



WATCH

February
10-14 2020

MONDAY February 10 – Day 1

LUNCH AFTER SCHOOL

- Dixieland Band 3:00pm
- Girls Rugby 3–4pm

TUESDAY February 11 – Day 2 FLEX School Wide Assembly

INTERNAL FINANCIAL AWARDS DUE TO CAREER CENTRE BY 1PM

LUNCH

- Math Contest Club (3018)
- African Relief Club (3003)
- GSA Club (2166)
- Science Fair Club (3154)

AFTER SCHOOL

- School Store open until 4pm
- Girls Soccer 3:10–4:10pm
- Cheer Practice 3:00-4:30pm



WEDNESDAY February 12 – Day 1

LUNCH GRADE 8 TOURS AT CSS

- Math Center (3018)
- School Store open

AFTER SCHOOL

- Rock Band 3:00pm
- Girls Rugby 3-4pm

THURSDAY February 13 – Day 2 FLEX

LUNCH

- Anime Club (3008)
- Aboriginal Students Club (1010)
- Christian Students United (3013)

AFTER SCHOOL

- School Store open until 4pm
- Girls Soccer 3:10–4:10pm
- Girls Rugby 3-4pm

FRIDAY February 14 – Day 1

PROM SHOP BAKESALE

LUNCH

- Make and Do Club (1128)
- Photo Club (1126)

AFTER SCHOOL





WATCH Cont...

INVITING FEEDBACK: DRAFT 2020-2021 LOCAL SCHOOL CALENDAR

The Chilliwack Board of Education wishes to ensure that parents, employees and partners are aware of the proposed Draft 2020 - 2021 Local School Calendar and is seeking feedback through a survey.

Click [here](#) to complete the survey by **4:00 pm on Monday, February 17, 2020.**

For further information on the Draft 2020 - 2021 Calendar please see the [Decision Note](#) & [Draft Calendar](#).

YEARBOOK

Yearbooks are now \$55. Deadline to purchase is February 28th

Upload school appropriate selfies for Yearbook:

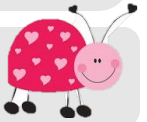
<https://publicuploads.friesens.com>

Username: 256729 Password: 256729



The Prom Shop is pleased to offer a selection of new and gently used dresses to borrow free of charge.

Stop by the office to book your appointment!



FLOWERGRAM SALES

1 FOR \$2 or 3 FOR \$5. Delivered on Valentines Day during second block. Sold at Lunch at the ticket booth.

STORM ATHLETICS

Want to know when games are happening? Check out the [Chilliwack Storm Athletics calendar](#).

CAREER CENTRE

Visit the [career centre tab](#) for updates and announcements from Mrs. Soltys.

SPRING LEAGUE BASKETBALL

April to June and the cost is \$150. Includes a minimum of 10 games in the season and two practices a week. Available to boys of any grade that attend CSS. Contact Chris_Reilly@sd33.bc.ca



GRADE 9's EQUESTRIAN PROGRAM APPLICATIONS ARE NOW BEING ACCEPTED!

Are you interested in learning how to horseback ride next year, during school hours, for course credit? Are you an experienced rider and want to try/or hone your skills in reining? Do you want to earn your phys ed 10 and science 11 credit outside at the barn? If yes, then please apply for the CSS Equestrian Program during course selection, which begins on February 10th. You can find out more and access an application form at css.sd33.bc.ca/equestrian-program or call/email the teacher, Avril Broekhuizen, at 604-795-7295 ext. 3169 or avril_broekhuizen@sd33.bc.ca for more information. *No experience required, but a strong work ethic and desire to learn is a must!

SPRING BREAK 2021

Looking for something to do next spring break 2021?!? Come Join Mrs. Earle and Mr. Rojas on a trip to Costa Rica! There are only TWO spots left, so sign up as soon as possible to secure a spot and hold the price. For more information, please visit <https://www.eftours.ca/tour-website/2269004PX>

SCHOOL STORE

The school store is now open Tuesdays & Thursdays afterschool and Wednesdays at lunch. Come check out our new swag and show some school spirit. Men's & Women's styles available!



