



# École Heritage Park Middle School NEWSLETTER



December 20, 2018 | Issue 4

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## MESSAGE FROM THE PRINCIPAL

Dear Parents and Guardians:

The past few weeks at École Heritage Park Middle School have been busy and productive.

On November 22nd, we hosted the Parent/Teacher Conferences for the Term 1 report cards. This event was well attended with over 400 report cards being picked up this evening. This was a great opportunity for parents and staff to work together in support of student learning.

On Saturday, December 15th, our Leadership students, under the guidance of Mrs. Matheny and Mrs. Kooy, assisted with the 10th annual 'Mission Students Have Heart' free community Christmas dinner. Students and staff provided a free meal to those who were either struggling this year, or experiencing financial hardship, were lonely, or just wanted to share in the Christmas spirit. In addition to the meal, warm clothing, blankets, toiletries and Christmas gifts for the children in attendance were distributed.

On December 19th, our Music department entertained us with their musical talents. A big thank you to our Music Director, Ms. Amaya, for her leadership with our talented students.

A variety of school spirit events were enjoyed including: Ugly Sweater Day, Red and Green Dress-Up Day, S'Winter ~ Hawaii Theme Dress-Up Day, Christmas Hat and Accessory Week and Western Theme Dress for the 'Ho Ho Ho Down' on Friday, December 21st. After all of this, everybody should be ready for a break.

We hope families are able to take time to enjoy some rest and relaxation together over the next two weeks. On behalf of the staff of ÉHPMS - 'Happy Holidays!'

Mrs. Linda Ziefflie

- ✓ December 24 to January 04 Winter Break
- ✓ January 09 PAC Meeting, 7:00 pm, Library
- ✓ February 01 Semester Turn-Around Day, No Classes  
Term 2 and Semester 1 Ends
- ✓ February 04 Term 3 and Semester 2 Begin
- ✓ February 13 PAC Meeting, 7:00 pm, Library
- ✓ February 14 Report Cards Available
- ✓ February 15 District Pro-D Day, No Classes



# Christmas in the CLASSROOM

*~ Brought to You By Hard-Working Grade 9 Students ~*

Grade 9 Foods Studies students put together their annual “Christmas Dinner” on Monday, December 10th. Each group of students got to pick and prepare a recipe of their choice. Students were encouraged to try new things that were out of their comfort zone, and that they did! Some dishes included were:

- \* Turkey
- \* Tandoori Chicken
- \* Macaroons
- \* Ham
- \* Roasted Vegetables
- \* Sugar Cookies
- \* Lasagna
- \* Mashed Potatoes
- \* Crème Brulee

After the chaos of the day was over, students were given the opportunity to reflect on the whole experience. Below are some examples of the students thoughts:

“I can see a meal as a powerful tool in the home, because it is a time when everyone can come together. It can also bring laughter, happiness and good memories.” ~ Cassidi D. ~

“A meal gives a family a chance to bond and get through problems and just spend time together.” ~ Cadence W. ~

“It is significant to prepare and eat a meal together because people don't feel lonely.” ~ Talia ~

“Social development is key in teens, eating together contributes to that.” ~ Briana S. ~

“When you prepare a meal together, you all come together and it's a good team building experience.” ~ Emma J. ~

“My favourite part about doing our Christmas dinner was when we ate together.” ~ Raylene B. ~

“Meals together take kids off video games, and adults from work, to bring them together.” ~ Josh G. ~



Check out Mr. Brogan's **HERITAGE HAPPENINGS!** on our website, [hpms.mpsd.ca](http://hpms.mpsd.ca), and see what the students and staff have been up to! (The link is on the blue ribbon at the top of the main page).



We just finished hosting a successful Scholastic Book Fair run by members of our PAC. Thank you to Karen Thompson, the organizer of the event; Corrine Foret; Melissa Crapo; and Allison Shave for giving our students the opportunity to purchase their own books. It was a busy and fun three days. As well, thank you to the parents, students and staff who supported the fair. All of the money raised will go towards adding great books to our collection.



Built by the Library Club students, our amazing “book-tree” adds a festive touch to the library. We also have a display of books with wintry themes. As there’s nothing better than curling up with a good book during the holidays, especially if “the weather outside is frightful”, students ARE allowed to borrow books over the break, but they must be sure to first return or renew overdue books next week.

Ms. Schmor and Ms. Lamb wish everyone a wonderful holiday and a healthy new year!



### UPCOMING LIBRARY EVENTS

Check out all the latest Mission library events at: [fvrl.bibliocommons.com/events/](http://fvrl.bibliocommons.com/events/)

#### BeTween the Pages Book Club

- Wednesdays, January 9, February 13, March 13 and April 10, 3:30 pm - 4:30 pm

Join a book club to discover new books, enjoy fun activities and make new friends! Please contact the library to register. For ages 9-12.

