



Get Ready for Grade 8

A High School Primer

Land Acknowledgement





Introductions

Schedule

So many platforms!

Problem Solving

Transition/Supports

Getting Involved

Introductions



Admin Team

- Benita Kwon - principal
- Paul Godfrey - vice-principal
- George Kanavos - vice-principal

Counsellors

- Jennifer McLean
- Sally Leslie
- Carrie Pitman
- Michelle DeYoung



What Classes do Grade 8s Take?

English Program	FI Program
English 8	English 8
Math 8	Math 8
Science 8	FI Sciences 8
Social Studies 8	FI Sciences Humaines 8
Physical and Health Education 8	Physical and Health Education 8
French 8/ Skills	Français 8
Fine Arts Rotation	FI Fine Arts Rotation
Applied Skills Rotation	Applied Skills Rotation

Career Education 8

It is an off time-table course

Not in person

Delivered on TEAMS

It is a requirement

It runs all year

The Schedule – What You Need to Know

- Semester System – 4 courses from September to end of January, 4 different courses from February to June.
- School starts at 8:40, two classes, lunch, two classes, and then finishes at 3:10
- Elective rotations – give students a sampling of elective options
- Schedule rotation – order of classes goes back and forth between rotation 1 and 2 every other week.
- For example:

Example Schedule/Rotation Switch

	Rotation 1		Rotation 2
1-1	English 8	1-2	PE 8
1-2	PE 8	1-1	English 8
1-3	Math 8	1-4	Art/Drama
1-4	Art/Drama	1-3	Math 8



Example Schedule/Rotation Switch

	Rotation 1		Rotation 2
1-1	English 8	1-2	PE 8
1-2	PE 8	1-1	English 8
1-3	Math 8	1-4	Art/Drama
1-4	Art/Drama	1-3	Math 8



And then there's FIT

- **F**lexible **I**nstruction **T**ime
- 4 times a week, 40 minutes long (Monday, Tuesday, Thursday, Friday)
- Sign up on My Weekly Planner (more on that later)
- Great opportunity to get help, make up missed tests, do homework, work on group projects
- Can sign up for all four FIT sessions ahead of time



Information in high school is shared through several different platforms.

As parents and caregivers your job will be to figure out how to set up your accounts and which platform to use to find the information you want.

This takes work (at least at the beginning).

So Many Platforms

MyEd

- What information is shared through MyEd?
- This is where you will find your child's timetable once the school year starts.
- *A note on timetables* – your child will get a copy of their schedule in homeroom on the first day of school. Link Crew students will help explain their timetables.
- MyEd is also where your child will enter their course requests for grade 9 in February.

Report Cards are also on MyEd


Report Cards are published here too.



There are 6 report cards per year.



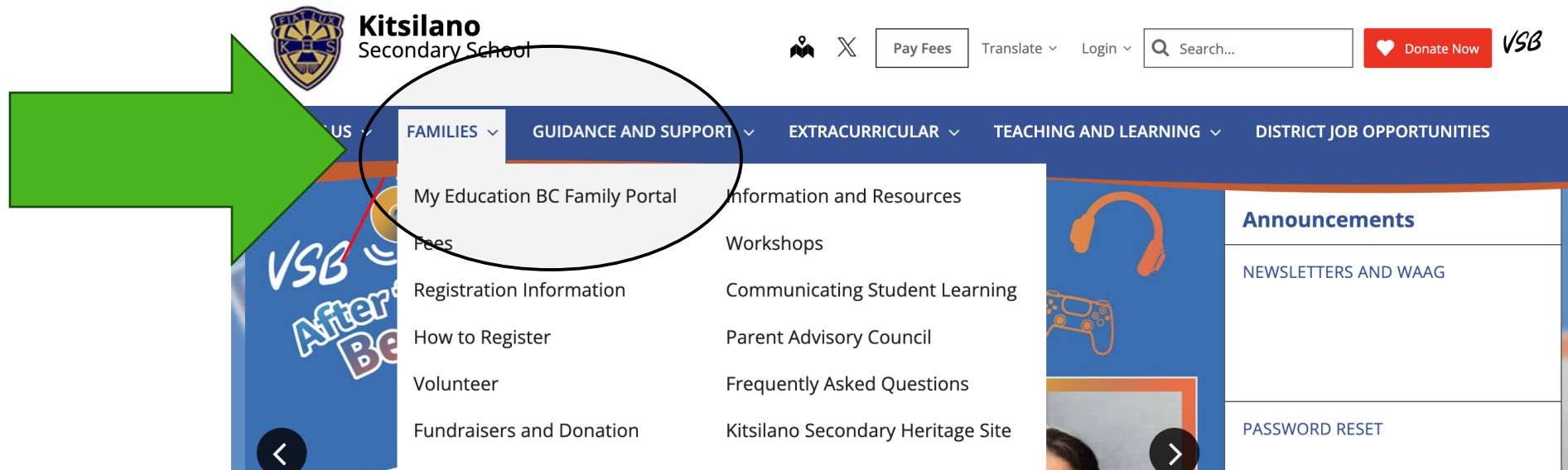
There is a “comments only” report card about 6-7 weeks in, a second report card half-way through the semester with their placement on the proficiency scale, and a final report card at the end of the semester.



