



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



Week of Feb 19 - Feb 23

2023 -2024 Caledonia Bell Schedule and Block Rotation

TIME		DAY 1	DAY 2	DAY 3	DAY 4
8:45 – 10:06	81 min.	Block 1	Block 2	Block 3	Block 4
10:06 – 10:12		Break	Break	Break	Break
10:12 – 10:16		Transition	Transition	Transition	Transition
10:16 – 11:36	80 min.	Block 2	Block 1	Block 4	Block 3
11:36 – 12:16		Lunch	Lunch	Lunch	Lunch
12:16- 12:21		Transition	Transition	Transition	Transition
12:21 – 1:41	80 min.	Block 3	Block 4	Block 1	Block 2
1:41 – 1:47		Break	Break	Break	Break
1:47 – 1:51		Transition	Transition	Transition	Transition
1:51 – 3:11	80 min.	Block 4	Block 3	Block 2	Block 1

This Week

Monday - Family Day
 Tuesday- Day 4
 Wednesday- Day 1
 Thursday - Day 2
 Friday - Day 3

Upcoming Dates

Feb 19 - Family Day - No School

Feb 20 to 23 - Grad Photo Retakes

Just a reminder to parents / guardians that if you have any concerns regarding your teenager's education you need to connect with their teachers first. If this meeting is not satisfactory then you need to arrange a meeting with Ms. Arbuckle, the school's principal. Please call the school at 250-635-6531, or e-mail Ms. Arbuckle at Jane.Arbuckle@cmsd.bc.ca. E-mail addresses for teachers is listed later in this newsletter.



Student Absences

Please call every day that your child is sick. We enter students as excused only for the day that you call in, or if you give us specific dates for the absence. *If students are going to be away for three or more days, please have an extended absence form filled out no less than two weeks prior to the absence. These forms are available in the office.* Attendance Expectation forms were sent home with all students this week for each of their classes. Please sign the forms and send them back to school. Thank you.



Report Cards

Semester One Final Report Cards are available for pick up in the office. They were handed out to students on Thursday Feb. 8th. Please contact the office if you have any questions.



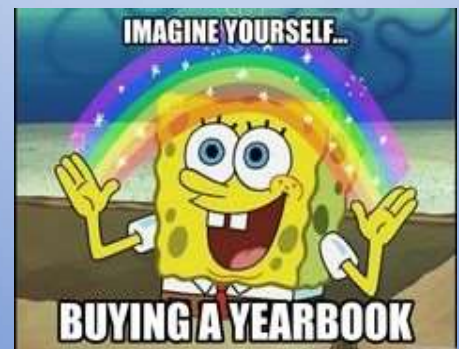
Vandalism

Once again, due to vandalism the upstairs Boy's Washroom will be locked. Washrooms are available to student's downstairs.



Yearbook Sales

Get your yearbook now for \$45.00.



SCAN ME



Career Corner

Upcoming Events:

Feb. 21, 2024: Quantum Leaps- Girls Talk Science and Technology

- UNBC Terrace Campus, 4:00-8:00pm

Feb. 28, 2024: Big Information Event (BCIT)

- Online, 4:00 to 7:30pm – see us in the Careers Office, Room 11A, for registration.

Capstone Project:

3 Research Check- ins	March 1, 2024
Finished Project	April 26, 2024
Presentation	May, TBA

Research Check-ins are due March 1, 2024. That is less than 2 weeks away.

All Grade 12 students will need to complete a Capstone Project to graduate. Please come down to the Career Office 11 A, if you need support or have any questions.

Work Experience: Are you in Grade 11 or 12? Do you have a part-time job and want to earn 4 credits? Packages are available, please stop by room 11A. A reminder to those who wish to sign up, you must be able to meet the minimum 100 hr requirement before June 1, 2024. Please drop completed packages off in room 11 A. (Hours will not start accumulating until your package is signed and handed in). For any student who has already handed in the application, please stop by Room 11 A to check in with Mr. Cox about your progress in Work Experience. You must complete the 100 hours and required documents to get the credit for the program. All paperwork Must be handed in by June 1, 2024.

