

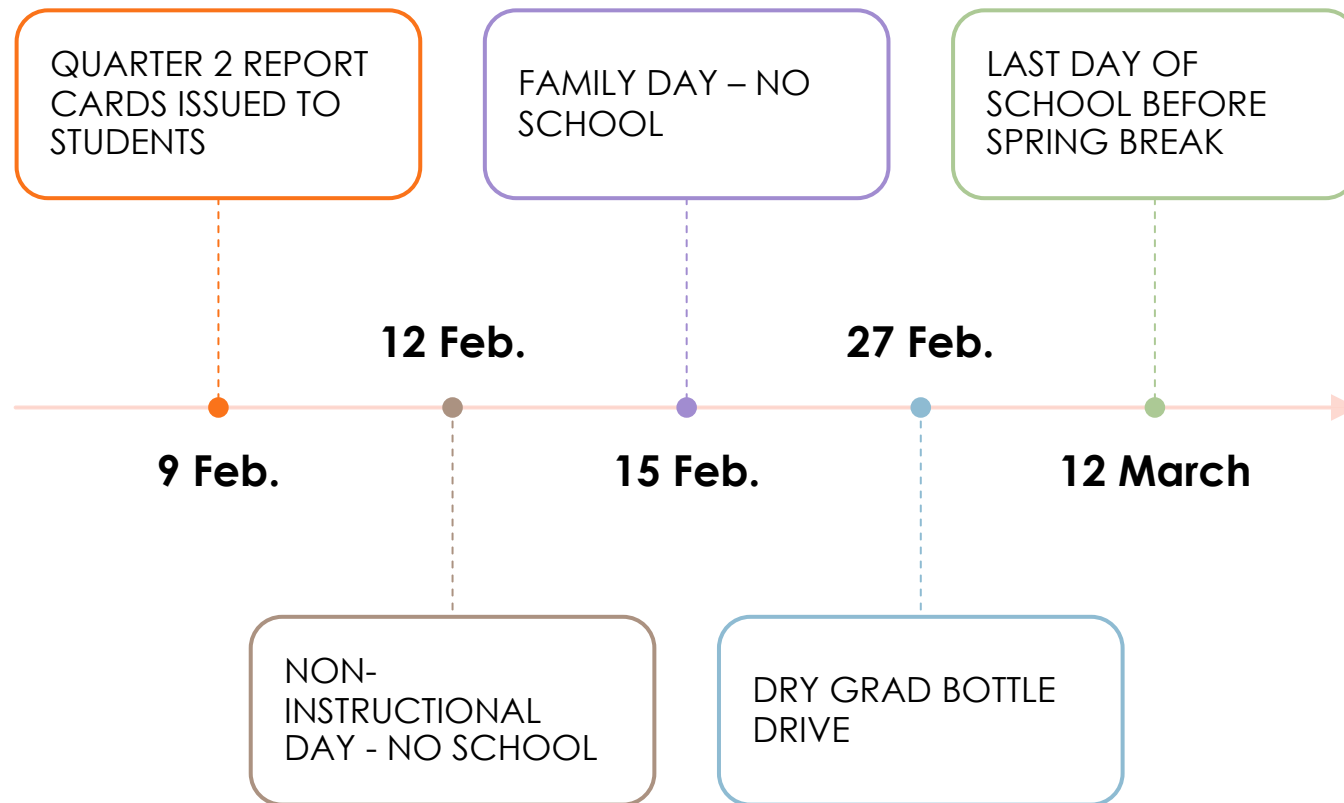


**COWICHAN SECONDARY**

# Cowichan Secondary School's Friday File

**February 5<sup>th</sup>,  
2021**

# Important Dates and Events





# MARK YOUR CALENDARS!!

Saturday, February 27<sup>th</sup>

10:00 am to 4:00 pm  
Cowichan Secondary Parking Lot

All Proceeds to Support Dry Grad

Please bring your empties and tell your family, friends and social media contacts to bring their empties  
We will need parents and grads to help.

