



WELCOME TO THE 2022-2023 SCHOOL YEAR!

“A new school year means
new beginnings, new
adventures, new friendships,
and new challenges.
- Denise Witmer”



January 1st may mark the official beginning of the new year, but we all know that the first Tuesday following Labour Day feels much more exciting and just as new.

So how did it feel for you?

Freshly sharpened pencils? (I mean freshly cleaned keyboards...) Blank notebooks?

Or is it a beautifully organized Google Drive ready for new assignments?

New courses on your Canvas Dashboard?

Oh, the potential of learning to come!

September is a great time to start new habits - check out the [*Don't Break the Chain*](#) section of page 3 for more info on a fun tracker to support and track your new habits.

Wishing you all the best as you settle into the new year,

Mrs Sutherland



HAPPENINGS

September 6

22/23 School Year Begins!

- Week 1 for High School

September 8 @ 7pm

Supervisor Q&A. K-12

September 12

Live Classes Begin - Check the Student Hub for your schedule, Zoom links in Canvas Courses.

September 20

Shake Out BC

More details to come

September 30

*Truth & Reconciliation Day
School Closed*

CHECK OUT
THE STUDENT HUB



Live Class Expectations

- 1 Be on time**
Wake up on time, and logon a few minutes before class to say "hi!"
- 2 Be ready**
Find a quiet place, and check your surroundings.
- 3 Mute yourself**
Mute yourself while your teacher or other students are speaking.
- 4 Participate**
Be attentive, focused, and participate actively.
- 5 Be professional**
Dress appropriately, sit up, and stay in the camera view.
- 6 Communicate**
Speak clearly, look up when talking, and stay on topic (no side conversations).
- 7 Be prepared**
Computer is charged, camera is on, and you have the supplies you need.
- 8 Be respectful**
Be calm and considerate. Be kind to your teachers, fellow classmates, and yourself.

SEEK & FIND

Find the video we played in the assembly somewhere in our virtual school.



“Yet.” A powerful three-letter word that means, an implied time, still, even or nevertheless.
– Carol Dweck”

Meet the West Coast Staff



Mrs. McQueen



Mrs. Wixwat



Mrs. de Zwaan



Mrs. Sutherland



Mr. Brock



Mrs. Chaparro



Mrs. Morehouse



Mrs. Mihailescu

DON'T BREAK THE CHAIN CHALLENGE:

Download your track from the Student Hub



Goal: Each day complete a task you want to keep up for at least a month.

Suggested Goals:

- 30 minutes of activity
- 22 minutes of reading
- 22 minutes of outdoor time

Keeping track, and eventually, you just won't want to put a slash after all those weeks of happy circles.

