



Welcome to...
Grade 8

University Hill Secondary 2026/2027



LAND ACKNOWLEDGEMENT

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



x^wməθk^wəyəm
(Musqueam)



Skwxwú7mesh Úxwumixw
(Squamish Nation)



səlilwətaʔ
(Tsleil-Waututh Nation)

Timeline

- **January**
 - Meet with Grade 7's @ Norma Rose Point and UHill Elementary (Jan 19 & 21)
- **February**
 - Parent information night (Feb. 5)
 - Cross Boundary Application Deadline (Feb.27th) - VSB Online
 - (must apply if you live out of this catchment area)
 - Your elementary school does not dictate your secondary school
- **April**
 - UHS staff meet with NRP/UHill teachers to discuss continuity of support
- **May 27**
 - NRP and UHill Elem visit UHill Sec
- **June**
 - ELL Testing: June 2nd , 9am



UHill Admin Team

- Travis Bell (Principal) grades 11 & 12
- David Bach (Vice Principal) grades 8-10



Counsellors 2025/2026

Ms. Chen

Last names A-Ki

Ms. Hornby

Last names Kj-T

Ms. Watanabe

Last names U-Z



Counsellor's Role...

- Provide course information and graduation requirements
- Provide academic, career and personal counselling
- Keep current on Graduation Requirements



Typical grade 8 course load

English 8

Social Studies 8

PE 8

Fine Arts 8 rotation

Science 8

French 8

Math 8

Applied Skills rotation

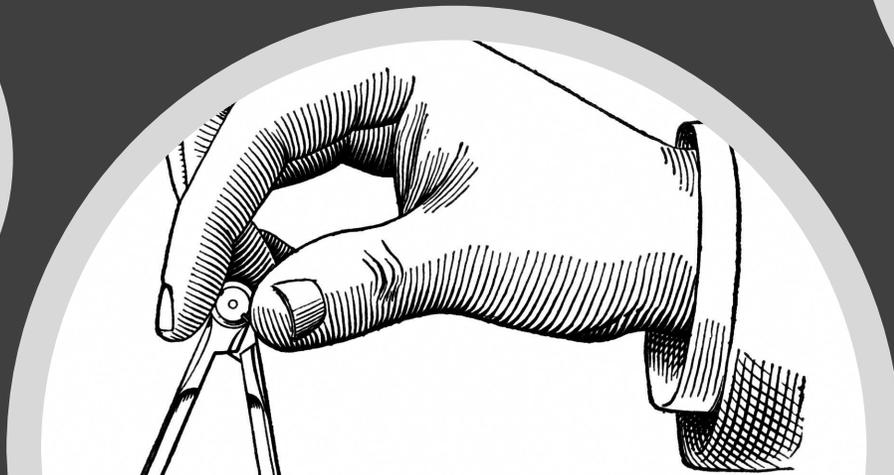
We are on a semester system.

- 4 courses per semester, 4 courses per day



Elective Courses

- Applied Skills Rotation
 - Business/Media Education
 - Home Economics
 - ADST
- Fine Arts Rotation
 - Visual Arts
 - Drama
 - Music



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIT 8:40 – 9:20	Period 1 8:40 – 10:00	Period 1 8:40 – 10:00	Period 1 8:40 – 10:00	FIT 8:40 – 9:20
Period 1 9:20 – 10:20				Period 1 9:20 – 10:20
Period 2 10:25 – 11:25	Period 2 10:05 – 11:25	Period 2 10:05 – 11:25	Period 2 10:05 – 11:25	Period 2 10:25 – 11:25
11:25 – 12:20 Lunch				
Period 3 12:20 – 1:40	Period 3 12:20 – 1:20	Period 3 12:20 – 1:40	Period 3 12:20 – 1:20	Period 3 12:20 – 1:40
	FIT 1:25 – 2:05		FIT 1:25 – 2:05	
Period 4 1:45 – 3:05	Period 4 2:05 – 3:05	Period 4 1:45 – 3:05	Period 4 2:05 – 3:05	Period 4 1:45 – 3:05

ELL Course Selections

- ELL courses are taught as full subject classes in two levels: ELL (beginner and intermediate together) and transitional.
- Grade 8 students are placed into levels based on testing results from June assessment
- Once at UHill, students may be recommended to be promoted by the ELL department teachers after additional fall testing and class performance
- Teachers (**not Counsellors**) promote students to the next level of ELL or into regular classes throughout high school



ELL Courses

ELL Beginner/intermediate

- English, Communications, Social Studies, Science

Transitional

- Regular English, Science, and Social Studies with English Language Centre (ELC)



Being Successful

- Knowing your schedule (MyEd Family Portal)
- Organization (Office 365 and Teams)
- Homework (agenda)
- Confidence
- Motivated
- Asking for help (FIT!)
- Making connections with teachers & counsellors



Getting Involved

- Join a club
- Participate in Athletics
- Volunteer for school events and/or community organizations that interest you
- Make new friends



Clubs at University Hill

- Ultimate club
- U Code Club
- Pressed on Nails
- Dance Club
- Interact
(fundraising/volunteerism)
- Math Challenger Club

AND 50+ more!

