

# ROYALS NEWS

THE HANDSWORTH COMMUNITY DEVELOPS EMPOWERED, INNOVATIVE AND COMPASSIONATE LEARNERS WHO SERVE AND LEAD WITH CURIOSITY AND INTEGRITY.



**HANDSWORTH ROYALS  
2018 AAAA HOWE SOUND CHAMPIONS**



For up-to-date information on events and news about Handsworth, visit our website  
[www.sd44.Ca/School/Handsworth/Pages/Default.Aspx](http://www.sd44.Ca/School/Handsworth/Pages/Default.Aspx)

Connect with us on Social Media, follow us on Twitter @HandsworthHSS, on Instagram @handsworthhss, on Facebook @HSSRoyals or subscribe to our Youtube Channel <https://www.youtube.com/channel/UCaiUaNlr2b79bPXNr5z1Y2Q>

## March 2018

### Report Cards

March Report Cards will be posted to the parent portal on Thursday, March 8th, 2018. Please see the school website for more information on accessing the parent portal.

### Norouz Celebrations

Norouz is the celebration of Spring and the beginning of the Persian calendar. For many years now Handsworth has celebrated this tradition along side its Iranian students and many volunteer parents. This year we will again honour this festive occasion on Thursday March 15th during the lunch hour with music, dance, snacks, prizes, talent and much more. Join us in the gallery in front of the Learning Commons on that day. There is always much to eat and much to win :) If you are a parent or a senior student interested in joining our group of volunteers to help with this fun event, we would love to have you, so drop us a line at: [parasteh.m@gmail.com](mailto:parasteh.m@gmail.com).

### Elizabeth May Visits Handsworth

Federal Member of Parliament and Green Party leader Elizabeth May will be visiting Handsworth on March 14th during Innovation to speak with all Grade 11 students. Electoral Reform has been a hotly debated issue in Canadian politics for decades, including a current plebiscite in British Columbia on the issue and one of the key elements of the Federal Liberals 2015 platform was addressing the issue. As a member of the House Committee for Electoral Reform May will be speaking with students on the issues surrounding changing how Canadians vote. In addition, May will be sharing experiences in federal politics and opportunities for women in politics.

### Lego/Duplo Donation Request

The Learning Commons would be overjoyed to receive any unwanted Lego or Duplo! It is our hope to build an inclusive Lego Wall or Lego Space that will serve as a creative outlet and much needed brain break for our hard working students! Any donations can be brought directly to the Learning Commons, located right across from the main office. Thank you so much!

### 2018 Graduation Banquet

This year's graduation banquet will be held at the beautiful Vancouver Convention Centre on June 9th, 2018. Tickets can be purchased online from April 3 - 20. Students need to plan for tables of 10. Table arrangements will take place 4 - 5 lunch sessions between April 30 and May 11. Please stay tuned for more details.

### Outstanding Royal Achievement

Handsworth Royals very own Keelan White has been ranked in the top 100 football players in Canada at number 11, by the CFC. He is the highest ranked player in BC and the next ranked player is a player from New Westminster at 22. He has also been selected to the Junior National Team. All of his coaches, players, and organizers can take pride in the fact that our program produces good players.

## Handsworth PAC News

What a fantastic night of parent education at our Monday, February 19th HPAC meeting! Thanks to all the parents who attended and to our amazing staff, student and community guests.

We were so pleased that VCH Tobacco-Reduction Coordinator Brandon Biln was on hand to cover the "who, what, when, where and how" of vaping with Handsworth parents and to answer their questions.

His key points:

- the number of teens vaping across the North Shore is increasing
- it's currently an unregulated industry in Canada
- the devices are easy to access through on-line sties or downtown stores
- most e-juices contain nicotine, even though it doesn't appear as an ingredient on the label
- the long and short term health effects are still unknown.

Please stay tuned for more information and resources on this topic which we will post on our website and in future updates.

We also hosted Dana Warburton, the Parent Navigator from The Foundry who talked about this one-stop shop for primary care, substance abuse and mental health services now available for youth on the North Shore. The many peer and parent-support services available on both a drop-in and scheduled basis are making this a popular place for families to find help. Please visit <https://foundrybc.ca/northshore> for more information.

Handsworth Art Teacher Teresa Anton also attended the meeting and showed us some of the amazing art projects underway in her department. She was also happy to be there to see Grade 9 students Nicole and Graham receive prizes for their winning designs in a "Web Of Wellness" logo competition from organization member and Handsworth PAC executive Quinn Cashion.

