Killarney Cougar News September 1, 2023

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September 1, 2023

Dear Killarney Families:

This communication is to provide you with important information regarding policies and procedures at the school from 'what to do when your child is absent' to school photos, grade 8 information to grad information.

Of particular importance are a number of forms that we used to do using paper and now require a parent to do online. You will see links for these in this letter.

On the first day of school we will have assemblies to go over procedures and expectations with students.

It would also be great for you to go over expectations you have for your child prior to starting school- time management, goal setting, sleeping, homework, eating schedules, and other wellness practices.

I myself have two children in high school – one going into grade 8 and the other grade 12 – both big years for different reasons. They both have hopes and fears for the future.

As their parent I tell them everyday – Be kind, be strong, and work hard. We talk about what those things mean and why they are important.

As humans we live together, surrounded by one another. We are independent and we are connected. When we encounter points where decisions are to be made and when others are involved I find it helpful to ask two key questions: Does it serve me? Does it serve others?

Hoping you have a fantastic year,

2023-2024

COUNSELLORS & ADMINISTRATORS

Principal: Mr. C. Parker Vice Principal: Mr. M. Nakada (gr. 8) Vice Principal: Mr. B. Soong (gr. 10/12) Vice Principal: Ms. S. Underwood (gr. 9/11)

Counsellors

Grade 8:Mr. L. NerlingGrade 9:Ms. T. RomanoGrade 10:Ms. S. GlynianyiGrade 11:Ms. A. Sum/Mr. R. FergusonGrade 12:Mr. H. Clark

Chris Parker

Principal



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Grade 8 Parent Night

Tuesday, September 12th from 6-7 in the Auditorium

Parents of grade 8 students are invited to attend the Info Night to hear about their child's classes, how to access and use MyEd, social media use, cell phone use, work/study habits and supports available at Killarney. We will also review how to contact teachers and how to report absences. We hope to see you!

Student Attendance Week of Sept. 4th

Monday, September 4th – Labour Day, School Closed
Tuesday, September 5th – Orientation Day, students to report to the Auditorium at the following times:
9am Grade 9s
10am Grade 10s
11am Grade 11s
12pm Grade 12s 12:45pm Grade 8s (and link crew)
*grade 9 to 12 students will be at school for approximately 45 minutes, grade 8 students will be at school for approximately 2 hours.
Wednesday, September 7th – No FIT, please use Wednesday bell schedule
Friday, September 8th - No FIT, please use Wednesday bell schedule

School Fees

Please visit our <u>website</u> for school fees information. School fees can be paid on <u>SchoolCashOnline</u>.

Notice of Late Return

Please complete the following <u>Notice of Late Return Form</u> if your student will not be returning to school before noon on Friday, September 8th. The form can be emailed to <u>killarney@vsb.bc.ca</u>. By noon on Friday, September 8, 2023, if the school cannot verify your child's intent to attend school on, or before, September 30th, your child's space will be given to another student on the school's waitlist. If you are not planning on returning to Killarney please notify the school as soon as possible.

Counselling Department Update

Welcome back Killarney!

This week is going to be a busy one for everyone as we all adjust to being back to school. We know your timetable is important to you and we want to make sure that you are taking all the classes you need and want. In order to ensure that everyone is in right classes, we need your cooperation with the process of changing courses. Please see below.

- 1. New students
- 2. Students missing graduation requirements
- 3. Students with empty blocks
- 4. Students requesting a change for another reason

You may come see your counsellor before school, break, lunch and after school **NOT** during class time. Do not come to the counselling suite during class time.



Beginning first thing Tuesday morning, please check your MyED account to view your schedule. Please print or take a screenshot of your schedule as you may not be able to log in to MyEdBC while at the school.

