



# ROYALS NEWS

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

## APRIL EVENT SUMMARY:

- \* **April 2nd** Japan trip departs
- \* **April 3rd** Grade 12 Mandatory Assembly at 10:40am
- \* **April 8th** Grad Banquet tickets on sale School Cash Online
- \* **April 10th** Grade 9 Mandatory Assembly at 10:40am
- \* **April 11th** Grade 8's to Centennial Theatre Play Matinee at 12pm
- \* **April 11-13th** Cast Iron Lily PLAY at Centennial Theatre
- \* **April 15th** HPAC Meeting 7pm
- \* **April 16th** Japan trip returns
- \* **April 16th** Zone Concert at 7:30pm
- \* **April 17th** Grade 10 Mandatory Assembly ICBC Driver's Safety @ 10:40am
- \* **April 19-22nd** Good Friday & Easter Monday - school not in session
- \* **April 29th** Grade 12 Mandatory Assembly ICBC Driver's Safety @1:40pm
- \* **April 29-May 3rd** Tall Ships Trip

For up-to-date information on events and news about Handsworth, visit our website at:

<https://www.sd44.ca/school/handsworth/Pages/default.aspx>



Twitter @HandsworthHSS



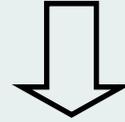
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Facebook @HSSRoyals

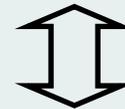


YouTube Handsworth Secondary School



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## SPECIAL POINTS OF INTEREST

- New VP Sarah Best
- Valedictorian Selection
- 44 Dresses
- Numeracy Exams
- Grade Assemblies
- Run For It 2019
- HPAC Meeting
- 44 Dresses
- CAST IRON LILY play
- Japan Trip
- Paris-Barcelona Trip
- Italy Trip
- Student Council

## NEW VICE PRINCIPAL



We would like to welcome our new Vice Principal, **Ms. Sarah Best**. Sarah is an experienced Vice Principal who comes to us from Windsor Secondary.

Sarah started her career with the North Vancouver School District as an Education Assistant and her teaching experience includes secondary english, adult education, and career education.

She also brings with her, her passion and experience with secondary counselling and inclusive education. We are thrilled to have Sarah join the Handsworth Royals!

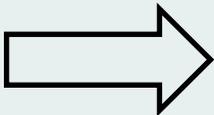
WELCOME

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*“The process for valedictorian selection has begun.”*

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GRADE 12'S



DUE April 18th

## VALEDICTORIAN

The process for valedictorian selection has begun. If you are interested in serving as your class Valedictorian and giving a commencement speech at grad, please complete an application package, found on the Handsworth school website. A minimum 73% average is required to be considered a candidate. Please submit your completed package, in writing to Mr. Barrett in the main office before 3pm on **April 18<sup>th</sup>**.





*Gently used or brand new clothing, shoes and accessories!  
Also new makeup, nail polish & hair products*

## 44 DRESSES

Are you spring-cleaning? Kids growing out of clothes before they've even worn them? Every year NVSD has a wonderful BOUTIQUE day for grade 7 students to choose a special outfit for their Grade 7 farewell event. This year NVSD will host this LGBTQ+ friendly event on Tuesday April 29th. We need gently used or brand new dresses, slacks, skirts, suits, shorts, dress pants, accessories and other "groovy garb" to help kids feel special on their big day. Please consider going through your closets and donating "good condition" clothing, shoes and accessories that no longer bring you JOY! All donations need to come with their own hanger. We need sizes from Youth Small to Adult XXL. We also accept new make-up, nail polish, and hair products. Clothing donations will take place at Handsworth with thanks to a group of dedicated volunteers:

Thea Medland, Ryka Shahzadi, Sasha Lun, Meredith Fowke, Niki Booker, Sang Yi Park, Gabrielle Webb, Amalie Wilkinson, Charlotte Ticehurst-Wong, Erica Smith

Donations can be brought to school starting Monday Apr 1 so start sorting now, or set a goal for a spring break closet clean! Please share this information with your communities as it is a wonderful initiative. For more information please contact Christie Breakingbury [cbreakingbury@sd44.ca](mailto:cbreakingbury@sd44.ca)



## NUMERACY EXAMS



Date	Exam	Location	Time
May 21st - May 30th	Oral Component of Francois langue Seconde Immersion 12	Library	By Student Sign up in class
Monday, June 24th	English 12	Large Gym	9:00am - 12:00pm
Tuesday, June 25th	Francois langue Seconde Immersion 12	Room 211 & Room 215	9:00am - 12:00pm
Wednesday, June 26th	Communication 12	Room 211 & Room 215	9:00am - 12:00pm

**IMPORTANT:** grade 11's and 12's who intend to write, to register using our Google Form, **before May 24:** <https://goo.gl/forms/VOhUiL2O4ArUTfTU2>  
Grade 10s will all have a session booked. Rooms for grade 11/12 Numeracy TBD.

