



École Secondaire Handsworth
Secondary School

1044 Edgewood Road
North Vancouver B.C. V7R 1Y7
Tel # 604-903-3600 Fax # 604-903-3601

Spring Break
2009

Monday- Friday
March 16th -20th

Daily Physical Activity (DPA)

Dear Parents/Students

The Ministry of Education has mandated the implementation of Daily Physical Activity (DPA) during the 2008/2009 school year.

We began the year with presentations to staff, parents and students regarding Daily Physical Activity (DPA) at which time the goal was to raise awareness of the Provincial program and its implementation within this school year.

We have quite purposefully held off implementing DPA until we could do so with a coherent, "campaign" approach which would ensure a high degree of success. Rather than implement in a piecemeal fashion without the resources necessary to ensure a successful and supported implementation, we felt it prudent to wait until all the pieces were in place.

I am pleased to inform parents and students that we have now aligned the necessary resources and have a communication plan in place that will support an implementation date on or about **Wednesday, April 1st, 2009**. The implementation will consist of the teacher providing an introduction to the students, referencing the print and web based copy of the DPA Log Sheet and defining the timeline for the first submission for assessment.

I would publicly like to thank the teachers at the respective grade levels and subject areas who will play a critical role in the implementation in terms of tracking and monitoring progress. I also believe that as a school, we will all play an important role in promoting a healthy lifestyle amongst our students as dictated by the underlying tenets of DPA. Following are the respective Grade and Subject Areas that will be responsible for assessing and reporting your child's DPA progress. Your child is responsible for recording their DPA activities on the Log Sheet.

Grade and subject designations:

- Grade 8 - Phys Ed Dept
 - Ms. Lea Cove
 - Mr. Randy Storey
 - Mr. Glen Walters

- Grade 9 - Phys Ed Dept
 - Ms. Vicki Shanks
 - Mr. Martin Gould (FI PE)
 - Mr. John Tyler
 - Mr. Fernando Torres
 - Mr. Randy Storey

- Grade 10 - Planning 10
 - Ms. Mary Klausen
 - Ms. Marianne Macario

- Grade 11 - S.S. 11 Department (Large Group)
 - Mr. Chad Gamache
 - Mr. Sal Audia

- Grade 11 - Sc. Hum. 11 - French Immersion
 - Mr. Martin Gould

- Grade 12 - Planning 12
 - Mr. Jay Prepchuk (not applicable in 2008/2009)

- DL Students - If applicable, aligned with DL Course at the respective grade as noted above eg. Planning 10 DL - Planning 10 DL Teacher (Mr. John Tyler)

The school is responsible for assessing whether *requirements are met or not met*. The students in combination with the parents/home have a responsibility for implementing a **DPA Action Plan** and documenting activities that will meet the DPA requirements.

The school in conjunction with the home, will do its best to provide opportunities and access to facilities so that students can meet requirements through activities that range from walking to school to participating in extracurricular athletics and/or intramurals.

As a parent you can begin by referencing the DPA Booklet that was included in the February 5th mailout package that included the Parent/Teacher Interview request forms. Please discuss the contents of the DPA booklet with your child. In particular, please encourage your son/daughter to access the DPA Tracking sheet that is available on the Handsworth web site - the importance of the completion of this the form as per the teacher's instructions cannot be overstated. Assessment will be based on the degree to which the DPA Tracking form indicates your son/daughter meeting the DPA requirements. Generally, students will be required to complete the Log Sheet based on three or four week intervals between now and the middle of June - that represents handing in approximately three or four completed forms to the teacher between April 1st and June 11th.

Requirements:

- **Grade 8 and 9:** 30 minutes daily of physical activity, five days out of seven, in minimum 10 minute intervals
- **Grades 10-11:** 150 minutes a week of daily physical activity, (replaces 80 hrs requirement for Graduation transitions)
- **Grade 12s:** 80 hours for the Grads of 2009 meets the requirement for this year's Graduation Transitions
- Examples of DPA, include P.E. classes, school or community teams, intramurals, open gyms, community recreation, drop-in sports, individual activities, walking or cycling to and from school, skateboarding, dance, weight or circuit training, swimming, active play, physical labour etc.

