



# Community Newsletter

Phone: 604-713-8258 Website: [www.vsb.bc.ca/university-hill](http://www.vsb.bc.ca/university-hill)

*With deep gratitude and respect, we are honoured to be learning and unlearning on the ancestral and unceded lands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish Nation) & səlilwətaʔ (Tsleil-Waututh Nation).*

## Principal's Message

Dear Students & Families,

We are now one week into Semester Two, an exciting transition for staff and students as they begin engaging in new coursework and meeting other members of the U-Hill School Community that they may not have had the chance to know in their previous classes. As I often share, first impressions mean a lot; be the student who arrives early to class, cleans up after themselves, engages in discussion, and takes pride in the work that they submit. One of the benefits of the Semester system is to have these transitions to be used as fresh beginnings, regardless of how the first half of the year may have gone. Let us all have strong starts to Semester Two and carry a renewed focus as we move into Spring!

Our Counsellors will be wrapping up their 2026-27 Course Planning visits with grade groups next week. I would like to reiterate the importance that all students complete their course selections in MyEd by February 22nd. These course requests inform the decisions that we need to make regarding staffing and timetabling for the next school year. If you or your student has any questions, please reach out to your counsellor.

Another important tool that we use to make decisions is the Ministry of Education's Student Learning Surveys. Students in grades 10-12 will stay with their Period 3 Teachers for FIT to complete these surveys on Thursday, February 19th. Students are encouraged to bring a personal digital device to facilitate this process. Families can provide feedback as well until May 1st using this link: [http://www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm) We appreciate those who take the time to complete them.

As always, please reach out if you have any questions.

Sincerely,

Travis Bell  
Principal  
University Hill Secondary School

### **Administrative Team**

Travis Bell, Principal  
David Bach, Vice Principal  
Alfred Chien, School Trustee  
Rick Lopez, Director of Instruction

### **Office Staff**

Tammy Weinczok, Office Admin Assistant (Interim)  
Holly Low, Accountant  
Charlene Wang, Student Records  
Sanket Kale, Receptionist & First Aid Attendant

## 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.

## Communicating 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 at **3:00pm on October 10, 2025**
- Written Learning Update published at **3:00pm on November 21, 2025**
- Summary of Learning published at **3:00pm on January 30, 2026**

#### **Semester 2**

- Informal Learning Update published at **3:00pm on March 06, 2026**
- Written Learning Update published at **3:00pm on May 01, 2026**
- Summary of Learning published at **3:00pm on June 25, 2026**

#### **Full Year Courses**

- Informal Learning Update published at **3:00pm on November 21, 2025**
- Written Learning Updates published at **3:00pm on January 30 & May 01, 2026**
- Summary of Learning published at **3:00pm on June 25, 2026**

### Virtual Parent Teacher Conferences

There will be two Virtual Parent Teacher Conference Evening, one for each Semester. Both will be from 4:00 – 6:30 pm and they have been scheduled on **Thursday, December 11, 2025** (for Semester 1) and **Wednesday, May 06, 2026** (for Semester 2).

## Counselling Corner

### Course Planning

Students are expected to enter course choices into MyEducation BC between February 6 to 20, 2026. 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 20, 2026. 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 course virtual 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 10)

**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 11)

**Emily Chen**

Grades 8 – 12, Last name A – Ki & Strategies

Email: [ehchen@vsb.bc.ca](mailto:ehchen@vsb.bc.ca)

**Susan Hornby**

Grades 8 – 12, Last name Kj – T

Email: [shornby@vsb.bc.ca](mailto:shornby@vsb.bc.ca)