Grade 8 – Mr. Nerling at <u>Inerling@vsb.bc.ca</u> Grade 9 – Mrs. Romano at <u>tromano@vsb.bc.ca</u> Grade 10 – Ms. Glynianyi at <u>sglynianyi@vsb.bc.ca</u> Grade 11 – Ms. Sum at <u>asum@vsb.bc.ca</u> & Mr. Ferguson at <u>rferguson@vsb.bc.ca</u> Grade 12 – Mr. Clark at <u>hjclark@vsb.bc.ca</u>

2023/24 Killarney Calendars & Bell Schedules

Our calendar and bell schedule can be found on our website. <u>Bell schedule</u> <u>Calendar at a Glance</u> <u>Important dates</u>

Communication

Students

Important information and reminders will be sent to students through TEAMS. Students are also strongly encouraged to listen to the daily announcements to keep up to date on what is happening in the school.

Parents

To keep parents up to date on what is happening in the school we will be sending a monthly email with a newsletter. Please also visit our website and calendar to stay up to date.

Microsoft Office 365

VSB accounts in Microsoft Office 365 are provided to all students. Your account will be linked to your student email which will be your student number with @learn.vsb.bc.ca. For example, <u>123456@learn.vsb.bc.ca</u> would be the email. Teachers will be available to help you when you return to school on Sept. 6th. You may also go to the website <u>https://studentpass.vsb.bc.ca</u> for assistance. You must know your Personal Education Number (P.E.N. – 9 digit number provided by the BC Ministry of Education) which can be found on a previous report card) and your birth date.

MyEdBC

This portal is now open for students and families to access class schedules, attendance and report cards. Please visit this link for support:

https://www.vsb.bc.ca/Student_Support/General_Resources/MyEdBCStudentFamilyPortal/Pages/Account-Management.aspx

If you are still unable to access your account, email <u>killarney@vsb.bc.ca</u>. After Sept. 6th, students can drop by our office for support.

Flexible Instructional Time (F.IT.)

FIT is now going into its third year in the Vancouver School Board. The board describes the purpose of FIT as follows: "... support the **learning and well-being** of students by enabling **them** to choose how, when and where their learning takes place. As students cultivate a stronger sense of agency, they feel more engaged with their studies, more connected to their peers, and more invested in the well-being of their community"



There are 4 FIT times of 40 minutes each: Monday and Friday morning from 8:40-9:20 am. Tuesday and Thursday afternoon from 1:20-2:00 pm.

Student expectations for FIT:

- 1. Students are to remain in or go to the class that is before the FIT period. For morning FIT they are to go to their first period class. For afternoon they are to go to their period 3 classroom. From that class they may obtain permission to go to another learning space depending on available space.
- 2. Be in a learning space
- 3. Have a plan for the FIT period e.g. self-regulation, exercise, school work, questions for their teacher etc...
- 4. Have all materials required
- 5. Remain in the learning space that has been selected.
 - We will be reviewing FIT and its operation periodically and will update you with any changes.

Tips For Getting Ready for School

We look forward to welcoming in the new school year with you! In order to get off to a great start, consider the following tips:

- 1. Get your sleep schedule adjusted for school! Adolescents need a lot of sleep. That is, a minimum of 8 hours. Yes, that is correct! Start your pre-bedtime routine so that you can be ASLEEP for 8 hours until it is time to wake up.
- 2. Uninterrupted sleep is key! It may be really hard to do, but screens (mobile phone, tablets, laptops) should be turned off at least one hour bedtime. Blue light and the activity stimulates your brain instead of getting it ready for rest. Consider leaving your device outside of your bedroom at bedtime so you control the urge to check it or hear those annoying middle-of-the-night notifications (or you can set your Do Not Disturb function).
- 3. Get into a physical activity routine. Physical activity is a great way to manage and relieve stress. It also gets your blood flowing to deliver oxygen and nutrients throughout your body, especially your brain, to keep you and your sharp.
- 4. Start building a support network and outline places and people you can get assistance. Life can get really busy and we often need some help. Make a list of places and people who you can ask for help.
- 5. Learn how to manage expectations and be flexible. For example, you make a trip to the local store for a cold bottle of Starbucks Mocha Frappuccino. But they are out! The point is you are thirsty and/or hungry so what else could you get instead? There is surely lots to choose from. Think of all the ways this can apply to your day.
- 6. Start thinking about some goals you have for yourself.