What is Dual Credit? Dual Credit is an opportunity for high school students to begin post-secondary programs and courses while they are still in high school. This option is available for grade 12 students in good academic standing. And we pay the tuition!

The 2024-2025 dual credit program includes the following courses:

- Auto Service Technician Foundation
- Carpentry Foundation
- Electrical Foundation
- Hairstylist
- Heavy Mechanical Trades Foundation
- Piping Foundation (PIC) Jan. 2025 start date)
- Professional Cook 1 (Aug. 2024 start dates)
- Welding Level 1 & 2 Foundation

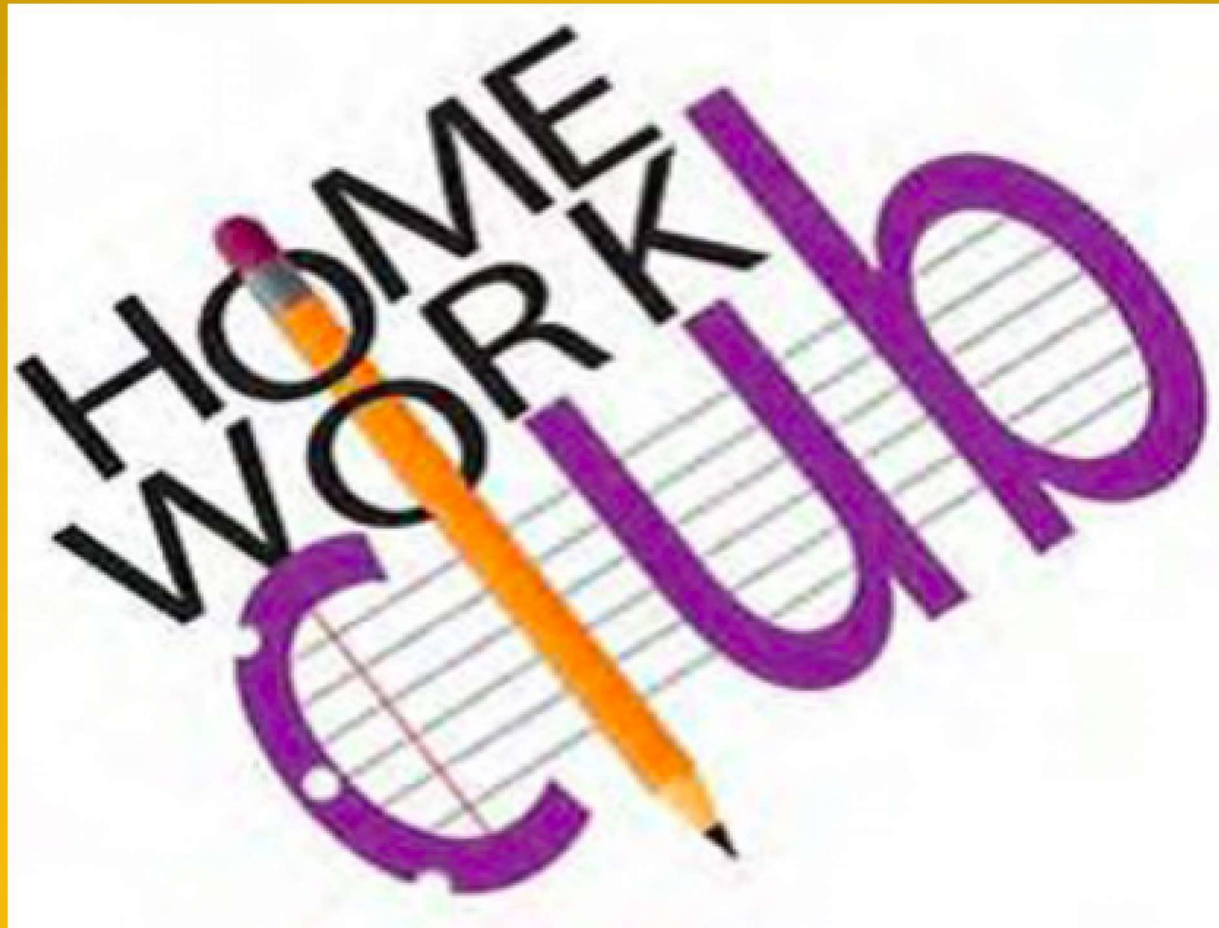
Do you need some help with schoolwork?

