

BEAR BRIEF



February Dates:

6	Report Cards distributed
9	Course Planning Assemblies
15 & 16	Music Dept. concerts @ Kelowna Community Theatre
17	Professional Development Day—No Classes
20	PAC Meeting @ 6:30 pm Parent Ambassador Training @ 7:00 pm
20—22	Grad Photo Retakes
22	Grade 9 Parent Meeting @ 7:00 pm
23	Cayley/Fermat Math Contests Deadline for Grade 10/11 Course Selection Deadline for Grad Tickets
23 & 24	PSP #3 (Gr. 12s)
27	Counsellors & Admin visit Middle Schools

CONTACT INFORMATION

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www.mbs.sd23.bc.ca

Principal: Mr. J. Simonson

Vice Principals:

Ms. L. Ross (A—G)

Dr. J. Grodzki (H—N)

Mr. L. Campbell (O—Z)

PRINCIPAL'S MESSAGE

February marks the beginning of a new semester! We are back for a fresh start. We would like to extend a big Boucherie welcome to Mr. Mike Godwin who is joining our staff to teach Math and Science this term!

While we are only half way through this school year, this month signals the beginning of the course planning events. We want to encourage our current **Grade 10 and 11 parents** to check the school website to review the online course selection guides (to be posted). These booklets contain all the information you need to know about Dual Credits programs, school-based academies, as well as detailed descriptions of our core and elective courses. There is also a list of links to Post Secondary alternatives, Apprenticeship Training, and College & University requirements. If you have questions about course selection, please contact your student's counselor. We will be holding a special evening for future Grade 10 Parents on February 22 where we will be sharing information that will be valuable when planning the success of your student. We want to encourage parents to be actively involved in the decisions your student makes around course selection. We need to begin building our timetable for next September which means that students must make their course selections before the end of this month.

Reminder: Absences must be called in by a parent and extended "excused" absences will require a doctor's note. Thanks for your diligence with respect to this important matter.

Mr. John Simonson

Be Cautious . . .

Last spring, one of our MBSS grade 12 students was seriously injured while on a privately organized "SPRING BREAK" trip to Mexico that was marketed to look like a student field trip. Parents need to know that these are not school sanctioned events and that school staff is not involved in the supervision or organization of such activities. We want to encourage parents, that if you are considering allowing your child to participate in this type of event, to research the safety and supervision plans of the organization, confirm that individuals acting in 'loco parentis' share your expectations and consult with your medical insurer about coverage and disclaimers.



Important Dates for FEBRUARY	
1	Hairdressing students to California Hair show
3	Kids Help Phone volunteers meeting @ lunch
9	Course Planning As-
13—16	Course Planning classroom visits
15	Education & Career Fair
20	Experience OC

NEWS FLASH.....**Cayley & Fermat Math Contest.....**

Coming Thurs., Feb. 23rd. Interested students should see Mr. Kirkey.

CAREER CENTRE

Daily Physical Activity (DPA) forms were due end of 1st semester, **January 20th**. Forms can be picked up in the Career Ctr. Only grades 11 and 12 are required to submit a form. All students, regardless of any fitness courses they may be registered in are required to submit a form.

FEB 15 - EDUCATION & CAREER FAIR - Chance to talk to associations, colleges, universities, employers, trades and tech programs, etc from around BC and more. Sign up/pick up forms in the Career Ctr.

FEB 20 - EXPERIENCE OC- Spend the day as an OC student, seeing classes, meeting faculty, touring Okanagan College. If you would like to attend, or get more info, drop by, spaces limited!!

End of Feb/Early March UBCO Visit - If any students are interested in touring UBCO, sign up with Ms. Bedwell in the Center asap.

Job Shadows!

Any students interested to find out what it's like to be in a specific profession, the career center will organize a job shadow experience.

COUNSELLING DEPARTMENT

We will be holding a **Grade 9 Parent Evening** on February 22nd at 7:00 pm in the Multi-purpose Room. Gr. 9 students who are planning to attend MBSS in Sept. 2012 and their parents are invited to attend!

Upcoming Post-Secondary Visits to MBSS:

Feb. 13: Olds College (Olds, Alberta) - Block 7 - 2:00 to 3:00 pm

Feb. 16: Quest University (Squamish, BC)- Block 2 - 9:15 to 10:15 am

Feb. 16: Kwantlen University (Vancouver, BC) - Block 1 - 10:45 to 11:30 am

Feb. 29: University of Victoria—Block 2—10:30 am

Students who are interested in attending should sign up in the Counselling Centre.

Course Selection time is coming to MBSS

With course selection coming up this month, it is a good time to remind parents about requirements for graduation. The minimum number of credits that a student must have to earn a Dogwood graduation is 80 credits. Students also need to have successfully completed a range of required courses that include Planning 10, PE 10, a Science 11, a Math 11 and a Language Arts 12. The remaining subjects that students choose to select are dependent on their goals and future aspirations. Students and parents are encouraged to research entrance requirements specific to the post-secondary programs that students want to pursue. We always encourage students to have a Plan A and a Plan B.