Guiding Principles:

- This is a socially responsible program, shared by the school, family and community, aimed at student health and learning
- Handsworth will encourage and offer a variety of opportunities for students to meet the DPA requirement, but opportunities and responsibilities for many other activities reside with the family and community
- Participation in PE Classes in grades 8 and 9 accounts for half or more of the required minutes, but it is the responsibility of students to engage in DPA on non-PE days and to record that activity
- Students in Grades 8-11, with parent participation and support, will be responsible for tracking and working with the school to provide their individual logs
- Students in Grades 12 in the 2009/2010 school year will be required to meet the 150 minutes a week of daily physical activity

Some Suggestions to Assist Your Child in Meeting the DPA Requirement:

- Discuss with your child why he/she is not participating and/or documenting activities
- Reinforce the importance of physical activity through discussion and example
- Consider the time your child spends with T.V., computers and video games, and encourage him or her to be physically active
- Take advantage of opportunities for DPA available at the school
- Develop an Action Plan to increase your child's activity
- Include in your child's Action Plan walking to school (drop them off an increasing number of blocks over a specified period of time for 3-5 days of the week).
- Your Action Plan should encourage your child to access school and community facilities, walking or cycling to and from school, individual or family recreational pursuits, dance, household chores requiring physical activity (mowing, shovelling, etc.) structured and unstructured sports and activities, etc.

Thanks,

Peter Ewens

Principal



March 2009

March 12th - 26th

Sr. Boys Rugby Trip to Scotland Departs

Thursday, March 12th - 23rd

Voyage en France Trip Departs

Thursday, March 12th

Stringendo: The Strings Extravaganza Show at
Centennial Theatre 7pm

Friday, March 13th

Last Day of Classes before Spring Break

**Monday to Friday/March 16th - 20th
Spring Break**

April 2009

Wednesday, April 1st

Grade 9 Immunization Clinic

Thursday, April 2nd - 4th

Wind Catcher @ Centennial Theatre

Tuesday, April 7th

Safeteeen for Grade 10 Students

Tuesday, April 7th

Euclid Math Contest

Wednesday, April 8th

Handsworth Zone Band Concert

Friday, April 10th

Good Friday

SCHOOL CLOSED

April 2009

Sunday, April 12th

EASTER/PAQUES

Monday, April 13th

Easter Monday

SCHOOL CLOSED

Saturday, April 18th

MPAC Bottle Drive 9 am - 5 pm

Monday, April 20th

HPAC 7pm in the Library

Monday, April 24th

District Wide Professional Day

SCHOOL CLOSED

April 20th - 24th

Tallships Adventure

Tuesday, April 28th

Talent Show



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Email List!**

You will receive:

- » important notifications when they occur
- » a periodical list of news items from the website

To sign up:

- » go to our homepage
- » scroll to the bottom and click "Subscribe"

Voyage en France

Eighteen very excited Grades 10, 11 and 12 French Immersion students will be participating in an eleven-day-trip to France from March 12th to March 22nd, 2009.

The group will be led by Madame Mashid Yaraghi (teacher) and M. Rod Simeon (adult chaperone). We will arrive in **Nice, Cannes and Grasse** and then travel East to visit **Monaco**. We will tour **Avignon** and spend our last three days in **Paris**. In Paris, (the city of lights) the students will visit the **Louvre, the Eiffel Tower, North Dame, and Montmartre....**



Being immersed in a French-speaking environment is invaluable for the students' language skills, and experiencing the rich cultural history of a European nation is an education in itself.

The whole group is looking forward to the unforgettable trip!

SafeTeen Workshops

The Planning Department is pleased to present SafeTeen workshops for all Grade 10 students on the morning of Tuesday April 7th.

SafeTeen is a prevention program, which gives youth skills to deal with verbal violence, emotional violence, sexual violence, and threats of physical violence. SafeTeen is about teaching teens to stand up for themselves and what they believe in, without violence.

SafeTeen presenters are highly skilled workshop facilitators with an intricate awareness of youth culture, respect for diversity, and a strong commitment to change. Through their use of their excellent communication skills and effective facilitation skills they deliver the workshops with respect and a healthy sense of humour.

By providing gender separate environments, students feel safe while exploring various topics. During the workshops, students will learn to work with fear, manage anger, and stand up and speak up for themselves. Through role-plays and hands-on exercises they will learn how to deal effectively with verbal violence, sexual harassment, relationship violence and physical violence.

