



CARSON GRAHAM
SECONDARY

September 26th, 2024

Hello Carson Graham Families,

September has been an exciting and eventful month as students settle into their classes and extracurricular activities kick off in full swing. Here are some of the highlights from the past few weeks:

- On Monday, the school community came together for a successful Terry Fox Run, with enthusiastic participation from students and staff alike.
- Yesterday, we held a moving **Truth and Reconciliation Assembly**, featuring student readers and a special performance by the Squamish dance group, *Welhtima Kexwusem*.
- Our fall athletics programs are well underway, with an impressive lineup of teams: 5 girls' volleyball teams, a boys' soccer team, a Grade 8 rugby team, 2 field hockey teams, a cross-country running team, and a swim team.
- The **Grade 8 Family Night** was a great success, with thanks to the PAC for sponsoring the BBQ that preceded the school tours and presentation.
- Field trips have already started, with the IB Diploma Grade 11s attending a retreat earlier this month, the Senior football team traveling to Yakima, WA, for a game, and the Grade 8s enjoying their retreat at Cheakamus this week.
- This week, students had the opportunity to engage with local RCMP, paramedics, and firefighters during the **Meet Your First Responders** event. Students asked questions, learned about career paths, and explored emergency vehicles up close.

Stay tuned for more updates as we move further into the school year!

In today's newsletter you will information on:

1. Upcoming dates
2. Bikes & scooters
3. Student Council Grade Reps & Indigenous Rep
4. Drama update
5. Intramurals
6. Grad information
7. Fundraisers
8. MCFD learning fund for young adults
9. Career & post-secondary exploration opportunities
10. Foundry North Shore
11. Counselling Corner – Sleep tips
12. Student opportunities
13. Parent/guardian opportunities

Sincerely,

Kim Jonat, Principal (gr. 12)

Dave Cadman, Vice Principal (gr. 9 & 10)

Tuzar Irani, Vice Principal (gr. 8 & 11)





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1. Upcoming Dates

September 30th to October 4th

Monday, Sept. 30 th	National Day for Truth & Reconciliation (school closed)
Wednesday, Oct. 1 st	Grade 12 Student & Parent/guardian Night, 7pm, gym
Saturday, Oct. 5 th	Buchanan Bowl football games

October 7th to 11th

Tuesday, Oct. 8 th	Club Fair at lunch in the Agora
Tuesday, Oct. 8 th	IB Diploma night for families of gr. 11/12s in the IB Diploma program
Wednesday, Oct. 9 th	Carson Graham PAC meeting – Zoom, 7pm
Thursday, Oct. 10 th	World Mental Health Day
Friday, Oct. 11 th	School photo retakes

2. Bikes & Scooters

Students are reminded to lock up their bikes and scooters while at school.

It is recommended that students use two heavy-duty locks. Students need to take their bike/scooter home each day. Do not leave bikes/scooters overnight outside the school.

We also recommend registering your bike/e-bike/scooter/e-scooter on [Project 529](#). Project 529 is the bike & scooter registry recommended by the [NV RCMP](#). Note, the website states the registry is for bikes, but they also accept registration of scooters/e-scooters.

3. Student Council Grade Reps & Indigenous Rep

Student Council will be accepting applications for the positions of **Grade Representatives for grades 9-12**, as well as for the role of **Indigenous Representative**. No previous experience with Student Council is required. Application forms can be found outside the main office. The deadline for applications is Thursday, October 2nd at 9am. If students have any questions regarding the process, please contact Mr. Everton.



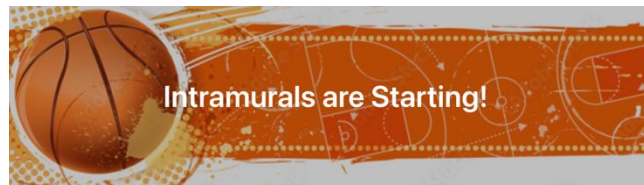


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4. Drama Update

Home Alone the musical! The drama club will be building a mini musical of Home Alone for shows at the Shipyards Christmas Market and here in our own theatre. Interested students should see Mr. Walker in the theatre right away.

