



January 4<sup>th</sup>, 2022

Good afternoon Argyle Families,

Happy New Year! We hope you and your family have been well and able to enjoy some time over the holidays. As you read in the e-mail from the School District, classes and instruction will resume on Monday, January 10th. We look forward to welcoming your children back next week.

Please attempt to keep your contacts small and take all precautions to mitigate the spread of the Omicron variant. This week please ensure your child has multiple well-fitting masks in their bag. Prior to the winter break we were handing out 50+ masks per day to students. While we will continue to have non-medical face masks available for students who forget theirs, please help us reduce this cost on the school by making sure your child has a supply of masks.

You can expect to hear from us again later in the week with information about next week. For this week, we have put together some recommendations for our students to consider doing. We often hear that there is not enough time to get all the things we want to do done. This week is a great opportunity to work on some of those things that often get pushed to the side but that help students achieve greater success.

Recommendations for students this week:

1. Get Organized
  - a. Organize your binder
  - b. Restock all school supplies
  - c. Ensure you have a supply of masks that fit well
  
2. Review Notes
  - a. Review notes and practice problems from the two weeks prior to winter break. This will make your return much easier next week.
  - b. Review past quizzes and do those corrections you never seem to have time to complete
  
3. Final assessments
  - a. In courses with final assessments start reviewing your notes & practice questions from the fall now. Studying in 20-to-30-minute chunks this week will help you a lot in a few weeks' time.



4. Student Technology
  - a. Ensure you know how to access Microsoft Teams
  - b. Ensure you know how to access your School District email
  - c. Ensure you know how to login to MyEdBC – see report cards, semester 2 schedule. This is also where you will eventually select your courses for next year

See the quick guides posted [HERE](#) for how to do any of these.

5. Exercise - Take a walk/run outside, try a video workout, go skating, go sledding. Get moving!
6. Read a book or catch up on readings for classes.
7. Return to regular school schedules by going to bed early and getting up in the morning at your usual school time. Consider changing your daily schedules to give yourself more time to arrive in inclement weather and to ensure you arrive in your classes on time. AM Tutorials start at 8:30am and the remaining few weeks of Semester 1 are important for ensuring students finish courses with the greatest success possible.
8. Set SMART goals.

The new year is a great time to set some SMART goals and foster a growth mindset. Goal setting is an effective way to achieve something, build self-esteem & confidence, and improve.

SMART goals are:

S – Specific (must have a clearly defined outcome)

M – Measurable

A – Attainable by you

R – Relevant to you

T – Time based (set a date or timeline to achieve this goal)

**TYPES OF GOALS**  
CAREERCLIFF.COM

- Lifetime Goals
- Spiritual Goals
- Long-Term Goals
- Business Goals
- Short Term Goals
- Personal Development Goals
- Stepping Stone Goals
- Educational Goals
- Career Goals
- Relationship Goals
- Financial Goal
- Physical and Health Goals
- Family Goals
- Intellectual Goals

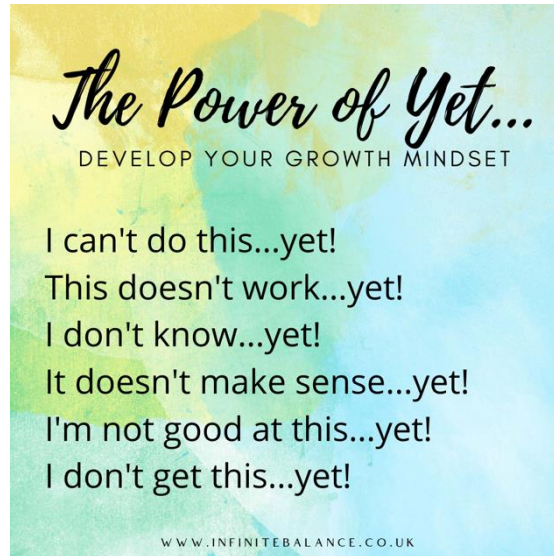
source : developgoodhabits.com



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Wondering what a growth mindset is? Check out the following 5 minute video:

[Growth Mindset vs. Fixed Mindset](#)



9. Grade 8/9 students

- a. Get up to date on your Health & Career Education 8/9 coursework on Teams.

10. Literacy 10 Graduation Assessment later this month

- a. All students writing this assessment were contacted by Mr. Crowley in December. All grade 10s and a smaller number of grade 11s are scheduled to write.
- b. Students writing this assessment should work through the practice assessments online:

<https://curriculum.gov.bc.ca/provincial/grade-10-literacy-assessment>

11. Grade 11 students

- a. Course selection for your grade 12 year is coming up. Ensuring you have the right courses for entry into post-secondary programs is critical. Spend time now researching different programs and the entry requirements.
  - i. Google “name of post-secondary” + “program” + “admissions”
  - ii. Or to browse programs google “name of post-secondary” + “programs”



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12. Grade 12 students

- a. Ensure you have completed all Career Life Connection 12 assignments.
- b. Work on your Argyle Scholarship Application. This is due January 28<sup>th</sup> by 3pm. Remember the end of January is also semester end so it will be busy! Work on this application NOW when you have time.
- c. Complete post-secondary applications.
- d. Draft your yearbook write up (~40 words or 80 characters). Guidelines for your write-up:
  - i. Absolutely no profanity, intolerant language or drug/alcohol references will be accepted.
  - ii. 3rd person preferably ("Sue's favourite memory is.....")
  - iii. You may wish to include:
    - \*References to your memorable experiences at Argyle (teams, clubs, memorable classes, events or extracurricular activities).
    - \*Shout-outs to friends, teachers/coaches/sponsors that were a big part of your Argyle experience.
    - \*Goals, aspirations, plans for next year

Thank you for your continued support. We look forward to seeing students back next Monday.

Warm regards,

Kim Jonat, Principal

John Crowley, Vice Principal

Laura Stewart, Vice Principal