Report cards are not printed up and sent home with your child - you access them through MyEd

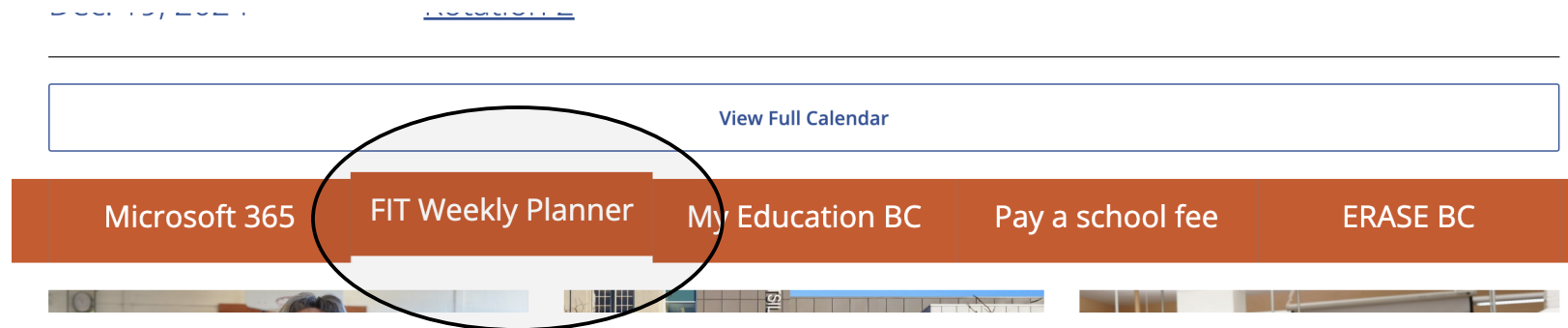
MyEd

- When you're setting up your child's account make note of which email you use. This is important if you need to reset your password.
- There is information on the school website to help with setting up your account, changing the password, and enabling a disabled account.



My Weekly Planner

- This is the platform your child will use to sign up for FIT. You can find the link to the website on the Kitsilano Secondary website toward the bottom of the page:



- Once you click on the link, easy to follow instructions will appear next to the login

The Orange Banner on the Kits Website

Other links on the **orange banner** on the Kits website:

- **Microsoft 365** - Your child can access their VSB email, One Drive, MS Teams, and Word. It's beneficial to log on from the school website because all the programs are linked.
- **SchoolCashOnline** – pay school and other related fees
- **“ERASE”** – is a reporting tool for students if they have seen or heard something that concerns them or someone/something is bothering them at school. Students can send a secure, anonymous and confidential message to the school district.

MS TEAMS



Some teachers use MS Teams as a method for communicating with students and posting assignments. This can be helpful if your child is away and needs to see what they've missed.



