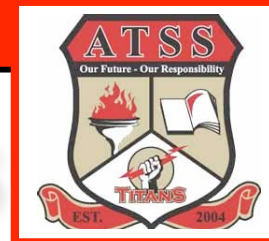


# ABBOTSFORD TRADITIONAL SECONDARY SCHOOL

NOVEMBER 21, 2005

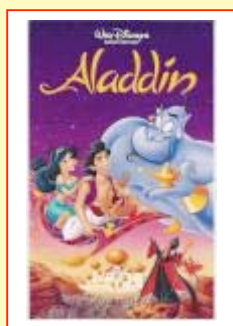


## INSIDE

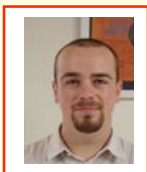
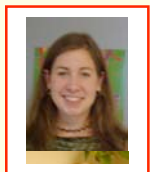
# Parent/Teacher Interviews

• HOMEWORK WEBSITE — [www.fvrl.bc.ca](http://www.fvrl.bc.ca)

• MUSICAL THEATRE  
**Aladdin**



- PAC GETTING TO KNOW YOU — NOVEMBER 21ST
- MINISTRY EXAM HAVE BEEN MOVED A WEEK
- DRESS CODE
- GRAD COMMITTEE
- TIMETABLE FOR SEMESTER ONE (MAY BE REVISED)
- NATIONAL INSTITUTE ON MEDIA AND THE FAMILY
- RECOGNITION ASSEMBLY — NOV 30
- SCHOOL WEBSITE  
PLEASE CHECK OUT OUR NEW WEBSITE FOR UP-TO-DATE INFORMATION ABOUT THE SCHOOL AND SCHOOL EVENTS.  
[WWW.ATSS.CA](http://WWW.ATSS.CA)



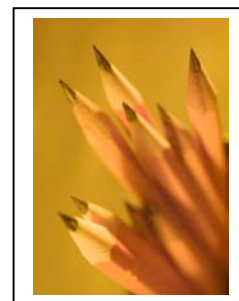
First Term report cards will be sent home early this week. Parent/teacher interviews are scheduled for Thursday, November 24. Parents are invited to come to the school between 3:30 and 5:00 pm, and between 6:00 and 8:00pm. to meet with their student's teachers.

Interviews will be conducted in the gym. Tables and chairs will be set up for each teacher. Parents are asked to keep their interviews to five minutes. If more time is required, parents are invited to make an appointment to meet with the teachers at a later time.

## Government Exams Moved Forward a Week

In order to even the amount of time in semesters one and two this year, the end of term dates including the ministry exams will be moved forward a week. Exams scheduled for the end of January have been moved to the first week of February. This means that each semester at ATSS is four days shorter.

February 6, 2006 Monday	English 10 French 12 Communications 12	9:00 am - 11:00 am
	Social Studies 11 History 12	1:00 pm - 3:00 pm
February 7, 2006 Tuesday	English 12	9:00 am - 11:00 am
	Principals of Maths 10 Applications of Maths 10 Essentials of Maths 10	1:00 pm - 3:00 pm
	Science 10	9:00 am - 11:00 am
February 8, 2006 Tuesday	Principals of Maths 12	1:00 pm - 3:00 pm
	Biology 12	9:00 am - 11:00 am
February 9, 2006 Tuesday	Physics 12	1:00 pm - 3:00 pm
	Geography 12	9:00 am - 11:00 am
February 10, 2006 Tuesday	Chemistry 12	1:00 pm - 3:00 pm

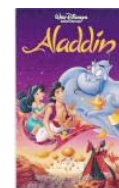


## Aladdin

### Performances:

- Matinees - January 17, 18, 19 and 20
- Evening performances - January 19
- Evening performance, dinner theatre and silent auction - January 20<sup>th</sup>.

We are looking for parent helpers to help with costumes, props, or organizing the dinner theatre and auction.



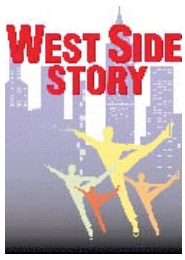
If you have some time and would like to be part of this exciting project, please contact Mrs. Salstrom, Mrs. McDonough or Mrs. Giacometti in the office.

## PAC News

PAC Meeting — Mon., Nov. 21<sup>st</sup> at 7:00pm

Parents are encouraged to attend our PAC meeting on Monday, November 21 at 7:00 pm in the main hallway.

In addition to many important items on the agenda, nominations are being accepted for the PAC Executive positions for this school year. Three of these positions are the parent representative positions on the School Planning Council — the council that develops and evaluates our school plan for the year.