5. Basketball Intramurals



Information about lunchtime basketball intramurals has been posted in the student grade Teams. Students wishing to sign up for 5v5 coed basketball need to register using the link found on their grade Team. Registration closes Oct. 1st. Games start the week of Oct. 7th.

There is a Jr division (Gr. 8-10) and Sr division (Grades 11-12). Games will be COED - **teams must have at least 2 boys and 2 girls on the court at all times.** There will be a prize for the winning team!

If students have any questions, please have them message Ms. Langlois or Mr. Thornhill on teams.

6. Grad Information

Next Tuesday night is Carson Graham's Grade 12 Student & Parent/Guardian Information Night. This is an important evening for grade 12 students and their parents/guardians to learn about the grad year. Here are details about the event:

- **Tuesday, October 1st**
- 6:30pm to 7pm – pick up transcript in Agora
- 7pm presentation in Carson Graham's large gym
- Presentation topics include graduation requirements, transcripts, post-secondary applications, admissions, and pathways, CLC 12, grad events, scholarships & bursaries, and more.





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7. Fundraisers

Show your support for Carson Graham Secondary Girls Rugby Team

- A. **APPLES** - Please support our orchard harvest fundraiser featuring healthy, **premium Okanagan apples**, freshly harvested and direct from the grower.

Order Deadline: Oct. 9th

Pick up: Oct 18th, 3:30-5pm at Carson Graham

Link: https://fundraising.sunokafruit.com/seller_1/090274302/org-campaign/carson-graham-secondary-girls-rugby-team-harvest-2024



B. Neufeld Farms

Options include chicken, turkey, surf & turf, vegetarian, breakfast items, “quick & delicious” items, fruit pies, and desserts.

Ordering between Sept. 27th to Oct 14th

Pick up: Oct. 21st from 4:30 – 5pm at Carson Graham

Link: <https://app.neufeldfarms.ca/fundraising/2024-carson-girls-rugby-10e739a21a>





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8. MCFD Learning Fund for Young Adults (LFYA) Open for Applications

Students in Grades 11-12 may be eligible for a one-time \$1,500 Learning Fund for Young Adults Grant for Education, Employment, Training or Life-skills programs. To qualify, young people must be born after Jan 1, 2006, be between 17 and 36 years of age, and have **12 cumulative months in care in one or more qualifying MCFD or Indigenous Child and Family Service (ICFS) Agency legal statuses from birth to their 19th birthday.** For more details and to access the application form click [HERE](#).

9. Career & Post-Secondary Exploration Opportunities

BCIT Big Info Night – Wednesday, Oct. 9th, 4pm to 7pm, BCIT Burnaby Campus

Big Info is the largest program expo and information session at BCIT. It's your chance to find out about all BCIT's programs – from business and media, computing and IT, engineering, health sciences, trades and apprenticeships, and applied and natural sciences.

It's free. It's lively. It's a night of possibilities. Join in person on Wednesday, October 9th from 4:00 – 7:00 p.m. at the Burnaby Campus. [Register now to attend in person.](#)

2024 Public Sector Employment Expo – Saturday, Sept. 28th, 10am to 2pm

2024 Public Sector Employment Expo

Join recruiters from numerous public safety employers at the 2024 Public Sector Employment Expo at 10:00 am on Saturday, September 28th, 2024, at the J.P. Fell Armouries, in North Vancouver.

-  • Location: JP Fell Armouries - 1513 Forbes Ave, North Vancouver, BC, V7M 2Y4
-  • Parking: Street parking (please respect posted signage and residential parking lots.)
-  • Language of Event: English
-  • Start Time: 10:00 to 14:00 (10:00 am to 2:00 pm)





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10. Counselling Corner

Get your Sleeps! Teens need 8 to 10 hours of sleep a night.

Sleep Tips:

- Keep your phone off when sleeping
- Keep your bedtime & routine consistent
- Don't nap after 4pm
- Avoid caffeine after school
- Start unwinding/relaxing about 30min. before bedtime
- Take a warm shower or bath before bed
- Listen to a playlist designed for falling asleep.

