



September 13, 2024

Good afternoon Grade 8 Families,

Thank you all so very much for supporting us through an awesome school start up for our grade 8s. It was a pleasure meeting many of you at last week's Grade 8 parent meeting. We have the majority of our grade 8 forms in and are in the very final stages of organizing for the Grade 8 Retreat. If you have not submitted the Cheakamus Informed Consent, please do so ASAP. I am including some information in this letter that will be helpful for you to know, especially as we prepare to rotate 300 people up and down from the Cheakamus Centre on Sept 25<sup>th</sup> and 26<sup>th</sup>.

### RETREAT DATES

If your student's last name is between **Akester - Leon Calderon** they will be at the Cheakamus Centre on Wednesday September 25<sup>th</sup> and at Handsworth on Thursday September 26<sup>th</sup>

If your student's last name is between **Levental – Zirnhelt** they will be at Handsworth on Wednesday September 25<sup>th</sup> and the Cheakamus Centre on Thursday September 26<sup>th</sup>.

A reminder that departure for the Cheakamus Centre is at **7:30am** with a **4:30ish** expected return time. The Handsworth day will start at **8:45am** and end at **3:00pm**.

### RETREAT GROUPS AND BUSES

The retreat groups and buses are posted below. As mentioned, on Wednesday/Thursday morning, grade 8s will be loading onto buses when they arrive at the school at 7:30am. **Please remind students to review their group letter, bus number and staff sponsors so they can record it before heading up to Cheakamus or arriving for the day at Handsworth.**

| CHEAKAMUS SEPTEMBER 25 <sup>th</sup> , 2024 |  |     |   |
|---|--|-----|---|
| GROUP                                       | STUDENT LAST NAME                      | BUS | STAFF SPONSORS  |
| A   | <i>Akester – Ashory</i>                | #1  | Kathy Afshin-Monfared,<br>Helen Zhai, Zahra Sharafnia             |
| B   | <i>Astle – Beetlestone</i>             |     |   |
| C   | <i>Beik – Buttjes</i>                  |     |   |
| D   | <i>Buys – J Choi</i>                   |     |   |
| F   | <i>De Gracia – Dunwoody, Max Morin</i> | #2  | Aidan Goheen, Guillaume Valette, Shakila Oveysi, Cely Abecendario |
| G   | <i>Edwards – Foster</i>                |     |   |
| H   | <i>Frixe - Hamer-Jackson</i>           |     |   |
| I   | <i>Hamidi – Hormozi</i>                |     |   |
| J   | <i>Hosseini – Johnson</i>              | #3  | Nikolas Ottenbreit & Susanne Chow                                 |
| K   | <i>Johnston - Kia</i>                  |     |   |
| L   | <i>Kim – Leon Calderon</i>             |     |   |
| E   | <i>Choi - Dale</i>                     |     |   |



| CHEAKAMUS SEPTEMBER 26 <sup>th</sup> , 2024 |  |     |   |
|---|--|-----|---|
| GROUP                                       | STUDENT LAST NAME  | BUS | STAFF SPONSORS                          |
| M   | <i>Levental - McRae</i>  | #1  | Natalie Hope &<br>Dana Kovanda, Xu Tang |
| N   | <i>Mehrabanijavid - Mullally</i>   |     |   |
| O   | <i>Mulligan - Orr</i>  |     |   |
| P   | <i>Packer - Persanyi</i>   |     |   |
| Q   | <i>Petrov - Razzaghi Darian</i>  | #2  | Arlyn Jordan &<br>Stephanie Carabetta,  |
| R   | <i>Reeves - Santen</i>   |     |   |
| S   | <i>Sarunac - Steeves</i>   |     |   |
| T   | <i>Stewart - Thorpe</i>  |     |   |
| U   | <i>Timlin - Wang</i>   | #3  | Toby MacDonald &<br>Kory Bogen          |
| V   | <i>Webb - Yuan</i>   |     |   |
| W   | <i>Yung - Zirnhelt</i>   |     |   |
|   | <i>Comeau, Cormack, Fraser, Giroux,<br/>Goodman, Hudson, Jimenez Matos</i> |     |   |

## FOOD

A reminder that Cheakamus Centre is a nut free facility. Please do not pack any snacks in student bags that contain ANY nut products. **No outside food is allowed on site at Cheakamus** (all food and garbage needs to be finished on and taken from buses) – we will provide lunch and a bagged snack. Please ensure students have breakfast before they head up!

## BE PREPARED

To prepare, students should have water, sunscreen, and raingear (hopefully not needed) if the weather requires it. Students won't have access to their phones during the day – we want to focus on each other and the experience of the outdoors – so unless there is an emergency (**you can call or text Jeffrey at 778-228-4485**) – please have students leave phones at home for the day or ensure they know to keep them in backpacks and out of sight to avoid any issue with Cheakamus and/or School staff.



### SCHEDULE FOR THE DAY AT CHEAKAMUS

| <b>TIME</b>  | <b>ACTIVITY</b>                                    |
|--------------|--|
| 7:30         | Students arrive at Handsworth                      |
| 7:45         | Buses depart from Handsworth Secondary             |
| 9:15-9:30    | Arrive at Cheakamus Center – Welcome & Orientation |
| 10:00–1:45   | Cheakamus Challenge                                |
| (11:30-1:00) | 30-minute Staggered Lunch Breaks                   |
| 1:45-3:15    | Handsworth Leadership Activities                   |
| 3:15         | Load Buses   |
| 3:30         | Departure from Cheakamus Center                    |
| 4:45         | Arrive back at Handsworth Secondary School         |



ÉCOLE SECONDAIRE  
**HANDSWORTH**  
SECONDARY SCHOOL



**SCHEDULE FOR THE DAY AT HANDSWORTH**

| <b>TIME</b>  | <b>BLOCK</b> | <b>LOCATION</b>                              | <b>ACTIVITY</b>                       |
|--------------|--------------|--|---------------------------------------|
| 8:45         |              | Grand Commons                                | Students arrive to meet with leaders  |
| 9:00-9:10    |              | Theatre                                      | Land Acknowledgement<br>Introductions |
| 9:10-10:21   | 5/2          | Theatre                                      | Guest Speaker: Justin Abdou           |
| 10:25- 11:35 | 6/3          | Gym  | Team Building Games                   |
| 11:40-12:30  | 7/1          |  |                                       |
| 12:30-1:40   |              | BBQ hotdog lunch provided by Student Council |                                       |
| 1:50-3:00    | 8/4          | Theatre/ Gym/ Dance Studio                   | Mindfulness Afternoon                 |

Again, if your child is NOT able to attend the retreat, we should know at this point. If you have not let me or the office know, please do so ASAP. ALL forms are past due – if a student does not have signed forms into the office, they will not be able to attend and will be set up with independent work at school for the day as there are no regular grade 8 classes scheduled. Thank you all for your support in getting the paperwork done!

If you have any questions, feel free to email me at [jawyong@sd44.ca](mailto:jawyong@sd44.ca)

We are really excited about the retreat – and excited to hear about the stories that come home with our grade 8s after.

Kindly,  
*Jeffrey Aw-Yong*