*Numeracy exam schedules posted above*



### CAREER CORNER

#### Upcoming Assemblies

**Planning 12** - Wednesday April 3 - Flex Time

**Careers 9** - Wednesday April 10 - Flex Time

**Grade 10s** - Wednesday April 17 - Flex Time

**Grade 12's** - Monday April 29th - 1:40- 3:00 Period 4

**Planning 12** - Wednesday May 1 - Flex Time

**Grade 12's** - Thursday May 30 - Exit Interviews - adjusted schedule for all students

**Grade 12's** - Wednesday June 5th - Flex Time - Planning 12/Grad Rehearsal





*Calling all grade 8 –12 girls*

## RUN FOR IT @HANDSWORTH! 2019!

**Gr.8-12 Girls: Are you looking to get into running but need some motivation to get going? Are you looking to reduce your stress through a positive and non-competitive environment? Are you overloaded with school work or facing other challenges? Join the “RUN FOR IT” group!**

RUN FOR IT @ Handsworth is a walking/running group where students learn how to run using the “Running Room” model as a guide, which starts with walking for 3 minutes and running for 1 minute to reversing the walk/run ratio and eventually running a 3-5km run. In addition, the group will discuss mental health issues and ways on how to deal with them.

We will meet during Royal Flex time, beginning on Wednesdays and at lunchtime on Fridays. (although there’s no pressure to attend twice a week as even once a week will be beneficial.) The program will run from **Wed. April 3 to Saturday May 11** (the day of the *Shoppers Love You. Run For Women* run)

As the teacher sponsor to the program, I believe it’s very important to address the physical and mental well being of our students, and this program had a very positive impact on those who participated last year. One of the goals of the program is to give students tools and resources that they can use to recognize mental health issues in themselves and others, plus ways to deal with them. Another goal is to empower girls to start running, and work towards improving their strength, stamina and endurance.

Research shows that running and walking is as effective as taking medication for mild to moderate depression and anxiety. When we come together to walk or run as a group, we experience that exercise can heal the mind.

For more information, contact **Mrs. Frith** at [sfrith@sd44.ca](mailto:sfrith@sd44.ca) and/or check out the website: <https://runforitprogram.ca>



# Grad Banquet 2019

The Graduation Banquet is a fun-filled evening of great food and dancing as we celebrate the graduating class of 2019. This year's Banquet will be held at the beautiful Vancouver Convention Centre on Saturday, June 8th, 2019. Tickets for this amazing evening can be purchased via School Cash Online between April 8th-29th. Tickets cost \$125 per person.

Tables at the Graduation Banquet are arranged in tables of 12. Students and families can purchase complete tables or portions of a table. Once tickets are purchased, table arrangements will take place May 13th-17th at lunch in Room 210. To help us create the floor plan for the banquet, students must bring a completed Graduation Banquet Seating Form (available on the Handsworth homepage) and a printed receipt (proof of payment.) Tables are reserved on a first come first served basis.

For more information please visit our school website or contact Ms. Cassel  
([mcassel@sd44.ca](mailto:mcassel@sd44.ca)).

**2018-2019  
Japan  
Exchange  
Departs!!**

On April 2<sup>nd</sup> 30  
Grade 9 students  
departed for a  
two-week  
cultural  
experience of



Japan, this program has run for 29 of the last 30 years. During the first week they will be visiting the historic and cultural centres of Kyoto, Nara, Hiroshima, Takayama; during the second week they will be home staying with students of the Handsworth sister school of Inage in Inage, Japan (the sister city of North Vancouver) fully immersing themselves in Japan culture.

They will be returning on **April 16<sup>th</sup>**.

Follow their adventures on the trip blog at

<https://handsworthjapan2019.wordpress.com>

## HPAC NEWS

Happy Spring! Welcome back from Spring Break!

