



Student Services E-Bulletin – March 2026

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[Counselling - École Windsor Secondary](#)

Thank you to everyone for your consideration of choosing courses, exploring options, and taking the time to meet with counsellors in the course programming process.

Opportunities

1. Seeking a career in the Arts? NVSD 44 is hosting a gallery walk-about event to showcase careers in visual arts, music, dance, fashion design, architecture, jewellery making, animation, acting, special effects. **Monday March 9th, 6 pm – 7:30pm** @ Gordon Smith Gallery: 2121 Lonsdale Ave. for more information, contact jkinakin@sd44.ca or careerpathways@sd44.ca
2. The Minerva Group is offering 3 opportunities for self-identified girls and gender-diverse youth to grow their leadership and wellness skills this spring. Some are in person, others are online, and all are free. Please visit Minerva's website and click on Youth Programs tab. <https://minervabc.ca>
3. Thinking of a Gap Year? This website links you to resources for students who want to engage in experiential and self-directed learning. <https://www.cangap.ca>



4. Please feel free to reach out to your grade counsellor if your child is struggling with anxiety. Here is a resource for any parent who is dealing with a child with anxiety, procrastination, self harm, etc.
<https://healthymindsbc.gov.bc.ca/age-group/grades-8-12/>
5. The Bonnie McLaren Award is a Soroptimist International of North and West Vancouver's leadership/volunteer and recognition program dedicated to teen girls between ages of 14-17. Deadline to apply is Sunday March 30th, information is here: <https://www.soroptimistnvwv.org/bonnie-mclaren-award>
6. Vancouver Film School is offering a series of hands-on 2-day workshops designed for students interested in film, animation, and digital media. These sessions are a great way for students to explore creative career paths and build new skills in a fun, supportive environment. 9 am – 4 pm.

Makeup from Stage to Screen

<https://www.eventbrite.ca/e/1328870610769?aff=oddtcreator>

Animation

<https://www.eventbrite.ca/e/1328798505099?aff=oddtcreator>

Motion Graphics

<https://www.eventbrite.ca/e/1326065310039?aff=oddtcreator>

Students can register for all workshops directly through Eventbrite using the links above. There is also a **Creative Essentials Workshop Day on March 27th** — a full day of interactive sessions across multiple creative disciplines. Best of all, this event is **completely free!**

<https://vfs.edu/content/creative-essentials-workshop-day>

Grads/Post-Secondary

1. Save the Dates! The Graduation *Ceremony* at the Orpheum Theatre is currently scheduled for **Tuesday June 2nd at 7 pm.** The Windsor Grad



Banquet is **Saturday June 20th**. Details are on the school website under Counselling – Grad.

2. Grade 12's: If you are planning to attend **any** Post-Secondary Institute (PSI) in the fall 2026, you need to *Consent* to have your *Final* marks to be sent to each individual PSI through the **Ministry STS site**, so that your final transcript can be sent to them in July. If you do not do this step, you will lose your offer, even if you had sent a paper transcript. Refer to this link to do so, and to get your transcripts: Windsor → Counselling → Post Secondary → Student Transcripts Site Steps
3. See updated Scholarships page on the Counselling website – sorted by month due. For more information on all External Scholarships, including all Internal (Windsor) scholarships, please see our page at Windsor → Counselling → Scholarships. **New for 2026:** Seymore Golf Club Community Scholarship. See your counsellor for the application.

Parent Resources available:

1. Vaping Products Information for Parents– prevention toolkit: [1168-Vaping Parent'sHandout Final R2 \(bclung.ca\)](#)
2. Interesting article: “Teens getting less sleep with rise of smartphones” Journal Sleep Medicine...CBC News, Oct 31, 2017. [Teens getting less sleep with rise of smartphones, study says | CBC News](#)
This study highlights “how teens are getting less sleep than they did before smartphones became commonplace, prompting concerns about potentially serious health consequences”. Teens need 8-10 hours of sleep, but their sleep is impacted by “streaming instead of dreaming” late at night. Getting enough sleep is crucial, and lack of sleep has been linked to health problems ranging from obesity, diabetes, depression, and substance use. (School Counsellors’ note: as well as anxiety, moodiness, lack of energy/ motivation/ability to concentrate at school).



Try using a clock radio alarm and *leave the phone/iPad/laptop outside of the bedroom at bedtime.*

3. Different Types of Stress: Most daily stress is good for you! There are 3 kinds of stress:
 - a. Positive – short term and it helps us learn how to adapt and grow, pushes us outside of our comfort zone
 - b. Tolerable – short term but there is more serious impact (ie. Parents divorce, pet dying, etc). As long as you have supportive relationships, is unlikely to have lasting negative consequences.
 - c. Toxic – prolonged and extreme (ie. Neglect, violence, abuse). This one is bad for you, and is rare.

Avoiding all stress is not necessarily helpful to you... especially for young people trying to develop coping skills. Reach out to the school counsellor for help if you/your child wishes to improve coping skills.