Do you need a quiet place to do your assignments?

Come join us in

HOMEWORK CLUB


We meet in the library after school from 3:15 – 4:30 on Mondays, Wednesdays, and Thursdays. Ms. Arbuckle and Mrs. Robinson would be thrilled to see you there!



Dear Parents or Guardians of Caledonia Students in Grade 10 or Grade 12,

The website below has a survey for the parents of Grade 10 and Grade 12 students to share their opinions about education until May 3, 2024. At your earliest convenience please complete the survey, your opinions are valued. Thank you,

[Student Learning Survey - Province of British Columbia \(awinfosys.com\)](https://awinfosys.com)



Parent
Survey

Reminder for Grade 12's

Get your Grad forms and ALL your outstanding fees paid as soon as possible! Completed Grad Forms must accompany payment. Forms have been e-mailed home and are available in the office. Not having outstanding fines and fees paid will prevent you from participating in grad activities.



Scholarships

This week the Scholarship Committee held three information sessions regarding Caledonia's scholarship processes. Applications will be due Thursday March 14th by 4pm. The Committee will hold additional information sessions and tutorials over the next few weeks. Grade twelve students can check Teams for updates and other scholarship opportunities. Students can contact Mr. Dosanjh or Ms. MacLeod if they have any questions.



SUBSTANCE USE PREVENTION

An Online Presentation for Parents



KEY TAKEAWAYS

- Learn why children/teenagers are drawn to substances
- Understand what causes and maintains substance use disorder and needs
- Increase your child's ability to make positive choices about substances
- Acquire practical conversation tools for discussing substances in the home

Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to speak to your children about substances in a way that encourages **positive decision-making** through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for **creating open communication** on this topic in your home.

There will be a focus on prevention and harm/risk mitigation in order to **empower** you to help your children think critically about their own behaviours, motivations, and choices.

In this session, you will be provided with the **specific language to use** when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

Online Session Information:

February 20th, 22nd or 28th

6pm-7:30 pm PST

Note. The same presentation will be delivered on each date.

REGISTER



openp.co/Feb20

Presenter:

Dr Hayley Watson

Clinical Psychologist & Founder of Open Parachute

(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health.

She has been working with young people and their families globally for the past 20 years.

We acknowledge the financial support of the Province of British Columbia through the Ministry of Education and Child Care.

— A YEAR TO — REMEMBER

GET EXCITED. GET INSPIRED.
GET READY FOR GRAD PORTRAITS.



Prestige
PORTRAITS

ONLINE BOOKING OPEN NOW

Caledonia Secondary School

Date(s): February 20 – 23, 2024

Time: 3:00 pm – 9:00 pm

Location: Lecture Theatre

GOOD TO KNOW:

A \$30 sit fee will be due at the time of your appointment in either cash or check

- You may include a plus-one or pet for one photo if your school allows.
- Please arrive to your appointment wearing your outfit of choice. For the cap & gown photos, it is suggested to bring a scoop or V-neck top to wear under the gown unless wearing a collared top with a tie.
- See FAQ for more information.

PLAN & PREPARE FOR YOUR SESSION BY

Schedule.prestigeporraits.ca



If you have any further questions or need assistance with booking an appointment, please contact us:

1 (888) 676-1647

Prestige
Portraits
— by Lifetouch

Cosplay Armor Construction Club

****Second Semester - Listen to Announcements**

TUESDAYS AT LUNCH

****Room 115 (Art Room) ** Sponsor: Ms. Stewart**

Are you interested in making Armor out of cardboard and other materials? Are you inspired by fictional characters in games, movies, or books?

Or just your imagination?



Come and join us! Have fun and be creative!

