

ROYALS NEWS

The Handsworth community develops empowered, innovative and compassionate learners who serve and lead with curiosity and integrity

Santa's Breakfast



Santa's Breakfast was once again a huge success. This year, students from our Elementary schools joined in the fun and frolic. All students enjoyed the live music, having a photo with Santa, singing songs, and of course a hearty breakfast of pancakes and sausages. Many thanks to the Elementary teachers and parents who organized the visit to our event and to our very solid Student Council members who made it all so festive! Monies raised from this event will be forwarded to Harvest Project in our community.



www.sd44.ca/school/handsworth



Photo by Mika Born, Photo ii

Happy New Year!

Enhanced Programs Information Evening

North Vancouver School District's annual Enhanced Program Evening is on Thursday, January 14th at Sutherland Secondary School. Doors will open at 6:30pm and representatives from all programs will be on hand to answer questions.

2015/2016 Calendar Changes

Two additional non-instructional days have been added to the current year, on Monday, February 29th and Friday, May 20th staff will undergo training and preparation for the New BC K-12 curriculum. For more information on the new curriculum please visit the Ministry of Education website (<https://curriculum.gov.bc.ca>)

Grad Photos 2016

Grads are asked to sign up with Mountain West Studios (www.mountainwest.ca) to have their Grad photo taken. There is no charge for the photo session. This photo will be used in the yearbook and grad composite. Photo session can be scheduled between January 15th to January 23rd. If you have any questions please contact Mountain West Studios at 604-433-0551.

PE 12 Christmas Hampers

This year our school community participated in a Christmas Hamper Drive, supporting 21 single mothers and their children, to have a better Christmas. Handsworth would like to congratulate our school and community for such a successful drive. Each family received over three giant boxes of food and gifts and we managed to raise over \$2,000 in cash and gift cards. Save on Foods also kindly donated food and gave us a discount on the cards so that each family received a grocery card for about \$100. On behalf of the school, we thank you for your very generous contributions.

First Nation Masks

Students in Art 9/10 created masks in the form of Northwest Coast Native Culture. Students researched how early masks were created and then used clay to form the masks and glazing techniques to decorate. The final 60 masks are delightful and students were happy with the process and the results.



HPAC

Please join us at the Handsworth PAC meeting Monday, January 18th at 7pm in the school library for a special presentation "**What We Know about Student Health on the North Shore**".

Guest speaker **Dr. Mark Lysyshyn**, North Shore Medical Health Officer, will give us the facts on the physical and emotional health status of teens in our community and the truth about their health behaviours, such as drug and alcohol use, sexual activity, "cyber" health, physical activity, and diet. He'll identify the specific protective factors - like sleep and positive connections with adults and peers - that can contribute to desirable health outcomes and discuss what parents and our school community can do to make a difference to teenage well-being. Bring your questions to what promises to be a very informative evening.

Mark Lysyshyn works for Vancouver Coastal Health as the Medical Health Officer and School Health Officer for the North Shore. In that role he works to prevent disease and injury and promote health and equity. Mark completed medical school at Queen's University, a Masters of Public Health from the Harvard School of Public Health and residency programs in Internal Medicine and Public Health and Preventive Medicine at the University of British Columbia. He has previously worked at St. Paul's Hospital in Vancouver and at the Public Health Agency of Canada.

As seating is limited, please use our online registration to confirm your attendance at this event. <https://www.eventbrite.ca/e/what-we-know-about-student-health-on-the-north-shore-tickets-20538474129>

Senior Winter Formal

The Senior Formal is a traditional mid-winter activity offered to our Grade 11 and 12 students. It is an opportunity to celebrate and have fun together in a safe environment. This has always been a fun and memorable event, and we are sure this year will be no exception. This year's formal is on Tuesday, January 26th from 6-10pm @ the Pinnacle Hotel in North Vancouver. For more information please contact Mrs. Jackson or Mrs Macario.

Parenting a Teen or Pre-teen?

Hollyburn Family Services presents a four-session seminar series for parents of youth between 12-18 years of age. This program encourages parents to understand their role in shaping and influencing their children/youth's behaviour. There is no cost for the sessions and they will take place on January 19th, 26th and February 2nd, 9th from 6:30-8:30pm at #104-267 West Esplanade Ave. For more information please call 604-987-8211.

French Play



We are so proud of the two AP French Immersion 12 classes who presented two original plays this December entitled "Les 5 Indices" and "Les Incurables"!

"Les 5 Indices", a comedy, follows high school cliques forced to work together in a time of crisis and **"Les Incurables"**, a drama, follows the life of a troubled teenage girl and her struggles to connect with her family. The students all worked extremely hard and dedicated many hours outside school time to share their productions with the school as well as the community. It was a long and difficult process, but in the end, the students benefited enormously and improved in their second language. They would like to thank all those who contributed to their performances and the people who came to show their support.