The school also uses MS Teams to post general and grade specific notices



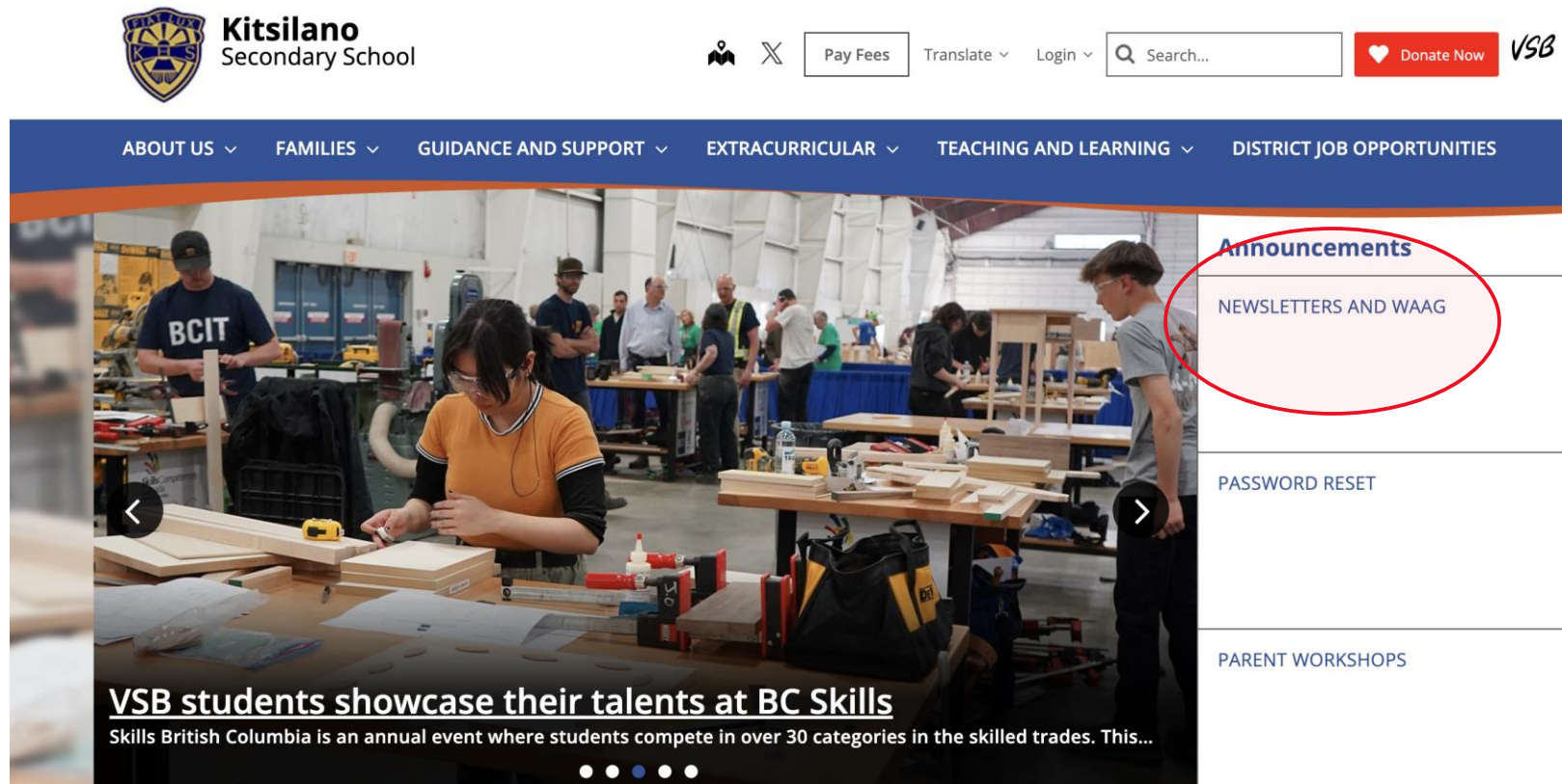
HOT TIP: if you have your child's login information you can see what's happening in their classes. You can download the app or sign in from the Kits website.