**Elizabeth Watanabe**

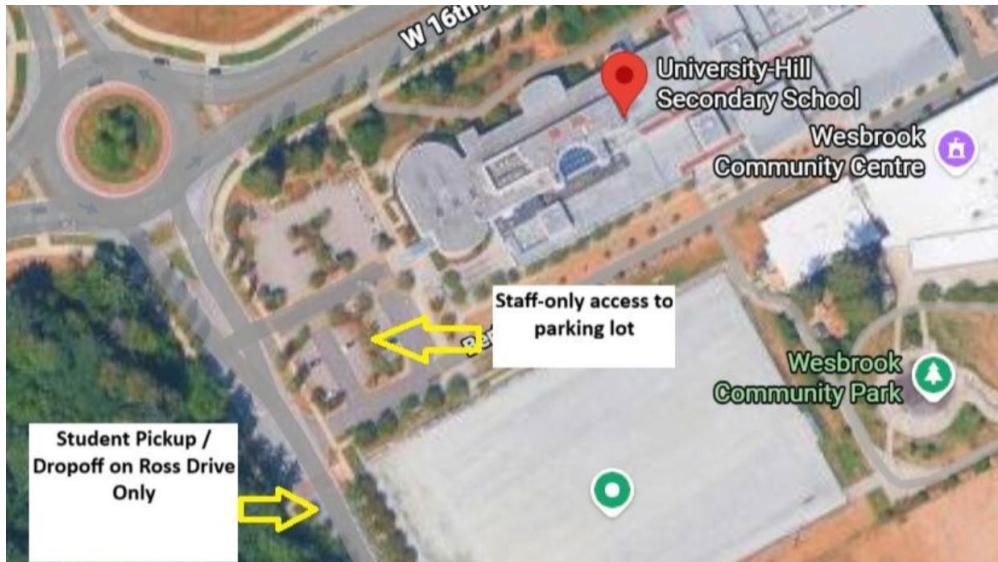
Grades 8 – 12, Last name U – Z & Whitecaps FC

Email: [ewatanabe@vsb.bc.ca](mailto:ewatanabe@vsb.bc.ca)

## Student Drop-off and Pick-up Reminder

Recently, particularly with the colder weather and extended darkness in the mornings and early evening, we have had some close calls in our parking lot and on our neighbouring streets. Please drive with caution in the roundabouts and when approaching crosswalks.

Also, a reminder that entrance to the parking lot off of Ross Drive is for University Hill Staff only.



## Graduation 2026 Information

### Graduation Ceremony

Graduation Ceremony will be held at the Chan Centre for the Performing Arts at UBC at **4:00 pm on Wednesday, June 3**. The Graduates must arrive by 3:00 pm. The doors will open for guests (to be seated) at 3:30 pm and the Ceremony will start promptly at 4:00 pm. **All** grade 12 students **MUST** complete the Grad Ceremony Attendance, Name Confirmation & Grad Gown Sizing On-line Form, even if they are not attending. The survey form was open **January 9 – 30** and the link posted on the **Grade 12 Graduation Ceremony 2026 Teams Channel**. We have extended the deadline temporarily, for the last few students to submit responses **ASAP**!

Each Graduate will receive two tickets for their guests. These two tickets are included in the **Graduation Fee which is \$100** and is **due as soon as possible**. Additional tickets are \$10 each (no limits, subject to availability) and will be available for purchase from the Chan Centre Website **May 1 to June 3**. Tickets will be released in 3 rounds with varying limitations per round. Ordering details will be sent via email by mid to late April. More information about Grad was sent via email, and students are encouraged to regularly check the Grade 12 Graduation Ceremony 2026 Teams Channel for important updates.

### Graduation Dinner / Dance (Prom)

The 2026 Graduation Dinner / Dance will be held at the Pan Pacific at 6:00pm on **Friday, June 12, 2025**. Further information to follow.

### Graduation Photo Session Dates were February 1 to 4, 2026

If these session dates were missed, graduates can still sign up online on the Artona website [artona.com/bookings](http://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.