Yale Secondary School Musical Theatre presents

**WEST SIDE STORY**

BROADWAY'S FAMOUS MUSICAL ADAPTATION OF ROMEO AND JULIET  
By Leonard Bernstein, Stephen Sondheim and Arthur Laurents.

Public Performances:  
February 12 (2.30 p.m.), 16, 17 and 18 (7.30 p.m.), 2006

Special Schools Only Matinees (10.30 a.m. curtain)  
February 13 and 14, 2006

Abbey Arts Centre



**Parents Make a Difference**

Mark your calendar!  
Sessions take place Tuesday nights at 7:00 pm  
Yale Secondary Theatre  
34620 Old Yale Road  
Abbotsford, B. C.

BE SURE TO TAKE ADVANTAGE OF THESE GREAT SESSIONS!

November 29  
"Raising Successful Students"  
District 34 Staff

January 24  
"Internet Safety"  
Merlyn Horton

April 4  
"Boys and Girls Learn Differently!"  
Bruce Ivany



For more information contact Jolene Davies at 604-851-4580

**Scholarship and Bursary Help Needed**

Parents, we need help supporting our first and future graduating classes at ATSS! We are looking for people who may be interested in offering scholarships or bursaries to support our graduates in their post secondary studies. If you would like to make a donation or establish an ongoing scholarship or if you know someone who may be interested in doing this, please call Mr. Testa at the school.

**Grad Committee**

Each of our grade 12 parents is a member of the Grad Committee of the Whole. We hope all of our parents will be involved in planning the special events for this very important year – it is time to start planning for the NOW! Mr. Testa will be sending information home with grade 12 students in the near future. The information package will include an initial meeting date for the parent organizing committee. We hope to see all of your parents at the meeting.

**Mygradebook**

Individual teachers are in control of mygradebook passwords for students. Passwords do not randomly change. If they do change it is the teacher who changes them and then supplies the information to the students. If there is an issue with a student supplying a password to a parent the parent should call the school and leave a message for the teacher or ask the secretary for the teacher email address. The teacher can give the parent the password. There is an easy to set up system for multiple class logins so you only need one password. The instructions are at the login page of mygradebook. Just click on set up multiple class login.

## CALENDAR — SEMESTER ONE

PAC Meeting	November 21 at 7:00pm
Term One reports Sent Home	Week of November 21
Recognition Assembly	November 30 <- NOTE correction
Parent/Teacher Interviews	November 24, 3:30-5:00pm 6:00 – 8:00pm
Professional Development Day	November 25
Social Studies Fair and Music Performance	December 1
Music Field Trip	December 2
Christmas Banquet and Talent Show	December 12
Winter Vacation	December 19 to 30, 2005
School Reopens	January 3, 2006
Aladdin	January 17, 18, 19 & 20
Last day of term 2	January 25
Semester Turnaround	February 1, 2006
Compensation Days	February 2 and 3, 2006
District-wide Non-Instructional Day	February 17, 2006
Spring Vacation	March 13 – 17, 2006



### DRESS CODE

Parents, please help with the school dress code – students should have at least two school uniforms so that they have dress code to wear when one set is in the wash.

We have quite a few items available in our school store and our consignment store. If you are interested in purchasing addition dress code items including hoodies now that the colder weather has arrived, please check in the office for an order form.

Students who are not in dress code (without a valid reason) will work in the office for the day.

Parents – please support the school dress code – remind your student to wear dress

**WWW.ATSS.CA**  
**THE PLACE TO BE**  
**ATSS WEBSITE**  
**==== A GOOD PLACE TO**  
**GET SCHOOL INFORMATION**

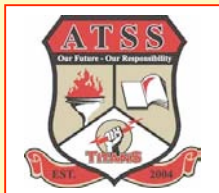
If you haven't visited our website at [www.atss.ca](http://www.atss.ca) please take the time to check out our newly revised website. A huge thank you to Mr. Ennis for his outstanding work designing our website. You will find the site very easy to negotiate and filled with up-to-date information about the school, school programs and events and important dates. All of our school publications are posted on the website including our bi-weekly newsletter. Please check the ATSS website on a regular basis.



In order to keep our parents well informed about what is happening at ATSS, we plan to e-mail our newsletter to all of our parents with e-mail. If you have an e-mail address, please e-mail Mrs. Giacometti in the office ([lorrene\\_giacometti@sd34.bc.ca](mailto:lorrene_giacometti@sd34.bc.ca)) with your e-mail address as soon as possible. Thank you.



