



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



Week of Jan 29 - Feb 2

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

Upcoming Dates

Jan 29 - Start of Semester Two
 Feb 6 - PAC Meeting 7:00pm Cal Library
 Feb 8 - Report Cards
 Feb 13 - Photo Retakes
 Feb 20 to 23 - Grad Photo Retakes

Yearbook Sales

Get your yearbook now for
\$45.00.



SCAN ME



Photo Retakes

Lifetouch will be here on February 13, 2024 to do photos for those students who were absent or for those who would like retakes.



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.**



Report Cards

Semester One Final Report Cards will be handed out to students in the last block of classes on February 8th, 2024.



Semester Two Course Changes

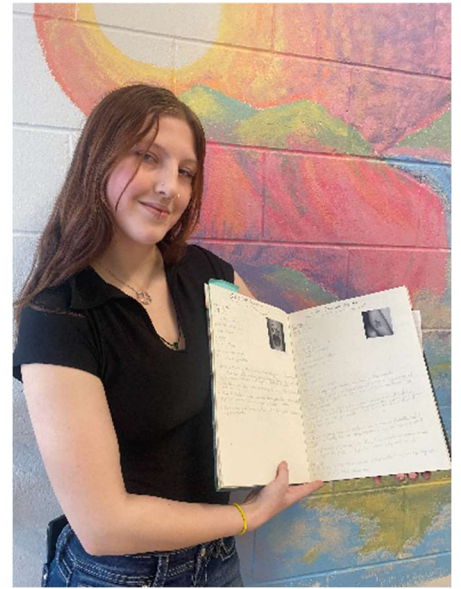
Students were given their Semester 2 schedules this week. The last day to make any course changes without having it affect your Honor Roll Status is Thursday February 1, 2024. Please see your counsellor to make changes.

	D1 - DAY 1	D2 - DAY 2	D3 - DAY 3	D4 - Day 4
1-5	5	5	5	5
2-1	MEVSC11-01 ENVIRONMENTAL SCIENCE 11 Stewart, Duncan 106	MWPM-11-03 WORKPLACE MATHEMATICS 11 Metzmeier, Eric 102	YPSYC1A-03 BA PSYCHOLOGY 11A Lowndes, April 004	YAES-0A-02 NORTHWEST COAST ART AND DESIGN 10 Stewart, Collette 115
3-2	MWPM-11-03 WORKPLACE MATHEMATICS 11 Metzmeier, Eric 102	MEVSC11-01 ENVIRONMENTAL SCIENCE 11 Stewart, Duncan 106	YAES-0A-02 NORTHWEST COAST ART AND DESIGN 10 Stewart, Collette 115	YPSYC1A-03 BA PSYCHOLOGY 11A Lowndes, April 004
4-3	YPSYC1A-03 BA PSYCHOLOGY 11A Lowndes, April 004	YAES-0A-02 NORTHWEST COAST ART AND DESIGN 10 Stewart, Collette 115	MEVSC11-01 ENVIRONMENTAL SCIENCE 11 Stewart, Duncan 106	MWPM-11-03 WORKPLACE MATHEMATICS 11 Metzmeier, Eric 102
5-4	YAES-0A-02 NORTHWEST COAST ART AND DESIGN 10 Stewart, Collette 115	YPSYC1A-03 BA PSYCHOLOGY 11A Lowndes, April 004	MWPM-11-03 WORKPLACE MATHEMATICS 11 Metzmeier, Eric 102	MEVSC11-01 ENVIRONMENTAL SCIENCE 11 Stewart, Duncan 106

Career Corner

Capstone Project:

Capstone Proposal	January 17, 2024
Capstone Mentor	January 17, 2024
3 Research Check-ins	March 1, 2024
Finished Project	April 26, 2024
Presentation	May – Dates to be announced.



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).



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

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.



Grad Baby Photos

This is your last chance to get your baby pictures for the yearbook submitted. Please drop your picture off in the office (make sure your name is on the back) or send it to the QR code below. Photos will be accepted until January 31, 2024. Pictures will be returned.



— 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



Strengthening Connections

Education and Career Fair

Wednesday February 7th, 2024

10:30am – 4:00 pm

Caledonia Secondary School



Come out
Connect with
Post Secondary
Schools!

**Meet Reps
From:**

CMTN

CNC

DC

NMP

TRU

UNBC

UVIC

AND MORE!



