



# École Secondaire Windsor Secondary School

## FAMILY NEWSLETTER- MAY 2026

We would like to thank the Coast Salish people, specifically the Skwxwú7mesh Nation and Səlilwətał Nation, on whose unceded traditional territory École Windsor Secondary resides.

### IMPORTANT DATES:

**MAY 1**

May Day , School Principal's Day

**MAY 4**

District wide Professional Day (no school for students)  
Star Wars Day

**MAY 5**

National Day of Awareness for Missing and  
Murdered Indigenous Women and Girls (MMIWG)

**MAY 10**

Mother's Day

**MAY 12**

International Nurses Day

**MAY 15**

International Day of Families

**MAY 17**

International Day Against Homophobia,  
Transphobia and Biphobia.

**MAY 18**

Victoria Day (school closed)

**MAY 22**

International Day of Biological Diversity

**MAY 27**

Staff Collaboration Day (student late start 9:50 am)

Month-Long Observances (May)  
Asian Heritage Month  
Canadian Jewish Heritage Month.  
Mental Health Week (May 4-8).  
National Nurses Week (May 8-14).

Last Sunday of May: National Accessibility Week

## 'SPARKING' STUDENT INTEREST: A CROSS-CURRICULAR EXPLORATION OF "FRANKENSTEIN"

'Mr. Minn's Anatomy and Ms. Dubé's English senior classes joined forces this term for an electrifying exploration of the intersection between scientific discovery and literary imagination.

Centred around the historical experiments that inspired Mary Shelley's "Frankenstein," students explored the development of the study of human anatomy and learned about Luigi Galvani's early experiments in bio-electricity, which posited that the recently dead could be brought back to life through the stimulation of Human Animal Electricity. – Essentially, he proved muscular stimulation could be achieved, even after death, through the application of electricity. His experiments led to widespread curiosity about what death actually means and when it actually occurs.

Influenced by the scientific discourse of her time, Shelley explores themes such as the dangers of unchecked ambition and the ethical limits of experimentation. By connecting Victor Frankenstein's fictional work, and success, to the real world students gained a deeper appreciation for how literature reflects and critiques various aspects of society.

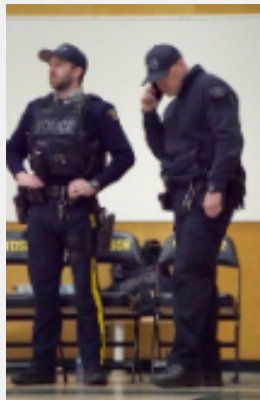
The collaboration culminated in a shocking experiment(!) and brought historical scientific inquiry into the modern classroom. Students used Transcutaneous Electrical Nerve Stimulation (TENS) machines to deliver mild electrical impulses to their muscles. They observed how these currents caused involuntary muscle contractions, offering a tangible demonstration of the principles Galvani was investigating. Several students admitted that it was a surprising and memorable experience—not only to see their own muscles respond to electrical stimulation, but to experience how their two seemingly divergent courses, English and Anatomy, overlapped.

Through this course combination students experienced how the line between innovation and fiction, the line between science and literature, can be as thin as the boundary Galvani thought separated life and death! It was a powerful learning opportunity that enriched students' understanding of both disciplines.



## Student Council

On April 14th, Windsor hosted a charity basketball game that brought the community together for a great cause. The event consisted of an exciting matchup between our Senior students and the North Shore First Responders. It was a fun and competitive atmosphere for everyone in attendance. Throughout the evening people enjoyed: snacks, an exciting three-point contest and plenty of school spirit from our very own dance team, the Howlers. It was a wonderful night filled with positive energy, teamwork and a great way to get the community together! Thanks to everyone's support and participation. We were proud to raise \$1,400 for charity, making the event both enjoyable and impactful."



## LIBRARY UPDATE

The Windsor Student Library Advisory is a group of students in grades 8-12 who have been very active, throughout the year, meeting to plan library displays and initiatives, holding special events in the library after school, and helping out daily at the front circulation desk.

This group of student leaders have made a huge impact on the Windsor Library and we want to showcase their efforts and thank them for their amazing creativity and support. If you are interested in helping out in this active club next year, be sure to ask for more information in the Windsor Library.



The Windsor students who have shown a true dedication to building their literacy skills deserve a mention too! Each year there are awards for the 'top readers' in June, but this is a good time to see which students are demonstrating their reading prowess thus far.

From September 2025 - April 2026, the following students have read many books (34 or more!) and we are really proud of them. Extensive research has shown that [early reading is crucial for development](#), and reading for pleasure shows notable brain enhancement. We encourage all students to read, read, read - then read some more!

### Top Patron Stats

Miles Park, Maksym Yanus, Charlie Salkeld, Simone Hunter-Poburko, Cliona Horn, Kieran Mayer, Cy Good, Misha Ruales, Aiden Wowchuk-Kiss, Thomas Philips, Ivan Thompson-George, Lily Baker, Quinn Rabbani. Tegan Beardsmore, Ommad Ameer and Mia Pinese.