# ATSS PARENTS!



You are invited to a special 'Meet & Greet' evening meeting of the Parent Advisory Council (PAC). This is a perfect opportunity for you to meet other ATSS parents and voice your opinion on important issues at ATSS. Please joins us - we have many exciting items to discuss. November 21<sup>st</sup> at 7:00 in the main foyer.

### Hoodie Gone Missing

Somebody has accidentally picked up Kevin Fritzke's hoodie (named) and left their hoodie (unnamed). Please check to ensure that you do not have Kevin's hoodie by accident - if you have it. Please return it to room 312.

### Graphing Calculator Lost

A graphing calculator went missing on Monday. The calculator is clearly named on the back - Jonathan Horst. If you see this calculator, please return it to Jonathan in room 210.

### LOST AND FOUND

Our lost and found box (2 feet by 2 feet by 6 feet for a grand total of 24 cubic feet) is overflowing with shirts, slacks, hoodies, shoes, and more. Please remind your student to check the lost and found box on a regular basis.

Something that everyone can do to make claiming lost items easier is to name all of their belongings. Parent, please check to make sure that your son or daughter has brought home the correct shirt or hoodie - we have some students who have named their clothing but it has gone astray and an unnamed item has been left in its place.

REMINDER: when school breaks for the winter holiday, all items that have not been claimed from the lost and found will be:

- a) donated to our consignment store (dress code items)
- b) donated to a charity

Please check the lost and found today!

### TERM ONE REPORTS

Term One reports will be sent home the week of November 21<sup>st</sup> with the students. Please contact the office if you do not receive your student(s)' report card.

This report marks the mid point of semester one (or the first quarter of linear [all year] courses). If your student did well, congratulations - keep it up. If your student did not do well, there is time to pull up the marks and complete the course successfully.

Here are a few things to talk to your student about if his or her results are not where they could be:

- a) use the agenda - planning is a large part of success in any field
- b) complete homework - review and practice are vital
- c) ask the teacher if you don't understand or for extra help
- d) help on a regular basis - cramming for a test is a short-term gain and will not help for the end of course exam
- d) read...read... reading is a key to success

### PARENT/TEACHER INTERVIEWS

We will be holding our Parent/Teacher Interviews on:

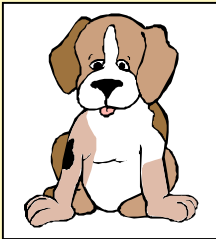
Nov. 24, 3:30 - 5:00pm and 6:00 - 8:00pm.

We will follow the same structure as we did last year..... the teachers will be at tables around the gym. Each table will have two chairs for parents and several extra chairs for parents waiting to speak to that teachers. Parents are invited to meet with teachers who are free or wait for teachers who are already speaking with a parent.

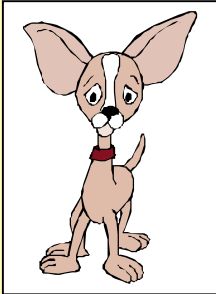
We request that you keep your interview with the teacher brief so that everyone has the opportunity to meet with all of their student(s)' teachers. If you feel that more time is needed, please book an appointment with the teachers when you can schedule more time.

We are looking forward to seeing all of our parents at our Parent/Teacher Interviews on November 24.

STUDENT SAFETY IN OUR SCHOOLS



The Board of School Trustees believes that all students have a right to attend school in an environment conducive to learning. Since alcohol and other drug possession, supply or sale is illegal and interferes with both effective learning and the healthy development of all individuals; the school district is committed to preventing drug use and to maintaining a drug-free educational environment.

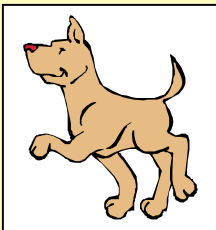


SCHOOL DISTRICT POLICY – DRUG DOGS IN THE SCHOOL  
TAKING CARE OF OUR KIDS

As you may be aware, last year the Board of School Trustees passed “Policy 11 - 100 - Drugs.” The policy outlined a comprehensive district strategy to more effectively educate children about the danger of drugs. Specifically, the policy outlines a range of proactive interventions which school personnel will use to assist students in living a healthy and drug free lifestyle. In accordance with this policy, “drug sweeps” will be conducted on a random and rotational basis at each middle and secondary school in the district. This will involve drug-sniffing dogs that will be going throughout the school and by all lockers to detect any traces of illegal drugs (marijuana, hashish, cocaine, methamphetamines and ecstasy). Over the next eight months, the Superintendent’s office will authorize random “sweeps” in each middle and secondary school in the district.