\$55



\$40



\$20



\$40



\$20

The Chilliwack School District is
pleased to present :
An evening with Mark Perna

Answering Why - Unleashing Passion,
Purpose and Performance in
Younger Generations.
Starting the conversation about
Careers with your child

February 20th, 2020

Sardis Secondary School

7 - 8:30pm

Tickets are No cost and available
through Event Brite

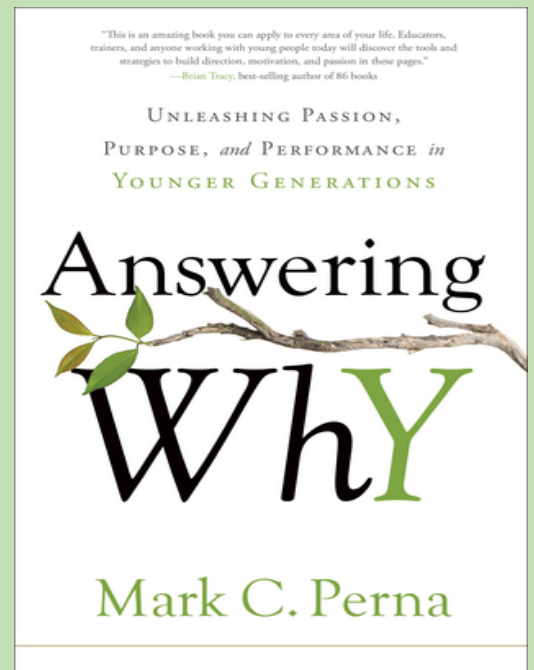


February 2020

Mark Perna

Answering Why - Unleashing Passion, Purpose and Performance in Younger Generations

Mark C. Perna is the founder and CEO of TFS, a full-service strategic communications and consulting firm whose mission is to share and support every client's passion for making a difference. As an international generational expert, Mark has devoted his career to empowering educators and employers to unleash the tremendous potential of today's young people. Mark's best practices have helped parents, schools, districts, businesses, and state organizations across North America to connect more effectively with the younger generations. Mark has published numerous in national publications and interviews frequently on radio shows, television, and podcasts. His award-winning bestseller, *Answering Why: Unleashing Passion, Purpose, and Performance in Younger Generations*, was written to help educators, employers, and parents understand and motivate Generations Y and Z. Mark is the father of two successful Millennials and resides in Cleveland, Ohio. Find out more about Mark and his work at MarkCPerna.com



Equine Studies 10

Equestrian sports are incredibly rewarding and fun, so as an integral part of Equine Studies 10, students will follow both the **Equine Canada** and **Certified Horsemanship Association for Horsemanship Safety and Education** curricula. Both programs emphasize safety, strong horsemanship skills, and knowledge, delivered over four levels of increasing difficulty. (Learn more at www.hcbc.ca and www.cha-ahse.org)

Note: students must ride with an ASTM-SEI approved helmet (provided by our coach), long pants, and boots with a 1" heel. Instruction will always be done in small groups of 3-4 students, so maximum supervision can be provided.



Environmental Science 11

Students will be earning credit for Environmental Science 11 (has no pre-requisite.) We explore the various micro and macro environments in and around Cristyhill Farms, gathering data and working on assignments & labs. We also take several fieldtrips to work with community groups and specialists in other unique environments (wetlands, sea-shore, etc.)

Physical & Health Ed 10

Students will also complete PHE10 as a part of the Equestrian Program. This course will be run online, with some direct instruction on our campus days. Students can count their riding time as a part of their required hours of physical activity. ****We can substitute Active Living 11 if you already have credit for PHE 10.**

Connect Ed 11

This course is brief and is done in the fall prior to the program's start. It is designed to prepare students to take an online course, and can be completed in 1-4 hours.

Who We Are

CSS Equestrian Program Teacher

Avril Broekhuizen - B.Sc. in biology (specialty in ecology), M.Ed. in ecological education, has been a CHA level 2 English/Western riding instructor for beginners, and created this CSS program. She currently owns and rides her Clydesdale mare, Darby, and has a lifelong passion for horses and introducing new people to riding.