Caledonia Staff Email List

Office Staff

Ms. Arbuckle	Principal	Jane.Arbuckle@cmsd.bc.ca
Mr. Dominguez	Vice-Principal	Joe.Dominguez@cmsd.bc.ca
Ms. Robinson	Vice Principal	Jaclyn.Wells@cmsd.bc.ca
Mrs. Skender	Administrative Assistant 1	Cheryl.Skender@cmsd.bc.ca
Ms. Anger	Bookkeeper	Michelle.Anger@cmsd.bc.ca
Ms. Duffy	Student Records Clerk	Tanya.Duffy@cmsd.bc.ca
Mrs. Chant	Counsellor – last names L to Z	Patsy.Chant@cmsd.bc.ca
Ms. Shinde	Counsellor – last names A to K	Danika.Shinde@cmsd.bc.ca
Ms. Graham & Mr. Talstra	Career Counsellor – Trades, Work Experience, CLC	Amy.Graham@cmsd.bc.ca or Daniel.Talstra@cmsd.bc.ca

Teaching Staff

Ms. Amendt	Jacquelyne.Amendt@cmsd.bc.ca	Mr. Lenuik	William.Lenuik@cmsd.bc.ca
Mrs. Axelson	Kelley.Axelson@cmsd.bc.ca	Mr. Lewis	David.Lewis@cmsd.bc.ca
Ms. Barron	Emily.Barron@cmsd.bc.ca	Mrs. Lowndes	April.Lowndes@cmsd.bc.ca
Mr. Blundon	Phillip.Blundon@cmsd.bc.ca	Mr. Lowndes	Matthew.Lowndes@cmsd.bc.ca
Mr. Bremner	Kurtis.Bremner@cmsd.bc.ca	Ms. MacDonald	Emma.MacDonald@cmsd.bc.ca
Ms. Buhr	Sally.Buhr@cmsd.bc.ca	Ms. MacLeod	Britt.MacLeod@cmsd.bc.ca
Mrs. Cleveland	Corina.Cleveland@cmsd.bc.ca	Mr. Mattheis	Benjamin.Mattheis@cmsd.bc.ca
Mr. Cloutier	Paul.Cloutier@cmsd.bc.ca	Mr. Metzmeier	Eric.Metzmeier@cmsd.bc.ca
Mr. Cox	Tristan.Cox@cmsd.bc.ca	Mr. Midgley	Matthew.Midgley@cmsd.bc.ca
Mr. Dosanjh	Davy.Dosanjh@cmsd.bc.ca	Ms. Pavao	Cassidy.Pavao@cmsd.bc.ca
Mr. Hadjadj	Aziz.Hadjadj@cmsd.bc.ca	Mr. Peters	Lance.Peters@cmsd.bc.ca
Mrs. Hoekstra	Kim.Hoekstra@cmsd.bc.ca	Ms. Reid	Megan.Reid@cmsd.bc.ca
Mr. Hollett	Todd.Hollett@cmsd.bc.ca	Ms. H. Robinson	Heather.Robinson@cmsd.bc.ca
Ms. Horne	Daina.Horne@cmsd.bc.ca	Mr. Smart	Bruce.Smart@cmsd.bc.ca
Mrs. Inkster	Janet.Lewis@cmsd.bc.ca	Mrs. Stewart	Collette.Stewart@cmsd.bc.ca
Mr. Jones	Brian.Jones@cmsd.bc.ca	Mr. Stewart	Duncan.Stewart@cmsd.bc.ca
Ms. Korving	Leanne.Korving@cmsd.bc.ca	Ms. Thom	Samantha.Thom@cmsd.bc.ca
Ms. Kriegl	Nicole.Kriegl@cmsd.bc.ca	Mr. Wojdak	Graham.Wojdak@cmsd.bc.ca

Quantum Leaps

The University of Northern British Columbia (UNBC), Northwest Science & Innovation Society (NSIS), SkeenaWild Conservation Trust and Westcoast Women in Engineering, Science and Technology (WWEST) are pleased to announce that the Quantum Leaps Conference will take place on Wednesday, February 21st, from 4 PM to 8:30 PM at the UNBC Campus in Terrace. This event is aimed at young women in grades 10-12 with the goal of motivating and encouraging them to pursue studies and careers in science, technology, engineering, and mathematics (STEM), while also providing an opportunity to meet local women in these fields.

