
Clearwater Secondary

Mini Newsletter

January 17th 2020

Supporting your child during exam week

Next week is full of exams and we want students to be prepared to do their very best. With this in mind I have included a few suggestions and links below.

My first suggestion is to encourage your child to get enough sleep. It is generally agreed that the optimal amount of sleep for teens is around nine hours a night. The linked articles have some suggestions on how to help make this happen.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/teenagers-and-sleep-how-much-sleep-is-enough>

<https://well.blogs.nytimes.com/2014/10/20/sleep-for-teenagers/>

The second suggestion is to support them with studying. Provide a quiet place and encourage them to study by doing active things rather than passive. Actively rewriting or summarizing notes is much more effective than passively reading through them.

<https://learningcommons.lib.uoguelph.ca/item/study-smarter-not-harder>

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Upgrades

With the SD73 Maintenance staff largely caught up with the unexpected workload resulting from the Parkcrest fire, we are now happy to report some upgrades at CSS with painting planned and doors being replaced.



Thank you to Buy-Low

With funding raised locally via the Buy-Low Toonies for Tummies drive, we are making plans for some upgrades to our cafeteria. The funding will support equipment upgrades as well as food. Our generous students run the breakfast and break program, volunteering their time to feed their peers. Thank you to Buy-Low, the Breakfast Club of Canada, and to our students.



Hands on Science

One of the great things about science is the hands on nature of labs. Student typically enjoy the learning and the experience deepens their understanding of the theory. This week we were lucky enough to have Mark Green from the hatchery in directing fish with our Life Sciences 11 class. Mark demonstrated and then students were able to dissect a fish themselves.

