
ROYALS NEWS

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



For up-to-date information on events and news about Handsworth, visit our website www.sd44.Ca/School/Handsworth/Pages/Default.aspx or Follow us on Twitter @HandsworthHSS

February 2017

HPAC - Monday February 20th - 7:00pm - Library

We're pleased to welcome Registered Clinical Counsellor (and Handsworth Grad!) Tyler Milley to our upcoming meeting to present on "The Anxiety We Share: Understanding the common fears of teens and parents during adolescence."

Tyler has over twelve years of experience helping individuals, couples, and families overcome anxiety, depression and conflict. He will share real-world stories, offer practical advice, and answer any questions you may have about how best to parent your teen. To find out more about Tyler, check out his website here: tylermilley.com We hope to see you there!

Parent Teacher Interviews - February 16th, 2017, 2-4pm & 6-8pm

The Winter Parent Teacher Interview sessions will be taking place on Thursday, February 16th, 2017. Teacher interviews are scheduled using an online system called School Appointments. Instruction on how to create a family profile and to schedule an interview can be found at the end of this newsletter. There are two sessions of interviews from 2:00 pm to 4:00 pm and 6:00 pm to 8:00 pm on February 16th. Classes will be dismissed at 1:20 pm on Thursday, and classes will have a late start on Friday, February 17th, 2017 at 9:30 am and be dismissed at 2:10 pm.

Spring Football

Grade 8 football will be starting after Spring Break. The season runs from late March until the beginning of May. All players that try out for the team have a roster spot, we do not make any cuts. No experience is necessary. We hope we have as a great turn out as we have had in the past 2 years! Please contact Mr Prepchuk if you require more information.

Environmental Club presents: *The True Cost* - February 23rd, 6:00pm-7:30pm

The Environmental Club presents a special screening of *The True Cost*, a film about the social, and environmental cost of the fashion industry. The screening will take place in our library on February 23rd from 6:00pm to 7:30pm. For a look at the trailer please visit <http://truecostmovie.com>.

Handsworth Course Program iBook

The 2017-2018 Handsworth Course Programming iBook is now available for download at <https://www.dropbox.com/s/8qurmw4dfbyq2lp/Handsworth%20Secondary%20Course%20Guide%202017-2018.ibooks?dl=0>. Please visit our website for all programming information.

Music Notes:

The Cuba trip meeting for Tuesday, January 31 at 7:30pm was moved to 6:30 to accommodate the PAC information meeting at 7:00. The Fine Arts trip to Cuba is fast approaching and everyone going is in high preparation mode! Bon Voyage!

The Just Jazz concert, which showcases the jazz program, was held at Canyon Heights Church on Wednesday, February 1st at 7:30pm.

February 9th the Jazz program hits the road to the Vancouver Kiwanis Jazz Festival in Richmond. Handsworth has four groups in the festival, more than any other school! Go Handsworth!

On **February 28th** it is the Concert Bands and Choir's turn. We have our concert, Wonderful Winds, at Highlands United Church in Edgemont Village at 7:30pm. Come on out and hear the sonorous sounds of our young musicians.

The Strings Extravaganza, the biggest Strings concert of the year, is at Centennial Theatre at 7:00pm on March 6th. Come out and hear the sweet sounds of our very special strings program.

Wow, the music department is a busy place! There are trips in April and May planned for Banff and Whistler music festivals as well. Good luck everyone!

D. Bradshaw

Principal's Message

Dear parents and guardians;

As we move forward with Innovation Wednesday I wanted to update all of you on the feedback that we have received to this point from students, staff and parents.

At the last PAC meeting we reviewed the student and staff survey results as well as results of feedback from parents. Over 1200 students responded to the survey as well as the majority of the staff. There was consensus from students, staff and parents on a number of issues regarding Innovative Wednesday. The overwhelming majority who responded were all in favour of continuing Innovative Wednesday.

The other piece of significant feedback from staff and students was that Innovation Wednesday was a long day with the addition of Innovation time. Therefore, beginning Wednesday February 1, we shortened the homeroom time and added a 10 minute break at the end of Innovation time in order for staff and students to get reset for the other two classes and get a nutrition break.

We continue to take feedback regarding Innovative Wednesday and, as part of our design thinking process, we have embedded into our school culture, will take that feedback to continually improve what we offer for deeper student engagement and learning as we move forward with the new provincial curriculum.