On April 7th your daughter/son's class will attend the workshop from 8:30am -11:45 am at Handsworth. Students are asked to arrive on time, prepared with a pencil and paper, and ready to begin at 8:30 am.

If you would like further information on the topics covered during the workshop please visit www.safeteen.ca. Also, please feel free to contact me at 604-903-3600 with any questions or concerns.

I look forward to the upcoming workshops. *Glen Walters*

TEAM RECYCLE

Invites students to assist by volunteering with the school's recycling of paper and beverage containers. For more information, please see Mrs. Terness.



SPORTS PREVIEW

The Winter season is coming to a close with tremendous success. We had 9 Basketball teams and they ALL made the playoffs! The Bantam Blue girls and the Juvenile boys were knocked out in the North Shore play-offs. The Senior boys played well in the Howe Sound Championships and came within 1 win of qualifying for the Provincials.



The Juvenile Girls, Bantam Boys and Junior Boys all made good runs at the Vancouver & District Championships.

The Junior Girls and Bantam Girls both won the V & D Championships and the Senior girls won the Crehan Cup (the Lower Mainland Championships)! The Junior girls traveled to Nelson for the Provincial championships and despite a short bench finished a very respectable 8th place. The Bantam girls headed to their Provincial tournament undefeated and made it easily to the finals. They faced a tough team from Kamloops and came up just short losing 48-47 in the finals - second place in the province is something the girls should be proud of!

The Senior girls head into their Provincial Championship this week as the #1 ranked team. Play takes place at Capilano College throughout the week with the finals being held on Saturday night.

On the wrestling mat Nathan Yanigawa represented Handsworth at the Provincial Championships and he finished 6th in his weight class.

Finally Amie Chartier finished in 9th place at the Gymnastics Provincial Championships

Looking ahead to Spring the Rugby team leaves for the UK for a 2 week tour on March 12th. We will be field two Rugby teams this year Junior and Senior. The Junior team looks to contend for the North Shore Championship while the Senior team is aiming to qualify for the Provincial Championships.

Still on the field the Junior girls Soccer teams is building on last year's playoff run and the Senior team is hoping to avenge their 2nd place finish in Provincials with that heart-breaking shoot-out loss last year.

Tennis, Track & Field and Mountain Biking will be getting their season's started following spring break.

John Tyler

Breakfast Club

Invites students to study with assistance every Wednesday morning between 8:30am and 9:30am. Come to Room 210 and join the club!



Art in New York

In the fall of 2009, the Art Department is planning a trip to New York. Highlights of this Art Focused trip Include...



Metropolitan Museum of Art visit

Guggenheim Museum visit

MOMA guided visit

Fashion Institute of Technology Tour

February 25th Board of Education Decision on the 2009-2010 School Calendar

At their February 24th public meeting, the North Vancouver Board of Education voted in favour of no change to the Ministry standard school calendar for the 2009/2010 school year. The Board appreciates the complexity of planning a school calendar in an Olympic year, and is aware of the many variables that include staffing, costs to the School District, inconvenience to families, childcare issues, and how to make up the mandatory instruction time. In light of these many considerations, the Board felt the most prudent course was to maintain the standard school calendar and affirm that Spring Break in 2010 will be a one-week period spanning March 8th through March 12th.

6th Annual Canadian Heritage Fair



Once again, on Tuesday, March 10th, all Social Studies 9 students and their teachers held a Heritage Fair to showcase projects about Canadian heritage. More than 150 projects were exhibited on a wide range of topics such as: Canadian Olympics and Maple Syrup.

In past years, Handsworth Social Studies 9 students have won numerous regional and national awards for their projects. Our Heritage Fair is part of a national Heritage Fairs program sponsored by Historica Canada (producers of the Heritage Minutes on TV.) At least 12 projects have been selected at the Handsworth Fair to go to the Sea to Sky Regional Heritage Fair in May at the North Vancouver Museum and Archives.

