



COWICHAN SECONDARY

Friday File: Oct. 4, 2019

# Important Dates & Events



- October 7-11- Thrive Week
- Wednesday, Oct. 9 – PAC Meeting, 6:30 pm in school library
- Monday, Oct. 14 – Thanksgiving Day (no school)
- Wednesday, Oct. 23 – Photo retakes
- Friday, Oct. 25 – Provincial Pro-D Day (no classes)
- Wednesday, Oct. 30 – Two hour early dismissal (1:15pm)
- Wednesday, Nov. 6 – B.C. University visits for grade 12s
- Friday, Nov. 8 – Remembrance Day Assembly
- Monday, Nov. 11 – Remembrance Day holiday (no school)



# Photo Retakes

All students must have their photos taken for use in school records, the yearbook (grade 12's grad photos will be used in our yearbook), and student cards. There is no charge for this service. A colour package may be purchased by filling out the Lifetouch order form (available in the office) and pay the fee directly to the photographer. **Photo retake day is scheduled for OCTOBER 23.**



## Grad Photos



Graduation cap & gown photos will be taken between December 2<sup>nd</sup> and 12<sup>th</sup>. All Grade 12's must have a FREE photo taken for the yearbook and our wall photo. Grads will be asked to sign up for an appointment time at [www.lifetouch.ca/victoria](http://www.lifetouch.ca/victoria) - Info packages and sign up sheets will be available in November. There is a \$25 sitting fee IF you want to preview the proofs for purchase.

# Nanaimo Education & Career Fair 2019

## Nov 28th

- Our bus will be leaving at 9am, and arrive back at CSS at 2:30pm. The fair is held at Beban Park Social Centre in Nanaimo.
- See [www.educationcareerfairs.com](http://www.educationcareerfairs.com) for more information, and come to the Career Centre to sign up!





# Thrive Week!!

## **Thrive Week Nov. 7-11:**

**Tuesday:** Information Session & Mental Health Activity in Advisory

**Wednesday & Thursday:** Workshops & Activities (see next page)

**Friday:** whole school assembly with guest speaker Blake Fly!!

All activities & speakers this week are connected to CLE 10 and CLC 11 & 12. Reflections of participation will be required in Advisory on Tuesday Oct. 15<sup>th</sup>.



# Thrive Week!!

As part of Thrive Week (Oct. 7-11), Wednesday & Thursday during flex students will be able to choose from a variety of topics/activities that support mental health, healthy living, and positivity!! Options include:

✓ . Adult Colouring & Art  
-- 24

✓ . Buddhist Meditation  
-- 220

✓ . Card Games  
-- 47

✓ . Cedar Weaving  
-- PORT 1

✓ . Dance  
-- 13

✓ . Draw Down: 100 Ways to  
Save the Planet  
-- 42

✓ . Drumming & Coast Salish  
History  
-- 16

✓ . Walking field trip to Open  
Door Youth Services  
-- 29

✓ . Friendship Bracelets  
-- 202

✓ . Games  
-- 206

✓ . Gym Games!  
-- Gym

✓ . Healthy Foods  
-- 12

✓ . Indigenous Art & Design  
-- 105

✓ . Jump Rope!  
-- COURTYARD

✓ . Karate  
-- 18

✓ . Kin Park gathering with  
Cowichan Green Community  
-- KIN PARK

✓ . Lacrosse  
-- BACK (small) FIELD

✓ . Mandala colouring & music  
-- 45

✓ . Mental Health & Art Works  
-- 29

✓ . Music Jam Session  
-- Band

✓ . Naturopathy & Clinical  
Herbalism  
-- 217

✓ . Poetry Power!  
-- 48

✓ . Quiet Activities (reading,  
colouring, etc)  
-- LIB

✓ . Suicide Prevention: Speak  
Out/Reach Out/Help Out  
-- 218

✓ . Ukulele  
-- 227

✓ . Weight Room  
-- Weight rm

✓ . Yoga  
-- PORT 49

✓ . LGBTQ - Supporting  
Diversity!  
-- 218

✓ . Holistic Nutrition  
-- 217

✓ . Beat Box/MC  
-- 13

MORE ARE  
BEING  
ADDED AS  
WELL!!!



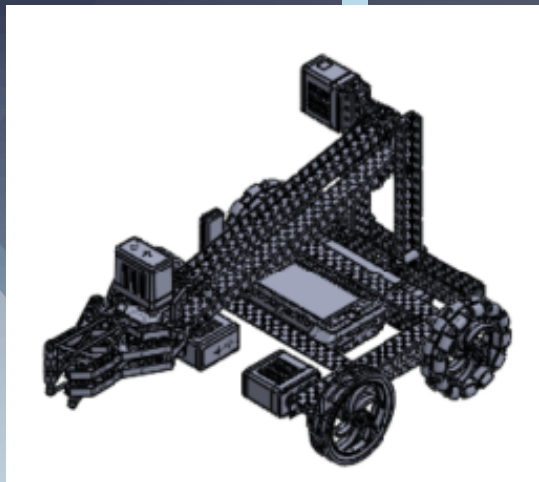
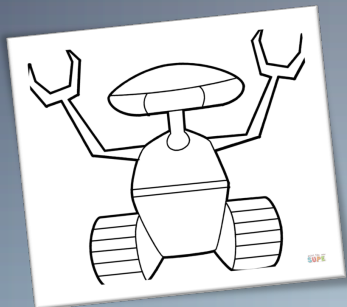
Our next PAC meeting is  
Wednesday, Oct. 9 at 6:30pm in the  
CSS library – everyone welcome!



