



FLEX - Student FAQ

Q: Why does CSS have FLEX?

A: The goal of Flex is to give you EXTRA time with your teachers in your school day that, and the Teacher you work with is your choice.

WHY? Some of the reasons include:

- Make up missed work, tests, and quizzes because of an absence in your school week
- Get more help understanding a topic you don't quite understand
- Have the opportunity to try out something new!
 - *Example:* 30 Minute Meals, Storm Strength Challenge, Tai Chi, Yoga, learn about anxiety with Dr. Harris (a Pediatrician in Chilliwack), Moccasin Making, or play Table Tennis or Chess
- Provide you with study time in your school day
- Provide you the opportunity to learn about something interesting in your class
 - *Example:* heart dissections for biology students, watch a movie on the Holocaust that was missed due to time constraints in class, or plant a garden as a community service project for *Pathways* students)
- Get help on: grad transitions, work experience, scholarship applications, course planning, and/or course selection – all during a time that doesn't take away from regular class time
- Have time for outside presenters to come in and provide you information
 - College, University and/or work options, volunteer opportunities, etc.

Q: How am I getting marked?

A:

Student Choice AND Attendance (50% of grade)

- Two points each time you choose the session
- Two points for each time you attend the session

Term Goal Setting and Evaluation (20% of grade)

- At the beginning of each term you need to set personal goals for each of your classes, and at the end of the term you are to evaluate whether or not you achieved your goals
- Success is not an accident, you need to plan for how you are going to accomplish your goals

Online Component (30% of grade)

Each grade has targeted activities that are grade specific. Each topic has been chosen on the fundamental belief that no student should leave high school without these skills

- **Grade 10:** Must complete six evaluations of large sessions: *Safe Online that Clicks, Healthy Eating Study Skill, Drugs & Alcohol, Mindfulness, Anti-Bullying, and MADD*
- **Grade 11:** Must complete six evaluations of large sessions: *Safe Online that Clicks, Drugs & Alcohol, Psychosis, Work Safe BC, Young Drivers, and MADD*
- **Grade 12:** Must complete three evaluations of large sessions: *Safe Online that Clicks, Drugs & Alcohol, and MADD*. Grade 12 students also attend three grad sessions.

Q: Where do I find the Online Component?

A: All Goal Setting, Evaluations, and other Online Components are found on the Moodle website only



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Q: Where do I go for help with the *Online Component*?

A:

- Study Hall with Mrs. Adams-Loupret and Mrs. Bernard
- Grad Transitions or myBlueprint session(s) with Ms. Linau and Mrs. Soltys

Q: Why should I look at the session offerings and not just click one of my teachers?

A:

- Maybe your teacher is on a Prep or Mentoring, therefore unavailable
- Maybe your teacher may be offering a specific session that week that's not relevant to you, but another teacher might offer something more applicable to your needs
 - ex. your teacher is offering science help, but you need help with math - a different teacher may be offering math help that you can access
- There are MANY different and interesting options to check out in the school and this is how you will be able to know. For example we have had: mat making for the homeless, Tai Chi, boot camp training, Storm Strength Challenge training, chess, yoga, table tennis, university visits, anxiety workshops, various presenters, scholarship workshops, 30 minute meals (you get to cook and eat!), moccasin making, Work Experience opportunities – ALL OPEN TO ANYONE

Q: Why should I go to Flex?

A: It is formal class time but YOUR time to choose. The only goal of Flex is to provide students with time in their school day to help them accomplish whatever they need for that week, and if you have no need to catch up on something, then you can study or try something new!

Q: What do I do if I have made a choice but realize I need to change it?

A: Go see the teacher of the class/session you want to attend. They have the ability to override the system and put you into their class/session. However, if a teacher has already completed an override and put you into their class (because they feel you need to be there), no further changes can be made unless you speak to that teacher.