Forms

Online forms

Please go to the following website, <u>https://myforms.vsb.bc.ca</u>, to complete the forms listed below for the 2023/24 school year. You will need your child's PEN number to enter the site. The PEN can be found on MyEdBC or click "Request your student's PEN here" on the site.

- Adobe CC Acknowledgement of Use (for students)
- Adobe CC Consent Form (for parents/guardians)
- CASL Consent Form 2023-24 (for parents and guardians)
- External Media Consent 2023-2024
- G4-12 Student AUP
- VSB Media Consent 2023-2024



Paper forms

Students will receive 1 paper form in their first block on September 6th. Please ensure this form is returned to their Semester 1 Period 1 teacher as soon as possible.

• Student Emergency Reunification

Student Information Verification forms will be published (much like report cards are published) on MyEdBC next week for parents to verify. More information will be sent once they are published.

Students with Medical Conditions

Parents & Guardians, please ensure that the school is informed of any medical condition that may require emergency care at school i.e.: anaphylaxis, diabetes, seizures and severe asthma, serious heart conditions. This information will be kept in the office and shared with appropriate school staff. You are responsible for ensuring that the school is informed of any changes to medical information or emergency contact information throughout the year.

Please assist us in keeping our records current by completing our <u>MEDICAL INFORMATION FORM</u>. Forms are also available from the main office for pick up.

It is strongly recommended that students who carry emergency medications such as inhalers, epi-pens or diabetic emergency kits keep these medications or supplies with them at all times in a fanny pack, purse or backpack which travels to class and on field trips with them. Emergency supplies/medications stored in lockers will delay access to the medication during an emergency. Some parents choose to keep an extra epi-pen or inhaler in the First Aid room. If this option is chosen, parents are responsible for checking expiry dates and providing new supplies as needed. Please see and speak with the First Aid Attendants to make arrangements.

Also, a "Medication Administration" form completed by a physician is required for any medication being dispensed by a school staff member. Copies of these forms are available from the office.

Additionally, if there are specific concerns about a student's health in a particular class, for example, P.E. for a student who has seizures or Foods class for a student with anaphylaxis to peanuts, please communicate this information directly to the appropriate teacher and grade counselor. A Community Health Nurse is available to discuss health concerns upon request from school staff, parents or students. A Community Health Nurse can be reached by calling South Community Health Office at 604-321-6151 (ext. 3332).

Lockers

Lockers are property of Killarney School and will be assigned to students for use during the school year on the following conditions:

- DO NOT SHARE LOCKERS.
- ALWAYS LOCK YOUR VALUABLES.
- DO NOT BRING CELL PHONES TO PE CLASS.
- Heavy duty locks can be purchased from the office.
- Students are responsible for the locker that is assigned to them.
- Students are reminded to use a lock for their belongings during their PE class. However, students may not leave a lock on the locker beyond the PE class. It is advisable not to bring valuables to PE and students are



encouraged to use a heavy-duty school lock. Do not bring your cell phone!

• Report thefts to the office immediately.

Neither the school nor the Vancouver Board of Education has insurance to cover the loss by theft or damage of personal property of students or teachers. Although supervision by staff and the cooperation of students decreases the possibility of theft, students are advised to leave valuables at home and to ensure that personal property left in the school is covered by their own insurance.

Cafeteria Service and the Lunch Program

The cafeteria will be open this year and return to providing tasty and nutritious hot and cold food options for our students. Families can opt to participate in the lunch program by purchasing a Lunchsmart card and pay the full amount each month for a daily lunch at school. A subsidized lunch is available for students requiring help with nutrition services at school. To register for the lunch program and/or apply for a subsidy, please complete the enrolment form available from the office.