Our next Handsworth PAC meeting is Monday, April 16th in the Learning Commons and the theme will be "Celebrating Students". This will be an excellent opportunity for parents and guardians to learn more about some of the exciting academic, athletic, artistic and musical enrichment opportunities available to Handsworth students. We hope to see you there!



## Student Council Update

As many of you know, there was a school shooting recently in Parkland, Florida. On the 14th of February, 2018, a school shooter killed 17 people and injured several more at Marjory Stoneman Douglas High. On the 28th of February, 2018, the students and staff at Handsworth made a heart on Pink Shirt Day on the snowy field to show our solidarity and love for the affected community in Florida. We will be sending them a photo of the heart along with this letter.

*Dear students, staff and community members of Marjory Stoneman Douglas High,*

*My name is Darian Hooshi and I am the Student Council President at Handsworth Secondary School, which is located in North Vancouver, British Columbia, Canada. Handsworth is a school much like yours; the students here strive for greatness in academics, arts and athletics. We are a community that goes beyond just education, we are a family.*

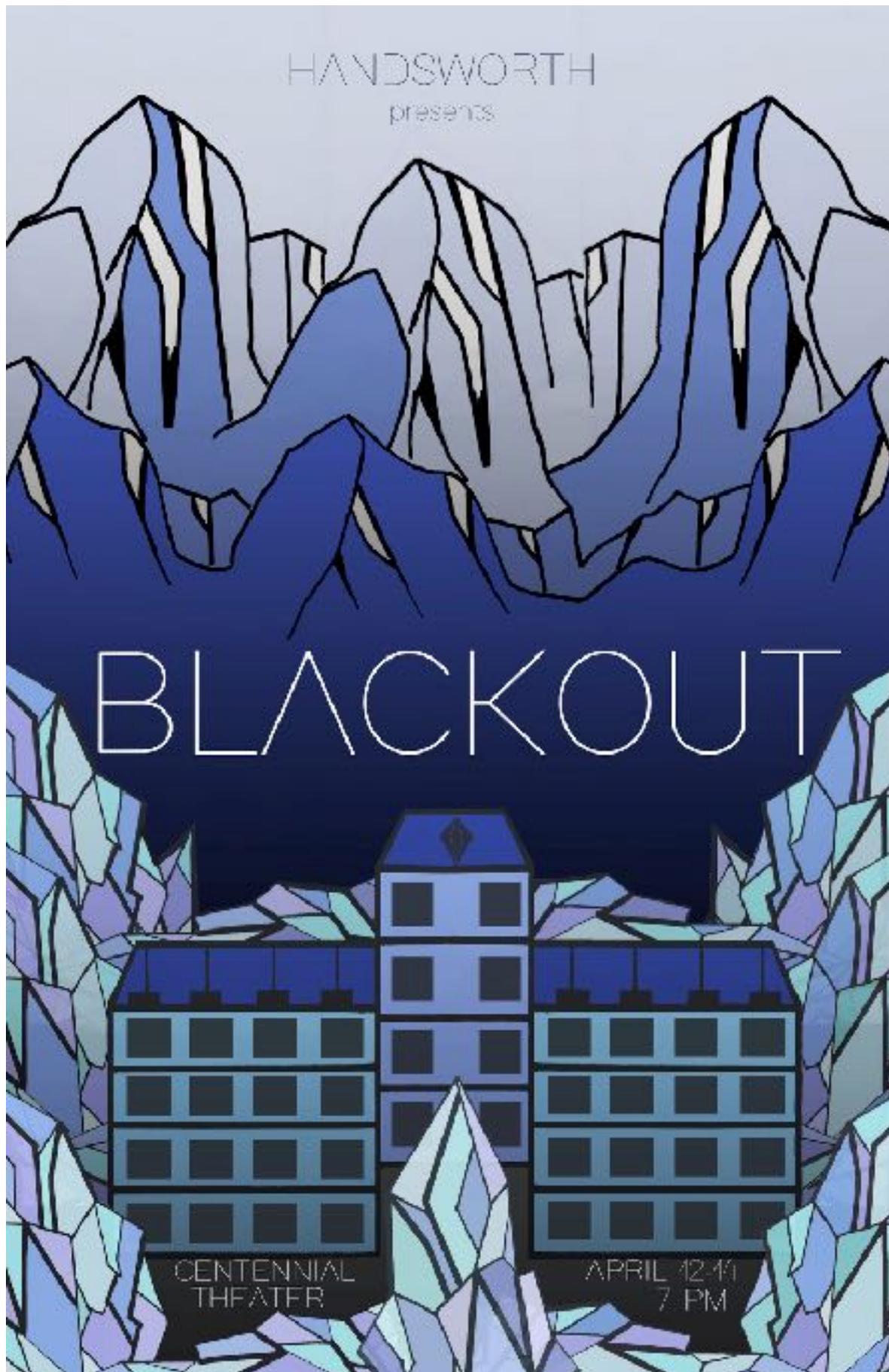
*Today, the 28<sup>th</sup> of February, 2018, is Pink Shirt Day in Canada. On this day we wear pink to show our support against bullying, but also to show our love and support for one another. Today you are all walking back into a school that was ravaged by violence. Today we focused our attention to you and are sending our love and support. In a world that is seeming to be more conflicted every day we often forget the basic human need for love. Although we can only imagine the pain that the community of Stoneman Douglas is feeling, we can show our solidarity. The victims of the Marjory Stoneman Douglas High School shooting will not become another statistic, they will be remembered. This is no longer a time for thoughts and prayers, but this is a time for action. The world must change how we view gun control and mental health, for without change expecting different results is madness.*