For more information about the Quantum Leap Event, please visit <https://skeenawild.org/education/outreach-education-events/> or <https://skeenawild.org/quantum-leaps-girls-talk-science-tech/>.



QUANTUM LEAPS

UNBC UNIVERSITY OF NORTHERN BRITISH COLUMBIA

SkeenaWild

NSIS Northwest Science & Innovation Society

GIRLS TALK SCIENCE & TECH

A CONFERENCE FOR YOUNG WOMEN IN GRADES 10 TO 12 TO LEARN MORE ABOUT CAREERS IN SCIENCE & TECH

WEDNESDAY, FEBRUARY 21, 2024

UNBC TERRACE CAMPUS

4537 KEITH AVENUE

4:00 – 8:00 PM

FREE – including dinner
Check website for details

Register Online: www.skeenawild.org/education

CONFIRMED PANELISTS

FORESTER • VETERINARIAN • PHYSIOTHERAPIST • WILDLIFE BIOLOGIST
XRAY/ULTRASOUND TECHNOLOGIST • NURSE PRACTITIONER • PARK RANGER
NURSE • MICROBIOLOGIST • MORE TO COME

*Please note that we use the terms women and girls with a broad meaning that includes people who identify themselves as women, girls, trans, genderqueer, non-binary, two-spirit, and gender questioning.

Limited seats available. Apply today!

coast
mountain
college

Introduction to Power Engineer

This 4-day, tuition-free program is designed to introduce secondary school students to the exciting career as a 4th Class Power Engineer!

The program is open to high school students in grade 9 to 12 (preference to grades 11 and 12).

March 25 to 28, 2024 | Terrace Campus

Deadline to apply: March 1, 2024

To apply or for more information, contact:
wics@coastmountaincollege.ca

LNG CANADA
Opportunity for British Columbia. Energy for the world

coastmountaincollege.ca



Attendance Expectations for Caledonia Students

At Caledonia Secondary School attendance is very important. Students who regularly miss school receive fewer hours of instruction, often leading to lower grades. In Caledonia classrooms, instruction builds over time, and when students are not in attendance, they miss vital building blocks of information. Regular school attendance is an essential part of the learning process and crucial for graduating from high school with a strong foundation for further studies and a successful career.

After any absences from Caledonia Secondary School, it is the student's responsibility to connect with their teachers immediately upon their return to establish a timeline for the completion of missed work so the student can get back on track with their learning.

Absenteeism will be addressed at Caledonia in the following manner:

Absences from a class

Action to be taken

1 – 5 Absences

The teacher will connect with the student to discuss attendance concerns.

6 – 9 Absences

The teacher will connect with the parent/guardian to discuss attendance concerns.

At **10 absences** a teacher may refer their student to administration for the co-creation of a support plan.

Grade 10 student = Ms. Jackie Robinson

Grade 11 student = Mr. Joe Dominguez

Grade 12 student = Ms. Jane Arbuckle

At **20 absences** a student may be withdrawn from their course if they have not demonstrated improvement as described in the plan co-created with administration. The student may return to Caledonia the following semester after meeting with an administrator to discuss supports.

Caledonia Presents



Masquerade

Thursday February 29th, 2024
6-9pm
In the Caledonia Gym

Tickets will be for sale
in the front hall at lunch until February 16th

Tickets are \$7
Come out and have some fun!

caledonia golf  team fundraiser

GOLF

scramble

Limited spots available. This will help our team with upcoming travels costs and equipment purchases!



Registration
\$100
\$400 per 4-person team

2pm back nine
shotgun start
5pm dinner and prizes

MAY 4TH, 2024 AT SKEENA VALLEY GOLF COURSE

Included in registration fee:
9 holes of golf
Dinner provided by Copper Cliff restaurant
1st, 2nd, and 3rd place prizes
KP and Long Drive prizes for both men and ladies

Email caledoniagolfteam@hotmail.com to register
and call the golf course to reserve a cart