Prizes drawn every hour for student helpers

Drop off or we can pick up!  
For more information, call or  
text Heather Horn at:  
250-710-0606.

Because grad celebrations are not sanctioned by the School, the Parent Organizing Committee for Dry Grad 2021 must communicate with you directly.

**To make sure you are in the loop for information, please:**

Send an e-mail to [cssdrygrad@gmail.com](mailto:cssdrygrad@gmail.com) with your:

- o Name
- o Email address
- o Phone number
- o Student's name

Join the Facebook Group (parents only):  
**Cowichan Secondary Dry Grad Parent Group 2021**

<https://www.facebook.com/groups/cssdrygrad>



Like the Facebook Public Page (everyone welcome):  
**Cowichan Secondary Dry Grad 2021**

<https://www.facebook.com/cssdrygrad>



Follow us on **Instagram:**

[www.instagram.com/cssdrygrad](http://www.instagram.com/cssdrygrad)



**You are not obligated to volunteer for anything if you send us your info. It is only a communication connection.**

For More Information: Email: [cssdrygrad@gmail.com](mailto:cssdrygrad@gmail.com)  
Janyse Gordon (Committee Co-Chair) – 250-709-8836 (Cell/Text)  
Sue Plester (Committee Co-Chair) – 250-416-1023 (Cell/Text)



# STUDENT PARKING

To help manage safety and unauthorized parking students will now be required to register their vehicle. Registration forms and parking stickers are available at the office. New parking requirements are effective March 1, 2021.



# CHILDHOOD STRESS & ANXIETY BUILDING RESILIENCE

EMPOWERING STRATEGIES

EFFECTIVE SUPPORTS



ZOOM Presentation and Discussion By:

**Julie-Anne Richards**, M.A., R.C.C., C.C.C.

Registered Clinical Counselor, Psycho-educational Consultant

[www.JulieAnneRichards.com](http://www.JulieAnneRichards.com)

6:30-8:00 pm

Tuesday February 9, 2021

REGISTER TO RECEIVE

ZOOM SIGN-UP LINK

Tailored for Parents, Caregivers and Educators

supporting children ages 5 - 12 **VIRTUAL PRESENTATION**

Please download ZOOM App to your device and the

Link will be emailed to you February 9

**Free Event!**

REGISTRATION REQUIRED (copy and paste in browser)

[https://www.eventbrite.ca/e/free-virtual-presentation-on-childhood-anxiety-](https://www.eventbrite.ca/e/free-virtual-presentation-on-childhood-anxiety-by-julie-anne-richards-tickets-139264861951)

[by-julie-anne-richards-tickets-139264861951](https://www.eventbrite.ca/e/free-virtual-presentation-on-childhood-anxiety-by-julie-anne-richards-tickets-139264861951)

This Presentation is structured for an Adult Audience

Funded by the Eric Palmer Memorial Foundation [www.ericfoundation.com](http://www.ericfoundation.com)

# **COURSE SELECTION**



**All on campus and remote learners will be able to access course selection information and enter their choices on the following dates. Zoom links will be available in next week's Friday File.**

- **FEB.16      GRADE 11 COURSE SELECTION INFORMATION**
- **FEB.17      GRADE 10 COURSE SELECTION INFORMATION**
- **FEB 22-26    WEEK OF COURSE SELECTION ENTRY BY COHORT**

# Scholarship and Bursary News

## ▶ Local Scholarships:

▶ We have heard back from all local scholarships and bursary donors and we are currently printing booklets for students and parents. There will be a session for Grade 12 students in February about how to apply for these. In the meantime, students can be making an academic Resume and working on their autobiographical essay. Information on these can be found at: <https://css.sd79.bc.ca/graduationresources/>

## ▶ District Scholarships:

▶ Cowichan Secondary Students will present District Scholarships on Wednesday, May 12. Due to health protocols the format for presentations may be different from the past.