It has been the policy at MBSS to allow students to take a spare in their grade 12 year. Parents often ask us about the wisdom of allowing their child to take a spare / study block.

We recommend that parents be actively involved in the course selection process. While most students will have earned enough credits to graduate, we would remind you that taking a course for 'personal enjoyment' might be a better use of time than a spare. There are so many amazing programs that we offer at MBSS – Photography, Spanish, Dance, Weights & Fitness, Choir, Guitar Building, Chess, etc. Students who have a heavy load of academics might want to look at an option that will expand their life experience without adding significantly to their homework load. This can often be a better use of time than having a block off. For most of our students, grade 12 will be the last chance to take a course at no cost.

*To spare, or not to spare, that is the question:
Whether 'tis Nobler in the mind to register
For a full slate of eight classes,
Or to take a spare in your grade 12 year,
And by doing so: to study, to sleep in
No more; and by a spare, to say we squander
The opportunity, and the chance to enjoy other classes
at no cost? 'Tis a consummation
Devoutly to be wished. To learn, to sleep,
To sleep, perchance to day dream; Ay, there's the rub.
(with apologies to William Shakespeare)*



GRAD INFORMATION



It is exciting to reflect that our grads are now embarking on their last semester as high school students. Our grad Winter Formal was an excellent way to begin our celebrations, and I know that many are looking forward to the Grad Banquet and Ceremony this spring. In January, the school took in grad fees. The monies collected from our students go towards grad gowns, venue rentals, dinner, etc. If your graduate has not paid their fees, we ask that they see Ms. McLachlan in the Career Centre or Ms. Benko by **February 3rd** to make arrangements for late payments or to notify their intention of not participating in the grad ceremony and/or banquet. If your son/daughter is interested in attending the graduation events for 2012, all outstanding fees must be reconciled by **February 15th**. Please note that payment plans/post-dated cheques are acceptable. For more information regarding fee packages, please see the grad website. <http://www.mbs.sd23.bc.ca/grad%20info/>

The next grade 12 event will be the grad breakfast in April. This is a fun-filled morning where students and staff can enjoy a beautiful meal, and together, celebrate the triumphs of senior high. More information will become available as the event draws nearer.

Have you checked the grad website lately? We recommend that our graduates and their parents check this site on a regular basis. It is the responsibility of the student to stay current with all grad deadlines and important notices. The website can be accessed through our school homepage under the heading "Grad Info." <http://www.mbs.sd23.bc.ca/grad%20info/>

Lifetouch will be hosting an order assistance drop-in evening for students/parents on **February 6th** in the MBSS Library, 4:30-6:30pm. Grad photo retakes are from February 20th to 22nd. Please phone to book your appointment.

As grad sponsor, I wish all our graduates a successful start with their new term. If you should have any questions about grad policies or events, please email me at mbenko@sd23.bc.ca.
Ms. Benko



ATHLETICS

The Junior Girls Basketball Team is enjoying a successful 2011-12 season. Coaches Sean Davis and Amanda Kehler are both very pleased with the progress their players are making. The team finished in second place in their first tournament of the year at Fulton and is currently in second place in the Central Okanagan league. They are led by co-captains Jessie Joseph and Tori Cheyne. Other major offensive contributors are Ashley Pohl, Jacey McQueen and Jamie Glutek, while the defensive stoppers are Alexa Galloway and Alicia Kessler. Sydney Klassen, Sandra Gosling and Alysha Hvala are also making important contributions to team offense and defense, while team rebounding leaders include Dalana Graves and Kenya Pittenger. The Junior Girls have done a lot of travelling throughout the Okanagan and have already played nearly 20 games, gaining valuable experience as they prepare for the playoffs. Their final two tournaments are at George Elliot on Jan 27th and 28th and at Immaculata on Feb 2nd, 3rd and 4th, while their last home league game of the season is on Jan 31st at 4:30pm. Come out and cheer us on!

JR. Girls	JR. Boys	AA Girls	SR. Girls	SR. Boys
Feb. 3 @ Immaculata	Feb. 7 5:00 @ IMM	Feb. 1 6:00 @ GESS	Feb. 7 6:00 @ RSS	Feb. 1-4 @ Coal Bowl
4 @ Immaculata	Feb. 14/15/16 Playoffs	8/9 Playoffs	10 6:00 Host SASS	7 7:45 @ RSS
8 4:30 @ OKM		13 City Finals	14 6:00 @ SASS	10 7:45 Host SASS
15/16/17 Playoffs			17 6:00 Host NKSS	14 7:45 @ SASS
			18 12:00 Host SKSS	17 7:45 Host NKSS
			21 Quarter Finals	18 1:45 Host SKSS
			24/25 Valley Champs	21 7:00 @ KSS