## Yearbooks

Yearbooks are available to order for \$60 on School Cash Online <https://vsb.schoolcashonline.com/>. The 2025-2026 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 have sold out in the last two years. The Yearbook order deadline is February 27, 2026 – all sales will end on this date, no exceptions. Once the order has been placed on March 1st, we cannot add to the order

## Mandatory Graduation Assessments

Due to the BC General Employees' Union (BCGEU) strike action in the BC Public Service last fall, both mandatory Grade 10 and Grade 12 Graduation Assessments have been rescheduled as follows:

- Grade 12 Literacy Assessments were between **January 13 and 16, 2026**.
- Grade 10 Numeracy Assessments will be between **April 21 and 24, 2026**.
- Grade 10 Literacy Assessments will be between **June 16 and 19, 2026**.

Schedule details regarding the Grade 10 Assessments will be provided for students closer to the dates.

## ADOLESCENCE MATTERS: THE TEENAGE BRAIN

The Magee Secondary PAC is hosting a talk by Kim Barthel about the Teenage Brain. They warmly invite VSB secondary school communities to this talk, and hope parents, caregivers, teaching staff and teens can attend. See below for event and ticket details.

Speaker: KIM BARTHEL

ADOLESCENCE MATTERS: THE TEENAGE BRAIN

Date: April 21, 2026

Time: 7:00-9:00pm

Location: Magee Secondary

Address: 6360 Maple St, Vancouver, BC V6M 4M2

Join for an insightful presentation by internationally renowned expert Kim Barthel on the fascinating world of the teenage brain. "Adolescence Matters: The Teenage Brain" will explore the unique developmental changes and challenges faced by teens, providing valuable understanding for parents, educators, and anyone interested in youth development.

### Schedule:

Youth Wellness Fair: 6:00-7:00pm

\*Attendees are encouraged to explore wellness resources and exhibits

Kim Barthel presentation in Magee Theatre: 7:00-9:00pm

Doors open at 6:15pm for general seating

### Ticket Information:

General Admission tickets: \$25

Early bird tickets: \$20 (before March 1st, 2026)

Youth admitted free with accompanying adult

Tickets are required for entry and sold online

@ <https://vsb.schoolcashonline.com/.../182293/196/False/True>

MAGEE SECONDARY SCHOOL PAC PRESENTS

**KIM BARTHEL**



**ADOLESCENCE MATTERS:  
THE TEENAGE BRAIN**

**Date: April 21, 2026**

**Time: 7:00-9:00pm** - doors open at 6:15pm for general seating in Magee Theatre.

**Location: Magee Secondary School,  
6360 Maple Street, Vancouver BC V6M 4M2**

Join us for an insightful presentation by internationally renowned expert Kim Barthel on the fascinating world of the teenage brain. "Adolescence Matters: The Teenage Brain" will explore the unique developmental changes and challenges faced by teens, providing valuable understanding for parents, educators, and anyone interested in youth development.



### **Schedule:**

• **Youth Wellness Fair: 6:00-7:00pm** - Attendees are encouraged to explore wellness resources and exhibits.

• **Kim Barthel presentation in Magee Theatre: 7:00-9:00pm**  
(Doors open at 6:15pm for general seating)

### **Ticket Information:**

• **General Admission: \$25** (\$20 Early bird pricing until March 15)

Youth admitted free with accompanying adult  
check out [www.kimbarthel.ca](http://www.kimbarthel.ca) or [www.mageepac.ca](http://www.mageepac.ca)



**Ticket purchases can be made using this QR code**

## Athletics

### HAWKS

Winter Season: Our basketball teams and table tennis teams are nearing the end of their regular seasons. The junior and senior boys basketball teams are in playoffs this week and are poised to make a run! Our table tennis boys team is in the city championship final next week and have a chance at winning a championship banner for our school, good luck all!

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.

Jeff Hodgson, Athletic Director

**GO HAWKS GO!**

### WHITECAPS FC ACADEMY

Our students in the Whitecaps FC Academy continue to have a jam packed and commendable season! In February they are playing either here or away every weekend with some bigger trips up later in the spring.

