



# Bear Tracks

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Visit our Website: [www.mbs.sd23.bc.ca](http://www.mbs.sd23.bc.ca)

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## IMPORTANT DATES THIS WEEK

<b>Dec. 4</b>	<b>3412</b> 9:00 am – Soccer academy @ CNC
<b>Dec. 5</b>	<b>7856</b> Elementary volleyball tournament (Bear & Ian Snow Gyms) 9:00 am – UBCO Tour 9:45 am – Resource students @ Royal Lepage 6:30 pm – Post-secondary funding information evening
<b>Dec. 6</b>	<b>3412</b> 9:00 am Gr.12 Grad Assembly 12:35 pm – Soccer academy @ CNC
<b>Dec. 7</b>	<b>7856</b> Elementary volleyball tournament (Bear & Ian Snow Gyms) Hot Chocolate & Marshmallows 9:00 am – Education & Career Fair @ Rotary Centre for the Arts 11:00 am – Dance 11/12 classes @ Kelowna Community Theatre
<b>Dec. 8</b>	<b>3412</b> Wear Your Holiday Socks 9:00 am – Soccer academy @ CNC 12:30 pm – Soccer academy @ CNC

## NEXT WEEK

<b>Dec. 11</b>	<b>6587</b> Movie & Snacks – Small Gym
<b>Dec. 12</b>	<b>2143</b> Help Donate, buy a Candy Cane Gram 9:00 am – Social Justice 11/12 @ Gospel Mission 9:00 am – Soccer academy @ CNC 9:45 am – Resource students @ Royal Lepage
<b>Dec. 13</b>	<b>6587</b> Christmas treats for sale in MPR
<b>Dec. 14</b>	<b>2143</b> 7:30 am - Breakfast with Santa 1:30 pm – Early Dismissal 2:00 pm – MAP presentations 6:00 pm – Grad Winter formal
<b>Dec. 15</b>	<b>6587</b> Christmas Sweater day

## **PARENT/STUDENT INFORMATION**

### **Fine Arts Fridays!**

This FRIDAY at lunch there will be a Jam Session in the Band room, come and check it out!

### **Post-Secondary Funding Information Meeting for Parents**

Interested in finding avenues of funding for your student's post-secondary education? Please come to the MBS library at 6:30 on Dec 5<sup>th</sup> to learn more about college and university costs, as well as a wide variety of potential funding sources such as: Ministry of Education scholarships, SD23 scholarships, the Central Okanagan Bursary and Scholarship Society, "institution specific" funding, corporate funding, charitable organization funding, community funding, and student loans.

### **Thank You**

Thank you to Tim Hortons and Save On Foods in West Kelowna for donating cups, lids, hot chocolate and candy canes in support of the MBSS Grad Council "Something Good" fundraising efforts. The support of these local businesses is greatly appreciated.

### **Computer Science Education Week – December 4-10, 2017**

At their November 22, 2017 Public Board Meeting, the Central Okanagan Board of Education declared December 4-10, 2017 as "Computer Science Education Week" in Central Okanagan Public Schools.

### **COPAC Parent Conference**

The Central Okanagan Parent Advisory Council is hosting a parent conference:

Date: Saturday, December 9, 2017                      Time: 9:00 am – 5:00 pm (Registration at 8:30 am)  
Location: Hollywood Road Education Services

Parents are encouraged to join the conference for a full day of speakers and information. Free breakfast and lunch are provided. For further details, parents may visit the COPAC website

(<http://www.copac.sd23.bc.ca/Pages/default.aspx>) which includes the registration information to receive a free ticket. Parents are asked to contact Sarah Shakespeare if childcare is required ([copac.president@sd23.bc.ca](mailto:copac.president@sd23.bc.ca)).

### **Adjustments for the 2017/2018 school calendar**

February 7<sup>th</sup>, 2018      Regular school bell schedule. No early dismissal.  
March 14<sup>th</sup>, 2018      Early dismissal. Parent/Teacher interviews from 5:30 – 7:30 pm  
May 8<sup>th</sup>, 2018          Regular school bell schedule. No early dismissal.