#### Harry Potter Book Night

- Thursday, February 7, 6:00 pm - 7:30 pm

Any school aged muggles or wizards are welcome to attend this celebration of J.K. Rowling’s wonderful Harry Potter book series. Find out which house you belong in and have fun with various other games and activities. Ages 8 and older.

#### Death by Chocolate

- Saturday, February 9, 2:30 pm - 4:00 pm

Do you have a sweet tooth? Come make chocolates to take home. There will be fun, games and chocolate, chocolate, chocolate! Registration required. For ages 12-18.

# SPORTS

## Ski and Snowboard Club:

### Upcoming Sasquatch Mountain Resort Dates

- ❄ January 11, 2019
- ❄ January 18, 2019
- ❄ February 1, 2019



## Sr. Girls Basketball Team

Congratulations to the Heritage Park Grade 8/9 Girls Basketball Team who came first in their basketball tournament at Burnaby South Secondary School on Dec. 12-14. The girls played four hard fought games against teams from around the lower mainland. The girls really came together as a team to win all of their games and clinch the first place spot. They played some great defense and worked hard on the court in all of their various team roles. Way to go girls! You made École Heritage Park Middle School proud!



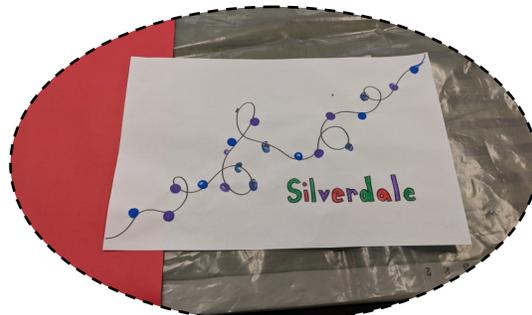
## ♥ "Mission Students Have Heart" ♥ ÉHPMS LEADERSHIP STUDENTS

Leadership students have embraced the spirit of giving this holiday season, contributing to our community in various ways. Our grade 7 leaders fundraised for the local Christmas Bureau, buying stocking stuffer gifts for preteens and teens, as well as making a cash donation.

Leadership 8/9 students helped at the 10th annual Mission Schools Have Heart Community Dinner on Saturday, December 15th. They served approximately 200 community members. The attendees were treated to a turkey dinner and desserts, and were provided with donations of toiletry bags, cookie bags, toys for the kids in attendance and winter jackets, toques, mittens, clothing and blankets if needed.

All leadership students helped to collect the toiletries for the community care packages and non-perishable food items for the local food bank.

Thank you Highlander leaders for your care and generosity!



Placemats were made by 3 of our Elementary Schools.

The ÉHPMS Sr. Band under the direction of Ms. Amaya played beautiful, festive music at the community dinner for the guests enjoyment.



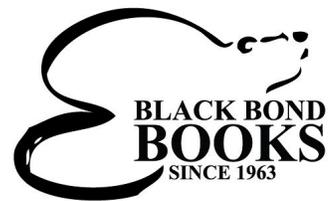


# Ho-Ho Hoedown

On December 21st, we will be having our annual Christmas Hoedown. We will have over 600 Grade 7, 8, and 9 students showing off their skills by square, circle, and line dancing. In the past this has proven to be a highly successful event for our students.

Throughout the festive activities, we like to give out prizes to our students.

**We would like to recognize and thank ENORMOUSLY the following businesses (in alphabetical order) that generously donated gift cards for this event:**



# RANDOM ACTS OF KINDNESS



Donate food,  
toys & books



Bring hot cocoa  
to a friend



Smile at everyone  
you come across



Give a secret gift  
to someone



Give out free hugs



Call your  
grandparents



Pick up trash



Volunteer



Send a handwritten  
note or text message



Walk a dog



Put positive sticky  
notes on mirrors



Hold a  
door open



Send anonymous  
flowers



Babysit



Say please &  
thank you



Plant a tree



Say hello



Pass out  
balloons



BOARD OF EDUCATION OFFICE  
33046 Fourth Avenue, Mission, BC V2V 1S5  
Tel 604-826-5286 Fax 604-826-4517

December 18, 2018

Attention: Parents and Guardians of Middle and Secondary MPSD Students  
Re: Information and Response to the Usage of Vapes on District Property

Dear Parents,

This letter is intended to inform you of the District's response in addressing the concern of youth Vape usage on District property. There has been a significant increase in youth vape usage in recent months both provincially and locally, as noted by the Media and MPSD administration.

According to British Columbia's requirements under the tobacco and vapour products control act and regulation, 'It is illegal to give or provide any vapour products to someone under the age of 19'. Therefore, if your child is caught bringing a vape to school, the vape will be confiscated by administration and will not be returned. Furthermore, they will receive an out of school suspension up to and including 3 days, and may be subject to a Bylaw enforcement fine of \$230.00.