David Overgaard

Principal

Handsworth Secondary School

Program Update - Theatre Performance

NO IDEA
Ticket Information
April 6-8, 2017
CENTENNIAL THEATRE
7:00 pm

Once again over 200 Handsworth students from eight different theatre and dance classes have been working together to create our next original play, **NO IDEA**. In this comedy, a small town theatre company struggles to keep their business alive. A group of actors brainstorm creative ideas to write a hit play that will draw people back to the theatre. Then, on opening night, a series of unexpected circumstances affect the play and the writer in profound ways. Our play promises to be filled with songs, dances, and silly fun! **NO IDEA** will be presented at **CENTENNIAL THEATRE** from **Thursday, April 6th to Saturday, April 8th at 7:00 pm.**

Students may purchase tickets in the school gallery at lunchtime (12:40-1:30 pm) **starting in early March** (more details to follow in the March newsletter). The discounted prices of tickets purchased at **HANDSWORTH LOCATION ONLY** are \$20 for adults and \$15 for students. Please bring the completed form below to the lunchtime ticket seller, along with cash or a cheque payable to **Handsworth Secondary School**.

Upon purchase, tickets will be sent home with the student. If you would like to leave tickets at the “will call” table, please advise the lunchtime ticket sellers. The “will call” table for pick-up of **prepaid** tickets will be set up in the lobby of Centennial Theatre at 6:30 pm on the night of the show. For example, some students may choose to take family tickets home and leave guest tickets at the “will call” table.

In March, tickets are also available through the Centennial Theatre box office at the regular price of \$21 for adults and \$16 for students. Check out <http://www.centennialtheatre.com/>

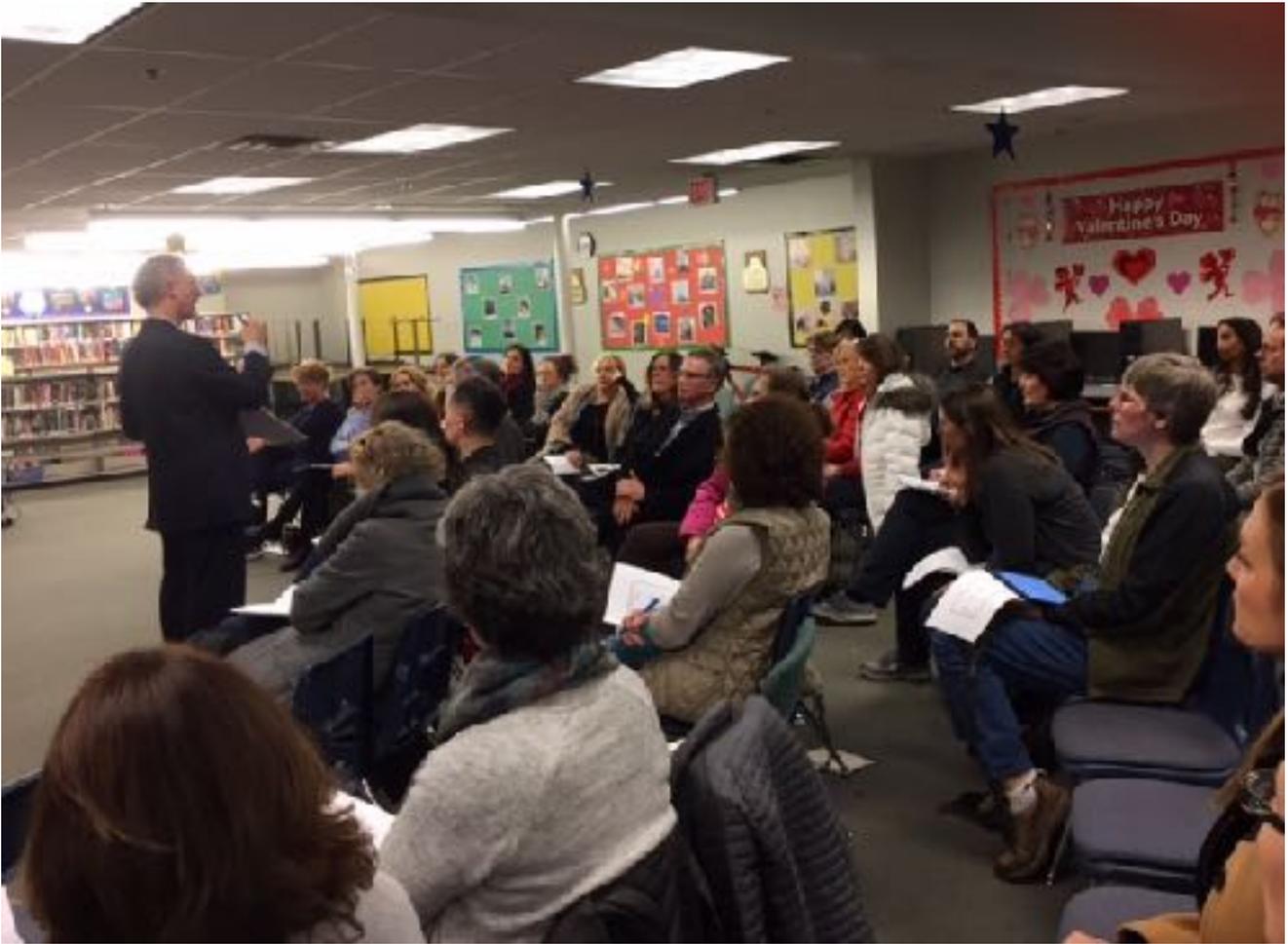
Please note that tickets are sold on a first come, first served basis. The theatre has limited seating capacity, and we tend to sell out the Friday and Saturday performances. So, purchase your tickets early!