Special Feature

Handsworth Volleyball

The Handsworth girls 2015 volleyball program consisted of 5 teams, Bantam Blue & Bantam Gold (8's), Juvenile (9's), Junior (10's) and Senior (11-12's). Some of the highlights from a very successful season are found below.



Bantam Blue

The Bantam Blue team had an amazing season and achieved incredible growth and development, both on and off the court. The team had a 6-3 record in tournament play and played Triple Ball rules for all league games which allowed for great skill improvement in the setting and serving positions, as well as all other positions on the court. Each player on the team developed as team-players, as great sportswomen, and as skilled volleyball players. The regular season ended with a 4th place position in the pool, and won handily in our first match of the play-offs. The second playoff game had the Bantam Blue team vs. the Bantam Gold team in the quarter finals where every player on the team stepped up, and the team played their best volleyball of the season, taking each of our 3 sets to a 2 point spread in a very exciting match and the highlight of the season! The coaching staff has expressed this was a fantastic group of girls and parents to work with, and commend the players for a season that every member can be proud of.

Bantam Gold

The Bantam Gold team had a terrific season. Our focus was on basic skills development for all players, getting lots of play time, learning how to be a great team player, and having fun! This is a talented group of athletes with great team spirit.

We were undefeated in League play, finishing first in our Division, and in the first 2 rounds of playoffs. We lost in the semi-final round of the North Shore playoffs to the very strong Elphinstone team, who went on

to win the North Shore and Vancouver & District titles. We then won the "wild card" game in Richmond to earn a spot in the V&Ds, and we proceeded to take a win from the #1 Burnaby team, in order to advance to the semi-finals. We lost to STA in the semi-finals of the V&Ds; with every player playing and



Work Experience Update:

Career exploration is an integral part of a student's education and industry provides a plethora of opportunities for students to do this.

- CREATE CHANGE: Learn marketing AND support education for girls in Ghana <http://createchangetnow.ca/>.
- Biotech Career Awareness Program for 1 week in April at BCIT. <http://www.bcit.ca/study/courses/biot0001>
- SWEAT: Learn Design, Media Arts Fashion, Culinary, & Event Management at the Art Institute during Spring Break. <http://aivsweat.com/>
- Encounters with Canada ~ Spend one week in Ottawa studying, touring and learning about the theme career of the week, with students from across the country. https://www.ewc-rdc.ca/pub/en/theme_week

For more info on these opportunities and so much more please go to:
<http://hsscareercenter.weebly.com>.
 Also see the bulletin board near the cafeteria across from the vending machines or see Ms. Louise.

contributing, and with every player setting, as we did the whole season.

This last point shows how skilled and hardworking these athletes are - I've never been able to do this with a Grade 8 team before. The future of the Handsworth volleyball program looks very bright indeed! The coaches want to thank in particular, our wonderful assistant coach, grade 11 student, Devyn Gardiner. She not only helped the players improve their skills, but she was an outstanding role model to the players in terms of demonstrating dedication and passion for the sport, and how to be a good team player.

Juvenile

The Juvenile Girls Volleyball team had an excellent season this year. This very talented team worked hard right from the beginning of the season, entering a number of tournaments and providing some great competition to the other (older)



grade 10 teams they faced. This team of grade 9 girls earned the gold medal at the only juvenile tournament that they competed in, fighting their way through league play coming first in their division. The girls played STA in the North Shore finals in a very intense and close game beating their competitor 18-16 in the fifth and tie breaking set. Not only did the team win the North Shore Championships, but went on to 1st place at Vancouver and Districts as well.

The coaches and volleyball program are really proud of how competitive and hardworking this Juvenile team is. They are passionate about volleyball and passionate about competition. They are going to accomplish great things and make our school proud as they continue through the Handsworth program. The coaching staff wants to thank all 14 players - "they have made us really proud and we have loved every minute coaching them".

Juniors

The Handsworth Royals junior volleyball team also had a very successful season. The team of 13 student athletes and one student manager worked hard from early September through the end of November, finding many successes along the way. The team's second place finish at the Salkus Invitational tournament at Handsworth was a season highlight, as they came very close to knocking off the powerhouse Saints from St. Thomas More in the final. As the team headed to playoffs, they struggled through a number of unfortunate illnesses over the course of about three weeks. Despite this, the girls took home 3rd



Work Experience Update:

The Handsworth Career Center is open to ALL Handsworth students.

Students may also attend CAREER FOCUS INFO sessions held during the lunch hour in Rm 215.

Local professionals and business people come and share their career experience.