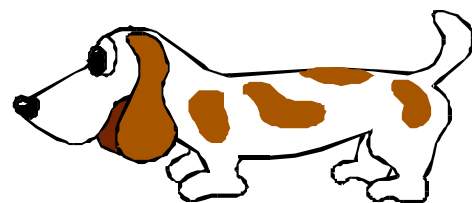
The District hopes to provide an active deterrent to drug use in and around our schools. The dogs are trained to detect vary faint odors of the above listed drugs, and will be escorted around the school by the school administration and their expert handlers. Tests have shown that these odors can remain present for weeks after initial usage, and the dogs can detect even the faintest traces of these drugs. A plan has been established to ensure that the drug sweeps will result in no disruption to instruction, and that no students come in contact with the dogs. The school administration will accompany and video tape the dog (s) at all times.



We are asking all parents to take the time to review this policy with their children. While the drug sweeps will be cause for some conversation around the school, we are more encouraged by the range of proactive interventions we now have at our disposal to better educate students about the dangers of drugs.



(The policy can be viewed on-line at [www.sd34.bc.ca/upload/11-110.pdf](http://www.sd34.bc.ca/upload/11-110.pdf) or alternatively you may contact the school for a copy). If you have any questions please feel free to contact Mrs. McDonough at the school.





### Kids Doing Poorly in School? Study shows sleep affects student performance

WASHINGTON (AP) -- Staying up an hour or two past bedtime makes it far harder for kids to learn, say scientists who deprived youngsters of sleep and tested whether their teachers could tell the difference...

**They Could.** If parents want their children to thrive academically, "Getting them to sleep on time is as important as getting them to school on time," said psychologist Gahan Fallone, who conducted the research at Brown Medical School.

The study, unveiled Thursday at an American Medical Association science writers meeting, was conducted on healthy children who had no evidence of sleep- or learning-related disorders. Difficulty paying attention was among the problems the sleepy youngsters faced -- raising the question of whether sleep deprivation could prove even worse for people with attention deficit hyperactivity disorder, or ADHD.

Fallone now is studying that question, and suspects that sleep problems "could hit children with ADHD as a double whammy." Sleep experts have long warned that Americans of all ages don't get enough shuteye. Sleep is important for health, bringing a range of benefits that, as Shakespeare put it, "knits up the raveled sleeve of care." Not getting enough is linked to a host of problems, from car crashes as drivers doze off to crippled memory and inhibited creativity.

**Teachers detect lack of sleep.** But exactly how much sleep correlates with school performance is hard to prove. Brown researchers set out to test whether teachers could detect problems with attention and learning when children stayed up late -- even if the teachers had no idea how much sleep their students actually got. They recruited 74 6- to 12-year-olds from Rhode Island and southern Massachusetts for the three-week study.

For one week, the youngsters went to bed and woke up at their usual times. They already were fairly good sleepers, getting nine to 9.5 hours of sleep a night. Another week, they were assigned to spend no fewer than 10 hours in bed a night. And another week, they were kept up later than usual: First- and second-graders were in bed no more than eight hours and the older children no more than 6.5 hours. In addition to parents' reports, the youngsters wore motion-detecting wrist monitors to ensure compliance.

Teachers weren't told how much the children slept or which week they stayed up late, but rated the students on a variety of performance measures each week. The teachers reported significantly more academic problems during the week of sleep deprivation, the study. Students who got eight hours of sleep or less a night were more forgetful, had the most trouble learning new lessons, and had the most problems paying attention, reported Fallone, now at the Forest Institute of Professional Psychology in Springfield, Missouri.

**How much sleep?** Sleep has long been a concern of educators. Consider: Potter-Burns Elementary School in Pawtucket, Rhode Island, sends notes to parents reminding them to make sure students get enough sleep prior to the school's yearly achievement testing. "Definitely there is an impact on students' performance if they come to school tired," he said.

But the findings may change physician practice, said Dr. Regina Benjamin, a family physician in Bayou La Batre, Alabama, who reviewed the data at Thursday's AMA meeting.

"I don't ask about sleep" when evaluating academically struggling students, she noted. "I'm going to start."

So how much sleep do kids need? Recommended amounts range from about 10 to 11 hours a night for young elementary students to 8.5 hours for teens. Fallone insists that his own second-grader gets 10 hours a night, even when it meant dropping soccer the season that practice didn't start until 7:30 -- too late for her to fit in dinner and time to wind down before she needed to be snoozing.

"It's tough," he acknowledged. But "parents must believe in the importance of sleep."

The study was funded by the National Institutes of Health. Copyright 2005 The Associated Press.

Find this article at: <http://www.cnn.com/2005/EDUCATION/11/11/sleepy.students.ap/index.html>

#### THE AMOUNT OF RECOMMENDED HOURS OF SLEEP CHANGES WITH AGE

