

FRANCES KELSEY SECONDARY "WEEK AT A GLANCE"

WEEK OF JUNE 12TH

SUGGESTED ACTIVITIES TO DO THROUGHOUT THIS WEEK:

WABCD

Advisor	9:00-10:00
A	10:03-11:08
B	11:10-12:15
LUNCH	12:15-1:00
C	1:03-2:08
D	2:10-3:15

1. All grade 12's please meet in the Theatre for **Valedictorian speeches** and voting today.
2. This month's meeting for the Victoria Area is called - **"How to Stay Connected and Helpful To your Teen with Mental Wellness Challenges"**

Presenter - Shilpa Narayan, Psychology Student - Shilpa will help parents understand what it is like to be a teen with mental health issues and how parents can help support their children during this difficult time.

At the age of 12, Shilpa was diagnosed with major depressive disorder and generalized anxiety disorder, facing tremendous adversity and struggling with self harm and suicidal ideation.

In this workshop, Shilpa will highlight her journey and will discuss the importance of conversation, communication and connection in relation to the roles that parents play in their child's mental health journey. **Date & Time:** Thursday June 15th, 7:00 pm - 9:00 pm

Location: Saanich Neighbourhood Place (Inside Pearkes Rec. Centre)

Cost: Free **RSVP:** <http://bit.ly/2rVspOl>

3. **One more kayaking/stand up paddle board trip** has been added for PE 9-12 students who are still needing credit to complete PE. Date of this trip: Thursday, June 22. See Mrs. Gillis for forms.
4. The **LAST CHANCE** to buy **Dry Grad tickets** is Tuesday, June 13th at lunch outside the Library. You must have a ticket in order to attend. They will not be available to purchase the day of the event.
5. **Today during A Block:** Please welcome a small group of Discovery students who missed our original school tour in May.
6. **ADVISORY MONDAY**
 - Please overview and help your **Grade 8 and Grade 9** students **ONLY** complete the yellow Core Competency self evaluation form. For this year we are reviewing **ONE** competency area - Personal and Social Responsibility.
 - For this year, Christa will report out on the final report card that "This student has reflected on a Personal and Social Core Competency during advisory". This will be added to other report card comments so No teacher comments will be required to be input this year.
 - For now advisors please collect and keep the sheet for reference that the student completed the self-assessment. Much thanks!

7. Today is the **last chance to buy a Yearbook** at lunch in the Dome for \$50.00.
8. Students: It's time to start **cleaning our your lockers** and take home any unnecessary items. Any textbooks or library books that are not being used should be turned into the Library. Math and Science books should be turned into the Science Kiosk.
9. Advisors: The students on the following list did not hand in the evaluation or do an alternate assignment for **Take Your Kids to work Day**. These students will receive a zero for learning guide 3 for Careers 9 if they have not done either of these. Forms can be picked up in the Career Centre.
10. **Career Exploration 11 Students**: Reminder that course packages are now due. Please hand them into Mr. van der Linden or the Career Centre.

WEX12 students should be completing their final unit now. Please pick up your package in the Career Centre.
11. The **health nurse** will be at Kelsey from 12:00-2:00 p.m. today.

This Week

Tuesday

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Wednesday

- *Awards Assembly 10:00 - 12:00 p.m.*
- *Scholarship / Bursary Evening 7:00 - 9:00 p.m.*
- *Health & Safety meeting 2:15 - 2:45 p.m.*

Thursday

- *Band Concert in the Gym 7:00 – 9:00 p.m.*

Friday

- *Q Block Grad BBQ & Tie Dye 10:30 – 12:00 p.m.*

Saturday

- *Grad Banquet 3:30 – 9:00 p.m.*
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