A special shout out to the following players, present and recent grads, for their hard-earned achievements:

- Johnny Selemani, Sahil Deo, Yuma Tsuji-Yoshimoto Clark. Isaac Francoeur (gr 12) and Tyler Brown, Ryder Sewell and Sam Rogers (gr 11) have joined the professional teams' pre-season training camp in Spain.
- Tyler Brown and Sam Rogers have been called up to play for the U17 Canadian National Team in Costa Rica.
- Graduates Immanuel Mathe and Mihail Gherasimencov have signed Whitecaps FC2 contracts and Francesco Troisi has signed with the Halifax Wanderers.
- Recent grads Jeevan Badwal and Rayan Elloumi made their debut for the Canadian Men's National Team
- Liam Mackenzie and Sahil Deo (current grade 12) are with the U20 Men's National Team for World Cup Qualifiers

### **Give a Home to One of the Whitecaps FC Stars of Tomorrow!**

The Whitecaps FC MLS Academy program is looking for host families in the UBC surrounding areas to host players for the duration of the upcoming school year. Becoming a Billet host in the MLS Academy program is a unique and rewarding experience, sharing day-to-day life with a young player developing towards their professional soccer career in the Whitecaps FC MLS Academy and continuing his education at University Hill Secondary School.

Each family will be given two 2026 MLS regular season tickets, as well as financial compensation to cover food and utility costs. As a family, you will provide a safe and comfortable living environment and physical nourishment, which includes three nutritious, prepared meals per day, seven days a week.

A typical MLS Academy season will begin in mid-August for pre-season preparation, with players travelling home for Christmas and Spring Break, finally culminating in June following the MLS NEXT Cup tournament. The first competitive games of the season will take place around Labour Day, with players travelling Friday to Saturday, on average twice per month from September to June.

If you are interested in becoming a Billet host family for this upcoming season, please contact:

Max Corcoran  
Director, Academy Operations  
[mcorcoran@whitecapsfc.com](mailto:mcorcoran@whitecapsfc.com)  
(604) 349-5744

**LET'S GO WHITECAPS!**

## School Office Reminders

### Medical Alerts

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

### 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 follow the format below to excuse the absence:

**Your relationship with the student:** (Mother/Father/Guardian/Custodian/Homestay parent)

**Student's first and last name:**

**Student number:**

**Grade:**

**Date(s) of absence(s):** (e.g., February 12 to February 15)

**Time of absence OR periods of the missed classes:** (All day, P1, P2, P3, P4, Music off-timetable, Choir off-timetable, etc.)

**Reason for absence:** (Illness/Appointment/Medical Appointment/Parent Excused/Religious Holiday, etc.)

**Students must sign in at the office whenever they arrive late.** For extended absences parents/guardians must also email the student's counsellor. A student should be provided with a note for their teachers. Students must be reminded that falsifying attendance notes is unacceptable. 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** (and sign back in if they return the same day). **Students will only be released with parent 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.

### School Forms

If you haven't already done so, please ensure that the following forms have been completed (on-line):

- VSB Internal Use Media Consent
- Student AUP - Acceptable Use Policy
- External Use Media Consent
- Adobe CC Consent (if applicable)
- CASL - Canadian Anti-Spam Legislation

Log on to <https://myforms.vsb.bc.ca/> to provide consent electronically for the forms below. Sign in with the student's 9-digit Personal Education Number (PEN) and the D.O.B.

### UHill West Parking Lot

Staff Parking Lot – Reminder that during school hours, the parking lot to the west of our school is our staff parking lot. We have very limited space for UHill and District Staff. Therefore, we kindly request that community and families please do not park in the staff parking lot during school hours (especially in the morning before school). Thank you!

### School Fees/School Cash Online

If you haven't already done so, please check and register for "School Cash Online" and pay for school fees. The following link will take you to the website: <https://vsb.schoolcashonline.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.

### 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 setting up the 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.

## Parent Advisory Council (PAC)

### 25-26 PAC Direct Donation Campaign.

" One Click, Big Impact "

Your generosity makes a meaningful difference—thank you for supporting our school and students!