School Photos

Artona Studios will be at the school on Wednesday, September 13th to take student photos. All students are required to take a photo in order to receive their student ID card. Student photos can be ordered at <u>https://artona.com/order</u> using the access code your child will be given after their photo is taken. Retake day is Wednesday, October 11th in the morning only.

Grade 12 Grad Photo Session

Grad photos are at Artona Studios from November 7th to 13th by appointment. Appointments can be booked by clicking <u>here</u>.

Attendance/Reporting an absence

Regular attendance is required of all students. If students are marked absent for one class or more, the "School Messenger" Computer system will call/email home.

Students who become ill during the school day must report to the medical room in the office. The first aid attendant may need to contact the parent and advise the parent of the student's condition. Please provide correct contact numbers for this purpose in the event of an emergency.

All students leaving the school during the day MUST sign out at the office.

Parents/guardians can check a student's attendance record by logging into MyEdBC.

REPORTING AN ABSENCE

Please report student absences as follows:

• **By email (preferred method)**—Please email <u>klrnabsences@vsb.bc.ca</u> with your student's absence. Please include the following information:

FULL STUDENT NAME (First and Last Name) **STUDENT # & GRADE**



DAYS OF ABSENCE (If more than 3, please use the "Extended Vacation Request

<u>Form</u>")

REASON OF ABSENCE

- **By phone (604-713-8950)** Absences taken by phone are adjusted on the computer system usually within the same day unless data entry is delayed for any reason.
- **By note**—Please use the paper note that is available to print from our <u>website</u>. Students may pick up an absence note from the office as well. These notes provide more detailed and accurate data for us to input. Thank you for your cooperation.
- **Signing out**—If a student is ill during school hours, they must come to the office to sign out. Prior to them leaving, the office staff will contact their parent for permission.
- **Field Trips**—The teacher is asked to compile a list of attendees for field trips based on forms returned to them. These lists are then forwarded to the office for data entry. If no list was received, you may get a call through our automated system.
- Automated message—You will receive an automated message/email if your son/daughter has missed a class at any time of the school day. To correct any errors, you must contact the teacher who marked them absent.

Lost/Stolen Items

Students must make a concerted effort to watch over their own belongings AT ALL TIMES.

- Ensure that you have your valuables locked or secured with you at all times OR don't bring them to school.
- Do not expect your friends to watch over your things.
- Do not share lockers.

In the event of theft or loss, students are asked to report to the office and fill out a form for the lost item <u>in case</u> it is returned. Please be aware that there is no guarantee that your item will be found and returned. The school is not responsible for lost or stolen items.

Killarney Mainstage Theatre Auditions

Come one, come all.

Attention all students enrolled in our theatre/drama/photo/film/theatre crit/media arts classes.

This is your chance to shine! Come AUDITION for this year's Mainstage theatre show.

Auditions will be taking place on Thursday September 21st @3pm in C105.

Information and sign up will happen outside C105 or you can see Ms. Mattock, Ms. Tuson or Mr. Rocchetta. Our classroom is C104,C105 and C106. Please pick up an information sheet and see information on bulletin board outside the room.

Come be part of the theatre family and be involved as an actor for this year's play. Auditions are open to students in grade 8-12. Bring a friend and be part of our theatre company.

If you want to help backstage- more information regarding the crew will come out soon.





Killarney Parents Advisory Council (KPAC)

KPAC Meeting

The next KPAC meeting will be held September 27th at 7pm.

September Days with Changes to the Regular School Schedule

- Monday, September 4th Labour Day, no school
- Thursday, September 14th PM Collaborative Day, early dismissal for students
- Friday, September 22nd Professional Development Day, no school for students

Contact the School

Please contact the teacher, the counsellor, or the grade administrator if you have any questions or concerns about your child's progress with learning. This newsletter and my previous newsletters are posted under the Student Bulletin section of the Killarney website.