**Free Tutoring with UBCO students at the WFN Youth Centre - 1880 Quail Lane, Westbank BC  
Open to all students at MBSS.**

**Mondays & Thursdays 4:30 – 6 PM**

October 23, 2017 - March 30, 2018

### **Big White**

**After School Ski Program: This program is run exclusively through Big White.**

The mountain opens tomorrow and we are so excited to get this season under way!

**December is fast approaching and students have less than a month to get early bird pricing on the After School Program.** If students register before December 15th, they will get three all inclusive nights of skiing or snowboarding at an astounding price of \$144. After December 15th, the price increases to \$184. Please let your students know to register ASAP to get the best price on skiing and snowboarding.

Registration can be done at: <http://www.bigwhite.com/ski-school-rentals/camps-special-programs/after-school-programs>.

If you have any further questions about this program, visit the website or contact: [Christian.rogers@sd23.bc.ca](mailto:Christian.rogers@sd23.bc.ca)

### **Exciting new program for students ages 15 and up.**

This winter, secondary school students can take part in our Pros In Training program during After School Program hours. This program includes 6 training sessions with one of our CSIA Level 3 ski instructors AND the

registration fee for the Canadian Ski Instructors Alliance Level 1 course. Throughout these 6 training sessions, students will develop their own skiing ability, leadership skills and teaching skills to align with the CSIA Level 1 standards. At the end of the program, they can partake in a Level 1 course and become certified ski instructors. There are many opportunities for students to intern with our award winning Kids Centre and become paid part-time instructors. The price for this course is \$395 and includes 6x round trip transportation from school to the mountain, 6x training sessions, 6x dinners, 6x lift tickets. For more information or to register for the Pros in Training program, students can call the Big White Ski and Board School at 250-491-6101.

**Did you know...**that the Counselling Centre has a variety of information available from Universities & Colleges from across Canada? **STOP BY to pick up a VIEWBOOK** from your favorite post-secondary institution and discover the programs available!

## ATHLETICS

Mount Boucherie offers a variety of sports in all three seasons of play. Please visit our Athletic page on our website for more information: <http://www.mbs.sd23.bc.ca/ProgramsCourses/Athletics/Pages/default.aspx>

The school calendar (<http://www.mbs.sd23.bc.ca/Calendar/calendar.aspx> ) will have the games posted for your reference. Please visit there often as changes can happen daily.

Dec. 4	Dec. 5	Dec. 6	Dec. 7	Dec. 8	Dec. 9
	6:30 pm – Jr. Boys B-ball @ Dr. Knox		Sr. Boys B-ball @ North Van Tourney	Sr. Boys B-ball @ North Van Tourney Jr. Boys B-ball @ Seaquam Sec. Sr. Girls B-ball @ Kamloops	Sr. Boys B-ball @ North Van Tourney Jr. Boys B-ball @ Seaquam Sec. Sr. Girls B-ball @ Kamloops

## GRADUATION

All **graduation information and deadlines** for grade 12 students, can be found on our MBSS website: <http://www.mbs.sd23.bc.ca/Students/Graduation/Pages/default.aspx>

### **Grad Fees**

Have you paid your grad fees? All grads must pay their fees if they want to participate in the grad banquet and ceremony. Payments can be made online or in the office. Cheques are payable to MBSS.

\$85 for banquet

\$85 for ceremony

Fees are payable online at: <https://centralokanagan.schoolcashonline.com/> Payment plans may be arranged, please make an appointment with your student's vice-principal. A list of the fees can be found here:

<http://www.mbs.sd23.bc.ca/Students/Graduation/fees/Pages/default.aspx>

### **Dry Grad Meeting**

Next dry grad meeting is December 13<sup>th</sup> @ 6:30 pm in the library.

### **Scholarships**

If you are a Grade 12 student and would like to **SIGN UP to receive Scholarship notices by email**, please see Mrs. Gonzales in the Counselling Centre!

**Grade 12 Students** – Thinking about University or College next year and wondering **HOW** you are going to **PAY** for it? Come down to the Counselling Centre and check out the available Scholarships! As well, consider signing up to be on the Scholarship email list to receive scholarship notices! **New Scholarships include:** Interior Savings Credit Union Million Dollar Bursary, Terry Fox Humanitarian Awards, Burger King Scholarships, nominations for Schulich Leader Scholarships and Okanagan College High School Awards!