There are several related health, social, and behavioural concerns associated with youth vaping, and we take these concerns seriously. To this effect, the District is partnering with Fraser House to ensure that in the near future, all grade 7 and grade 10 students will receive health education outlining the risks associated with vape usage. We will also be organising an information session at the Clarke theatre in May to provide information to parents and guardians. If you have any questions about School District procedures relating to this, do not hesitate to contact me at the number above or via email at [angus.wilson@mpsd.ca](mailto:angus.wilson@mpsd.ca). Thank you for your attention to this serious matter, as we work together to ensure students in Mission are safe, healthy, and learning every day.

Sincerely,



Angus Wilson  
Superintendent of Schools

EC Board of Education, SD75  
RCMP, Mission Detachment

## Fraser Health School Health Website Update



### Get an A+ in keeping kids healthy.

Visit our School Health and Child and Youth web resources for expert advice for students, parents and teachers on:

- ▶ Youth Mental Health and Wellness
- ▶ Youth Sexual Health and Sexuality
- ▶ Healthy Eating and Physical Activity
- ▶ Illness and Medical Conditions in the Classroom

And more!



Our resource [fraserhealth.ca/schoolhealth](http://fraserhealth.ca/schoolhealth) makes it easier for people to find support and information about health issues that affect children and youth of school age from five to 18, as well as information about health issues at schools.

The Fraser Health website was recently updated, and as a result, some of the website links have also been updated.

If your school or school district has a link to the Fraser Health School Health page on your website, you may need to update the link to ensure continued access to the Fraser Health School Health page.

Please update your website and use the following link:

[www.fraserhealth.ca/schoolhealth](http://www.fraserhealth.ca/schoolhealth)

We appreciate all efforts to promote awareness of the school health and child and youth health services available to people in your community.

December 2018



**Starting January 2019**

**FREE**



**TRAINING FOR SUCCÉ\$ - EMPLOYMENT TRAINING PROGRAM**

## What will you get?

- ✓ 6 weeks of group based employment instruction which is informative, interactive, supportive and fun - Monday through Friday - 6 hours per day
- ✓ Career planning, employability skills development and up-to-date job search skills
- ✓ Coaching, mentoring and employment counselling
- ✓ Refreshments and lunch vouchers daily
- ✓ Certificate training:
  - ✓ Occupational First Aid Level I
  - ✓ WHMIS

**HEAVY EQUIPMENT OPERATION - Orientation and hands-on training**  
**- Skid Steer Bobcat - Rubber tire backhoe - Loader**

## Who is this for?

A person who is 18 years of age or older, unemployed, legally entitled to work in Canada, and needs to gain employment. This program is not for students still in school.

# Contact us today

offered by:  
**Mission Community Skills Centre Society**

# 778.982.0626

1.866.986.9675

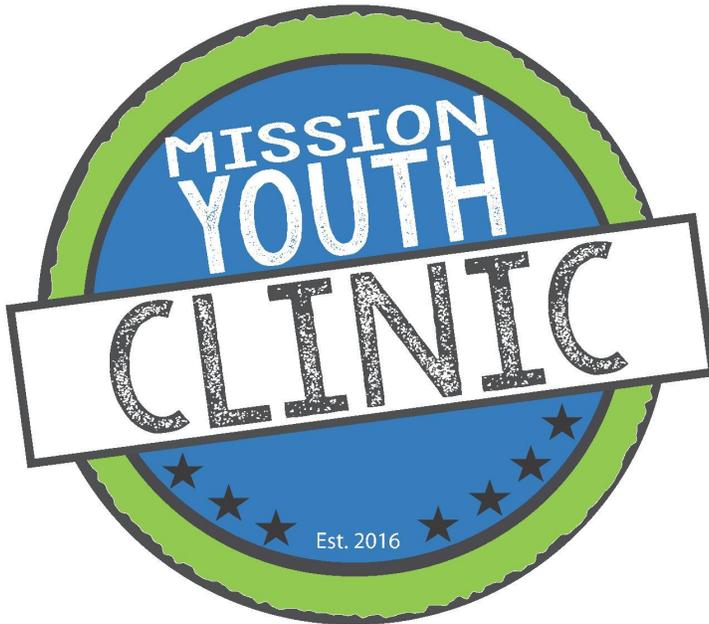
[tfs@missioncsc.org](mailto:tfs@missioncsc.org)

Canada



Funding provided by the Government of Canada through the Canada-British Columbia Job Fund.

**#201 - 33123 1st Ave.  
Mission, BC  
V2V 1G5  
(enter off James St.)**



@

Fraserview  
32444 7th Ave

FIND THE SCHEDULE

AND/OR

BOOK AN APPOINTMENT  
RIGHT ON YOUR PHONE



@MissionYouthClinic



@MissionYouthClinic

GENERAL HEALTH CONCERNS  
SPECIALIST REFERRALS  
BIRTH CONTROL  
STI'S  
COUNSELLING  
SEXUAL HEALTH  
MENTAL HEALTH  
ANXIETY  
DEPRESSION



DROP-IN OR MAKE AN APPOINTMENT  
YOUTH FRIENDLY DOCTORS & COUNSELLORS