healthy back-to-school routine. Quality sleep helps with concentration, mood and overall well-being. Aim for nine to 11 hours of quality sleep per night.

#### **Eat Well**

Support your child's learning and development with scheduled meals and snacks. Breakfast kick starts their morning, while snacks and lunches nourish them throughout the day. Pack a water bottle to help them stay hydrated.

#### **Boost Immunity**

As with any public environment, school exposes children to various germs. Ensuring they are up-to-date on their vaccinations helps protect them and others. Specific immunizations are recommended for children prior to entering kindergarten as well as in grades six and nine. Help your child avoid the spread of illness by encouraging them to wash their hands regularly, teaching them to cover their coughs and sneezes and keeping them home when sick.

#### **Keep Active**

Adding physical activity to your child's routine sets them up for success. Activities like walking or biking to school, playing sports, dancing, swimming or helping around the house are great ways for your child to stay active. Set limits on screen time and promote outdoor play as much as possible for overall well-being.

#### **Make Time for Talking and Connection**

Going back to school can be a cause of anxiety or stress for children. Make it a point to encourage open communication and support your child to talk about their feelings and help them feel heard and understood. Integrate downtime into their routine where they can relax or focus on a special interest or hobby.

Find more school health tips and resources on Fraser Health's website:

School Health - Fraser Health Authority

## STUDENT ACCIDENT INSURANCE PLAN (VOLUNTARY INSURANCE)

This year, the District is offering two options for a voluntary student accident insurance plan that replaces the family accident reimbursement plan offered last year. This plan is voluntary. There are significant benefits of this accident insurance coverage for families.

Please note, enrolment in the program can be done online only, through one of the following options: *Insure My Kids* OR *Study Insured* 





## TABLE TALKS ALDERGROVE

SUBSTANCE USE & YOUR NEIGHBOURHOOD A DESSERT & DIALOGUE EVENING

WED **OCT 16** 

6:30PM - 9PM ALDERGROVE KINSMEN COMMUNITY CENTRE

26770 29TH AVE.

///// JOIN US FOR CONVERSATIONS ON IMPORTANT TOPICS RELATED TO SUPPORTING OUR LOVED ONES, REDUCING STIGMA, EXPLORING ROOT CAUSES, AND THE ROLE WE PLAY IN THE TOXIC DRUG CRISIS







Langley Community Services Society







#### **PAC MESSAGE**

Hello and welcome back to school from your WGSS PAC!

We held our first meeting of the year on Tuesday, September 10, and if you missed it, we'd love to see you at our next meeting on **Tuesday, October 8**. There will be cookies! (Thank you to Chef Edge, Chef Dawe, and the PC1 Program for supplying treats.)

If you haven't joined us at a meeting before, please do! PAC meetings are very informative - you'll hear from Administration and find out what's going on around the school and in the District. You'll hear the Treasurer's report and find out about our fundraising efforts, and you'll have they opportunity to ask both the Executive and Administration any burning questions you may have. We understand everyone is busy and has commitments in the evening, but we would love to see a stronger turnout. Every parent and guardian of a student at WGSS is a member of the WGSS PAC - please come and help us be the voice of parents/guardians at WGSS.

Please consider donating to the WGSS PAC. You can do this easily by logging into your account at SchoolCashOnline.com, selecting your student(s), and donating any amount that you can. The WGSS PAC accounts to the membership for all funds spent to benefit the school - our main priority currently is student scholarships, as the rules have changed regarding what funds we can use to do this. To find out more, join us at our next meeting. Meanwhile - we ask you to please give what you can. Any amount helps us benefit all students.

Find us on Facebook/ Meta as "WGSS PAC", or on our website: wgsspac.ca, or email us at <a href="mailto:contact.wgsspac@gmail.com">contact.wgsspac@gmail.com</a>.

Here are the dates for PAC Meetings for the 2024 – 2025 school year.

- October 8
- November 12
- December no meeting
- January 14
- February 11
- March no meeting
- April 8
- May 13
- June 10 (Regular PAC Meeting and Annual General Meeting)





# ONE & DONE FUNDRAISER

### No selling required! Just your support!

Now that elementary school is behind you, you're probably ready to leave behind all those requests to sell or volunteer! We get it, and we won't ask you to do either.

However, the PAC still needs your support. We continue to fund important school programs and requests that go beyond the standard curriculum, enriching our students' educational experience.

Please consider making a contribution through our ONE-AND-DONE fundraiser. A simple donation—no selling, no volunteering required—just your generous support to help keep these programs going!



Scan the QR code or <u>click</u> here to donate on School Cash Online towards **PAC Donations** 

October 4, 2024

- \$15 Bidding wars at a silent auction? No, thanks!
- \$10 Chasing down corporate sponsors? No, thanks!
- \$5 Selling chocolates or wrapping paper to my friends and family? No, thanks!
- Other I love this school and I am happy to help!

Twitter: asd35wgss Instagram: awalnutgrovesecondary



#### **DRY GRAD 2025 NEWS**

We encourage all parents/guardians of Grade 12 students to attend and learn how you can help and get involved in organizing a great and safe event for the Grads of 2025! You can also find us on Facebook at Walnut Grove Secondary Dry Grad 2025.

All meetings will be held in the WGSS Library from 6:30-7:30PM

Tuesday, October 15

Tuesday, November 5

Tuesday, December 3

Tuesday, January 7

Tuesday, January 28

Tuesday, February 18

Tuesday, March 11

Future Meeting dates will be determined.