

A photograph of two young women with long dark hair, one wearing glasses, looking at a laptop screen. They are both smiling. The woman on the right is wearing a black t-shirt with a 'Media' logo. The background is slightly blurred, showing an indoor setting.

2021

# Adult and Continuing Ed

VSB SD 39 – Fall Orientation for International Students



**The VSB and South Hill Education Center acknowledge and are grateful to the Coast Salish Peoples of**

**the Squamish, the Tsleil- Waututh, and Musqueam Nations on whose traditional lands and unceded territories we learn and gather.**



# Continuing and Adult Education

## VSB39

### International Education

2021.



Student Support  
District and School Based



Quarterly Schedule  
Four Quarter Terms Per Year



Expectations  
Habits to help you stay on target



Keeping Healthy and  
Productive



Social Connections

# Student Support – District Level



## Stay Connected

- Vicki Swan [vswan@vsb.bc.ca](mailto:vswan@vsb.bc.ca)
- Darryl Wong [dwong@vsb.bc.ca](mailto:dwong@vsb.bc.ca)
- Yung Quach [dquach@vsb.bc.ca](mailto:dquach@vsb.bc.ca)
- Patrick Wong [pywong@vsb.bc.ca](mailto:pywong@vsb.bc.ca)
- Sarah Matthew [smatthew@vsb.bc.ca](mailto:smatthew@vsb.bc.ca)

## Program and Academic Advisor

Joanne McLeod

[jamcleod@vsb.bc.ca](mailto:jamcleod@vsb.bc.ca)

## Principal

Hollie Williams

[hwilliams@vsb.bc.ca](mailto:hwilliams@vsb.bc.ca)

## Vice Principal

David Morita

[dmorita@vsb.bc.ca](mailto:dmorita@vsb.bc.ca)

## Self-paced Instructor

Ken Buis

[kbuis@vsb.bc.ca](mailto:kbuis@vsb.bc.ca)

2021

## Student Support – In-School

South Hill

# Calendar for the year 2021/22



<b>Quarter 1</b>	<b>Sept. 8 - Nov. 5</b>
<b>Quarter 2</b>	<b>Nov. 15 - Jan. 28</b>
<b>Quarter 3</b>	<b>Feb. 7 - April 22</b>
<b>Quarter 4</b>	<b>April 28 - June 29</b>

**Post Secondary Expo - Nov. 26**

**Winter Break                      Dec. 20 - Jan 3**

**Spring Break March 14 - 26**

**Other Holidays and Closures**  
**Year at a glance**

# Expectations: What you need to know and do

Make sure to follow these  
good habits and stay  
“on target”





# Key Expectations and Good Habits

2021

## Good Communication

Contact Information must be current

Check emails daily and reply as needed

Communicate with your teacher

## Strong Attendance

Good attendance is mandatory!

## Participation

You are here to learn, and you learn best when you participate.



# Staying Healthy and Productive

Make sure to follow these  
good habits:



## Sarah Matthew

*International Students*



20XX

Things you can  
control yourself

# HAND OF MENTAL WELLBEING

## FOOD AND EATING HABITS

- What did you eat during the day?
- Did you enjoy a healthy snack every now and then?
- Who did you share your mealtimes with?
- Were you able to enjoy your meals at leisure or did you have to hurry?

## SLEEP AND REST

- What time did you go to bed?
- Did you get enough sleep?
- Did you sleep well?
- Did you wake up feeling fresh and rested?
- Were you able to take it easy during the day?
- Did you have enough time to relax and rest?

## PERSONAL RELATIONSHIPS AND EMOTIONS

- Who did you meet today?
- What activities did you do with your family?
- How did you feel during the day?
- Did you share those feelings with someone?
- Did you have time to listen to a friend?
- What made you happy or sad?

## EXERCISE AND SHARED ACTIVITIES

- What type of activities did you do during the day?
- Did you have somebody join you?
- What type of exercise do you like best?
- How does exercise make you feel?

## HOBBIES AND CREATIVITY

- What kind of fun things did you do?
- Did you do something creative?
- What kind of hobbies make you feel great?
- What do you find beautiful?
- How long did you spend watching TV or using the computer?
- Did you have somebody join you in these activities?

## PERSONAL VALUES AND DAILY CHOICES IN VARIOUS SITUATIONS

- What kind of choices did you make that made you feel good?
- What do you value and consider important in your own life?



**mieli**

The Finnish Association  
for Mental Health

8. Mikaelininkatu 10, Helsinki, Finland  
mieli@mieli.fi



# RESOURCES

*24-hour support*

Emergency

9-1-1

Crisis Line

1-866-661-3311

Suicide Helpline

1-800-784-2433

Mental Health Support Line

604-310-6789

VGH Access and Assessment Centre (ACC) 604-675-3700

**International District Counsellor**

**Sarah Matthew**

**[smatthew@vsb.bc.ca](mailto:smatthew@vsb.bc.ca)**





# Social Connection!

*International Education  
Orientation*

## Winter Social Planning

See Joanne and Ken and Dave - Invitation



A photograph of two women smiling. The woman in the foreground is a young Asian woman with short blonde hair, wearing a dark blue sweater with white stripes on the sleeves over a white collared shirt. She is looking off-camera to the right. Behind her, slightly out of focus, is a Black woman with dark curly hair, also smiling. The background is a white wall decorated with several small, square photographs of various scenes. The overall mood is positive and celebratory.

2021

# THANK YOU!

We wish you all the best for this year!