NO IDEA - Ticket Order Form

	Student's Name			Price	Number of Tickets	Sub-Total (Price x Number of Tickets)
	Thursday, April 6	7:00	Adults and Seniors	\$20		
	Thursday, April 6	7:00	Students and Alumni	\$15		
	Friday, April 7	7:00	Adults and Seniors	\$20		
	Friday, April 7	7:00	Students and Alumni	\$15		
	Saturday, April 8	7:00	Adults and Seniors	\$20		
	Saturday, April 8	7:00	Students and Alumni	\$15		
Total						

Handsworth PAC News



HPAC's special presentation "**Dollars and Sense - Strategies for Teaching Your Teens About Money**" was a great success with about 80 parents on hand to hear author and financial planner Paul Lermite share insights and anecdotes from his book.

Many thanks to Kathi Hagan for organizing this event. Paul kindly donated several extra copies of his book, which are being sold for \$10 as a HPAC fundraiser. To purchase one, please contact Kathi at khagan@shaw.ca.

Worksheet handouts are posted on the HPAC website, under "Guest Speakers". <http://www.handsworthpac.com/resources>.

Handsworth PAC Meeting, Monday, February 20th at 7pm in the school library

We're pleased to welcome Registered Clinical Counsellor (and Handsworth Grad!) Tyler Milley to our upcoming meeting to present on "The Anxiety We Share: Understanding the common fears of teens and parents during adolescence."

Tyler has over twelve years of experience helping individuals, couples, and families overcome anxiety, depression and conflict. He will share real-world stories, offer practical advice, and answer any questions you may have about how best to parent your teen. To find out more about Tyler, check out his website here: tylermilley.com We hope to see you there!

January HPAC Meeting - Recap

Thank you so much to youth workers Karen Weihs and Erin Voth from Capilano Community Services Society who spoke to us about their work at the school. They, along with Sukh Kandola, run girls and boys groups, at Handsworth during lunch-time on Tuesdays. These sessions are open to all and are a great way to build meaningful connections between the students and leaders - there's even free pizza! For more information about their services please visit their website. www.capservices.ca

Principal David Overgaard also gave us an update on the Innovation Wednesday student survey which included 1,205 respondents. The majority of students love this extra time to enjoy enrichment opportunities, collaborate on projects, participate in physical activity and complete homework and exams.

He also noted that during this time attendance is high and disciplinary issues low. Furthermore, teachers are reporting more homework assignments being completed on time and better exam results!

Please visit our website www.handsworthpac.com or follow us on Twitter @Handsworth PAC to keep up to date on important information for parents.

Carolyn Warner and Katy MacLellan
HPAC Co-chairs
Handsworth Student Council Update



Parent Teacher Interviews

Greetings!