**Grade 12 Students:** Are you interested in working as a **PAGE** part time in the **HOUSE OF COMMONS** in Ottawa while attending University next year? **Apply online to: [ourcommons.ca/page](http://ourcommons.ca/page) or stop by the Counselling Centre for more information.**

### **New Scholarships Opportunities**

(Also be sure to regularly check the MBS website under graduation/Scholarships and bursaries)  
<http://www.mbs.sd23.bc.ca/Students/Graduation/Pages/default.aspx>

### **Upcoming University/College Visits**

Tuesday, Dec. 5: **UBCO & OC Faculties of Nursing** – 12:30 pm (Career Centre)

Friday, Dec. 8: **MOUNT ROYAL UNIVERSITY** – 10:30 am (Career Centre)

## **CAREER LIFE PROGRAMS**

**Please visit the Career Centre for information or further details on any of the following:**

**Students are encouraged to keep checking our bulletin board in the MPR and the Career Centre for volunteer opportunities.**

**Earn your 30 hours for graduation now!!**

### **Volunteer Opportunities:**

- ❖ **KGH Foundation** is still accepting applications for youth volunteers. See the Career Centre for more information.
- ❖ **Village at Smith Creek** senior's residence is still seeking volunteers. See the Career Centre for an application.
- ❖ **Salvation Army Kettle Campaign** is looking for volunteers starting Nov 16<sup>th</sup>. Sign up in the Career Centre.

### **UBCO Tour**

Date: December 5<sup>th</sup>

Time: 9:00 am – 12:00 pm

**\*\*Permission forms are due to the Career Centre on Monday, December 4<sup>th</sup>\*\***

### **Okanagan College**

Any grade 11 or 12 student interested in attending an OC tour can come sign up in the Career Centre. Date and time TBA

### **District Career Life Programs:**

Dual Credit programs allow students the opportunity get a head start on a career while earning both high-school credits and post-secondary credentials while in high school.

This week, we will be showcasing the Mount Boucherie Senior Secondary Hair Stylist Program. The program is composed of applied skills hairdressing courses which make up 990 training hours. Students must attend MBSS for the school year. Students have the option of completing English 12 while enrolled in the program. Upon completion of the program students can be entered into an apprenticeship with a salon as a hairstylist to complete a maximum of 3600 hours.

Upon completion of the in-school training and apprenticeship (work) hours, students can apply for their Red Seal certification in Hairdressing.

- Required courses for entrance: core graduation subjects
- Recommended courses for entrance: none



This program is open to all Central Okanagan Public Schools students in grades 11 & 12 and we are currently accepting applications for the September 2018 program start date.

For more information, please contact the Career Centre at Mount Boucherie Secondary School at (250) 870-5101 ext. 7731

**UPCOMING CAREER SPOTLIGHTS:**

Dec. 7: **CAREERS FOR WOMEN IN THE TRADES @ 2:05 / Block**

Dec: **Date TBA – CAREERS AS A FLIGHT ATTENDANT WITH WESTJET**

**\*\*REMINDER\*\***

December MAP Presentations are on Thursday, December 14<sup>th</sup>

**MAP Schedule for**

**DEC 14th**

You should arrive a minimum of 10 minutes prior to your scheduled interview time.

