



# Community Newsletter

Phone: 604-713-8258 Website: [uhill-sec.vsb.bc.ca](http://uhill-sec.vsb.bc.ca)

*With deep gratitude and respect, we are honoured to be learning and unlearning on the ancestral and unceded lands of the xʷməθkʷəy̓əm (Musqueam), Sḵwxwú7mesh Úxwumixw (Squamish Nation) & səlilwətaʔ (Tsleil-Waututh Nation).*

## Principal's Message

Dear Students and Families,

Congratulations to all students on your accomplishments throughout Semester 1! We look forward to supporting you in your learning as you begin your semester 2 classes. Students can access their Semester 2 class schedules through the [MyED BC Family Portal](#). If there are any questions about how to access schedules, students are welcome to connect with any teacher or with our office support team.

Over the past few weeks, counsellors have met with students in grade assemblies during Flexible Instructional Time (FIT) to go over course planning for the 2025-2026 school year. You are invited to find our course planning book, course planning selection forms, and Power Point slides from our virtual parent course planning information night on our [school website](#). All students are to complete their course selections on the [MyED BC Family Portal](#) and drop off their signed course selection forms to the Lower Learning Commons (LLC) by Thursday, February 13<sup>th</sup>.

Throughout February, we honour Black History Month. This year, teachers at University Hill will be promoting black excellence by creating posters of notable and influential black academics in fields of study offered at the school. From famous French writer Alexandre Dumas, author of *The Count of Monte Cristo* and *The Three Musketeers* to Mae Jemison, the first Black woman to travel to space as a NASA astronaut. In the library, we will be showing a number of movies and documentaries during the lunch hour. Details will be provided on a weekly basis through MS Teams and on the announcements.

We are also looking forward to Pink Shirt Day on February 26<sup>th</sup>, a day to celebrate kindness and diversity. Thank you to our student council, who are busy planning and organizing events for Pink Shirt Day.

We would like to take a moment to congratulate a staff member who is moving on from University Hill to take on a new role: Mr. Mason Nyhus, Math, Business Ed and Career Ed. We appreciate the amazing work you have done to support our students in their learning.

We are delighted to welcome Mr. L. Yan, ELL and Career Ed. Departments, Mr. Evan Braun, Math and Career Ed. Departments and Ms. N. Stewart Hunter, Physical and Health Ed. Department.

In this newsletter, you will find information about Communicating Student Learning, Counselling, Athletics, PAC, Graduation, and some friendly reminders from our office team. Thank you for taking the time to go through this newsletter and for connecting with your students about their learning.

With Appreciation,

Alec MacInnes  
Principal



## Mission Statement and Goal Summary

*We are on a mission to inspire an ethical and caring community of evolving global citizens who live meaningfully, creatively, and mindfully.*

University Hill Secondary, a multicultural school community, is committed to the pursuit of excellence through the provision of teaching and learning environments based on co-operation and social responsibility. University Hill staff, students, and parents/guardians are guided in their efforts to fulfil the school mission by the following goals and principles:

- Well-qualified and dedicated staff is crucial to the efficient delivery of outstanding educational programs.
- Quality learning is fostered in safe, respectful, encouraging, and creative settings.
- The school curriculum, programs, and activities are student centred for active learning.
- Teachers, parents/guardians, and students co-operate in important ways to ensure effective communication in the process of achieving academic and social goals.
- Recognition is given for the achievements of students and staff, and positive reinforcement for self-reliant and co-operative behaviour.
- The school community and culture are characterized by concern for equity, fairness, school spirit, environmental awareness, and global issues.

## Communication Student Learning

The purpose of assessment is to move learning forward in an equitable and inclusive way. It helps us answer the following questions:

- Where am I now?
- Where am I going?
- How do I get there?

Each reporting period is an opportunity to celebrate learning and offer feedback for future learning. These reports will be available from the MyEducation Family Portal for four weeks. In addition to written reports, communication about student progress takes place by telephone and parent teacher interviews. Parents/Guardians are encouraged to contact individual subject teachers or counsellors for information on student progress.