Trainer/Coach

Jim Greendyk (Jim Greendyk Performance Horses) is an NRHA and ARHA professional reining trainer and competitor. He will be offering the lesson horses, facility (including an indoor arena & meeting room), helmets, equipment & the majority of the riding instruction, along with his assistant trainers, including Donna Stiles.

"The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit, and fire."

- Sharon Ralls Lemon



Our coach, Jim Greendyk
NRHA & ARHA Pro reining trainer and competitor

EQUESTRIAN PROGRAM

Spring Semester

Chilliwack Secondary School



Program Overview

Applicants to the Equestrian Program should be **entering grade 10-12** and have a strong interest in learning about horses. This is an **individualized** and **experiential** program, delivered both on CSS campus (2 half-days/week) and at the barn (3 half-days/week).

Students **do not require any previous horse handling/or horseback riding experience**. Classes will be all afternoon in semester 2, and barn days will be held at Cristyhill Farms, as we have partnered with Jim Greendyk Performance Horses.

Students will learn how to work safely around horses, basic care & maintenance (grooming, feeding, etc.), as well as riding skills. Riding instruction will happen in groups of 3, with experienced coaches, and will be individualized based on each rider's level of comfort & experience, with an emphasis on **safety, fun, and the sport of reining**.

Students will each ride once/week, and then work on other written/online/& fieldwork components during the rest of the week's classes.

In this program, students will earn a total of 14 credits for **Equine Studies 10, Environmental Science 11, ConnectEd 11, and Physical & Health Education 10 (or Active Living 11)**. An optional 2 more credits may also be earned if riders choose to do an EC western rider level 1 certification exam.

Benefits of Working with Horses

PSYCHOLOGICAL Benefits

- Learning to live in the moment
- Increased motivation, self-esteem and confidence
- Goal setting (& *celebration of success!*)
- Emotional self-awareness
- Gain a sense of empowerment, and increased sense of control

SOCIAL Benefits

- Create and deepen friendships
- Experience challenges as a team, and problem-solve together
- The opportunity to be a caregiver, and to experience and practice empathy
- Improve communication, verbal & non-verbal
- Gain local contacts in the horse industry

PHYSICAL Benefits

- Increased balance, coordination, awareness of rhythm and timing
- Increased muscle strength, flexibility, and overall endurance/fitness
- Learn and practice respiratory control
- Increased body language awareness

SPIRITUAL Benefits

- Connection with animals, nature, and people
- Connection to, and increased awareness of, the world around us.



Who Should Apply?

- Do you love horses or have always wanted to learn how to ride/improve your skills?
- Do you prefer to learn in an outdoor setting with hands-on experiences?
- Are you interested in environmental science?
- Would you like to earn your PHE10 (or Active Living 11) credit by doing the activities you love?
- Do you get anxious and need to “unplug” for a time each day?
- Are you considering a career in the horse industry?
- Are you trustworthy, have a good attendance record, and want to have a unique experience in high school?

If yes, then this program is for YOU!



Questions?

Avril Broekhuizen
Equestrian Program Teacher

avril_broekhuizen@sd33.bc.ca

css.sd33.bc.ca/equestrian-program

Connect Parent Group

An Attachment-Based Program to Support Parents & Caregivers



When: January 27 to April 13

Monday evenings from 5:30–6:30 p.m.

Where: Chilliwack Secondary Neighbourhood Learning Center Conference Room

For parents and caregivers of pre-teens and teens who are looking to understand and respond to challenging behaviour and emotions.

- This 10-week program will focus on youth ages 8 to 12
- Once a week, parents will meet as a group with two trained facilitators
- Refreshments provided



Photo by Sandeep Sandhya from Pexels

This group is offered in partnership with School District 33 and Child & Youth Mental Health

Please email or call to register and for more information:

Marie Amos
School Counsellor
marie_amos@sd33.bc.ca
604-795-7840

Jan McAlpine
School Counsellor
jan_mcalpine@sd33.bc.ca
604-824-7481