Message from the Library

Message from the Library—Free Online Databases

The school has purchased powerful new research tools that students can access at school and home:

- World Book Online
- Encyclopedia of British Columbia
- Thompson Gale (ie. Canadian Periodical Index; Biography Resource Centre)
- Ebsco's Resources (ie. Novelist; magazines, journals and reference sources)

To access these free online databases, follow these steps:

- Go to the Handsworth Library Link <http://nvsd44.bc.ca/SchoolSites/Handsworth/Library.aspx>
- Click on "Online Databases"

Here are the passwords for the following online databases:

World Book Online: User ID = erac Password = erac

Encyclopedia of British Columbia: User ID = erac Password = erac

Thompson Gale: User ID = 44HSSS Password = student

Ebsco's Resources: User ID = ebsco Password = erac



Note: Occasionally, these passwords might change. If this happens, please send your child to the Library for an updated bookmark. Happy Surfing!!!

"WIND CATCHER"

Everyone mark your calendars...as our Mainstage Play "Wind Catcher" runs from April 2nd to April 4th at the Centennial Theatre. There are over 150 Senior Students involved in the show.



There are three 7:00 evening performances. Tickets go on sale in the Gallery at lunch starting Monday, March 2nd. Tickets will be available through the school for a discounted rate of \$12 for students and seniors and \$15 for adults. Please note that tickets purchased after March break will be full price \$13 and \$16.

Our talented Grade 9 actors will also be doing a show at Handsworth on April 21st & 22nd. Stay tuned for this wonderful performance. *David Beare & Crystal Primrose*

JAPAN TRIP



We have 23 Grade 9 students travelling to Japan on April 14th -28th. We will be visiting Kyoto, Osaka, Takayama, and Hiroshima before heading to Tokyo to spend a week with our homestay families. Students then will attend classes at Inage, our sister High School, with their host students and experience classes in Martial Arts, Calligraphy and Japanese customs. Thanks! Kelly Jackson



SPRING FAIR
SATURDAY MAY 9TH
10:00 am to 3:00 pm



- Order your Hanging Baskets just in time for Mother's Day. Order form is include with report cards. Also available on the Handsworth website. Contact Lori Wasylyshyn at thewasys@shaw.ca
- Donate your used books for our Book Sale (fiction, mysteries/thrillers, romance, fantast/science fiction, non-fiction, children's books, teen books-Babysitters Club, Goose Bumps, Gossip Girls & Sheet Music too!). Contact Jo-Ann Bayley at jbayley@shaw.ca
- Donation for the Treasure Bags needed (Bulk candy (Costco buckets), Gum, Granola bars / protein bars, Sports drinks / Soft drinks, Packages of hot chocolate, Pens, pencils, highlighters, Post-it notes, Stickers, Toothbrushes, Beads and string, Other treasures kids like). Contact Sheila Drummond at drummond4@shaw.ca .
- Silent Auction Donations Needed - Big or small - All welcome! (event tickets for hockey, other sporting events, concerts, ballet, plays, etc; Gift certificates for restaurants, massage, manicure, pedicure, hair cut/colour, spa treatment, offer music lessons, computer training, gardening services, painting services, rent you ski condo or summer cabin, host a 3-4 hour boat or fishing trip, get together with friends & offer to cook a dinner for 4,6 or 8). Contact Malka Stein at malka.animatedgirl@gmail.com
- Volunteers required on May 9 for Door admission, Silent Auction (watch tables & payment when auction tables close), Set-up & Clean-up. Contact Anne Strain at astrain@shaw.ca .
- Mark your calendar for MAY 9th & we'll see you there!

 **VOLUNTEERS** 

The active involvement of parents in a volunteer role has the potential to provide considerable benefit to the intellectual and social development of students. In addition, the participation of volunteers increases communication and positive relationship between the school, parents, and the community. Consequently, the Board supports and encourages the use of volunteers to support the work of employees. (Excerpt from NVSD Policy 404: Volunteers in Schools).

All volunteers at Handsworth are governed under the provisions of NVSD Policy 404: Volunteers in Schools. If you have not already done so, please fill out the North Vancouver School District Volunteer Application form which is available from Ms. Anne-Marie Cartier, the Head Secretary, in the Main Office.

Peter Ewens

Principal

AFTER GRAD PARTY

Dear Parents and Grads,

Last year Handsworth had its first supervised safe after grad party up at Grouse Mountain. All organized and run by the grad council and parents. The goals of the party were to be safe, inclusive, accessible and of course a lot of fun for all grads. By all reports from last year's grads; it was a huge success!