### Reporting Timeline

#### Semester 1

- Informal Learning Update published **October 10, 2024**
- Written Learning Update published **November 21, 2024**
- Summary of Learning published **January 30, 2025**

#### Semester 2

- Informal Learning Update published **March 13, 2025**
- Written Learning Update published **April 25, 2025**
- Summary of Learning published **June 26, 2025**

#### Full Year Courses

- Informal Learning Update published **November 21, 2024**
- Written Learning Updates published **January 30 & April 25, 2025**
- Summary of Learning published **June 26, 2025**

### Parent Teacher Conferences

There are two virtual Parent Teacher Conference Evenings one for each Semester. The first one took place on **Thursday, December 5, 2024** (for Semester 1) and the next one will take place on **Wednesday, May 7, 2025** (for Semester 2), from 4:00-6:30pm.

## Counselling Corner

### Course Panning

Students are expected to enter course choices into MyEducation BC between February 3 to 13, 2025. We will also collect a paper course selection form from every student. The forms were distributed at the grade assemblies and must be returned to the LLC by February 13, 2025 extra forms are available in the LLC. It is important that the course selections are made carefully because those selections determine what courses will be offered on the timetable.

### What Can Parents Do?

- Discuss the options with your student and encourage him/her/them to explore a full range of post-secondary options. Begin gathering information in grades 9 and 10.
- Attend virtual course planning presentations at the school.
- **Sign the student course selection form and remind your student to hand in the form to the office before the deadline.**

### What Can Students Do?

- Develop good study habits; remember you are competing only with yourself to meet your goals.
- Research the career fields you are interested in by looking up the admission requirements of post-secondary institutions and attending post-secondary information sessions at the school and district career fairs.
- Talk with your counsellor about volunteer or work opportunities.

Talk to your counsellor starting in grade 10 or 11 if you are considering applying to an American University.



### Who Can I Talk To?

- Talk to Someone Now
- Chat and Texting Options
- Counselling Services
- Medical Services
- Substance Use Services
- Sexual Assault Supports
- Programs and Places



SCAN ME

For more information, please visit:  
<https://bit.ly/vancouverlat>

Please click on the links to view informational posters for students and families:

**YMind Y Mind Poster** A youth program for students with mild to moderate anxiety (poster also included on page 8)

**S.U.C.C.E.S.S** \*[Support Group Information and Schedule](#) Chinese parents support group  
 \* [Helplines Services](#) Multi – language support lines (poster also included on page 9)

**Circle of Security Parenting** [The Circle of Parenting Information](#) (poster also included on page 10)

<b>Emily Chen</b>	Grades 8 – 12, Last name A – Ki & Strategies	Email: ehchen@vsb.bc.ca
<b>Susan Hornby</b>	Grades 8 – 12, Last name Kj – T	Email: shornby@vsb.bc.ca
<b>Elizabeth Watanabe</b>	Grades 8 – 12, Last name U – Z & Whitecaps FC	Email: ewatanabe@vsb.bc.ca

## Athletics

**Winter Season:** Our basketball teams and table tennis teams are nearing the end of their regular seasons. Our teams have worked hard so far and are seeing the results of this effort. Playoffs will be beginning in mid-February for all winter sports, our table tennis teams will be vying for spots in the post season tournaments!

**Spring Season:** We have begun spring sports sign-ups, with QR code registration posted in Teams and on flyers all over the school (Coed Badminton, Ultimate, Bantam and Juvenile boys' Volleyball, girls' Soccer, Boys Rugby, Coed Tennis, Coed Golf and Track). We will have an information meeting for each sport once we get the minimum number of sign-ups. Some tryout dates have been set. Please pay attention to Teams for more information. GO HAWKS GO!

Jeff Hodgson, Athletic Director

### Whitecaps FC Academy

Our students in the Whitecaps FC Academy continue to have a jam packed and commendable season! In February they are away almost every weekend for matches across the border with stops in Sacramento, Seattle, Salt Lake City and San Francisco. A special shout out to the following members for their hard-earned achievements in the past month:

- Mateo Clark (gr 12) and Ryder Sewell (gr 10) joined the professional teams' pre-season training camps in Spain.
- Gade 12 student, Liam Mackenzie, was also in Spain as a member of the Vancouver Whitecaps FC2 team.

LET'S GO WHITECAPS!

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## Graduation 2025 Information

### Graduation Ceremony

The 2025 Graduation Ceremony will be held at the Chan Centre of Performing Arts at UBC at 4:00 pm on **Wednesday, June 4, 2025**. (Graduates must arrive by 3:00 pm.) Each Graduate will receive two tickets to the Graduation Ceremony for their guests. These tickets are included in the Graduation Fee. Additional tickets (no limits) are \$10 each and will be available for purchase online directly from the Chan Centre Website from **May 1 to June 4, 2025**. More information about the Ceremony, rehearsal, and Grad gown size requests and pick up will be provided to the graduates and their families by email and posted on the Grade 12 Teams Channel soon.