Parent/Caregiver - Teacher Conferences

- Parent/caregiver – Teacher Conferences happen once each semester.
- Good opportunity to get feedback from your child's teachers.
Appointments are 7 minutes long.
- Sign-up is through <https://kits.schoolappointments.com/>. Set up your account ahead of time and be ready to sign up when registration opens, as spaces fill up quickly.
- Information about the conferences and sign-up dates will be emailed home as well as advertised in the weekly newsletter (WAAG).

WAAG

- The WAAG (Week at a Glance) is our school newsletter. This is a great source of information about what is happening at Kitsilano.
- It's published each week and posted to our school website. Previous editions are also archived there.



Absences – How to report them

- If your child is going to be away from school, please notify Kits
- Email kitsswitchboard@vsb.bc.ca and include:
- First and Last Name of Student
- Grade
- Student Number
- Duration of Absence
- The email absence report will only be considered valid and therefore, processed, if it is received from a parent/guardian email on file.
- Students/Parents/Guardians are also asked to contact the teacher directly to ensure students have the necessary work and do not fall behind in their progress.

Questions or concerns about something in your child's class?

- **Speak with the teacher directly** to discuss your concern and to gain clarification and understanding of the situation. Your child's teacher can provide insight about assignments, expectations, and your child's progress.
- **Reaching out by email** is usually the easiest way to connect with your child's teacher. Please be patient as teachers are teaching all day.
- If you have tried to contact the teacher or if there is a barrier, then contact the **grade administrator** to discuss the situation further.
- School counsellors are teachers too and we are not in a supervisory role. We can support our students in collaborative problem-solving.
- Counsellors are not the appropriate resource for these types of concerns.

Speaking of the School Counsellor...

Students are assigned to a counsellor based on grade. That counsellor follows the same group of students through high school.

School counsellors support students' educational, personal, social, and emotional well-being.

Counsellors do not discipline; we are advocates and supporters.

We are often the first point of contact if a student is having a mental health struggle, and we are happy to help support a referral to one of our community partners when more in depth therapy is needed.

School counselling is confidential. If concerns emerge about a student's safety, we have a duty to report to the appropriate adult and seek supports.

Students can drop by or email for an appointment.

Learning Supports:

How can students access support if they are struggling with schoolwork?

Skills – an on timetable support class that students take in place of one of their electives. Often students in Skills have an IEP

Learning Hub – a quiet space where students can access some one-to-one support during class time

Homework Club – peer tutoring and SSA support after school on Wednesdays from 3:10-4:10 in room 228. Drop-in.

FIT – attend FIT sessions in classes extra help and support is needed.

Resource Team

Provides specialized supports for students with learning challenges

Most of these students will have an existing IEP

If they have an IEP, a case manager at Kits will be assigned to them

You can expect an email in September to set up an IEP meeting

The resource case manager is your point person for academic supports and/or concerns.

Please ensure your contact information is up to date



SACY - Supporting & Connecting Youth



Sandie Rai –
SACY Youth Engagement Worker

The goal of SACY is to: *Enhance the prevention of substance use, delay substance use and reduce substance use related problems.*

Sandie provides:

- Educational programming and assemblies
- Individual support and referrals
- Connection for families to additional resources

Link Crew



- Link Crew is our Grade 10 leadership class. These students help with the Grade 8s' transition to high school.
- On opening day in September, Link Crew students take the Grade 8s on a tour of the school. For the rest of the week, they meet the Grade 8s in their homeroom classes and help with reading timetables, opening combination locks, and answering questions.
- Throughout the school year, the Link Crew students will host different activities just for the Grade 8s.



Lunch

- Students can bring their own lunch, buy lunch from the cafeteria or visit a restaurant on Broadway.
- Students eat lunch in various places around the school. Some students eat at the tables in the atrium, some at their lockers with friends and some in a favourite spot in the school.
- Many clubs meet at lunch too, so students can take their lunch to a club meeting.

Clubs

- Clubs are a great way to meet new people and get involved in school.
- Towards the beginning of each school year, there is a Clubs Day with information booths set up at lunch.
- The Grade 8 classes are invited for a “sneak peek” on Clubs Day to come down before lunch so they can ask questions and visit all the booths that interest them.
- A list of all the clubs can be found on the school website.