*The people of Handsworth are devastated by the tragedy even if we are separated by nearly 5,500 km. Columbine, Sandy Hook, Stoneman Douglas and sadly many other incidents, how many more people have to die before those thoughts and prayers become a meaningful change? We applaud the brave members of your community, especially the students, who refuse to stay silent. Even if your law makers may be turning a blind eye, know that your voices are being heard around the world, this is the start of a safer future for all. Have strength during these tumultuous times. What you are standing up for is not only gun control, but for a change in our future's outcome as we, the youth, are the future.*

*The world is with you; you are never alone. On behalf of the Handsworth community, our condolences. On Pink Shirt Day, we have decided to make a heart on our field with the students and staff at Handsworth. This heart is to show that we stand with you for a better future. You are loved, you are brave and you are strong. With deepest pride, respect and love,*

*Darian Hooshi,  
Handsworth Student Council President 2017-2018*





# School Play Tickets

## SCHOOL PLAY TICKETS

### BLACKOUT

Thursday to Saturday, April 12-14, 2018

CENTENNIAL THEATRE @ 7:00 pm

#### **TICKETS ON SALE @ LUNCH: March 12-13 & April 3-6**

Once again over 180 Handsworth students from nine different theatre and dance classes are working together to create another original play, BLACKOUT. This year the play revolves around a wedding that takes place in an old isolated hotel in the Canadian Rocky Mountains.

A shocking blackout in the hotel spirals out of control, and leads to a criminal police investigation. Soon the hotel staff and guests are confronted to reveal secrets and lies. As usual, our play is filled with dramatic and comedic storytelling, songs, and dances. BLACKOUT will be presented at CENTENNIAL THEATRE from Thursday to Saturday, April 12-14 at 7:00 pm.

#### **DISCOUNTED PRICES @ HANDSWORTH (March 12 to April 6)**

WHERE: Handsworth Gallery

WHEN: March 12-13 and April 3-6 from 12:40-1:30 pm during LUNCH

DISCOUNTED PRICE: \$20 for adults and seniors; \$15 for students

#### **REGULAR PRICES @ CENTENNIAL THEATRE (March 1 to April 14)**

WHERE: Centennial Theatre Box Office (Check out <http://www.centennialtheatre.com/>)

NOTE: All unsold Handsworth tickets will be returned to Centennial Theatre on April 7

REGULAR PRICE: \$22 for adults and seniors; \$17 for students

If purchasing tickets at Handsworth, please bring to the lunchtime ticket seller, the completed form below, along with cash or a cheque payable to **Handsworth Secondary School**.

Upon purchase, tickets will be sent home with students. If you want to leave tickets at the “will call” table, please advise the lunchtime ticket seller. The “will call” table will be set up in the lobby of the theatre on the evening of the performance for pick-up of **prepaid** tickets. For example, some students may choose to take family tickets home and leave their guest tickets at the “will call” table.

**Friday and Saturday shows tend to sell out quickly, so, purchase tickets early!**

The theatre has limited seating capacity, so tickets are sold on a first come, first serve, basis.