### Graduation Dinner / Dance

The 2025 Graduation Dinner / Dance will be held at the Pan Pacific at 6:00pm on **Friday, June 13, 2025**. Further information to follow.

### Graduation Photo Session Dates were February 2 to 6, 2025

If these session dates were missed, graduates can still sign up online on the Artona websites [artona.com/bookings](https://artona.com/bookings). If you have any questions, click on "contact us" on the appointment registration page or call 604-872-7272 Studio Location: 353 W 7th Ave. Van.

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## School Office Reminders

### Medical Alerts

If your child has important health alerts, please update the school office with written documentation.

## Daily Absences

Parents/guardians are to report all absences by email at [uhillswitchboard@vsb.bc.ca](mailto:uhillswitchboard@vsb.bc.ca). Emails should be sent using a parent/guardian email address and should provide the **student's first and last name, student number, grade, date(s) of absence, time of absence or periods of missed classes, and reason for the absence**. For extended absences parents/guardians must email the student's counsellor. A student should also email their teachers directly. It is the student's responsibility to make up any work that is missed, regardless of the reason for the absence. Exceptions to this may be granted due to unforeseen circumstances. If a student becomes ill while at school, or has an appointment during school time, students must sign out at the office. Students will only be released with parent/guardian permission. Students who are ill should not come to school, and if they attend school and are deemed to be unwell, parents/guardians will be contacted to pick up their child.

## MyEducationBC Accounts

A reminder that MyEducationBC (MyEd) is the student information system for the Vancouver School Board. A Student/Family Portal Account has been created by the district for all students at University Hill Secondary School. This account is a shared account where students and parents can access student schedules, daily/class attendance, course grades and learning updates. It is imperative that you share the account information (password) as a family (with your child). Your login for this account is your child's student number. Please use the website to login: [MyEducationBC Account](#) and the instructions for set up of account: [MyEd Student Family Portal](#). Click on the link to UHILL's [School Technology Guide](#) if you require assistance. Please **do not** use the BC Services Card option. **Note: Grade 8 to 11 students will also need to access their MyEducationBC account to enter their 2025 - 2026 course selections that will be due on Thursday, February 13, 2025.**

## School Fees/School Cash Online

If you haven't already done so, please check and register for "School Cash Online" and pay for any items or outstanding or new school fees. **All school fees for Semester 1 are now overdue.** If there are any discrepancies, please email Mrs. Low [hlow@vsb.bc.ca](mailto:hlow@vsb.bc.ca). The following link will take you to the website: <https://vsb.schoolcashionline.com/>. This is the preferred method for paying for all items for school including: yearbooks, school fees, workbook fees, etc. This method is also a quicker way to receive a refund if one is required. Thank you for your attention and consideration in this method of payment.

## School Forms

If you haven't already done so, please ensure that the following forms have been completed (on-line) by logging on to <https://myforms.vsb.bc.ca/> to provide consent electronically (**sign in with the student's 9-digit Personal Education Number (PEN) and the date of birth**):

- VSB Internal Use Media Consent
- Student AUP - Acceptable Use Policy
- External Use Media Consent
- Adobe CC Consent (if applicable)

## UHill West Parking Lot

Staff Parking Lot - *We need your help please*

- During school hours, the parking lot to the west of our school is our staff parking lot.
- We now have very limited space. Members of our community have been using the parking spots, and staff have not had anywhere to park;
- We kindly request that the community & families please don't park in the staff parking lot during school hours (especially in the morning). Thank you!

## Yearbooks

Yearbooks are available to order for \$55 on School Cash Online <https://vsb.schoolcashionline.com/>. The 2024-2025 Yearbook will be filled with pictures of students, staff, school events, and holidays, and create memories for years to come. Purchase yours early, as we sold out the last two years. The Yearbook order deadline is **February 28, 2025 – all sales will end on this date, no exceptions**. Once the order has been placed on March 1<sup>st</sup>, we cannot add to the order.