Parent-Teacher Interviews are rapidly approaching – they will be held on **Thursday February 16th**. The two session times for the interviews are **2pm – 4pm** and **6pm – 8pm**. Interviews will take place in teacher classrooms and will last 5 minutes. *This year we are encouraging students to come with their parents to the meetings.*

Handsworth will once again be using an online appointment booking system to manage Parent-Teacher Interviews. This online system allows parents the most flexibility to select their own interviews and book them online. Please note the system is a “**first-come-first-served**” system and interview slots will fill up very quickly. If you are interested in booking interviews, please take note of the opening booking times and act fast!

Below are the steps you will need to follow in order to book appointments for your child. We suggest you complete the first 4 steps either confirming or setting up your user profile now, so that when the booking window opens you are immediately ready to book appointments. Please note the User Profile has to be completed once per school year. If you have forgotten your password from the last school term, please follow the instructions under the “Forgot Password” tab on the appointment website.

****Parents who created an account for the fall PTI do not need to create a new account, your account is still active. Please skip to step 6.****

(1.) Proceed to the following website: <http://handsworth.schoolappointments.com>

(2.) To create an account (if you have not already set up an account from last school term)

- You may also access the appointment system by following the link on the Handsworth website and choose the “PARENTS” link across the top
- First step - create a profile, “**Click Here to Register**” at the very bottom of the Login Box on the right
- The school access code is “**hss**” (*case-sensitive*)
- Fill in your information and select your User Id and Password
- The login code is also “**hss**”

- (3.) Once you have created a user profile for your family, this will register you and your child. You can now add your child/children using “**Manage Students**”. If you have more than one child attending Handsworth, click on the “**insert new**” button.
- (4.) You will now be able to log in and out using your User Id, and Password.
- (5.) You are now ready to make your appointments as soon as the booking window opens on February 8th at 8:00pm.

To prepare to book appointments make sure you know the names of the teachers you wish to see, as well as the class they teach your child. You may also consider the priority of whom you wish to see.

***** It is Recommended for parents to complete step 1-5 prior to the day of registration.**

Step 5 begins Wednesday February 8th at 8pm***

Please note the following very important details in relation to booking times...

- The **first booking window** will be available from **Wednesday February 8th at 8:00 pm to Friday, February 10th at 12:00 pm**.
- In the first window – parents will be **limited to 3 interviews per child**. This will allow maximum opportunity for all parents in our school community to have access to the teachers they need to see the most.
- **On Friday, February 10th at 1:00 pm a second booking window** will open. Parents may add up to **7** more interviews per child (if needed and still available). There will be limited availability at this time. The second window will close on **Tuesday February 14th at 4:00 pm**.
- No appointments will be accepted after this second window closes on **Tuesday February 14th**. Parents will be able to view their bookings at any time up until the Interview day and will receive a reminder email.

- (6.) Once each booking window opens, you may create appointments by signing into your account and clicking on the “**Manage Students**” button. Click on the parent teacher interview button listed to the right of your child’s name. You may book up to three bookings per child in the first window.
- (7.) To book an appointment, scroll through the staff list and click on each name. You can do this individually or you may hold the “ctrl” key to click multiple staff members. Each teacher’s schedule will appear and you can select the time you wish to book. Repeat the same instructions if you have a second child.

- (7.) If you are **unable** to book a teacher that you wished to see during the second booking window or are unable to attend Parent-Teacher Interviews on Thursday February 16th, you may request a “call back” for your child/children and the teacher will contact you. The “call back” button is located at the top of the teacher schedule. The term “call back” may mean any form of communication (email often works best). Keep in mind teachers of academic classes in particular, experience a high volume of requests, so your patience is appreciated.
- (8.) When your appointments are booked, the screen will display a list of all appointments for each student
- (9.) When you are done scheduling and viewing appointments, simply “logout” of the session, this will automatically save your bookings. An email reminder will be sent one day prior to the interviews.
- (10.) If you are having difficulties with any aspect of this system, please try the “help” button and see “instruction guide for parents.”

