
Clearwater Secondary

Newsletter

January 26th 2022

Bell Let's Talk Day

Hello Parents,

You may have seen mention of Bell Let's Talk Day in the media over the past few days as they have been spreading the word via TV, radio, and social media. As with the rest of society, we have seen the baseline stress level at school rise during the pandemic, which has resulted in more people having challenges with mental wellness. Today teachers engaged students in discussion about how to take care of their own mental health, how to recognize signs that they or someone else may need assistance, and where they can access help. The hope of Bell Let's Talk Day is to reduce the stigma around mental health and make these conversations as normal as talking about your broken leg or sprained ankle. When we do not talk about these challenges, those who are struggling feel shame, do not connect with support, and continue to struggle. Mental wellness is really important for us at school as it is much more difficult for learning to occur if one is struggling. I encourage you to engage in conversation around how to cultivate mental and physical wellness using some of the ideas in the attached Self-Care Activity page.

Darren Coates, Principal

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Mental Wellness resources

Foundry BC

They have an app and a website. The convenience of an app makes this very accessible.

<https://foundrybc.ca/get-support/phone-online-support/>

Child Youth Mental Health

250 674 6810

Yellowhead Community Services

240 674 2600

Daily Health Check and Support for Learning

There is a new provincial Daily Health Check document that was sent home in hard copy with students. It is also posted on our website. The same basic messages still apply, stay home if you are sick, wear a mask, wash your hands often. The details and answers to many questions about how long students should stay home are found in the document.

So far learning support for students who are staying home appears to be going smoothly. Parents and or students are contacting the school and teachers have contingency plans to allow flexibility. If you have concerns please feel free to contact me directly.

Recommended for students and parents if they will be away

- Contact teachers directly via email and let them know will be away and when you expect to return. Teachers will be in contact about support for learning.
- Contact the school office about the absence via phone.
- Contact myself or Vice Principal Holmes if you need further assistance or to borrow a Chromebook.

Upcoming Dates

Monday January 31st

The last day of semester one. Regular class schedule. Students will be given their semester two timetable.

Tuesday February 1st

Project completion day. This day is reserved for students who are at risk academically and need the extra time to get caught up with missing work and is by invite only. Teachers will let both students and parents know if they are invited to attend on this day. The busses will be running.

Wednesday February 2nd

The first day of semester two. Regular class schedule.

Friday February 4th

Professional development day. Staff will be learning about aboriginal culture, values, and First People Principles of Learning

February 7th to 11th

Course selections. This is where students indicate their preferences for courses next year. Detailed course information can be found at the link below.

<https://clearwaterseccourseguide.weebly.com/>

Monday February 21st

Family Day, no school

Tuesday February 22nd

Grad photo retakes

Scholarships and Other Opportunities

Here is information on a number of scholarships and other opportunities that have arrived in my email inbox of the last while.

Pathway to Teacher Education Scholarship

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/scholarships/provincial-scholarships/pathway-to-teacher-education-scholarship>

BC Excellence Scholarship

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/scholarships/provincial-scholarships/bc-excellence-scholarships>

BCIT Entrance Awards

Most post secondary institutions have entrance scholarships.

<https://www.bcit.ca/financial-aid/awards-scholarships-bursaries/entrance-awards/>

Clean Energy Scholarship

<https://cleanenergybc.org/clean-energy-bc-secondary-school-student-scholarship-2022/>

Coast Guard Officer Training Program

Not a scholarship but a program in which you get paid while you are in school.

<https://www.ccg-gcc.gc.ca/college/officer-training-formation-officier/index-eng.html>

School Messenger

Do you dislike the automated phone calls when your child is away? I can share with you that I find them a pain myself. Alas, there is an easy easy solution. This was on the SD73 social media accounts and I will share it with you here. Just text "Y" to 978338. After that you will get text messages instead of phone calls from a robot.

Safer Schools Webinar

Safer schools offers training to staff, students, and parents around many topics related to safety. There is an upcoming session on Respectful Digital Communities February 3rd from 6:30 to 7:30 pm which is open to parents. I will be attending the session myself and can share that all the sessions I have attended previously have been well done. To register use the link below.

<https://event-wizard.com/SocialMediaAwarenessStudentFeb32022pm/0/register/>

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.

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

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

Join in to help create positive change.

Learn more at bell.ca/letstalk