#### PAC 25-26 Direct Donation Campaign

##### **One Click**

- Arts & Language
- Science & Technology
- Principal's Initiative
- AP Course Support
- Athletics
- Music
- General school improvements

##### **Big Impact**



##### **School Cash Online**

Follow the step-by-step guide that is attached to this message and be sure to select **"U-Hill Secondary PAC"** as the fund destination.

#### Feb 18th PAC General Meeting (online) Guest Speaker

Hayden Averill  
SACY Parent & Family Engagement Coordinator

Vancouver School District

Topic: Introducing SACY, Engaging parents in education and support to build connections to protect teens around substance use.

#### Upcoming PAC General Meeting Schedule

Meetings are scheduled on Wednesday evenings at 7:00 pm and will focus on important topics related to UHill Secondary and school community.

- February 18 (online only)
- April 15
- May 13
- June 17

All parents and caregivers are welcome!

Parents can also find information about the University Hill Secondary PAC at the [UHILL PAC Website](#).



## 2026 Calendar Dates to Note



### February 2026

- 01 to 04 Grad Photo Sessions at Artona Studios – by appointment
- 02 Semester 2 Grade Assemblies – Periods 2, 3 & 4 in the Gym
- 02 Gr 8 WCFC Course Planning Session during P4 in the LLC
- 03 Gr 10 Course Planning Session during FIT in the LLC
- 03 Gr 9/10 WCFC Course Planning Session during FIT in room 2F6
- 04 Parent Course Info Night 5:00 pm – Virtual
- 05 Gr 9 Course Planning Session during FIT in the LLC
- 05 Gr 7 Parent Info & Course Planning Night 5 pm in the LLC
- 10 Gr 8 Course Planning Session during FIT in LLC
- 10 to 22 Students to enter Course Selections in MyEd
- 11 Cupcake Decorating Day
- 12 Photobooth for Valentine's Day
- 13 PRO-D Day - Non-Instructional Day (District Wide)
- 16 STAT Holiday - Family Day
- 18 Chinese New Year Celebration at UHill
- 18 PAC General Meeting 7:00 pm (online)
- 19 Student Learning Survey for Gr 10 to 12 During FIT – Students Stay with P3 Class
- 20 Collaborative Planning Time AM – Classes begin at 10:00 am
- 22 Last Day to enter 2026-2027 Course Selections in MyEd
- 25 Pink Shirt Day
- 25 Pascal, Cayley and Fermat Math Contests in Room 1E4
- 27 Last Day for 2025-2026 Yearbook Sales

### March 2026

- 05 Choir Performance at Lunch
- 06 S2 Informal Learning Update published at 3:00 pm
- 06 Whistler Ski Trip
- 08 Daylight Savings Time (clocks ahead 1 hour)
- 10 Gr 12 Assembly during FIT (Re: Capstone) in LLC
- 11 Spring Dance 7:00 pm in Cafeteria
- 12 Applied Skills/Fine Arts 8 Semester 2 Rotation #2 (Mar 12 to May 8)
- 13 Last Day before Spring Break
- 16 to 27 Spring Break
- 30 School Reopens after Spring Break
- 31 Euclid Math Contest in Room 1E4

### April 2026

- 01 to 30 Gr 12 Grad Citation Survey Form Open
- 02 to 15 Valedictorian Nominations Open – Forms available in Office
- 03 STAT Holiday – Good Friday
- 06 STAT Holiday – Easter Monday
- 09 Collaborative Planning Time PM – Classes end at 1:45 pm
- 10 Relationship Lab Assemblies – Periods 1, 2, 3 & 4 Gr 8-12
- 14 Homeroom Class during FIT (Re: Core Competencies)
- 15 Valedictorian Nomination Forms Close/**Due at 10am**
- 15 PAC General Meeting 7:00 pm in the ULC
- 16 Angus Reid "Purpose & Passion" Assembly Gr 8-10 during FIT in Gym
- 20 PRO-D Day - Non-Instructional Day (District Wide)
- 21 Shortlisted Valedictorian Candidates Notified
- 21 to 24 Grad Assessments (Numeracy 10) in the LLC
- 24 Valedictorian Speeches due, in writing, to Mr. Bell by 9:00 am
- 28 Gr 12 Assembly during FIT (Valedictorian Speeches)
- 30 Gr 12 Grad Citation Survey Form Closes

