



Wednesday, September 29, 2021

Dear Carson Graham Community,

Today, Carson Graham recognized Orange Shirt Day and the upcoming new federal statutory holiday, National Day of Truth and Reconciliation. Staff and students spent time reflecting upon the inter-generational harm that residential schools have caused to Indigenous families and communities and honoured those who have been affected by this injustice. We also watched an interview with Chris Lewis, Syeta'xtn, of the Squamish Nation who spoke about how the Carson community can use its voice on the journey of truth, healing, and reconciliation.

On this day, we hope all families will reflect on the history of residential schools and colonial violence, and to honour the lives lost. We encourage all of you to consider attending one of the memorial ceremonies held across the province. This is an opportunity to commit to reconciliation and move forward with steps to not only acknowledge, but also to educate.

Please see below for some other important information:

### Carson Graham Hoodies

Here is a link to the online store. The store closes October 8<sup>th</sup> and the password is **CGS**.

<https://www.paddlevancouver.ca/collections/carson-graham-spirit-wear-store>

### Inside Spectators and Athletics

Please note the following guidelines that have been agreed upon by all secondary schools in the North Vancouver School District for extracurricular athletics games:

- All spectators, visitors, coaches, and student-athletes **may only attend when they are healthy and symptom free**. All individuals must complete a regular self "Health Screening" using the signs and symptoms checklist.
- All spectators and visitors are required to complete the **health check / visitor sign in** (through the QR code) prior to entering the building.
- **Masks** are required to be worn by spectators and adults at all times inside the facility. Student-athletes are to wear masks at all times except when engaged in high intensity play (they may also wear a mask during game play if they choose to).
- **Social and Physical Distancing** is practiced where possible.
- **Facility Capacity Limits** are adhered to (50% of available seating or as posted by the school)

### Photo Retakes

Retakes will take place on Monday, October 4<sup>th</sup>. Students must bring their 2021-22 student ID card to be eligible. Students who have not already had a photo taken can proceed directly to the agora.



## Tutorial Time

New to this year's schedule is a daily tutorial time from 8:30am to 9:11am. Students are encouraged to access support from their teachers during this time. Students are encouraged to connect with their teacher to arrange a time. Attendance is not required at tutorials but students are strongly encouraged to access this support.

## Opportunities for Students and Families

### Events, Workshops & More

**Children & Youth Initiatives Fund** – The City of North Vancouver is now accepting agency and youth-initiated grant applications for events, initiatives, programs and services for children and youth in the City. See <https://www.cnv.org/city-services/planning-and-policies/grants-and-funding/children-and-youth-initiatives-fund> or contact **Julia Spitale** ([youth@cnv.org](mailto:youth@cnv.org)) for more information. Deadline for submissions is 5:00pm on Thursday, September 30.

**NVCL Teen Writing Contest Call For Submissions** – North Vancouver City Library and the Teen Advisory Council are now accepting submissions to the fourth annual Teen Writing Contest open to all North Shore teens (grade 7-12). Entries must be an original screenplay produced in 2021 with 750 words or less. For more information or to submit an entry, see <https://www.nvcl.ca/using-the-library/teen/events-and-programs/teen-writing-contest> or contact **Kate Longley** ([klongley@cnv.org](mailto:klongley@cnv.org)). Deadline for submissions is 5:00pm on Sunday, October 24.

**2021-2022 ACTION Mini Grants** – Vancouver Coastal Health Community Investments are providing a funding opportunity for innovative, community-driven projects. For more information see <http://www.vch.ca/public-health/healthy-communities-population-health/health-promotion-grants/apply-for-a-grant> or contact [Community.Investments@vch.ca](mailto:Community.Investments@vch.ca). The application deadline is 5:00pm on Sunday, October 31.

### Volunteering & Jobs

**Join a City Committee** – The City of North Vancouver is looking for volunteers to serve on a variety of committees that help shape and make a difference in the City. For more information or to apply, see <https://www.cnv.org/Get-Involved/Committees/Current-Vacancies-Committees-Commissions-and-Boards>.

**Greenwood Park Restoration Planting** – The City of North Vancouver's City Park Stewards program is looking for volunteers to participate in a restoration planting on Saturday, October 16 from 9:00am-12:00pm. Register at <https://www.cnv.org/your-government/living-city/get-involved/city-park-stewards> or contact **Frances Ramsay** ([parkstewards@cnv.org](mailto:parkstewards@cnv.org)).

**MONOVA Opportunities** – The Museum and Archives of North Vancouver is seeking volunteers for events, transcription, archival documentation and assistance with school programs. For more information, see <https://monova.ca/volunteering/> or contact [info@monova.ca](mailto:info@monova.ca).

**Loutet Farm Volunteer Drop-In** – Join the Edible Garden Project at Loutet Farm for fun and engaging drop-in volunteer sessions on Monday and Wednesday afternoons from 3:00pm-5:00pm (except statutory holidays). High school aged youth can receive hands-on experience in a small-scale agricultural operation. No experience is necessary; tools and training will be provided. For more information,



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see <https://ediblegardenproject.com/volunteer/> or contact **Cindy Wei** ([schools@ediblegardenproject.com](mailto:schools@ediblegardenproject.com)). Registration is not required.