### **Administrative Team:**

Alec MacInnes, Principal  
David Bach, Vice Principal  
Alfred Chien, School Trustee  
Rick Lopez, Director of Instruction

### **Office Staff:**

Holly Low, Accountant  
Tina Matsalla, Office Admin Assistant  
Mandana Shojaat, Receptionist & First Aid  
Charlene Wang, Student Records

## Free Parent, Guardian and Caregiver Sessions

- **Substance Use Prevention, Part 2: Mental Health & Decision**

The Ministry of Education and Child Care, in partnership with adolescent clinical psychologist Dr. Hayley Watson, will host three free virtual sessions for parents, guardians and caregivers that will focus on practical skills you can teach your child and youth (ages 0-19) to prevent substance use and mental health needs. These sessions will build on a previous presentation, which focused on practical conversation tools for speaking about substance use prevention with your children/youth. The [previous session](#) is not a pre-requisite for this session.

### Key takeaways for participants during this session:

- Learn the factors that lead to substance use and mental health needs from a trauma-informed lens
- Focus on prevention rather than intervention/response
- Applies to parents, guardians and caregivers of all age groups (youth aged 0-5, 6-10, and 11-18)
- Learn ways that these skills can be applied to yourself and the rest of your family to support the mental health of parents, guardians and caregivers

Participants **must** register in advance. Session dates are:

- [February 20, 6:00-7:30 pm PST](#)
- [February 25, 6:00-7:30 pm PST](#)
- [February 26, 6:00-7:30 pm PST](#)

## SUBSTANCE USE PREVENTION: MENTAL HEALTH & DECISION-MAKING

A **COMPLIMENTARY WEBINAR** FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading **adolescent Clinical Psychologist Dr. Hayley Watson** for an online event that aims to help parents, guardians and caregivers gain a **deeper understanding** of substance use prevention and learn **practical tools** for supporting youth mental health.

**Key Takeaways:**

- 🕒 Learn the factors that contribute to youth mental health/substance use
- 🧠 Understand the skills that youth need to overcome these needs
- 👤 Acquire practical tools for empowering your child and youth to make positive choices
- 💡 Increase your ability to support your own mental health



**Time:** 6-7:30pm PST  
**Date:** 20th, 25th, 26th Feb 2025

**REGISTER NOW**

Scan the QR Code to Register





## Parent Advisory Council (PAC)

Parents can find information about the University Hill Secondary PAC at the [UHILL PAC Website](#). Remaining PAC Meetings for the 2024 – 2025 school year will be on the following Wednesdays at 7:30 pm in the Upper Learning Commons:

- February 12, 2025 \* (virtual meeting will be held for this meeting see meeting link below)
- April 16, 2025
- May 14, 2025
- June 18, 2025

### U-HILL Secondary School PAC's Zoom Meeting

Time: **Feb 12, 2025 07:30 PM** Vancouver

Join Zoom Meeting

<https://us06web.zoom.us/j/84029334362?pwd=Qs55EyrJyYjwGaV89tVi7bBHPH DUWl.1>

Meeting ID: 840 2933 4362

Passcode: Z58k45

## Calendar Dates to Note for 2024-2025

### February 2025

- 12 PAC Meeting at 7:30pm - **Virtual**
- 14 Non-Instructional Day (District Wide ProD)
- 17 STAT-Family Day
- 20 Cybersafe Grade Assemblies Periods 1, 2 & 3 in Gym
- 21 CPT – Classes start at 10:00 am
- 26 Pink Shirt Day
- 27 Fit for Learning (District Wide)
- 28 Last Day for Yearbooks Sales

### March 2025

- 11 Grade 12 Assembly during FIT (Re: Capstones)
- 12 Spring Dance at 7:00pm in Cafeteria
- 13 S2 Informal Learning Update published at 3:00pm
- 13 FIT for Learning (District Wide)
- 14 Last Day before Spring Break
- 17 to 28 Spring Break
- 31 School Reopens after Spring Break

### April 2025

- 8 & 9 Gr. 10 Literacy Assessments
- 10 CPT – Classes end at 1:45 pm
- 15 FIT with Homeroom Class (Re: Core Competencies)
- 16 PAC Meeting at 7:30pm in ULC
- 18 STAT–Good Friday
- 21 STAT–Easter Monday
- 23 Valedictorian Nominee Video Speeches Due
- 24 FIT for Learning (District Wide)
- 25 S2 & FY Written Learning Update Published at 3:00pm
- 28 Non-Instructional Day (District Wide Pro D)
- 28 Parent/Teacher Conference Appointment Scheduler Opens a 9:00am

