



Friday, November 5, 2021

Dear Carson Graham Community,

As we head into the weekend, we would like to share some important information:

Family Support Program for Parents of Teens

Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or beyond behaviours? In this video conversation, a parent and counsellor talk about the developmental stages of children who are 13 years of age and older.

There is Family Smart evening for parents coming up on November 16th. This is a virtual workshop that parents can sign up for at <https://familysmart.ca/event/north-and-west-vancouver-beyond-behaviours-when-is-it-more-what-it-looks-like-ages-13/>.

Supplemental School Fees

Supplemental school fees have now been added to student accounts for full year and semester 1 courses. Please login to your [School Cash Online](#) account to view and pay fees. You will receive an email from School Cash Online when a fee has been added to your School Cash Online account.

Supplemental course fees help cover costs related to enriched or additional learning opportunities such as special events (e.g.: guest clinician or instructor), fieldtrips, and materials used in projects intended for students to take home.

While logged into the School Cash Online site we ask that you also ensure you have completed the school start-up forms.

If you have questions about school fees, please contact Administrative Assistant, Carol Oswald, at coswald@sd44.ca.

Mid Semester Report Cards

Report cards will be published to the MyEd parent portal on Friday, November 19th. Parents/guardians will receive an email from "SysAdmin" once the report card is published.

Please ensure that you can access to your [MyEd BC Parent Portal Account](#) prior to the publication dates. Supporting information can be found [here](#).

Tutorial Time

Each morning from 8:30am to 9:11am is a daily tutorial time. Students are encouraged to access support from their teachers during this time and should 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

Help Shape our Climate & Environment Strategy – The City of North Vancouver is developing a Climate and Environment Strategy to help us become a resilient and sustainable City. The community is invited to participate in the engagement process both online (<https://letstalk.cnv.org/environment>) and in person at John Braithwaite Community Centre on Tuesday, November 9 and Wednesday, November 24 from 9:30am-12:30pm. For more information, see <https://www.cnv.org/your-government/living-city/environment-strategy> or contact environment@cnv.org.

NVCL Teen Screenwriting Contest Awards Gala – North Vancouver City Library's 4th annual teen writing contest will be celebrated at a virtual awards gala on Saturday, November 27 from 2:00pm-3:30pm. Teens across the North Shore have submitted their screenplays to the contest and some of the participants will read from their work during this event. Register or find out more information at <https://www.nvcl.ca/calendar?trumbaEmbed=view%3Devent%26eventid%3D156249900>.

Help for the Hard Times – Family Smart is hosting mental health workshops for North Shore families and caregivers whose child or youth has been a patient in a psychiatric unit at BC Children's Hospital or families who have had an inpatient/ER stay at VGH. Workshops take place online from 12:00pm-1:00pm on November 15, 17, 22, and 24. For more information or to register, see <https://familysmart.ca/help-for-the-hard-times-workshop/> or contact **Ann Louise Filbert** (annlouise.filbert@familysmart.ca).

Confidence Building 3 Part Series – Aunt Leah's Bootstraps Program is offering a free virtual workshop series covering job interview skills, communication, goal setting and tips on how to be a good employee. Sessions take place from 1:30pm-3:00pm on Tuesday, November 9, 16 and 23. To register, contact **Monique Michaud** (mmichaud@auntleahs.org) or see <https://www.auntleahs.org/events/confidence-building-workshop-series-november-2021-2021-11-23/> for more information.

Volunteering and More

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> or contact committees@cnv.org.

Shipyards Site Host – The City of North Vancouver is hiring auxiliary site hosts to assist with operations of The Shipyards Skate Plaza. Applicants must be at least 16 years old with the ability to ice skate and provide customer service. For more information or to apply, see <https://cnv.peopleadmin.ca/postings/1945>. The deadline to apply is Wednesday, November 10.

Moodyville Park Plant & Pull – The City of North Vancouver's City Park Stewards program is looking volunteers to participate in a plant and pull on Saturday, November 20 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).





NVRC Opportunities – North Vancouver Recreation and Culture is seeking volunteers for aquatics, early years, special events, fitness and general recreation. For more information, see <https://www.nvrc.ca/about-us/employment-volunteering/volunteering> or contact volunteer@nvrc.ca.

NVCL Opportunities – North Vancouver City Library is seeking general volunteers. For more information, see <https://www.nvcl.ca/using-the-library/teen/get-involved/for-teens>.

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 **Andrew Hildred** (hildreda@monova.ca).

Loutet Farm Volunteer Drop-In – Join the Edible Garden Project at Loutet Farm for a fun and engaging drop-in volunteer session on Wednesday, November 10 from 3:00pm-5:00pm. Volunteers of all ages can receive hands-on experience in a small-scale agricultural operation. No experience is necessary; tools and training will be provided. For more information, see <https://ediblegardenproject.com/volunteer/> or contact **Cindy Wei** (schools@ediblegardenproject.com). Registration is not required.

Family Services Opportunities – Family Services of the North Shore is seeking volunteers for a variety of initiatives including fundraising event support and the Christmas Bureau. Apply at <https://www.familyservices.bc.ca/volunteer-with-us/> or contact **Michele Varley** (volunteer@familyservices.bc.ca).

Roots Mentoring – Big Brothers of Greater Vancouver is seeking teen volunteers to mentor children in grades 1-6. The program requires a weekly one-hour commitment of mentoring after-school and consistent participation in Youth Leadership throughout the school year. For more information or to apply, see <https://www.bigbrothersvancouver.com/our-programs/roots/>.

NSMBA Trail Days – North Shore Mountain Bike Association is seeking volunteers for upcoming trail days. Register at <https://nsmba.ca/events/> or see <https://nsmba.ca/attending-a-trail-day/> for more information.

Ongoing Programs

NVCL Youth Drop-In – The Room on the 2nd 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 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>.

Youth Centre Drop-In – NVRC's Delbrook Youth Centre is open Fridays from 3:30pm-9:00pm, Harry Jerome Youth Centre is open Tuesdays and Fridays from 3:30pm-6:00pm, John Braithwaite Community Centre's 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 any of these programs. For a full schedule of drop-in programs, see <https://nvrc.perfectmind.com/23734/Clients/BookMe4?widgetId=191b3742-8801-4eb9-bbfa-abb28439f20c>.





CARSON GRAHAM
SECONDARY

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).

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.

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).

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).

Upcoming Events

November 11- Remembrance Day (schools closed)
November 15- Gr 9/10 Electives Change
November 19- School-Based Professional Development Day (classes not in session)
November 19- Report Cards Published
November 23- Jazz Night @ 7:00pm Agora
November 24- EPIC Wednesday
November 24- PAC Meeting
November 28- First day of Hanukkah

Have a great weekend,

Suzette Dohm

Principal

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