**Mackay Marsh Invasive Pull** – Join the Wildcoast Ecological Society for an invasive species pull on Saturday, October 16 from 9:00am-12:00pm. Register to volunteer at <https://www.eventbrite.ca/e/mackay-marsh-volunteer-event-tickets-168789541061?aff=ebdssbdestsearch> or contact **Krystal Brennan** ([krystalbrennan@wildcoastecological.com](mailto:krystalbrennan@wildcoastecological.com)) for more information.

**Mackay Marsh Planting Event** – Join the Wildcoast Ecological Society for a planting event on Saturday, October 30 from 9:00am-12:00pm. Register to volunteer at <https://www.eventbrite.ca/e/mackay-marsh-planting-event-tickets-168789721601?aff=ebdssbdestsearch> or contact **Krystal Brennan** ([krystalbrennan@wildcoastecological.com](mailto:krystalbrennan@wildcoastecological.com)) for more information.

### Ongoing Programs

**NVCL Youth Drop-In** – The Room on the 2<sup>nd</sup> Floor of North Vancouver City Library is reserved for youth (grade 7-12) Monday-Thursday from 3:00pm-6:00pm and Friday from 3:00pm-5:00pm to hang out with friends, complete homework, read, use computers, etc. Registration is not required. See <https://www.nvcl.ca/calendar?trumbaEmbed=view%3Devent%26eventid%3D155162356> or contact [teens@nvcl.ca](mailto:teens@nvcl.ca) for more information.

**Open Gym Youth Drop-In** – North Shore Neighbourhood House is operating an open gym drop-in program for youth (age 13-18). This program takes place Fridays from 8:00pm-10:00pm and Saturdays from 7:00pm-10:00pm at John Braithwaite Community Centre. Registration is not required. For a full schedule of drop-in programs, see <https://nvrc.perfectmind.com/23734/Clients/BookMe4?widgetId=191b3742-8801-4eb9-bbfa-abb28439f20c>.

**Delbrook Youth Centre Drop-In** – NVRC's Delbrook Youth Centre is open Fridays from 3:30pm-9:00pm. Registration is not required. For a full schedule of drop-in programs, see <https://nvrc.perfectmind.com/23734/Clients/BookMe4?widgetId=191b3742-8801-4eb9-bbfa-abb28439f20c>.

**Harry Jerome Youth Lounge Drop-In** – NVRC's Harry Jerome Youth Centre is open Tuesdays and Fridays from 3:30pm-6:00pm. Registration is not required. For a full schedule of drop-in programs, see <https://nvrc.perfectmind.com/23734/Clients/BookMe4?widgetId=191b3742-8801-4eb9-bbfa-abb28439f20c>.

**John Braithwaite Youth Centre Drop-In** – The JBCC Youth Centre is open Tuesday-Saturday from 6:00pm-10:00pm for youth in grades 8-12 and Tuesdays 3:30pm-5:30pm for youth in grades 5-7. Registration is not required. For a full schedule of drop-in programs, see <https://nvrc.perfectmind.com/23734/Clients/BookMe4?widgetId=191b3742-8801-4eb9-bbfa-abb28439f20c>.

**Young & Recovering** – Foundry North Shore and CMHA are hosting bi-weekly peer-led support groups for youth working towards active recovery from drugs and alcohol. The group meets on Tuesdays from 4:00pm-5:00pm at Foundry (<https://foundrybc.ca/northshore>). For more information, contact **Ty Javos** ([ty.javos@cmha.bc.ca](mailto:ty.javos@cmha.bc.ca)).

**PROUD2BE Drop-In** – This free, weekly drop-in program allows youth (age 16-24) who identify as queer, transgender, two-spirited, and/or questioning to connect and share experiences in a safe space. For more information, see <https://www.familyservices.bc.ca/find-support/youth-support/> or contact [proud2be@familyservices.bc.ca](mailto:proud2be@familyservices.bc.ca).





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**FamilySmart Parent in Residence** – Parents in Residence are available to provide peer support to families and caregivers who are parenting a child (0-young adult) with a mental health and/or substance use challenge. To connect with a FamilySmart Parent in Residence or request more information,

see <https://familysmart.ca/program/parent-youth-in-residence/> or contact **Ann Louise Filbert** ([annlouise.filbert@familysmart.ca](mailto:annlouise.filbert@familysmart.ca)).

**NS Connexions Respite Program** – North Shore Connexions offers a respite program for children and youth with intellectual disabilities and their families. The program offers one-to-one support, activities that encourage growth and independence, and opportunities to engage with the community. For more information,

see <https://nsconnexions.org/services/community-respite/> or contact **Amanda Jordan** ([amandaj@nsconnexions.org](mailto:amandaj@nsconnexions.org)).

### Upcoming Events

September 30- National Day for Truth and Reconciliation (Schools Closed)

October 1- Curriculum Implementation Day (No Classes)

October 4- Photo Retakes

October 5- Grade 12 Parent Night

October 6- Staff Collaboration Late Start @10am

October 7- DP Parent Night (Current DP Students)

October 11- Thanksgiving Day (Schools Closed)

October 13- EPIC Wednesday

October 13- PAC Meeting

Sincerely,

Suzette Dohm

Principal

[sdohm@sd44.ca](mailto:sdohm@sd44.ca)