## ▶ Other Scholarship Opportunities:

## ▶ MyBlueprint Scholarship Opportunity:

▶ More info at: <https://blog.myblueprint.ca/Scotiabank-invests-30k-into-myblueprint-scholarship-program-1daa510615a4>



# INTERESTED IN BEING A DOCTOR AND STAYING ON VANCOUVER ISLAND?

Did you know that you can earn their MD at on Vancouver Island at the University of Victoria? The IMP delivers the UBC MD Undergraduate Program in partnership with the University of Victoria and Island Health.

At this special virtual evening information session, your students will learn about the IMP and UBC MD Undergraduate Program, our admissions process, what it takes to become a doctor, and what it's like being in medical school. A Q&A period will follow the presentation.

This event will be co-hosted by Dr. Shahin Shirzad, Assistant Dean of Admissions, and current IMP medical students. I will also be on-hand to answer questions.

**When: Thursday, February 18, 2021**

**Time: 6:30 to 8:00 p.m.**

**Where: Zoom**

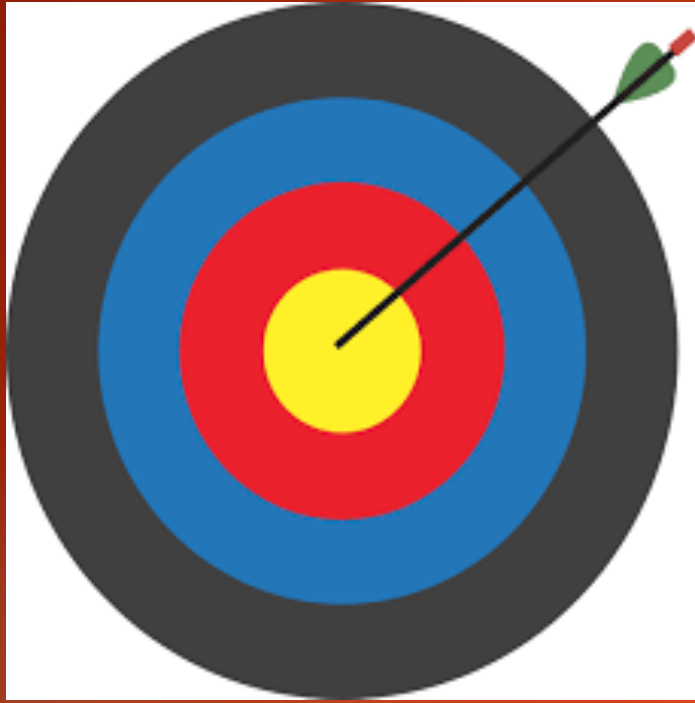
**Link/Cost: Free; register at [imp.med.ubc.ca/infoessionFeb2021](https://imp.med.ubc.ca/infoessionFeb2021)**

**to receive link**

Everyone is welcome (including guardians, teachers, and counsellors), and admission is free. To receive a link, simply go to [imp.med.ubc.ca/infoessionFeb2021](https://imp.med.ubc.ca/infoessionFeb2021) and click on the registration link.







## Archery in Indigenous Games PE class





**CJ being  
creative in  
Cultural Arts 10**



# 2021 VANCOUVER ISLAND POST-SECONDARY VIRTUAL TOUR

WOULD YOU LIKE TO  
LEARN MORE ABOUT  
POST-SECONDARY  
OPTIONS ON  
VANCOUVER  
ISLAND?

Join recruiters from UVIC, VIU, NIC, and Camosun to learn more about post-secondary options on Vancouver Island, BC! This virtual presentation will include information on post-secondary education in BC, explain pathways and partnerships including transfer options, and provide resources and supports that will help inform your post-secondary decision.

**DATE:** Feb 9, 2021

**TIME:** 6:30PM

**INFO:**

[HTTPS://UVIC.ZOOM.US/J/8  
4515152692](https://uvic.zoom.us/j/84515152692)