### May 2025

- 1 Graduation Ceremony Ticket Sales Available on-line from Chan Centre till June 4th
- 2 Parent/Teacher Conference Appointment Scheduler Closes at 10:00pm
- 5 to 16 AP Exams
- 7 Parent/Teacher Conferences (Virtual) 4:00 – 6:30 pm
- 7 Early Dismissal at 2:05 pm
- 8 CPT – Classes begin at 10:00 am
- 14 PAC Meeting at 7:30pm in ULC
- 16 Non-Instructional Day (School Based ProD)
- 19 STAT-Victoria Day
- 20 to 23 Student Council 2025-2026 (STUCO) Nomination Week
- 22 Capstone Presentations During FIT and Period 4
- 28 Immunization Day #2 from 9:00 am – 12:00 pm in LLC
- 28 School Carnival at 3:10pm
- 29 FIT for Learning (District Wide)
- 29 Grade 12 Assembly during Period 3 in LLC (Re: Grad Rehearsal and Grad Items Pick Up)

### June 2025

- 2 to 13 Student Council 2025-2026 (STUCO) Campaigns & Voting
- 3 FIT with Homeroom Class (Re: Core Competencies)
- 4 Graduation Rehearsal at 8:45am at Chan Centre
- 4 Graduation Ceremony at 4:00pm at Chan Centre (Graduates arrive at 3:00pm)
- 10 CPT – Classes end at 1:45 pm
- 13 Grad Dinner and Dance at 6:00pm at Pan Pacific
- 11 Grad Assessments – Make Up Session Only
- 18 PAC Meeting at 7:30pm in ULC
- 19 Athletic Banquet at 5:00pm
- 23 Pride Picnic During Lunch on School Field
- 24 Grade Assemblies Periods 2, 3 & 4 in Gym
- 24 Last Day of Classes - Lockers Must Be Cleared Out
- 25 & 26 IE Days
- 26 S2 & FY Summary of Learning Published at 3:00 pm

**FREE!**  
Ages 13-18

**Find your people.**

**Find your place.**

**Find your self.**

**Join us at Y Mind**

A FREE mental wellness group that helps you cope with stress and anxiety.

[gv.ymca.ca/y-mind-teen](http://gv.ymca.ca/y-mind-teen)

BRITISH COLUMBIA  
Supported by the Province of British Columbia

Shine On Y MCA BC





# S.U.C.C.E.S.S. HELPLINES SERVICES +1-888-721-0596



Our trained volunteers are here to offer you emotional support and provide referrals to community resources you may need

Mandarin Line / 普通話:  
Cantonese Line / 廣東話:

Ext. 1  
Ext. 2

7 days per week  
from 10 am to 10 pm  
(Pacific time Zone)

Korean Line / 한국어:  
Farsi-Dari Line / فارسی/داری :

Ext. 3  
Ext. 4

Mon – Fri 10 am – 8 pm  
Sat – Sun 10 am – 5 pm  
(Pacific time Zone)

Ukrainian Line / Українська :

Ext. 5

MORE INFORMATION:

<https://successbc.ca/counselling-crisis-support/services/help-lines/>

VOLUNTEER OPPORTUNITIES:

[chtvolunteer@success.bc.ca](mailto:chtvolunteer@success.bc.ca)

# CONFIDENT PARENTING STARTS HERE

## The Circle of Security® Parenting Series



### Why Participate?

- **Enhance your parent-child bond**  
Learn to understand and respond to your child's emotional needs, fostering a deeper connection and trust
- **Manage challenging behaviours effectively**  
Discover how meeting your child's attachment needs can decrease troublesome behaviours and improve their confidence
- **Increase your confidence and emotional awareness as a parent**  
Develop confidence in your parenting choices and improve emotional communication

### Register Anytime

#### 8-Week Attachment-Theory Based Reflection Class For Parents and Caregivers

- **Format:** Virtual or In-person
- **Led by:** Sherry de Rappard, MD, FRCP(C)
- **When:** Monday 5:30-7:30 PM or Tuesday 6:00-8:00 PM
- **Location:** #303 - 2902 W Broadway
- **Admission:** Rolling admission
- **Cost:** No cost with physician referral

More Information →



Sherry de Rappard, MD, FRCP(C)  
Registered Circle of Security Parenting® Facilitator  
sherryderappard@gmail.com | sherryderappardmd.com | 604-730-8944



Book your 20-minute consult

