

# Caledonia Weekly Newsletter

3605 Munroe Street, Terrace BC, V8G 3C4

Phone: 250-635-6531 Website: <https://caledonia.cmsd.bc.ca>

## Week of February 2 – February 6

### 2025 – 2026 Block Rotation & Bell Schedule

Time	Day 1	Day 2	Day 3	Day 4
8:45-10:06	Block 1	Block 2	Block 3	Block 4
10:06-10:16	Break	Break	Break	Break
10:16-11:36	Block 2	Block 1	Block 4	Block 3
11:36-12:21	Lunch	Lunch	Lunch	Lunch
12:21-1:41	Block 3	Block 4	Block 1	Block 2
1:41-1:51	Break	Break	Break	Break
1:51-3:11	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

## Important Upcoming Dates

- Feb. 2-First day of Semester 2
- Feb. 6-Last day to change class schedule for semester 2
- Feb. 10-Course selection for next school year begins
- Feb. 12-Report Cards issued
- Feb. 16-Family Day, school not in session
- Feb. 20-Course selection forms due to counselling office

## **The Caledonia Travel Club**

Presents

### **Portugal and Spain**

### **Spring Break 2027**

Interested students and/or their parents can pick up an application package and/or more information from Mrs. Chant in the Caledonia counselling area.

To ensure a seat on this tour, students must submit their completed application to Mrs. Chant and register with EF Tours.

There are still seats available on this tour.

[Patsy.chant@cmsd.bc.ca](mailto:Patsy.chant@cmsd.bc.ca)

250-635-6531

### Attendance

Please e-mail [cal@cmsd.bc.ca](mailto:cal@cmsd.bc.ca) to excuse students from school or call 250-635-6531.

**YOUR  
ATTENDANCE  
MATTERS  
AND SO  
DO YOU**

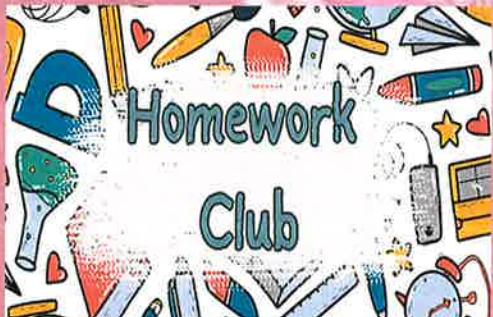
### Staff Parking Lot

Please remember that the staff parking lot is not for student drop-off and pick-up. Please use the student parking lot by the REM Lee theatre. This is for the safety of both our students and staff who are walking in the parking lot.

**STAFF  
PARKING  
ONLY**

### Homework Club

Homework Club will be held every Thursday from 3:30 to 4:30 in the Caledonia Library.



## Scholarships

Grade twelve students who are interested in scholarships are reminded to check the Scholarship Team on a regular basis. Many post-secondary institutions have put up information regarding entrance scholarships. Scholarship information received by Caledonia will be posted on Teams. Any student who is not on the Team can see Mr. Dosanjh for sign-up. Caledonia's general applications for local scholarships will come out in mid-February. Sign-up for these meetings will be available next month. If you have any questions about scholarships or you know someone who is interested in contributing to a scholarship, please contact us through [caledoniascholarships@cmsd.bc.ca](mailto:caledoniascholarships@cmsd.bc.ca).



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## Grad Prom 2026

Each student will be allowed to purchase 4 tickets for the Promenade.

This includes the ticket for you Grad. Grads **MUST** purchase a ticket.

For more information and updates please join the

**Caledoniagrad2026** Instagram page and pay close attention to the

Weekly Newsletters over the next few months.



# YEARBOOK CLUB!

STARTS: 2<sup>ND</sup> SEMESTER  
MON. FEB. 9

MONDAYS @ LUNCH  
IN THE COMPUTER LAB

WE ARE LOOKING FOR STUDENTS WITH:

- ~ PHOTOGRAPHY/CAMERA EXPERIENCE
- ~ MEDIA ARTS/DESIGN EXPERIENCE
- ~ INTEREST IN LEARNING

AND WHO ARE:

- ~ HARDWORKING
- ~ COMMITTED
- ~ RESPECTFUL

**SIGN UP OUTSIDE MS. KRIEGL'S  
CLASSROOM. ROOM 8**

## Caledonia Kermode Basketball

Good luck to our Sr. Girls Basketball team that will be travelling to Smithers this weekend for a tournament.

Our Sr. Boys Basketball team will be playing here in the Caledonia gym on Saturday January 31. Games will be starting at 8:15 and last game starts at 5:00.

### Caledonia Kermode Schedule:

**11:45 to 1:30 Caledonia vs. Hazelton**

**3:15 to 5:00 Caledonia vs. NESS**



## CAREGIVER SKILLS GROUP

Parents and caregivers often feel helpless when their child (no matter the age) is experiencing a mental health issue. Caregivers are unfortunately often left out of counseling, sometimes because the child or adolescent requests this, sometimes due to parents believing they can't be the ones to help their child, and sometimes due to other factors or logistics. Yet family members, if provided with the opportunity and the right tools, can often have the biggest impact on their loved one's healing. This is where Emotion-Focused Family Therapy comes in. Emotion-Focused Family Therapy (EFFT) is a model developed to equip parents and caregivers with skills to support their loved one's child's recovery - regardless of the child's age, level of motivation, or involvement in formal treatment themselves. The clinician's role is to help caregivers master the skills involved in supporting their child to engage in healthier coping strategies, as well as manage stress and process emotional pain.

This Caregiver Skills Group offers an opportunity for participants to **learn skills to support their loved one** to wellness through a combination of presentations, discussions, case examples, and activities.

**WHEN:** Tuesdays 12-1 pm starting February 10 and running until March 3rd (4 weeks)

**WHERE:** Virtual - link will be shared with participants

**COST:** FREE



To register or for more information, please contact the Child and Youth Mental Health intake phone number at 250-641-0077



# Strengthening Connections

**Empowering Indigenous Futures:  
Explore, Connect, and Thrive!**

**Feb 9, 2026 | 1:30PM - 3PM**

Thinking about your future? Connect with Indigenous recruiters and advisors from post-secondary institutions across BC at your school!



**Contact Kim Hoekstra or Tammy Braid for more information.**

**GETTING CLOSE!!** Purchase your Dry Grad Raffle ticket and help make this Dry Grad the best ever! There are many students selling tickets.

Dry Grad Fundraising Raffle could still use **ticket sellers**. We need Parents and Grade 12s to pitch in and try to sell as many tickets as possible.

### **HOW Do I Get My Tickets?**

Students can pick up tickets from the Caledonia Grad Committee. Parents and students can contact Dry Grad Parent Committee chair, Troy Sallenback at (250)641-6997 or <[troysallenback@gmail.com](mailto:troysallenback@gmail.com)>.

Sell on your own or sign up with a friend at the grocery store or other venue. Contact your grocery store or talk to Troy to book one of the current spots!