Children	Recommended Sleep	Teens	Recommended Sleep
5 - 13 years	9 - 11 hours	14 - 17 years	8 - 10 hours

11. Foundry North Shore

[Foundry North Shore](#) offers young people 12-24 access to mental health and substance use support, primary care, peer support and social services.

- **Foundry Drop-in Counselling & Primary Care** – Foundry North Shore offers drop-in counselling from 1:00pm-5:00pm Monday-Thursdays and 1:00pm-4:00pm on Fridays. Drop-in primary care is offered 2:30pm-5:30pm Monday-Thursdays and 2:00pm-3:30pm on Fridays. For more information, see <https://foundrybc.ca/northshore/>.





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- **Be Here & Be Queer** – Foundry presents a queer-led 2SLGBTQIA+ social and recreational group for youth (age 16-24) every Monday from 5:00pm-7:00pm. Each week, the group will engage in various activities in a safe, affirming and supportive space where youth can be themselves and connect with others. To register, contact jamie.bradley@vch.ca.
- **Creative Crafts and Games** – Foundry presents a social group for youth (age 12-16) with mental health barriers and/or neurodiversities to connect with peers while participating in different crafts and board games. The group meets every Tuesday from 3:30pm-5:00pm starting September 17. To register, contact jamie.bradley@vch.ca.
- **Snacks & Skills** – Foundry presents a group for youth (age 16-24) to make simple, affordable and delicious snacks while learning valuable life skills. The group meets every Wednesday from 12:30pm-2:30pm from September 25-October 30. To register, contact jamie.bradley@vch.ca.
- **Mindful Yoga** – Foundry presents a yoga class for youth (age 12-24) of all experience levels. The class takes place at John Braithwaite Community Centre every Thursday from 2:15pm-3:15pm. To register, contact jamie.bradley@vch.ca.

12. Student Opportunities

Volunteer Empowerment Group – North Shore Women’s Centre presents a free volunteer empowerment group for high school girls on Thursdays, Sept. 19-Dec. 12 from 4:00pm-5:30pm. Participants will build social connections, grow their leadership skills and learn about female empowerment while supporting women in the community. To register please contact maria@northshorewomen.ca for more information.

NVCL Youth Drop-In – The Room on the 2nd Floor of North Vancouver City Library is reserved for youth (grade 7-12) Monday-Thursday from 3:00pm-6:00pm and Friday from 3:00pm-5:00pm to hang out with friends, complete homework, read, use computers, etc. Registration is not required. See <https://www.nvcl.ca/teens-community-hub> for more information.

NV Recreation Centre Youth Centre Drop-In – See [HERE](#) for a full schedule of drop-in programs.





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13. Parent/Guardian Opportunities

erase | EXPECT RESPECT &
A SAFE EDUCATION presents:

A. Establishing Safe, Caring & Respectful Digital Communities

Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up to facilitate the conversation of safe and caring use of technology at home and in the community. (60-minute session)

This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sextortion.

See the [Erase website](#) for dates and to register. These sessions are virtual and there is no cost.

B. IMPACT North Shore (formerly North Shore Multicultural Society)



IMPACT provides services and workshops to im/migrants and newcomers to North Vancouver. Check out their workshops [HERE](#). Workshops are offered in many different languages.

A Farsi-speaking Settlement Worker in Schools (SWIS) from IMPACT will also be at Carson Graham to support newcomer families on alternating Friday mornings in the counselling area starting October 4th.

خ خوش آمدید

(Khosh amadid - Welcome in Farsi)





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Moving to Adulthood

Supports for Youth with Diverse Abilities
14 to 26 years

Youth, families and caregivers are welcome to

Join us for an evening of discussion & transition related resources for the journey to Adulthood

The evening will include:

- Information Exhibitors from local support institutes
- Inclusive resources and community connections
- A special visit from: Snoezelen Multi Sensory Environments

RSVP HERE

But drop-ins are always welcome!



**OCTOBER 2nd, 2024
Wednesday**

 **North Vancouver
Education Services**

5th floor - 2121 Lonsdale
Avenue, North
Vancouver

Doors open from **6pm-8pm**

Panel Presentations
7:00pm - 8:00pm



Ministry of
Children and Family
Development