Student Council Update



After a great success with our winter Santa's Breakfast for the Harvest Project, the Student Council is launching our newest fundraising campaign for Amour, our school sponsor child in West Africa! In the spirit of Valentine's Day, students will be able to send a Purdy's smiley chocolate lollipop-gram with a written message to as many friends as they like for just \$2 each. This year, we are creating a grade vs. grade challenge. Each grade is being given one of the following categories – Education (8), Water & Sanitation (9), Child Protection (10), Food Assistance (11), and Health Care (12). We will be keeping track of which grade raises the most amount of money for the cause on a "thermometer" graphic in the school! The title of this fundraiser is "Smiles for Amour" – every time a chocolate-gram is bought, Amour smiles. Everyone is encouraged to take part in this campaign to show their love for those both locally, and globally! The chocolates will be on sale in the gallery from February 6th – 10th, and will be delivered by Student Council on February 14th.

Later in February, Pink Shirt Day on the 22nd will kick-off our Anti-Bullying Campaign of events to bring the school together and to discuss the importance of putting an end to this negative culture which affects us all. Stay tuned!

Thank you to the Handsworth Community.

Dear Friends and family,

Thank you to everyone for your incredible generosity. During our recent visit to Africa, we met people who have made it their life's work to help vulnerable children survive and become educated. Their tasks seem overwhelming and their work is inspirational. Upon returning from our visit to orphanages, we wanted to make a contribution to assist in their work. While the need is bottomless, we thought a shipping container full of supplies, could be helpful and provide some joy in their lives. It was by all accounts an ambitious goal, but the outpouring of love and support for this project has been amazing and we think we are getting very close to filling the container! We will be collecting until the end of this weekend, but we wanted to take this opportunity to thank you all, because this was only possible because of you.

This has been a coming together of community in such a powerful way. You have an incredible reach. We sent out the email and you circulated it among your circle of friends and family. Your enthusiasm and generosity in turn inspired others. I received emails and phone calls from people I have never met offering to bring school supplies and sports equipment and other donations. People we hadn't met held parties and their guests donated; you posted on facebook and moms' chat groups; sports teams donated, schools raised awareness and donated. Specifically, Collingwood, Handsworth, Cleveland, Brentwood Park Elementary, as well as others. Sports associations like North Vancouver Football Club, North Shore Girls Soccer Club, West Van Field Hockey, and North Shore Minor Baseball. A family drove two truckloads of donations down from the Okanagan. A young boy, celebrating his barmitzvah bought new sports equipment with the money he received. Kids have parted with their favourite dolls and cherished blankies and even some of their most beloved baseball caps. It has been a gift meeting all of your friends and family and many of you helped us sort and pack boxes!

We have learned that one of the most desired items is children's books, and we will be sending many boxes full! Because of your generous donations we will also be sending tablets, laptops, ipads and ipods, loaded with educational materials. We have been fortunate to partner with Bicycles for Humanity, which is donating an additional 50 bicycles to this project, and so we will be sending more than 120. In addition, there are more than the 200 soccer balls which will be much appreciated by the kids. You filled our garage three times, we took two Uhaul trucks to storage, and the donations kept coming!

Many people commented that at a time when the world may seem increasingly divided and fractured this was an opportunity to counter that. We were inspired to start this project by the women we met in Africa. Now you have inspired us by your generosity of spirit and time. Thank you. We could not have done this without you!

So a giant thank you to all of you!!! Please feel free to share this message with those that you reached out to...

Natasha Chalke
Executive Director
Sunrise Family Services Society



Safe Grad 2017

Hello Parents of 2017 Grads!

The Safe After Grad Planning Committee needs your help! If you are not aware, Safe After Grad is a late-night private party for Handsworth Grads, which takes place *after* the graduation dinner, and is organized and subsidized by parents. Held in the upstairs lounge at Canlan Ice Sports, Safe After Grad provides a single destination; large enough for the entire class, with a DJ, plenty of food, and a mandatory Safe Ride Home Program from the event. A professional security team together with Grade 11 parents will be on site to make sure everything goes smoothly.

This Handsworth tradition has been very successful in past years, with the overwhelming majority of grads attending. However, it is important to remember that **this is not a school event**. All organization and fundraising will be done through the Safe Grad Planning Committee.

How can you help? Save the Date: Saturday, April 22nd

In order to keep the event affordable for all students, we are organizing a **Parent Social and Silent Auction** on April 22nd, 7pm at Seymour's Pub (210-720 Old Lillooet Road, North Van). To get things started, we need the following from parents:

- ♣ **Send your contact email to:** shahla_mo@hotmail.com
This is the only way to keep you informed. Of course, our contact list will be entirely confidential and all communication will be restricted to the nature of the event.
- ♣ Are you able to help organize? **Volunteer** with us! Find out how to get involved on our website: <http://handsworthgrad.wildapricot.org/>
- ♣ Are you able to donate? **Silent Auction** items are needed! This is a great way to help out *and* promote your business or brand in the community.