**Next HPAC Meeting: Monday April 15<sup>th</sup>, 2019.** The meeting will focus on Mental Health Resources for Students. We hope to have representatives from the Foundry, Choices and one of the school Counselors. The **AGM for the HPAC** will be held on **May 13, 2019**. All parents are strongly encouraged to attend and to get involved. Feel free to contact any of the current HPAC exec members for information on getting more involved with the HPAC.

The HPAC has moved their website to the Handsworth School Website: <https://www.sd44.ca/school/handsworth/Parents/PAC/Pages/default.aspx>

Follow us on twitter @handsworthpac

Sincerely, Carmen Jensen  
HPAC Communications

### NEXT PAC MEETING:

- \* **Monday, April 15<sup>th</sup>**
- \* Learning Commons
- \* 7pm



## WEDGE'S KITCHEN FEATURED RECEIPE

### **Mexican Rice and Bean Chili**

2.5ml vegetable oil  
75ml water  
1/2 onion, chopped  
3ml red chili flakes  
1 cloves garlic, minced  
175ml mushrooms, sliced  
1/2 green pepper, chopped  
80ml long-grain rice  
250ml kidney beans  
500ml canned tomatoes  
3ml salt  
5-10ml chili powder  
2.5ml cumin  
1/2 ml cayenne pepper  
125ml shredded low-fat mozzarella cheese



\* In large skillet, heat oil with water over medium heat. Add onion, garlic, mushrooms, green peppers and red chili flakes. Simmer, stirring often, until onion is tender, about 3 minutes.

\* Add rice, beans, tomatoes, chili powder, cumin, salt, and cayenne pepper, cover and simmer for about 25 minutes or until rice is tender and most of the liquid is absorbed.

\*Serve with a dollop of sour cream or yogurt, chopped green onions, and, cilantro.

\*Scoop with tortilla chips.

Makes 4 servings.

Wedge 2017 "The Lighthearted Cookbook" by Anne Lindsay

HANDSWORTH  
PRESENTS

**CAST**  
**IRON**  
**LILY**



CENTENNIAL THEATRE  
APRIL 11-13

**CAST IRON LILY**  
April 11-13, 2019  
Centennial Theatre

**CAST IRON LILY**  
**April 11-13**  
**7 pm**  
**Centennial Theatre**

**2 WAYS TO PURCHASE TICKETS**

**OPTION 1**

You may purchase tickets AT HANDSWORTH  
Wednesday, April 3 @ Lunch (1:00-1:50 pm)  
Thursday, April 4 @ Lunch (12:40-1:20 pm)

Regular Ticket Price: \$25 (for all ages, including taxes & service fees)  
Cash or Cheque payable to *Handsworth Secondary School*

**OPTION 2**

You may purchase tickets through Centennial Theatre Box Office  
[www.centennialtheatre.com](http://www.centennialtheatre.com)

You will obtain these tickets through Centennial Theatre Box Office

**NOTE**

Profit from ticket sales will support  
the purchase of upgraded theatre equipment  
for the *new* Handsworth Secondary School.

**REMINDER**

Typically, we sell out our shows, so purchase tickets early.