## BAND AND CHOIR TRIP TO WHISTLER



Windsor Music travelled with 100 students and six different ensembles to the Con Brio Music Festival in Whistler, BC. They competed in the Concert Band, Jazz Band, Chamber Choir, Jazz Choir and Orchestra categories and executed excellent performances!

## WINDSOR MUSIC MAY 30



Windsor Secondary's annual **Jazz Cabaret** returns on **Saturday, May 30, 2026**, from 5:30 PM to 11:00 PM. This year's theme, Blue Note Jazz, is inspired by the legendary jazz record label and the atmosphere of a classic New York nightclub—promising an evening of great music, food, and community.

This 19+ event is the Windsor Music Program's **main fundraiser**, with all proceeds supporting student learning, musical equipment and performance opportunities. **Tickets** are \$60 and available online now (no sales at the door). Purchase your ticket here: <https://www.simplenetix.com/e/cabaret-2026-tickets-272366#host>

### Support the Event

Families across the Windsor community are invited to get involved by contributing to our fundraising efforts:

- **Silent Auction:** We welcome donations of items, services, gift cards, or experiences from families or local businesses

To donate or learn more, please contact Debbie Smart at [mrsmary@telus.net](mailto:mrsmary@telus.net). Thank you for supporting Windsor Music—we hope to see you there!

# MAMMA MIA!

THE SMASH HIT MUSICAL BASED ON THE SONGS OF ABBA®

Donna Sheridan	Julia Jaworsky and Maya Pires	<i>Understudy</i>
Tanya Cresham-Leigh	Brooke Baker	Sabrina Chen
Rosie Mulligan	Nina Kopittke	Isla Rae
Sophie Sheridan	Diadem Alcalá	Clara Celler
Sam Carmichael	Ben Stock	Jacob Hildebrand
Bill Austin	Cameron Turnbull	Devon Toube
Harry Bright	Luciano Ceron Gamboa	Jack Wagner
Sky Rymand	Rasa Azimipour	Arianna Wiebe
Ali	Clara Celler	Aksel Kauko
Lisa	Alexandra Grant	Rowan Junck
Pepper	Devon Toube	
Eddie	Jack Wagner	
Father Alexandrios/Company	Charlie Salkeld	
Company	Aksel Kauko	
Company	Alanah Jamal	
Company	Amelia Sled	
Company	Arianna Wiebe	
Company	Isabelle Ceron Gamboa	
Company	Isla Rae	
Company	Jasmin Thomas	
Company	Katie Gratton	
Company	Mira Erozu	
Company	Rowan Junck	
Company	Sabrina Chen	

Shows: June 17th,  
18th, 19th, 22nd,  
23rd, 24th  
@ 7:30pm



**WINDSOR'S FIRST  
FULL BROADWAY  
MUSICAL SINCE 2011!**

# Connecting With Teens: A Conscious Parenting Approach



Whether you're already in the midst of teen angst or have a 7-year-old acting like one, it is never too early, or too late, to learn new parenting skills for connection.

The teenage years can feel like a sudden disconnect, but they don't have to be. This presentation introduces a conscious parenting approach to help you stay emotionally connected, even through resistance, mood swings, and conflict.



**Arleen Tyndall**, BScPhm, ACPR

Dr. Shefali trained Conscious Parenting & Life Coach  
25+ yrs Clinical Pharmacist  
Author/Speaker  
Somatic Alignment Facilitator

## What You'll Learn:

- ✓ Respond instead of react in challenging moments
- ✓ Understand risk behaviours in teens & prevent addictions
- ✓ Understand what's really driving your teen's behavior
- ✓ Build trust and open communication
- ✓ Repair disconnection and rebuild closeness
- ✓ Create a relationship your teen actually wants to come back to

## FREE Online Webinar

 Mon May 25th  
 6:30 to 8:00 PM

**FREE REGISTRATION**



**In-Person** at Capilano  
Library **Sun May 31st**  
Register [www.NVDPL.ca](http://www.NVDPL.ca)



[www.ArleenTyndall.com/events](http://www.ArleenTyndall.com/events)

**Register for the Meeting  
Link & Recording**

# PAC



Trucker Hat  
\$30.00



Crew neck sweatshirt  
\$50.00



Hoodie  
\$50.00

[Windsor PAC Store](#)



École Windsor Secondary  
PARENT ADVISORY COUNCIL  
winpac.secretary@gmail.com

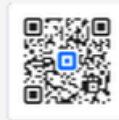
Every Parent  
is a Member

## Windsor Swag Store OPEN NOW until May 24

(order pick up week of June 15)

WINDSOR PAC

Order from your phone  
No app required



- 1 Open phone camera
- 2 Scan QR code
- 3 Order & pay

To order again, scan QR code



Zippered Hoodie  
\$45.00



T-Shirt  
\$25.00

## SMARTPHONES AND LEARNING: WHAT THE RESEARCH IS SHOWING

Researchers wanted to know whether having your smartphone nearby, even if you're not using it, affects how well you can think and focus. They ran experiments where people took memory and problem-solving tests under different conditions:

- phone on the desk
- phone in a pocket or bag
- phone in another room

Here's what they found:

1. Just having your phone nearby makes it harder to think clearly. Even when the phone is turned off and face-down, part of your brain is still paying attention to it. This uses up mental energy that could be used for learning or problem-solving.
2. People did better on thinking tasks when their phone was in another room. Students performed the best when their phone wasn't physically present at all.
3. Most people don't realize their phone is distracting them. Participants felt like they were fully focused, but their test scores showed otherwise.
4. Even without buzzing or lighting up, the phone still pulls at your attention because your brain is used to checking it.