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	Mr. Peters	Lance. Peters@cmsd.bc.ca
Mr. Hadjadj	Aziz.Hadjadj@cmsd.bc.ca	Ms. Reid	Megan.Reid@cmsd.bc.ca
Mrs. Hoekstra	Kim.Hoekstra@cmsd.bc.ca	Ms. H. Robinson	Heather.Robinson@cmsd.bc.ca
Mr. Hollett	Todd.Hollett@cmsd.bc.ca	Mr. Smart	Bruce.Smart@cmsd.bc.ca
Ms. Horne	Daina.Horne@cmsd.bc.ca	Mrs. Stewart	Collette.Stewart@cmsd.bc.ca
Mrs. Inkster	Janet.Lewis@cmsd.bc.ca	Mr. Stewart	Duncan.Stewart@cmsd.bc.ca
Mr. Jones	Brian.Jones@cmsd.bc.ca	Ms. Thom	Samantha.Thom@cmsd.bc.ca
Ms. Korving	Leanne.Korving@cmsd.bc.ca	Mr. Wojdak	Graham.Wojdak@cmsd.bc.ca
Ms. Kriegl	Nicole.Kriegl@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.

Coast Mountain School District 82
School Bus Rules:

The bus driver is in charge of the school bus at all times;
The bus shall remain stationary until all students are properly seated;
Students must remain in their seats until their destinations are reached;
The bus driver may designate seating at his or her discretion;
Students shall obey the bus driver promptly and respectfully;
Students must be respectful to one another—no bullying or harassment will be tolerated;
There shall be no loud talking, loud noises or fooling around;
Students must not extend anything out of windows, including their heads or arms;
Students must not throw any objects out of windows;
Students shall not throw any objects on the bus floor, and students must not spit in the bus;
No consumption of food or beverages on the bus;
No lighters or matches shall be lit; there is to be no smoking on the bus or within 3 meters of any bus doors;
Students shall not cause damage to the bus;
When entering or leaving the bus, students must observe the directions of the driver or the crossing guard;
There is to be no fighting, horseplay, or harassment at school bus stops.

Students are not allowed to bring the following articles on board any School Bus:

- Unprotected ice skates—skates must be protected by blade guards;
- Hockey sticks;
- Snowboards and/or Skateboards;
- Toboggans;
- Scooters (unless enclosed in a canvas bag that fits on a student's lap);
- Knives/Spears/Axes/Hatchets etc.;
- Laser Pointers;
- Large musical instruments or large school projects that don't fit on the seat with student without extending into the aisle of the bus.

Expectations and Consequences:

- The student is subject to the school code of conduct in going to and returning from school. One of the prime responsibilities of the school principal is to administer and supervise the school, including the general conduct of students. The school principal may also exercise paramount authority in matters concerning the discipline of students.
- The principal shall delegate to the bus driver authority for supervising students on the buses and for initiating inappropriate/unsafe behavior notices.
- If a student contravenes a school or bus code of conduct while on a bus he/she will be issued a bus notice to be taken home for the signature of a guardian and return to the school. A copy will be sent to the school principal to determine consequences, which may be a discussion with the student, in-school suspension, or bus suspension.
- Students suspended from school bus service are still expected to attend school.
- Students who have been notified of their suspension from riding on the bus are not to be refused entry to or expelled from the bus until the day following the date the Notice of Suspension was received by them.
- Bus Drivers will not remove any student at any point other than his/her home place of disembarkation. The driver may, however, refuse to allow a student to board the bus at a school.
- In the event that a student is involved in willful damage to the bus, s/he may be suspended from traveling on the bus at least until restitution is made.
- The school bus is to be a scent free zone. No application of sprays on bus.



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.

Healthy Tips for Teens

Please talk to your teens regarding the health risks of vaping. For more information, please click the links below.

Talking to your teen about vaping [27-18-2187-Vaping-EN-Web.indd \(canada.ca\)](#)

Video about teens and vaping [CDC: Educators: What Are the Health Risks of Vaping for Youth? - YouTube](#)



Caledonia Basketball

Our Sr. Boys basketball team is travelling to Prince Rupert this weekend to play Charles Hayes.

Please come out to Caledonia Secondary gym to support our Jr. Boys basketball team. Games are Friday January 26 @ 6:00 and Saturday January 27 at noon. Friday nights game is against Centennial Christian School and Saturday's game is against Nisgaa.

Sr. Girls will also be playing at Caledonia on Saturday at 10:30 and 3:00 against Charles Hayes.

