



**ÉCOLE SECONDAIRE
WINDSOR
SECONDARY SCHOOL**

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Student Services E-Bulletin – March 2023

Counsellors:

Grade 8 and International Students – Mancy So - mso@sd44.ca

Grade 9 and Choices students – David Lavallee - dlavallee@sd44.ca

Grade 10 and Grade 12 (last names A-R) – Sue Maquignaz – smaquignaz@sd44.ca

Grade 11 and Grade 12 (last names S – Z) - Steve Martin – smartin@sd44.ca

Windsor Counselling Website: www.dukescounsellingonline.weebly.com

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. Grade 9-11's are to *input your courses online* (Grade 8's will do during class time) and submit the signed Course Selection Forms by **March 6th**.

Instructions are attached to this E bulletin. Help is available to input your courses during Tutorial Time March 1-3rd in the library lab. Here is a link to see the course descriptions of all courses offered, by department: [Course Descriptions - École Windsor Secondary \(sd44.ca\)](#)

Opportunities

1. Vancouver Film School is offering a 2-day workshop for 15-18 year olds during the March Break 2023. Explore the creative entertainment industry, work on projects/films/etc. \$200- \$225. Please see: [Creative Break 2023 | Vancouver Film School \(vfs.edu\)](#)
2. Minerva BC is accepting applications for the free Spring 2023 cohort of "Learning to Lead"! This program is a unique opportunity for self-identified girls. Weekly 2 hour sessions are either Tues or Wed for 4 weeks. [Linked here](#) is the L2L 2023 One-pager for your reference. For more info, please contact Vib Wadhwa, Youth Programs Coordinator at vibhuti@minervabc.ca
3. If parents missed the live presentation of the Education Planner BC "Parents as Education Coaches presentation on Feb 16th, here is the recorded webinar. It will expire on April 20th. [SD44 NorthVan & KGMS PECC- 16Feb2023.mp4 \(sharepoint.com\)](#)

4. Thinking of a Gap Year? This website links you to resources for students who want to engage in experiential and self-directed learning. [Gap year resources, programs and events in Canada | CanGap Association](#)
5. The Youth Excellence Society (YES) is offering camps for youth to Lake Cowichan for students finishing grades 8-12. [Summer Camps Vancouver Island, BC | The YES](#)

Work Experience

Besides the 30 hours of 'Work Exposure' (paid or unpaid) that students need to complete in order to graduate, there is an elective course called Work Experience 12 A that provides an opportunity to observe and practice a potential career path. This course provides 4 credits as a full course. The hours spent on the placement can count towards the required 30 hours for graduation.

For students interested in trades, there is "Youth Work In Trades" that offers credit for paid work with a certified Journey Person in that trade. Students can earn up to 4 courses (16 credits) worth of credits for this paid work while in school. Please refer to www.Tradestrainingbc.ca

Contact your counsellor or Mrs. Oliver (Careers Coordinator at Windsor) at soliver@sd44.ca for more information.

For information regarding jobs available for youth in the community, please see the bulletin board in the main foyer – towards the 200 floor- for up to date leads.

Grads/Post-Secondary

1. Save the Dates! The Graduation *Ceremony* at the Orpheum Theatre is currently scheduled for **Sunday June 18th**. The Windsor Grad *Banquet* is **Saturday June 24th**.
2. Grade 12's: If you are planning to attend **any** Post-Secondary Institute (PSI) in the fall 2023, 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 sent a paper transcript! If you have any questions, please see your counsellor.

3. See updated Scholarships page on the Counselling website – several new ones have been added. For more information on all External Scholarships, please see our page at [External Scholarships - Windsor Counselling \(weebly.com\)](http://External%20Scholarships%20-%20Windsor%20Counselling%20(weebly.com)). For all Internal (Windsor) Scholarships, our Windsor Scholarship Committee will base decisions from the Scholarship Application that was due in December.
4. NCAA has just dropped the need for student-athletes to submit SAT or ACT scores for admission. However, 40% of American universities still require it depending on the university. Please see website for details: www.collegeboard.org

Parent Resources available:

1. Vaping Products Information for Parents– prevention toolkit: [1168-Vaping Parent'sHandout Final R2 \(bclung.ca\)](http://1168-Vaping%20Parent'sHandout%20Final%20R2(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](http://Teens%20getting%20less%20sleep%20with%20rise%20of%20smartphones,%20study%20says%20|%20CBC%20News)
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.*