Upcoming Info Sessions:

- January 13th - Canadian Tourism College, Careers in Tourism
- January 20th - Runaway Bay, Women in Business, Entrepreneurship
- January 28th - North Van Rec Centre, The value of volunteering
- February 3rd - Brian Wilson - Marketing & the Music Industry, Harbourside Institute of Technology

We are also planning a tour of the MARINE INSTITUTE in North Vancouver. Interested students should contact Mrs Louise ASAP as we are limited to 14 students. Date TBA.

It's been a great start to the year for our Work Experience students and there's so much more yet to come. Students "try on" their career of choice while learning valuable employability skills. A few will learn what they thought they wanted is not what they want at all. The Career Path seldom follows a straight line!



place on the North Shore and 2nd place at V&Ds, almost knocking off a strong Carson Graham team in the V&D finals, thus qualifying them for Provincials with some tough competition! An opening win vs Claremont was a great start, but a tough loss to White Rock Christian left the team with a key battle against the Okanagan #1 team to get into the top 16. The team battled hard against a very tall & talented opponent, coming up short in two close games. They finished the season with a good win against Prince George's Kelly Road with all players contributing.

The coaches hope the girls learned the importance of consistent communication on the VB court and the need for positive energy at all times and described the team as "a dedicated group of student-athletes who represented Handsworth in the best possible way at all times!! it was an honour coaching you girls!!"

Seniors

The Handsworth 2015 Senior Girls Volleyball team had an incredibly strong and successful season. The team had a tremendous season and participated in a number of tournaments, capturing the championship at both the UBC-Okanagan tournament and our hosted North Shore Invitational tournaments. The team then proceeded to sweep not only the North Shore championships, but then the Lower Mainland title to be the top seed going into provincials which were held in Nanaimo. The girls continued with their success right through provincials where they proceeded to win the Provincial Title! Nicola Ros was named the tournament MVP while Kayla Oxland, Danielle Corrigan and Danika Ahac were awarded All-Star Team recognition.



Provincials picture below from front to back, left to right:
Maya Bennett, Danika Ahac, Brooke Cheng, Lorissa Corrie, Lauren Lintott; Kayla Oxland, Natalie Lawson; Leah Schwartz, Olivia Bird, Sarah Curleigh, Nicola Ros, Michelle Leslie, Danielle Corrigan, Maggie Macdonald, Arielle Gagnon (missing, Sara Freyvogel).



The Handsworth community would like to thank the coaches, managers and sponsors for their contributions towards Handsworth's very successful 2015 Volleyball season. The dedication and time spent not only with individual player development, but also on helping the

girls contribute in a team setting is greatly appreciated by players, parents, teachers, support staff and administration of Handsworth! Way to go Royals!

Alumni Spotlight:

Cam Mowat - Grad of '04

A grad from the class of 2004, Cam Mowat radiates confidence, kindness and compassion. During his time at Handsworth, Cam found success both in the classroom and on the basketball court. Cam's teachers and coaches describe him as a natural leader, caring, inclusive and genuinely a great guy. Cam's success on the basketball court earned him an opportunity to play basketball at Bishop's University. After earning a degree in Business Management, Cam returned to Vancouver and found a home with the Business Development Bank of Canada as an account manager. True to his caring nature, Cam has found time to volunteer with a number of organizations. For the past few years Cam has been involved with our Boys Basketball program, and has been named Head Coach of the Handsworth Senior Boys team.



1. *What was the best part of being at Handsworth?* The people! Everyone from the students and staff were so great. I am still in touch with many of my friends from high school... and teachers too!
2. *What does Handsworth do really well / what makes it such a great school?* Handsworth has a long standing reputation for being great. My mom went to Handsworth and it was a great school then, as it was when I went there, and as it is today. This reputation is based on having great teachers committed to the school and having students who respect them.
3. *What was the biggest change you experienced going from Secondary school to university /college?* Going from high school to university is a big jump, and it is hard to properly prepare. Time management was difficult in university. Having to balance school, new friends, and basketball, all while learning how to live on my own was a steep learning curve.
4. *How did you discover your passion?* I have two passions in this world - my work and basketball. I realized how much I loved basketball in grade 11, and then again when I played in my first game at university. Going into grade 11 and playing senior basketball got more intense and the competitor in me loved it! I got the same feeling when I played in my first university game (I got my butt whooped, but it really inspired me to work harder). I learned that I had a passion for finance during my business courses in university - they weren't the easiest courses, but I worked hardest at them because they were interesting. Not only is finance all about problem solving, but many jobs in the industry also involve meeting tons of people and businesses - all of which I love doing!
5. *How do you define success?* To me success is surrounding yourself with supportive people who encourage you to be better each day. Enjoy what you do and do it well!
6. *If you could give advice to your younger self what would it be?* Listen to my teachers and ask for help! Teachers have so much experience and want to see everyone succeed - sometimes I forgot that. Handsworth is full of great teachers, all of which are usually willing to put in a little extra work to help students if you show that you are trying to get better and are prepared to put in the time. Asking for help can be difficult sometimes, but teachers are always available to listen and support you.
7. *3 pieces of advice you would give our students today.* 1) Be nice to everyone, all the time.
2) Ask for help when you need it. You can ask administration, your teachers or your parents when you need help in school and life; you'll be surprised how much they will be willing to support you. 3) Find an extracurricular activity(ies) that you love, and commit to it. Whether it is basketball, the debate team, a part-time job, drama or community volunteering, it's important to have something in your daily schedule that you choose, and you love to do.
8. *Finish this sentence: I will always remember... the tater tots in the Caf!*