If everyone pitches in for this one fundraiser, we should be able to cover a significant portion of the costs for Safe After Grad – allowing all the students to have fun, stay together and stay safe during graduation.

Grade 9 Immunization

Hello Grade 9 parents

My name is Claudia.

I am the Vancouver Coastal Health Public Health, Child and Youth Team nurse for Handsworth Secondary.

The grade 9 immunizations for Handsworth will be held February 28th 2017

Students will be offered vaccines as needed, according to their immunization history presently on record at Vancouver Coastal Health.

Immunization Consents have been mailed to your home in early December. To date we have 127 outstanding consents. If you have not returned your child's consent form and have questions or concerns regarding you child's stated history of vaccine on the consent form, please telephone me at 604-418-2192, or email me at claudia.lefebvre@vch.ca.

In preparation for the coming clinic. Please sign, scan and email me your child's consent form stating your wishes and ticking yes of no for desired options, to claudia.lefebvre@vch.ca. Consents may also be returned directly to Handsworth main office.

Return options:

- Scan and email directly - claudia.lefebvre@vch.ca
- Fax to 604-983-6883 attention: Claudia
- Return Directly to Handsworth main office

If you choose not to consent to immunization please return the signed consent form stating your wishes.

Thank you sincerely!

Claudia

Claudia Lefebvre BScN©

Child and Youth Team

Vancouver Coastal Health

North Shore,

Tel: 604-418-2192

claudia.lefebvre@vch.ca

Program Spotlight - Dance

WHY SHOULD YOUR SON AND/OR DAUGHTER JOIN THE DANCE PROGRAM AT HANDSWORTH SECONDARY?

Handsworth's Dance Program has expanded over the past few years and is proud to be an engaging and inclusive program for dancers of all genders, ages and ability levels. From students with no previous dance training to competitive Peak Performance Program dancers, there is a place for everyone to learn and grow their skills.

Our program is unique to the North Vancouver School District as it promotes student leadership and mentoring opportunities throughout the year. The dances are primarily created by our students who get to learn how to choreograph and put their ideas on stage. They learn to set a piece, edit the music, design the lighting, coach students and witness the fruits of their effort while also performing in other pieces. They become experts at managing their timetables, problem-solving and being accountable.

Students new to dance benefit immensely from the positive and supportive environment created in the dance studio where they are encouraged to try something new, take risks and have fun! The senior dancers take pride in building relationships with younger students and getting them interested in the performing arts.

A variety of performance opportunities are available to our students throughout the year: the grade 8 retreat, our bi-annual performance of Hands Up at Centennial Theatre, the Remembrance Day assembly, the Basketball Spirit Game and the school play.



BOYS ONLY DANCE CREW

Handsworth is proud to offer a dance class for male dancers (grade 9-12)

**This season, we currently have
18 male dancers enrolled in Dance Crew.**

TESTIMONIALS FROM DANCE STUDENTS ENROLLED IN HANDSWORTH'S DANCE PROGRAM

"I have always been a shy person, and dance has been helping me come out of my shell. Getting to learn skills you don't get the opportunity to in a traditional dance studio, is what makes this program so unique. Dance has helped me gain more confidence not just in dance, but also in my everyday life."

M.F., grade 11, Squad Dance Company

"Being part of the dance program helped me gain many valuable friendships when I first came to this school; as well as helped me overcome my shyness."

G.H., grade 12, Dance Crew

"As a peak performer in the Handsworth dance program, not only is it a great way to meet other dancers but also a great way to continue to work on diversifying your dance skills to enable you to become an even better dancer. Even though my main focus is ballet, I have found working with Mrs. Isabelle and the other dancers a great influence which benefits my dance abilities. I encourage any dancer who is thinking of joining to definitely do so as they will find it worthwhile in so many ways."

E.W., grade 11, Studio Dance Company

"As I have transitioned from a junior to a more senior member of the Handsworth dance program, possibly the most welcome change is being put in a position of leadership. It is not often for a grade 11 student to be put in a role of leadership, and choreographing dances is the perfect opportunity try being a leader. Watching something that I have created be danced on stage, or even in the dance studio, is one of the most satisfying feelings I can think of."

