

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 the word 'Media' on it. The background is a plain wall.

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.

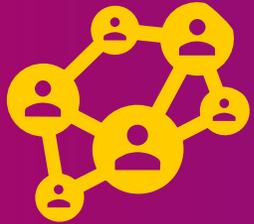


Continuing and Adult Education

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

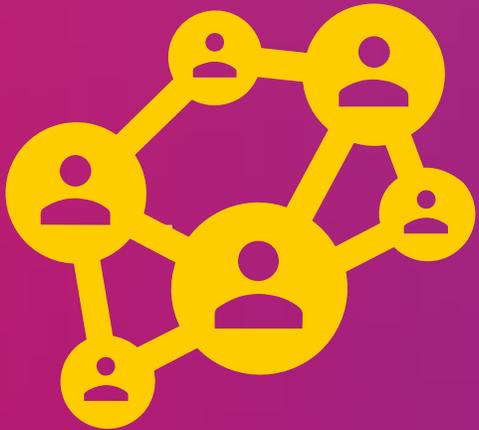


Keeping Healthy and
Productive



Social Connections

Student Support – District Level



Stay Connected

- Vicki Swan vswan@vsb.bc.ca
- Darryl Wong dwong@vsb.bc.ca
- Yung Quach dquach@vsb.bc.ca
- Patrick Wong pywong@vsb.bc.ca
- Sarah Matthew smatthew@vsb.bc.ca

Program and Academic Advisor

Joanne McLeod

jamcleod@vsb.bc.ca

Principal

Hollie Williams

hwilliams@vsb.bc.ca

Vice Principal

David Morita

dmorita@vsb.bc.ca

Self-paced Instructor

Ken Buis

kbuis@vsb.bc.ca

Student Support - In-School

South Hill

Calendar for the year 2021/22



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

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, 00100 Helsinki
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



Social Connection!

*International Education
Orientation*

Winter Social Planning

See Joanne and Ken and Dave - Invitation



2021

THANK YOU!

We wish you all the best for this year!