### May 2026

- 01 S2 & FY Written Learning Update Published at 3:00 pm
- 01 Grad on-line Ticket Sales Begin – more details to follow
- 04 to 15 AP Exams – Exam Schedule TBA
- 05 Students sign-up at FIT re: May 21 Capstone Event
- 06 Parent/Teacher Conferences (Early Dismissal at 2:05 pm)
- 06 Choir Performance at Lunch
- 07 Collaborative Planning Time AM – Classes begin at 10:00 am
- 11 Applied Skills/Fine Arts 8 Semester 2 Rotation #3 (May 11 to June 23)
- 11 ICBC "Road Safety" Assembly Gr 12 during P2 in Gym
- 13 PAC General Meeting 7:00 pm in the ULC
- 15 PRO-D Day - Non-Instructional Day (School Based)
- 18 STAT Holiday - Victoria Day
- 19 Gr 12 Capstone Technical Practice during FIT in assigned rooms
- 20 Immunization Day #2 9:00 am – 12:00 pm in LLC
- 21 Capstone Presentations during FIT and Period 4
- 22 Vocal Solo Night 7:00 – 9:00 pm in Gym
- 25 to 29 Student Council Nomination Week
- 28 Gr 12 Assembly/Grad Rehearsal during period 3 in the LLC

### June 2026

- 02 Homeroom Class during FIT (Re: Core Competencies)
- 03 Graduation Rehearsal at Chan Centre (UBC) at 8:45 am
- 03 Graduation Ceremony at Chan Centre (UBC) at 4:00 pm
- 08 STUCO Campaign Videos Due
- 08 to 12 Student Council Campaign Week
- 09 Collaborative Planning Time PM – Classes end at 1:45 pm
- 12 Grad Dinner/Dance at Pan Pacific 6:00 pm – 11:00 pm
- 15 to 19 Student Council Voting Week
- 16 to 19 Grad Assessments (Literacy 10) in LLC
- 17 PAC General Meeting 7:00 pm in the ULC
- 18 Choir Performance at Lunch
- 18 Locker Clean/Organize during FIT
- 19 Gr 12 Yearbook pick up during Lunch
- 22 Student Council Executive Announced
- 22 Gr 10/11 Yearbook pick up during Lunch
- 23 Year End Assemblies Periods 2, 3 & 4
- 23 Last Day of Classes
- 23 Gr 8/9 Yearbook pick up during Lunch
- 23 Lockers MUST be emptied by end of day
- 24 & 25 IE Days
- 25 S2 & FY Summary of Learning Published at 3:00 pm



Ages 13 - 18

\*No cost to participate!

## Learn to Cope with Stress

### Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Langara Family YMCA, 282 West 49th Ave, Vancouver

Mondays, 4:30–6:00 PM | March 9 – April 20

Information sessions: Feb 23rd or Mar 2nd, 4:30PM

Pre-registration required:

Scan QR code below, email [YMind@bc.ymca.ca](mailto:YMind@bc.ymca.ca) or call 604.673.6182

This free program is run by caring, trained staff,  
in a safe supportive environment.



[www.gv.ymca.ca/mental-wellness](http://www.gv.ymca.ca/mental-wellness)



**S.U.C.C.E.S.S.**

powered by  
**TELUS**

**KIRIN**麒麟  
RESTAURANT

# **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:**

**Ext. 1**

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

**Cantonese Line / 廣東話:**

**Ext. 2**

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

**Korean Line / 한국어:**

**Ext. 3**

**Farsi-Dari Line / فارسی/دری :**

**Ext. 4**

**Ukrainian Line / Українська :**

**Ext. 5**

MORE INFORMATION:

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

VOLUNTEER OPPORTUNITIES:

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