# Spring Break Firefighter Cadet Camp!!!



Spring Break 2020 Fire Rescue Camp will  
be held in Metchosin. Application forms  
available from our Careers Office.  
Interested students should apply before the  
deadline of Dec. 31 2019!!



# VEX ROBOTICS

Thursdays @ FLEX RM 130

Come and explore robots

First meeting Sep 26,

All Welcome



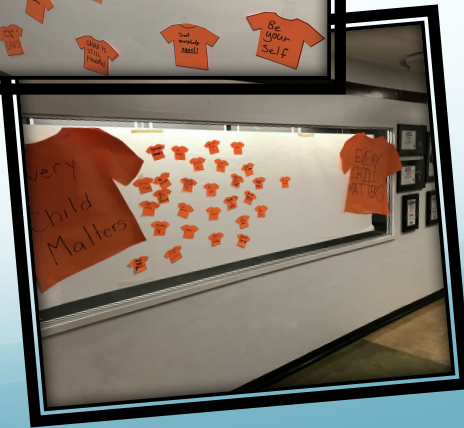
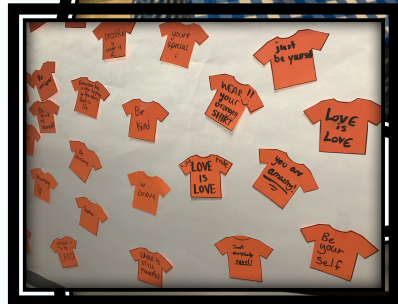
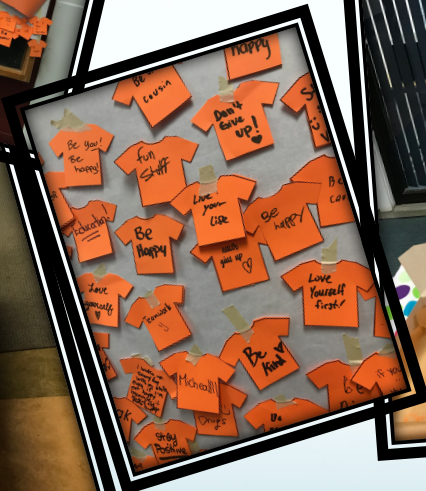
## **DUAL CREDIT OPPORTUNITIES (ACADEMIC):**

- English 115 (1<sup>st</sup> year English for most university programs)
- Criminology 154
- NEW at VIU Cowichan: Pre-Nursing/Dental Hygiene Biology
  - Biology 156 (Jan-Apr 2020)
  - Biology 157 (May-June 2020)
- IRLP Indigenous CLC/Capstone



**For all Dual Credit opportunities (academic or trades), see Ms. Martin in the Careers Office!**

# ORANGE SHIRT DAY!





# Our Amazing Students!



Congrats to  
Ellashani George who  
placed 2nd in the  
Canoe/Kayak for BC at  
the North American  
Indigenous Games!  
SO AWESOME!!!







Students made eggs benedict.... Silas said "This is the best Eggs Benny I've ever had, better than any restaurant!"



# Ms. Clark's Foods 11-12!



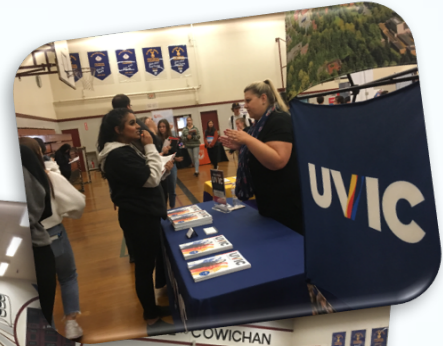




Canadian Universities Fair!!







# Ms. Clark's Foods 10!!



Students made  
Cheddar Herb Biscuits.  
Delish!!







Indigenous Technologies 11 class went on a field trip to Ye'Yumnuts, a sacred ancestral place of the Cowichan people and an ancient archeological site. Together with Graduate students from the University of Victoria, we learned from Dianne Hinkley of Cowichan Tribes and Professor Brian Thom from UVic. We were taught some of the history of the site and shown some archeological artifacts that were found there. Some of the artifacts date back over 2000 years!



Mr. LeMay's  
Indigenous  
Tech 11!!



# Picture of the Week

