



Tuesday, February 15th, 2022

Dear Carson Graham Community,

We hope that you all had a nice weekend. Please see below for some important information:

Diploma Programme Information Session

Tonight marks the last of our Parent Programming Information Evenings. This session will focus on the Diploma Programme and will start at 7:00 pm through this [LINK](#).

Parents are also invited to visit the North Vancouver School District website to learn more about the wide range of Academy programs our school district offers. For more information on all Academy Programs please visit [here](#).

PAC Presentation: Unlock Your Future with Brittany Palmer

You requested it and now we have secured the return of Brittany Palmer and her "Unlock Your Future", where virtually anyone can get a scholarship presentation.

Join Brittany Palmer of "Unlock your Future" as she leads students and parents through a step-by-step program for navigating the scholarship process.

Students in all grades and parents are welcome and encouraged to attend; it is never too early to get started. Through this dynamic and informative presentation, Brittany demonstrates that scholarships are indeed possible. <https://bit.ly/CGPACUnlockYourFuture2022>.

PAC Fundraiser: FundScrip

Your Carson Graham PAC has opened a "FundScrip" account to offer a great opportunity to support the PAC at no cost to you. Information is available [here](#).

It is as simple as spending money at many of the places you already are already shopping e.g. Loblaws, Canadian Tire, Starbucks, Rona, and many, many more.

Essentially, you buy a "gift card" for the amount that you want and you get 100% of the gift card value. All the while, Carson Graham PAC gets a donation through your gift card purchase. The bottom line is that you can support the PAC while not needing to donate to the PAC or spend more than you would already spend at the places you already shop.

If you want more info you can always write to our Fundraising Coordinator, Sabrin Alzabidi, at fundraising@carsongrahampac.ca.

Opportunities for Students and Families

Events, Workshops & More

Civic Youth Awards – Do you know an outstanding youth (age 10-24) who has made noteworthy achievements or contributions to their community? The City of North Vancouver is now accepting nominations for the





annual youth awards. For more details, see <https://www.cnv.org/city-services/planning-and-policies/youth/be-recognized>. The deadline for nominations is 5:00pm on Monday, March 14.

- o District of North Vancouver's Civic Youth Awards: <https://www.dnv.org/programs-and-services/civic-youth-awards>. The deadline for nominations is 11:59pm on Monday, March 14.
- o District of West Vancouver's Youth Appreciation Awards: <https://westvancouver.ca/parks-recreation/youth/youth-appreciation-awards>. The deadline for nominations is 6:00pm on Friday, April 8.

CNV Youth Centennial Scholarship – The City of North Vancouver is now accepting applications for the City's Youth Centennial Scholarship. Each year, five scholarships of \$1,000 each will be awarded. For more information or to apply, see <https://www.cnv.org/City-Services/Planning-and-Policies/Youth/Be-Recognized/Youth-Centennial-Scholarship>. The deadline for applications is 5:00pm on Monday, March 14.

Invasive Species and the Future of our Natural Spaces – Join City Parks staff for an interactive presentation on invasive plants and learn what the City is doing to control the spread of invasive species and how you can help. Participants will learn to identify common invasive plants, management practices and what to look for when purchasing new plants. This virtual program takes place Tuesday, March 1 from 6:30pm-7:30pm. Register or find out more information at <https://www.nvcl.ca/calendar?trumbaEmbed=view%3Devent%26eventid%3D157579704>.

NVCL Black History Month – Join North Vancouver City Library and MONOVA for a presentation in honour of Black History Month from 7:00pm-8:00pm on Thursday, February 17. Register for this virtual event at <https://www.nvcl.ca/calendar?trumbaEmbed=view%3Devent%26eventid%3D157565341>.

NVRC Tutor Time – Delbrook Youth Centre and Capilano Youth Advisory Committee are hosting a free tutoring session for youth (age 10-12) on Friday, February 18 from 4:00pm-6:00pm. Register or find out more at <https://nvrc.perfectmind.com/23734/Clients/BookMe4LandingPages/CoursesLandingPage?widgetId=a28b2c65-61af-407f-80d1-eea58f30a94a&redirectedFromEmbeddedMode=False&courseId=ac5adb94-de86-498d-ab10-39b96e8ae8ae>.