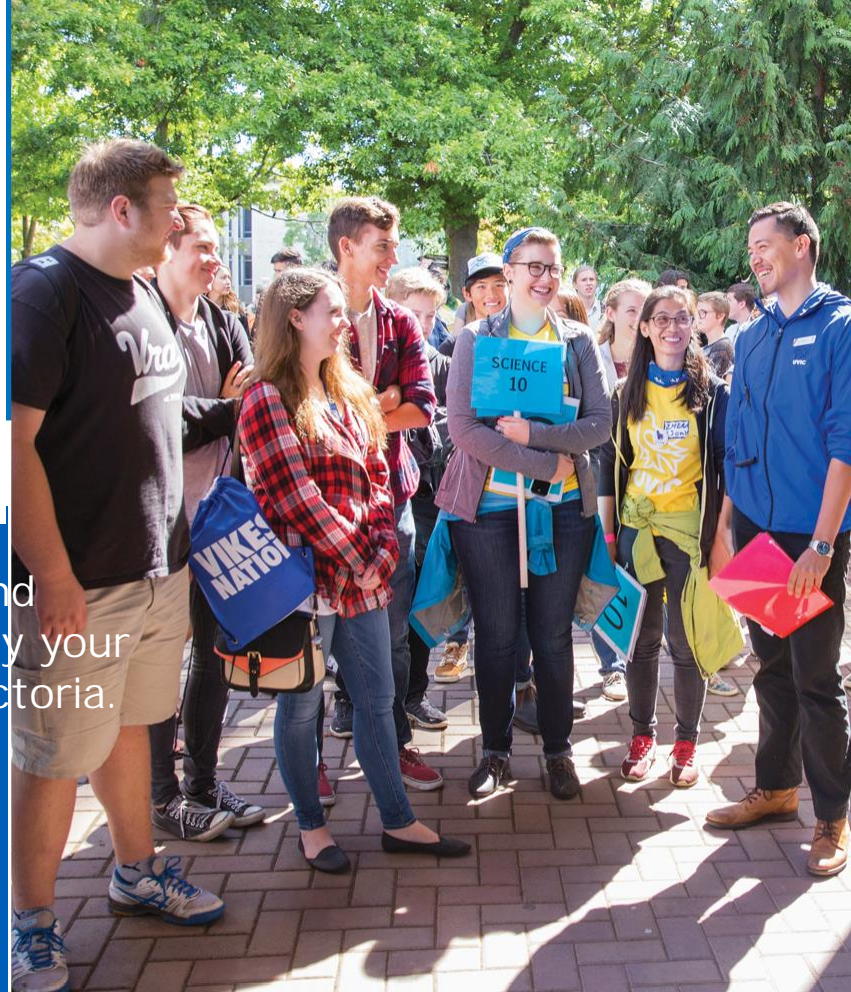
Time	First letter of last name
2:00 pm	A - F
2:25 pm	G - P
2:45 pm	Q - Z

# DISCOVER UVIC

Learn about programs, admission requirements and student life on our extraordinary campus. See why your next step should take you to the University of Victoria.

KELOWNA | TUESDAY, DECEMBER 5, 2017

Register for Discover UVic [uvic.ca/discover](http://uvic.ca/discover) 250 218 949



## **Youth Substance Use & Counselling is available in your child's school!**

ARC Program's Youth Substance Counsellors provide a continuum of services including education, prevention, counselling, referral and community liaison for youth who want to learn more about substances and the effects on overall wellness and functioning. To contact ARC Programs directly at 250-763-2977 if you have questions or concerns.

### **Tips & Tricks for Talking to Your Teen About Drugs & Alcohol**

- **Try not to panic.** While you may feel angry, frustrated, and concerned, it doesn't help to yell, show anger, or lecture.
- **Talk with your teen in an open, supportive way.** Invading their privacy, or using bribes, threats or guilt may only make the situation worse. Let your teen know that you care about them and your concerned with their health and safety.
- **Get informed about what your teens using and how often.** Find out as much as you can and about your teens experiences and attitudes about what they are using or drugs they are exposed to. Ask them to help you understand their perspective.
- **Educate yourself.** Learn about alcohol and other drugs and let your teen know that you are studying up on substance use (see list of resources below).
- **Seek Help.** Often is can be helpful to talk to someone about your child's behaviour. Use your available resources (i.e. School counsellor, ARC counsellor, Mental Health Clinician, Family counsellor)
- **Collaborate** – If you are a two-parent family, speak with your partner about how you want to proceed, identify appropriate consequences and rules so you are on the same page when you speak with your teen.

For more information:

**Parenting: The Drugs Question (CARBC – Helping Schools)**

***The Road Ahead: A Guidebook for Parents of Young Teens* ([heretohelp.bc.ca](http://heretohelp.bc.ca))**

**Cannabis Use & Youth: A Parent's Guide ([heretohelp.bc.ca](http://heretohelp.bc.ca))**

**National Cannabis Prevention & Information Centre ([www.ncpic.org.au](http://www.ncpic.org.au))**

**Checklist of Warning Signs of Substance Use Problems for Families and Teachers ([www.heretohelp.bc.ca](http://www.heretohelp.bc.ca))**

**What's the Deal? Talking with a Young Person About Cannabis ([www.ncpic.org.au/](http://www.ncpic.org.au/))**