[Brain Drain: The Mere Presence of One's Own Smartphone Reduces Available Cognitive Capacity | Journal of the Association for Consumer Research: Vol 2, No 2](#)

We will continue strongly encourage students to use their personal lockers to store their schoolbags and phones during class time.



North Vancouver Summer Learning provides a platform for students to explore and extend learning opportunities while fulfilling their educational requirements through a variety of opportunities in the month of July. This year's course offerings provide students opportunities to further their learning and/or earn credits toward graduation. Students can register for ONE Summer Learning course from the following course offerings:

- Full Credit Academic Gr 10-12 Courses (Note - some of these classes are in high demand and will fill quickly.)
- English Language Learning (For ELL students in Grades 7-11 who want to build their language skills)
- Numeracy 8/9 Foundations (Numeracy Skill building program designed for Grade 8 and 9 students)
- Literacy 8/9 Foundations (Literacy Skill building program designed for Grade 8 and 9 students)

For a full listing of courses, and important information about course registration, please visit the North Vancouver Summer Learning website.

Registration is open to students within and beyond the North Vancouver School District (NVSD). Registration opens on Friday, May 1 at 9 a.m. for NVSD students. Students in Grades 7-11 will have the registration link automatically added to their School Cash Online account prior to the May 1 registration start. Registration for all students closes on Monday, June 22 at 12 p.m. Please note that Grade 12 students who will have graduated as of June 2026 or will be 19 on or before July 1, 2026 are NOT eligible to take a Summer Learning course. Grade 12 students who ARE eligible and who would like to take a Full Credit Course should contact their school Grade counsellor to be provided with the ability to register.

## **DREAM IT, BE IT. CAREER SUPPORT FOR GRADE 8 & 9 GIRLS**

Dream It, Be It career support for girls is a fun and inspiring one-day experience for Grade 8 & 9 girls who are at the beginning of their career path exploration. The girls will explore their interests, discover their strengths, build confidence, and imagine their future. The program will be very interactive and hands-on, featuring an inspirational speaker, fun and insightful activities, shared meals (lunch and snacks provided), swag bags, and an opportunity to connect with their peers from other schools.

Details:

Thursday, May 21, 2026, 8:45 a.m. - 3 p.m.

Lynn Valley Community Room, 3033 Mountain Highway, North Vancouver


The event is free, but registration is mandatory and spaces are limited. Open to girls in North and West Vancouver in Grades 8 and 9. Parental consent is required.


News Item - North Vancouver School District


# ELECTRIC MOTORCYCLE SAFETY AWARENESS


**NOT STREET LEGAL**



✘  No insurance **\$598**

✘  No driver's license **\$276**

✘  No helmet **\$138**

✘  Stunting **\$368**  
7-day impound



Many high-powered "e-bikes" sold online are actually electric motorcycles under BC law. **THEY ARE NOT STREET LEGAL** unless properly registered, insured, and operated by a licensed driver.



**NOT PERMITTED ON  
ROADS, SIDEWALKS,  
BIKE LANES, OR  
PUBLIC PATHWAYS.**

Scan here for  
the legal  
requirements



## SCHOOL FEES

Course fees have been added to your account. Please login to [School Cash Online](#) to make the payment. We appreciate the prompt payment of these fees so the teachers are able to purchase the supplies required for this semester as soon as possible.

**Note that students with outstanding athletic and school fees will not be able to pick up their Yearbooks or Grad Gowns in June until their accounts are up to date.**

## KEEP US IN THE LOOP!

### Contact information

Please ensure your contact information, especially email and phone number, are up to date. You can see the contact information that Windsor has in MyEd.

**MyEd is also where you can access your students' timetable, course requests for next year, report cards and attendance records.**

### [My Ed BC Portal Tips & Resources](#)

When changing your mailing address, please attach a copy of proof of address. An example would be a utility bill, BCID, Drivers Licence, credit card invoice etc.

### Vacations and Extended Absences

If a student is away for more than a couple of days, parents need to fill in a Student Extended Absence form, to be signed by teachers. The form can be found on the [Windsor website](#).

#### TO REPORT AN ABSENCE:

- Email [windsor@sd44.ca](mailto:windsor@sd44.ca) (preferred) \*
- Please remember to include the words **absence** or **attendance** in the subject line
- or Call Attendance Line: **604-903-3707**

Thank you for helping us to keep up to date!