Athletics

- There are many different sports teams in high school. Some teams have tryouts and some don't.
- Information about tryouts is posted @kitsathletics on Instagram and on the whiteboard in the atrium. Students can also ask their PE teacher for more information or visit the PE office in the gym.
- Information about the teams we have at Kits and seasons of play is on our school website under the "Extracurricular" tab.



* SIGN UP OUTSIDE THE
* P.E. OFFICE (GYM 1) *

FALL SPORTS

Follow:

@KITSATHLETIC

Gr. 9 - Boys Soccer - TRYOUTS MON. SEPT 13th & FRI. SEPT 17 @ 3:15

SENIOR BOYS SOCCER - TRYOUTS TUES. SEPT 14th & THURS. SEPT. 16th @ 3:15 - MR. SABOURIN

Gr. 8 Boys Rugby - 1st MEETING FRI. SEPT. 10th @ Lunch in the atrium - MR. KONSMO & COACH VASSILI

CROSS COUNTRY - ALL GRADES - SEE MR. DAVIES OR MS. CARRIQUE Rm. 352 - 1st meeting THURS. SEPT. 11 @ Lunch

GIRLS FIELD HOCKEY - ALL GRADES - TBD - starting next week - MR. VAN DAMME

Gr. 8 GIRLS VOLLEYBALL - TRYOUTS - WED. SEPT. 15 & FRI. SEPT. 17 @ 7:00AM - GYM 2/3 - MS. WITTRIN
MR. HOLBURN

Gr. 9 GIRLS VOLLEYBALL - 1st TRYOUT - THURS. SEPT 16th @ 7:00AM - MS. FORBES

Gr. 10 GIRLS VOLLEYBALL - TRYOUTS - TUES. SEPT 14th & THURS. SEPT. 16th @ 3:15 - MR. VAN DAMME

Gr. 11/12 GIRLS VOLLEYBALL - TRYOUTS MON. SEPT. 13th & WED. SEPT 15th @ 3:15 - MR. LEFSRUD

SWIM TEAM - ALL GRADES - SEE MS. HIGGS Rm 138

Gr. 11/12 BOYS VOLLEYBALL - TRYOUTS TUES SEPT 14th @ 7AM
THURS SEPT 16th @ 3:15 PM

- SEE MR. VANDAMME

IF YOU CANNOT ATTEND A TRYOUT
Please let the coach know.

Lockers

- Each grade 8 will be assigned a locker in the first week of high school. Whether your child decides to use their locker is the big question.
- Their lockers will come with a combination lock and the Link Crew leaders will help the students practice opening them.
- In PE class, students have the use of a locker for that period. They should bring their own locks and be sure to lock up their possessions.
- It's a good idea to discuss not sharing their combination with anyone.




Common Concerns About High School

- Each child is different in their readiness for high school. Some kids can't wait for the experience to start, while others are nervous about the change that is about to happen.

1.	Change in academic expectations/ability to do the work	5.	Getting to class on time/not getting lost
2.	Classes taught by different teachers	6.	Fear of new social situations
3.	Change in the structure/routine of the day	7.	Opening their locker
4.	Making/keeping friends	8.	Who they will hang out with at lunch

How You Can Help Support Their Transition

- Discuss the changes they can expect
 - Normalize feelings of worry
 - Prioritize sleep
 - Encourage them to get involved in school
 - Pay attention to how they are coping
 - Connect with the school if your child is experiencing challenges
 - Encourage them to problem solve (with your guidance). We want them to learn how to advocate for themselves, practice these important skills, and develop confidence in their ability. Also, know when they need adult support and when to step in.
- 
- A decorative graphic in the bottom right corner consisting of overlapping green and purple wave-like shapes.



Connection Before Correction

- There will be times you may feel disappointed with the choices your child makes or how they perform. How you respond in that moment will dictate if your child feels comfortable coming to you when times get tough.
- High school is a time when your child needs you more than you think.

Resources

- [Preparing for Grade 8](#)

This is a VSB resource with some helpful links embedded

- [How to Open a Combination Lock](#)

YouTube video, great for practicing

- [Fight, Flight, Freeze –Anxiety Explained for Teens](#)

Video from Anxiety Canada- explains & normalizes stress