The 2009 grads want to make this a tradition and we're excited to share with you plans for the second annual safe after grad party up at Grouse Mountain on June 13th. It is an event not to be missed, with a Hollywood theme, a great selection of food, a DJ with club style lighting, a mock casino, photo booth, air brush tattoos and more. This event, like last year, is supervised by grade 11 parents and hired security and as a bonus there is a breakfast at the school starting at 4 am organized by the grade 12 parents. The grad council and a group of parents have been working for several weeks to plan and coordinate fundraising and other details for the event. They have arranged a number of events to make this event happen.

The price of tickets for the event has been set at \$75.00; however the actual cost of the event is closer to \$100.00. Realizing this is yet another expense on top of the Grad Ceremony and banquet tickets, and to make the event as inclusive and reasonably priced as possible, it was decided to fundraise for 25% of the event costs and have the grads pay for 75%. There are a two ways grads can pay for their tickets.

1. **Immediately pay full amount of \$75.00**
2. **Initially pay \$50.00 then individually sell Coffee to fundraise the remaining \$25.00 (approximately 4-5 bags of coffee)**

There are a number of fundraising efforts to subsidize the balance of the \$100.00 (the 25%) These will include a raffle, a car wash and bake sales. Each student is encouraged to contribute their time in at least one of these events. Dates for these events are:

Ticket sales:	March 23 rd - April 9 th
Raffle:	March 23 rd - April 10 th
Car Wash:	TBD (sometime in May)
Bake Sales:	Monthly
Coffee Sales	April 6 th - April 30 th

(Individual Fund Raiser):

To keep informed of please check out the after grad website at

<http://sites.google.com/site/handsworthgrad/Home>

Or email Cheryl Leia (Jarad Plato's mom) at Cheryl.leia@gmail.com

Or Caroline Sandles (Tristan Sandles mom) at cemlvdp@telus.net



Thank-you for supporting a safe and fun after grad party.....*The Handsworth after grad committee*



News from our Handsworth Parent Advisory Council (HPAC)...

Report from the HPAC/HSSA



- Hope to see you at our **next meeting on Monday April 20th, 2009** at 7 pm in the school library! All parents are welcome. On the agenda for the night will be Ms. Crystal Primrose and Mr. David Beare. They are drama teachers at the school. They will make a presentation about a new class offered at Handsworth - Acting for TV/Film. The Daily Physical Activity (DPA) requirements are coming into effect April 1st. Teresa Laser from the North Vancouver Recreation Commission will speak on the wide variety of activities offered to meet the requirements of the students. Handsworth School Principal Mr. Ewens' report and slide show are a popular way to see and hear what's going on at school.
- **Spring Fair Fundraiser** - Sat May 9, 2009 10 am to 3 pm
Handsworth has not had a spring fair since 2003. This has been the major fundraising event for the school in the past. Over the last few years the HPAC has been able to spend a good portion of the money for much needed items for the school. It is time to replenish the funds!. Please contact Anne Strain at astrain@shaw.ca if you can help out or if you have any questions.
- **After Grad** - June 14 from 1 am to 4 am at Grouse Mountain followed by a pancake breakfast at the school from 5 - 9 am. We are currently looking for grade 11 parent chaperones and grade 12 parents to help organize and coordinate the actual event at Grouse. After Grad co-chairs are Cheryl Leia cheryl.leia@gmail.com and Caroline Sandles cemlvdp@telus.net
- For information on the meetings and workshops put on by the **North Vancouver District Parent Advisory Committee (NVPAC)** please check their website <http://www.nvsd44.bc.ca/AboutUs/NVPAC.aspx>.
- Many of the HPAC Executive members will be finishing their terms this year. **Now is your chance to get involved.** HPAC is a great group of parents that are very organized and committed to making Handsworth a better school for all students and staff. It is a great chance to see how the school runs from behind the scenes. Please contact Barb Vincent at thevincents@telus.net if you are interested.

Note - We have an executive meeting generally one week before the scheduled HPAC meeting and that is where we set our agenda. If you have any concerns, issues, ideas, etc. that you would like to discuss at a future HPAC meeting, it would be appreciated if you would please get in touch with one of our executive members so we may discuss it and put it on the agenda.

Barb Vincent thevincents@telus.net 604-980-0913
Sheila Drummond drummond4@shaw.ca 604-988-2189