A.M., grade 11, Dance Crew

"The Handsworth dance program has allowed me to do what I love and be proud of it, but also push my boundaries as a dancer and experience different styles that I would never imagine myself doing."

M. S., grade 10, Studio Dance Company

"Year after year in the Handsworth Dance Program has helped me develop both technical skills in a variety of styles and a strong sense of community. Dancing with my classmates will definitely be a highlight of my high school experience."

S. T., grade 10, Squad Dance Company

"As a former competitive dancer, I was fortunate to be taught by professional choreographers from all over Canada and the United States. I have incorporated this knowledge and years of experience into my own choreography at Handsworth, producing dances with an effective story and sophisticated technical elements. I am grateful for the opportunity to choreograph for the Handsworth's Dance Program."

G. H., grade 12, Studio Dance Company

"Ms. Isabelle is incredibly dedicated to the program and will push every student until they achieve their own personal excellence. She operates by the "no dancer is left behind" mentality; which ensures a valuable spot for every level and kind of dancer within the program. The dance program is not only an exemplary program to grow and progress as dancer. It is a safe place to be yourself, make unexpected friendships, and grow as a person. I could have never predicted how positively the dance program would affect my confidence and self-worth within my daily life."

C. B., grade 12, Studio Dance Company

Dance Squad (intermediate) & Studio Dance Company (advanced)
are by audition only.

Dance Crew is open to all male dancers Grade 9-12 (no audition required)



Dance Squad & Studio Dance Company are by audition only

Dance Crew is open to all male dancers Grade 9-12



Dance classes available for students with minimal or no previous dance training



FEBRUARY 1, 2017

The True Cost

A message from the Handsworth Environmental Club



WHEN?

Thursday, February. 23rd
at 6:00PM - 7:30PM

WHERE?

In the Library

WHAT?

Watching *The True Cost*, a film about the truths behind the fashion industry

WHO?

Presented to you by the Environmental club

1

WHERE?

Where do my clothes come from?

2

WHO?

Who makes my clothes?

3

HOW?

How do my clothes affect others and the environment?



Encouraging all staff, students, and members of the community to attend

The True Cost

- Presented to you by the Handsworth Environmental Club -

This year, Handsworth's Environmental Club has decided to organize a movie night fundraiser to highlight the horrible truths behind the fashion industry.

Take a moment to look at the clothes you are wearing...

Ask yourself: Do you know where each garment came from? Do you know who made them? Do you know the true environmental and social effects of your outfit?

One month ago, I would have answered 'no' to all of the questions above. I did not know where my clothes came from, who made them, and how the cost of my clothes affected more than just my wallet.

Who made
my clothes?

Upon watching the documentary, *The True Cost*, I was in denial. The film led me to make the connection between a shirt I bought from H&M to a worker from a sweatshop in Bangladesh.

The film illustrates the truths behind the fashion industry in terms of the social conditions of the workers and the environmental affects. Through facts and personal stories, this film can help the general public make the connection between a mainstream shop in Vancouver to a sweatshop in a developing country.

The True Cost was a film made to turn heads, spark discussions, and work towards a more sustainable future through mindful shopping and wardrobe transformations. The goal of the Handsworth Environmental Club is to inform the Handsworth Community about the clothes they wear in terms of where they come from and who makes them. With the knowledge from this film, our community can start making more environmentally sustainable choices within something as simple as the clothes we buy.



The Handsworth Environmental club encourages any staff, student, and/or member of the community (parents, siblings, relatives, etc.) to join in on this exciting event.

**ASK
YOURSELF:
"WHO PAYS
THE PRICE
FOR OUR
CLOTHING?"**



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	@hss2021
Grade 9	@hss2020a
Grade 10	@hss2019
Grade 11	@hss2018
Grade 12	@hssgrads
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

Wedge's Kitchen

Banana Bread

When you have a sweet tooth and want to stay on track, here's a nice treat. Sugar is NOT an added ingredient.

Ingredients

- 3 mashed bananas (ripe)
- 1/3 cup apple sauce
- 2 cups oats
- 1/4 cup almond milk
- 1/2 cup raisins (optional)
- 1 tsp vanilla
- 1 tsp cinnamon

Preparation

Bake at 350 for 15-20 minutes