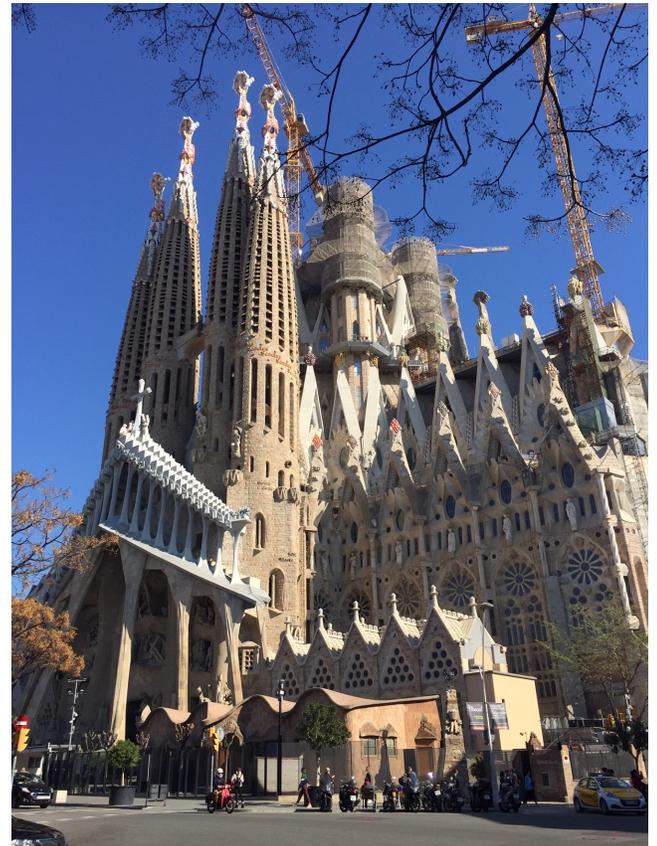
## PARIS—BARCELONA TRIP MARCH 2019

Mme Owen, Mme Abernethy, and nine students from Grades 10 and 11 went on an epic adventure to France and Spain over Spring Break. We started in Paris with a visit to la Tour Eiffel which had a magnificent view of the city, a tour of Cathédrale de Notre-Dame, and a walk along the Seine and over Pont Neuf to the Musée du Louvre.

For the next few days we saw several châteaux in la Loire, including the Château de Chambord, Château de Blois, Château de Clos Lucé (where Leonardo da Vinci lived), and then on to Bretagne where we walked through the grounds of Château de Fougères (oldest medieval castle in Europe), did a tour of Saint Malo (home of Jacques Cartier), and walked up to the abbey on Mont-Saint-Michel.

We came back to Paris for a must-see visit of Versailles before heading off to Barcelona, Spain. Students spent the next few days in Barcelona going to Spanish class in the morning and then exploring the city in the afternoon. We were awed by the magnificence and history of la Sagrada Família, Gaudi's Park Guell, Las Ramblas, and the famous Mercado de la Boqueria.

It was an amazing cultural and linguistic adventure, that none of us will soon forget.



## MUSIC NOTES

The Music and Art trip to Italy was magnifico! Roman Sights, Renaissance Art and Architecture, Pasta, and Gelato! Not only did we see amazing things like the statue of David, St. Peter's Basilica, The Colosseum, St. Mark's Square and Cathedral, but we played music in concert with and for Italian high school students in theatres and in very old churches. We had a sketching workshop outdoors in a square in Florence, we had guided tours of galleries and museums, we climbed the bell tower of a castle on Lake Garda, and we ate lots of gelato.



The Choir will be at the Kiwanis Choral Festival on the 10th of April.

The Zone Concert is on April 16 (changed from the 9th) in the evening in the large gym at 7:30.

The Whistler Cantando Music Festival is April 26 to 28.

The Bottle Drive is May 4th.

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<i>April 10th</i>	<i>Kiwanis Choral Festival</i>
<i>April 16th</i>	<i>Zone Concert</i>
<i>April 26-28th</i>	<i>Whistler Cantando Music Festival</i>
<i>May 4th</i>	<i>Bottle Drive</i>

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## HIGHLIGHTS

April 17:

Student Council Electoral  
Procedure meeting

April 26:

Student Council Candidate  
confirming forms due

April 26:

Student vs Staff Jeopardy



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## STUDENT COUNCIL

Hello Royals,

Welcome back! I hope everyone had an enjoyable and relaxing spring break.

March was a really short month for Handsworth. However, during our 2 weeks at school, the Student Council stayed productive. We worked hard to tackle some of the issues students have been facing at school, planned events for April, and started the selection process for the Royal Recognition Awards.

April is a jam-packed month for a lot of students. Aware of that, the council organized our third Royal Game of the year so that it does not interfere with any of the other events Handsworth students will be enjoying. On Friday, **April 26th**, at lunch in the large gym, there will be a student vs. staff Jeopardy game. Last year, this event was for the Student Council and staff exclusively, but we opened it to the general public this year due to the great demand for student participation. If you would like to participate, you can sign up through the QR Codes on the flyers around the school or through the Handsworth Student Council Instagram @handsworth\_royals. The second important event the Student Council has arranged is the preparation for the **2019 Student Council Election**. The actual election will occur in May. Nonetheless, all candidates must be determined in April, so it is crucial that all students who want to run know when and where things are happening. On Wednesday, **April 17th**, there will be an info session on electoral procedures in room 210 during flex time and lunch. It is important that students make it to at least 1 of these sessions if they are interested in running for a Student Council position this coming year. On Friday, **April 26th**, the candidate-confirming forms, bios, and headshots will be due. We will talk more about these requirements during the meeting on the 17th, so please do not be late.

I hope everyone has a wonderful start to the third term. I look forward to seeing everyone again.

Daniel Ko  
Student Council President 2018-2019