## BLACKOUT HANDSWORTH TICKET ORDER FORM

<b>Student Name:</b>			<b>Discounted Price</b>	<b>Number of Tickets</b>	<b>Sub-Total (Price x Number of tickets)</b>
<b>Thursday, April 12</b>	7:00 pm	Adults and Seniors	\$20		
<b>Thursday, April 12</b>	7:00 pm	Students	\$15		
<b>Friday, April 13</b>	7:00 pm	Adults and Seniors	\$20		
<b>Friday, April 13</b>	7:00 pm	Students	\$15		
<b>Saturday, April 14</b>	7:00 pm	Adults and Seniors	\$20		
<b>Saturday, April 14</b>	7:00 pm	Students	\$20		



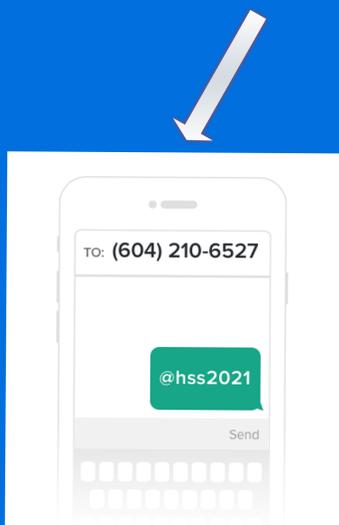
Sign up for text alerts from Handsworth about school events, and news. Text the appropriate code below to sign up.

For Example if you are in grade 8 text

Handsworth's Remind number is 604-210-6527

Grade Codes:

- |          |             |
|----------|-------------|
| Grade 8  | @hss2022    |
| Grade 9  | @hss2021    |
| Grade 10 | @hss2020a   |
| Grade 11 | @hss2019    |
| Grade 12 | @hss2018    |
| Parents  | @hssparents |



- \* *Remind* is a communication platform that enables the school to send text messages to students and parents about important information relating to school activities
- \* It is a free service; however, standard text messaging rates apply
- \* *Remind* messages are not sent from personal cell phone numbers nor will the school have access to a student's personal mobile number
- \* All *Remind* messages are one-way; subscribers are not able to reply to any message sent.

[www.remind.com](http://www.remind.com)

## Music Note



Congratulations to the jazz bands for their excellent work at the Kiwanis Jazz Festival at Capilano University February 16th! The bands played great, the soloists were wonderful, and they scored Gold for the Seniors, Silver for the Intermediates, and Silver for the Junior Gold Band. Calvin Kruger received a financial award for his fine solo trombone playing. Way to go Calvin and all the jazz musicians!

The Concert Band and Choir concert, Wonderful Winds, is coming up quickly on March 7th in the large gym at 7:30pm. This year we are featuring the music of local composer Robert Buckley. Students have written poems to introduce each piece. The Senior Winds Ensemble is playing Portraits of the North Suite with beautiful solos and ending with the movement entitled "Iditarod Dog Sled Race". Mr. Buckley is primarily a band music composer so the choir will be performing one Buckley song with the Senior Winds, an African song arrangement, a Spiritual, and a song by U2. It will be a fine evening of music!



# Wedge's Kitchen

## One Pot Greek Chicken & Lemon Rice

This is not an authentic Greek dish (as far as I know!) but it is made using classic Greek ingredients. The beauty of this is that it is all made in one pan. Cooking the rice with the chicken on top adds extra flavor to the rice because the chicken juices get soaked up by the rice

Servings: 4

### Ingredients

#### Chicken and Marinade

- 4 chicken filets
- 1lemon (use the zest and juice up to 4tbsp)
- 1 tbsp dried oregano
- 1-2 garlic cloves, minced
- 1/2 tsp salt

#### Rice

- 1/2 tbsp olive oil
- 1 small onion, finely diced
- 1 cup / 180g long grain rice
- 1 1/2 cups / 375 ml chicken broth
- 3/4 cup / 185ml water
- 1 tbsp dried oregano
- 3/4 tsp salt
- Black pepper

#### Garnish

- Finely chopped parsley or oregano (optional)
- Fresh lemon zest (highly recommended)

#### Instructions

1. Combine the Chicken and Marinade ingredients in a bowl and set aside.
2. Heat 1/2 tbsp olive oil in a deep, heavy based skillet over medium high heat.



3. Place the chicken and the marinade in the skillet and cook until golden brown, then turn and cook the other side until golden brown. Remove the chicken and set aside.
4. Add the onion and sauté for a few minutes until translucent. Then add the remaining Rice ingredients.
5. Let the liquid come to a simmer and let it simmer for 30 seconds. Place the chicken on top then place a lid on the skillet Cook for 20 minutes or until all the liquid is absorbed and the rice is tender. Let sit for 5 to 10 minutes before serving, garnished with parsley or oregano and fresh lemon zest, if desired.