<https://www.vsb.bc.ca/university-hill/page/4548/clubsault.aspx>

**GET
INVOLVED!**



Athletics at University Hill

Fall

- Soccer(boys)
- Cross country (co-ed)
- Volleyball (girls)
- Swimming

Winter

- Basketball (boys and girls)
- Table tennis (co-ed)



Spring

- Badminton (co-ed)
- Golf (co-ed)
- Soccer(girls)
- Tennis (co-ed)
- Track & Field
- Ultimate
- Volleyball (boys)
- Rugby



Everyday Life at UHill

to answer some questions from students...

- Lunch
 - Students don't have to stay in the building
 - We have a cafeteria on site that serves a variety of hot and cold food
 - Microwaves are available throughout the building to reheat food brought from home
 - Students can go into Westbrook village to buy food
 - Students eat in the cafeteria, in pods, by their lockers, outside etc...
- Lockers are available and students self select a locker using an online program



Cell Phones and School

97%
OF STUDENTS USE PHONES DURING SCHOOL

An average of 43 minutes per day, spent primarily on social media, YouTube, and gaming

Common Sense Media

NEA POLL
83% of teachers

support an all day phone-free policy

National Education Association

PHONES PREVENT FACE TO FACE COMMUNICATION

Research suggests that face to face communications are linked to better mental health.

Psychology today

SOCIAL MEDIA IS NEARLY UNIVERSAL

40% of 8 – 12 year olds are on social media

95% of teenagers are on social media

Advisory on Social Media and Youth Mental Health

72%

OF HIGH SCHOOL TEACHERS REPORT CELLPHONES ARE A MAJOR DISTRACTION IN THE CLASSROOM

The Mere Presence of a Cell Phone May be Distracting

Students not using their phones during class wrote down 62% more information.

Teens spend nearly **5 HOURS** a day on social media apps.

American Psychological Association

50%+ of kids get **237 NOTIFICATIONS PER DAY**

They also scored a full letter grade and a half higher on a multiple choice test

The Impact of Mobile Phone Usage on Student Learning

3+ Hours

PER DAY ON SOCIAL MEDIA

doubles the risk of poor mental health including experiencing symptoms of depression and anxiety

Advisory on Social Media and Youth Mental Health

Some receive as many as **4,500 EVERY DAY!**

23% occur during school

Common Sense Media

RATES OF SCHOOL loneliness have

x2 SINCE 2012

Worldwide Increases in Adolescent Loneliness

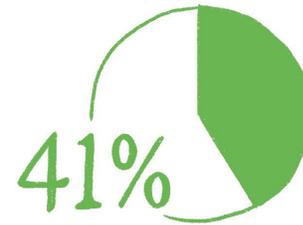
Cell Phones and Mental Health

Since 2010

134%  Increase in anxiety

106%  Increase in depression

The Anxious Generation



OF TEENS WITH THE HIGHEST SOCIAL MEDIA USAGE rate their overall mental health as poor or very poor

American Psychological Association

 35% OF TEENS ADMIT TO USING THEIR CELLPHONE TO cheat 
Common Sense Media

 22% OF HIGH SCHOOL STUDENTS HAVE SERIOUSLY CONSIDERED Suicide IN THE PAST YEAR

 10% HAVE ATTEMPTED Suicide IN THE PAST YEAR 

CDC, 2023

Adolescents who experienced cyberbullying were more than

Four Times

as likely to report thoughts of

Suicide & Attempts

as those who didn't

National Institutes of Health



Each additional hour of total screen time increases the odds of suicidal behaviors

Science Direct

STEEP DROP IN BULLYING

46% & 43% OF GIRLS OF BOYS

experienced a reduction of bullying after smartphone bans were enacted.

Smartphone Bans, Student Outcomes and Mental Health

Pornography Exposure

1/3 of all teens reported that they have been exposed to pornography during the school day



Common Sense Media

YOUTH REPORTING

LONELINESS

are also more likely to DROP OUT OF SCHOOL AT THE AGE OF 16

Loneliness During the School Years



OF TEACHERS SAY ANXIETY AND DEPRESSION ARE A PROBLEM IN PUBLIC K-12 SCHOOLS 

National Education Association

 87%

of teachers said bullying is a problem in Public K-12 schools

34%

of middle school teachers call bullying a major problem 

National Education Association

 "Brain Drain" 
The mere presence of one's own smartphone reduces available cognitive capacity 

Brain Drain

Supporting School Phone Policies at Home

NO SMARTPHONES
BEFORE HIGH SCHOOL.
NO SOCIAL MEDIA
BEFORE AGE 16.

A QUICK GUIDE FOR PARENTS & CAREGIVERS

1 Help Kids Stay Rested and Ready to Learn

Teens need at **least 8 hours of sleep** every night to support their brain development, emotional health, and ability to focus. Technology—especially social media—can interfere with both sleep quantity and quality.



WHAT YOU CAN DO:

- Set a **"no phones in the bedroom"** rule.
- Power down screens **1 hour before bedtime**.

2 Talk About Social Media Use

Teens are wired for peer approval, but their self-control is still developing. Conversations and limits help create healthy habits.

WHAT YOU CAN DO:

- Use **parental controls** to set **time limits** and **app restrictions**.
- Stay informed about the apps your child uses so you can **talk openly** about online safety and behavior.
- Discuss with your child how manipulative design is harmful to them, and the benefits of breaking free from the pull of social media to have time for offline activities.

3 Model Healthy Social Media Habits

Kids notice how adults use phones and model those behaviors. Being present shows them what healthy tech use looks like.

WHAT YOU CAN DO:

- Avoid phone use during **meals or family activities**.
- Let your child see you **unplug regularly**.





Questions?

