



Caledonia Secondary School  
3605 Munroe Street, Terrace BC V8G 3C4  
Phone: 250-635-6531 Fax: 1-888-278-7438  
Website: <http://caledonia.cmsd.bc.ca>

## School Strategies for Success

**Attendance:** Coming to school on time every day is very important. All courses are scheduled for one semester (5 months long) so every day there is new information being presented to students in class. It is the responsibility of the student to bring a note written by a parent/guardian explaining the reason for any absences to be excused from class. The student also needs to make arrangements with the teacher as soon as possible to be aware of what was done while absent from class.

**Asking for Help:** Each teacher has extra time to meet with students who are struggling in their courses. This schedule is posted on our school's bulletin boards. The key to success is to ask for help as soon as a concept is confusing and connect with your teacher to arrange times to meet for extra help as soon as possible. Teachers who see students putting in extra time to understand their lessons will be impressed by their work habits and responsible attitude towards learning. Our Counsellors and Resource teachers are also able to support students with their learning.

**Participation:** Learning is not a passive activity of simply showing up and sitting in a desk. Students need to be doing their part to grasp new concepts by actively participating in every class. What does this look like - Offering opinions during class discussions, answering questions spoken by the teacher, checking in with a teacher to see if the work being attempted is correct, and coming to class prepared to work are ways to actively participate in class.

**Involvement:** There are several different clubs or teams for students to consider joining each year. These extra-curricular groups are a great way to meet other students and teachers outside of the classroom environment.

**Food Program:** Daily in the cafeteria from 8:15 – 8:45 AM there are complimentary breakfast items available for students such as cereal, muffins and fruit. Soup is available for free in the Connections Room upstairs during lunch.

### **School Contacts for Assistance:**

Mrs. Robin MacLeod (counsellor for students with Last Name A-K )  
Mrs. Patsy Chant (counsellor for students with last name L-Z))  
Mrs. Heather Robinson (Resource teacher for students with last name A-K)  
Ms. Debra Thame (Resource teacher for students with last name L-Z)  
Mrs. Leanne Korving (Kermode Success teacher)  
Ms. Jane Arbuckle (Vice Principal grade 10 and 11 students)  
Mr. Keith Axelson (Principal grade 12 students)



Caledonia Secondary School  
3605 Munroe Street, Terrace BC V8G 3C4  
Phone: 250-635-6531 Fax: 1-888-278-7438  
Website: <http://caledonia.cmsd.bc.ca>

## Home Strategies for Success

**Sleep and Nutrition:** Teenagers need adequate sleep to be rested enough to face the challenges of high school. Staying up late means a student is not at their best to be alert and focused during their classes the next day. Eating a breakfast and lunch are just as important as getting enough sleep. Food feeds the brain and gives students energy to learn.

**Homework:** Reviewing notes, organizing a binder, finishing a project or completing assignments given by teachers are actions that should happen every day whenever students go home. These habits take time to be formed and should be done on a regular basis so students take time to think about what they have been learning at school. Create a good work space free from distraction where you can read, write and think without being disturbed. Discuss this work time with your parents so they can help by not asking you to focus on other activities.

**Family Discussions:** “What did you do at school today?” is a common opener for daily conversations between parents and teenagers. Taking an interest in learning by talking about school can be helpful for everyone. It requires the student think again about their day and the parents get to see what is being done by asking to see binders, assignments and projects.

**Being Organized:** Teenagers can be very busy balancing school work with part-time jobs and hobbies. It is very important to start the school year being organized. Avoid last minute rushing with school assignments or projects by establishing a reminder system or schedule that allows students and parents to see all the deadlines for school work and extra-curricular activities.

**Studying for Tests:** Plan ahead and start reviewing your notes early when a teacher announces the date for a test or exam. Meet with a friend to be your study partner. Ask your parents or older siblings to ask you questions.

### **School Contacts for Assistance:**

- Mrs. Robin MacLeod (counsellor for students with Last Name A-K )
- Mrs. Patsy Chant (counsellor for students with last name L-Z))
- Mrs. Heather Robinson (Resource teacher for students with last name A-K)
- Ms. Debra Thame (Resource teacher for students with last name L-Z)
- Mrs. Leanne Korving (Kermode Success teacher)
- Ms. Jane Arbuckle (Vice Principal grade 10 and 11 students)
- Mr. Keith Axelson (Principal grade 12 students)