CLUB NEWS

Arts for Ecuador- An Effort for Change

An effort to make global change happened when local MBSS students organized the annual fundraiser, Arts for Ecuador, on January 12th. The event included a silent art auction, live art, salsa lessons, African drumming sessions, a jazz café and an open stage night. All proceeds from the event were donated to Mount Boucherie's "Adopt a Village" program in Ecuador, helping give a rural village clean water, education, access to medicine and helping them become self sufficient. The silent art auction consisted of various types of paintings, sculptures, and photographs, all produced locally by either MBSS students or generous local benefactors. Some of the auctioned items included canvas paintings by student artist Seanna Abbate, Robert Bateman prints, and student produced photography. The night also had a live art session, with artist Carol Sherman creating an oil painting emulating Victoria Falls in Africa. Salsa dancing and drumming lessons helped liven up the evening, as Mr. Neil Wong and Mr. Barry Hall donated their time and talent to this humble cause. The African drumming lessons have become a tradition in Arts for Ecuador, and always serve as a crowd pleaser. The newly introduced Salsa lessons involved audience participation, and helped liven up the evening as parents and students alike went up on stage and tried to follow Hall's Latin inspired dance routines. The open stage and jazz café showcased Mount Boucherie's musical and dancing talent. The jazz café helped fill the evening with an air of serenity and cool, as the school's jazz combo played traditional jazz music. The open stage featured many different acts, from dance routines, to piano solos, and singing performances. Highlights from the open stage included Alex Tilley and Jamie Glutek's duet, as well as Mount Boucherie's dance team and several other student talents.

What helped make the evening so special was knowing that all the guests, performers, and volunteers had gathered to this event to make a global change. Mount Boucherie's Global service club was responsible for organizing the event, with all the profits going to help a rural Ecuadorian village. The annual event relies on community and school support, and without the generousities of so many people it would not be as successful as it has been.





Hairdressing students will soon be back from Long Beach, California with lots of new ideas for your hair. Students are now taking clients for all services. Call 250-712-7040 ext. 5003 to make an appointment.

COMMUNITY ANNOUNCEMENTS

Anxiety Disorders—2012 Knowledge is Power Series: Part 1 presented by Canadian Mental Health Assoc. at 504 Sutherland Ave on February 9th from 5:30—7:00 pm.

Westbank & District Community Radio is looking for students and volunteers to take part in a new radio show. For more information, contact: R.J. Smith, Program Director, at 250-862-7851.

From January 21 to February 26, 2012 please visit the **Kelowna Art Gallery** to see "Second Nature: Works by Art Teachers from School District No. 23" exhibition. This exhibition will feature a variety of media, including drawing, painting, printmaking, photography, collage, mixed media, ceramics, and sculpture. All works of art are done by teachers of School District No. 23 who play an important role in developing the artistic talents of our students.

INTERIOR HEALTH

Within the last 2 months, there have been at least 8 serious cases of ecstasy toxicity in BC, including several deaths. The information below from Interior Health is about ecstasy and the associated risks to students in both high schools and middle schools. For more information, we refer you to the BC Drug and Poison Information Centre <http://dpic.org/>.

Should I Worry About Ecstasy? YES!

Here's the latest on "E" in BC:

1. **If you took "E" and feel sick or overheated, don't wait! Go to a hospital.** By the time some people got there, it was too late and they died (You won't get arrested!).
2. **"E" is almost ALWAYS a combo drug.** You never know what's in it. One tab tested had: MDMA (Ecstasy), meth, coke, ketamine, DMP, and TFMPP ("Legal X"). **PMMA is in "E" too, and it may have been there a while.**
3. **PMMA (a toxic meth chemical) has been found in people who died taking so-called "E".** Even by itself, "E" can cause dangerous body overheating. Overheating can cause seizures, brain damage, or death. **PMMA can block the "E" high so people take more and overheat more easily.**

E + PMMA = more toxic

4. **Even 1 or 2 tabs can be a problem.** Some people's bodies just can't handle even one tab. Taking several tabs at once or over a few hours can really be bad.
5. **Using other drugs** (booze, prescription or street) at the same time **makes toxic effects worse.**
6. **If you take "E", always have someone sober with you** to take you to the hospital right away if you get sick or overheat.
7. **Best idea? Don't do "E", especially right now. Remember, you never know what you are really taking.**

(Info from BC Drug & Poison Info Centre and BC Coroner Service)

(Source: Sue Pollock, IH MHO, January 18, 2012)

Canadian Mental Health Association
504 Sutherland Ave.

PRESENTS



Anxiety Disorders -

When anxiety causes distress or interference that is much greater than anxiety experienced by other children of the same age, it may be called an **anxiety disorder**.

2012 KNOWLEDGE IS POWER SERIES: PART 1 CHILD & YOUTH MENTAL HEALTH & ANXIETY DISORDERS

February 9, 2012
5:30 - 7 pm at CMHA

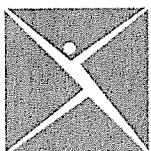
Panel of Experts:

Dr. Bruce Pipher, Child & Youth Psychiatrist
Personal Stories

Program:

Panel of experts
Q & A

Public Forum: Admission by donation. Register on-line
at kelowna.cmha.bc.ca or phone 250.861.3644.



CANADIAN MENTAL
HEALTH ASSOCIATION
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POUR LA SANTÉ MENTALE