Alumni Spotlight:

Donna Giraud - Grad of '97

Donna Giraud is a graduate from the class of 97. A three sport athlete, Donna excelled at all aspects of high school life from being on honour roll to captain of the soccer team. After graduating from Handsworth, Donna entered the Nursing program at Langara College, and is currently affecting the lives of countless people at St. Paul's Hospital. A little over ten years ago, Donna began following her other passion, art. Working full time as a nurse during the day, Donna taught herself art at night. Now Donna has been featured in numerous shows and events around BC, and participated in an exhibition at "Beyond Boarders at the Agora Gallery in New York. You can view some of her work at www.donnagiraud.com.



1. *What was the best part of being at Handsworth?* The best thing about being at Handsworth was the sense of belonging I always felt while I was there. Whether it was my teammates on the soccer field, my varsity of friends, my coaches or councillors, I always felt like I was a part of something. I always knew I had someone to go to to share in both the good stuff and the tough stuff.
2. *What does Handsworth do really well / what makes it such a great school?* Handsworth emphasizes excellence and expects an effort but genuinely supports the process. It supports a variety of interests and challenges their students to find a voice.
3. *What was the biggest change you experienced going from Secondary school to university /college?* The biggest change was going from a mentality of "I fit in, I know my place and I know who I am (in the context of my surroundings/experiences) to then feeling like I didn't know anything. I wasn't one of those lucky people that always knew what they wanted to do. I wasn't sure of what steps I was going to take next and I wasn't confident in knowing that that was ok. It took many experiences, many relationships and many lessons to re-establish that comfort zone. I think the most important thing I need to reiterate is that it's ok to go on a journey to find your path; you don't need to have all the answers right away.
4. *How did you discover your passion?* Through a bunch of random introductions and circumstances it wasn't until many years after high school that I a) tried my hand at painting and b) was at all successful with it. With many unexpected and lucky opportunities (and the audacity to keep trying coupled with a bit of natural talent), I suddenly found myself in a position where I was being asked to be interviewed for magazine articles and approached by New York galleries. As these opportunities kept coming I was able to develop a unique style of painting that seemed to resonate with people and I realized this was what I was supposed to be doing; connecting my emotion filled art with its destined owner. My words of wisdom in regards to "finding your passion" is to never give up on finding it. You never know how you may stumble upon it and how that journey will unfold.
5. *How do you define success?* The answer to this has definitely evolved over the years. As I continue to redefine myself and truly figure out what's ultimately important to me, I define success as waking up each morning knowing that I have a circle of people supporting me unconditionally, that I feel comfortable enough to show my true self without fear of judgement and working in some capacity where my heart is satisfied on a level that hopefully money doesn't play the largest role. (But let's face it, I love to travel and wear nice things so financial security also helps.)
6. *If you could give advice to your younger self what would it be?* Try with your whole heart to be yourself. Explore what makes you happy despite what others may say. Put your energy into what makes you smile and own every moment of it. Life is too short to spend worrying about judgement so be as fearless as you can! I swear it'll pay off in the long run.
7. *3 pieces of advice you would give our students today.* A) Let each failure, hardship, disappointment (and I assure you, you will have them) help guide you on your road to greatness. Learn from these situations and don't let them stifle or define you. See the lessons (big or small) and move on. B) It's not about just being a teacher, a lawyer or a doctor. There are so many options and you can become whatever you want to be. Just be strong enough to go out there and explore what makes you happy. And when you find that, hustle the heck out of it!!! Nothing is going to be handed to you on a silver platter. Good things come to those that believe in themselves and who put in the work. C) TRAVEL
8. *Finish this sentence: I will always remember ...* The day I walked across that stage to receive my high school diploma. In those 20 seconds of fame, I was so present and grateful for the last five years. I had made friends that would last a life time, participated in some of the most brilliant and heart breaking athletic moments and was overwhelmingly terrified but hopeful at the same time for what was to come next. I feel that Handsworth was able to help prepare me for that array of emotions and keep me positive in a rather uncertain time in my life.