North Shore Young Civic Forum – CityHive is now accepting applications for NSYCF's spring cohort. The Forum is a three month program where young adults (age 18-39) get to learn about their local municipalities, how they operate and get involved on issues that matter to them. For more information or to apply, see <https://cityhive.ca/the-forum/> or contact **Rowan Gentleman-Sylvester** (rowan@cityhive.ca).

Girls and STEAM – Science World presents a free, virtual event series for girls (age 14-16) from February 22-26. For more information or to register, see <https://www.scienceworld.ca/event/girls-and-steam-2022/>.

Volunteering and More

Family Invasive Pull – The City of North Vancouver's City Park Stewards program is looking volunteers to participate in an invasive pull at Mosquito Creek Park from 9:00am-12:00pm on Saturday, February 19. Register at <https://www.cnv.org/your-government/living-city/get-involved/city-park-stewards> or contact **Frances Ramsay** (parkstewards@cnv.org) for more information.





Scotch Broom Pull – The City of North Vancouver’s City Park Stewards program is looking for volunteers to participate in an invasive pull from 9:00am-12:00pm on Saturday, March 19. Register at <https://www.cnv.org/your-government/living-city/get-involved/city-park-stewards> or contact **Frances Ramsay** (parkstewards@cnv.org) for more information.

NVRC Opportunities – North Vancouver Recreation and Culture is seeking volunteers for aquatics, early years, special events, fitness and general recreation. For more information, see <https://www.nvrc.ca/about-us/employment-volunteering/volunteering> or contact volunteer@nvrc.ca.

MONOVA Opportunities – The Museum and Archives of North Vancouver is seeking volunteers for events, transcription, archival documentation and assistance with school programs. For more information, see <https://monova.ca/volunteering/> or contact **Andrew Hildred** (hildreda@monova.ca).

Edible Garden Project Opportunities – The Edible Garden Project is seeking volunteers for a variety of positions; an orientation session will take place from 2:00pm-3:00pm on Wednesday, March 2. More information and application forms available at <https://ediblegardenproject.com/2021site/volunteer/>.

Ecology Centre Opportunities – The Lynn Canyon Ecology Centre is seeking volunteers for multiple positions. For more information or to apply, see <https://ecologycentre.ca/volunteer-opportunities/>.

Presentation House Theatre Opportunities – Presentation House is seeking volunteers for multiple positions. For more information or to apply, see <https://www.phtheatre.org/support-pht-2/volunteer/>.

Family Services Opportunities – Family Services of the North Shore is seeking volunteers for a variety of initiatives. Apply at <https://www.familyservices.bc.ca/volunteer-with-us/> or contact **Michele Varley** (volunteer@familyservices.bc.ca).

NSCSS Opportunities – North Shore Crisis Services Society is seeking volunteers (age 16+) to assist at The Good Stuff Connection Clothing Store & Program. For more information, see <https://nscss.net/get-involved/#career>.

ISCBC Community Science Youth Team – The Invasive Species Council of BC is seeking volunteers for the Community Science Youth Team. Get your hands dirty with fieldwork, engage in skill-building workshops and gain community service experience. For more information or to apply, see <https://bcinvasives.ca/take-action/community-science/youth-team/>.

Roots Mentoring – Big Brothers of Greater Vancouver is seeking teen volunteers to mentor children in grades 1-6. The program requires a weekly one-hour commitment of mentoring after-school and consistent participation in Youth Leadership throughout the school year. For more information or to apply, see <https://www.bigbrothersvancouver.com/our-programs/roots/>.

Ongoing Programs

NVCL Youth Drop-In – The Room on the 2nd Floor of North Vancouver City Library is reserved for youth (grade 7-12) Monday-Thursday from 3:00pm-6:00pm and Friday from 3:00pm-5:00pm to hang out with friends, complete homework, read, use computers, etc. Registration is not required. See <https://www.nvcl.ca/calendar> or contact teens@nvcl.ca for more information.





CARSON GRAHAM
SECONDARY

Youth Centre Drop-In – NVRC’s Youth Centres are now open is open for drop-in. For a full schedule of drop-in programs, see <https://nvrc.perfectmind.com/23734/Clients/BookMe4?widgetId=191b3742-8801-4eb9-bbfa-abb28439f20c>.

DWV Youth Drop-In Programs – West Vancouver Youth Services offers a number of drop-in opportunities for youth (grade 6-12) from Monday-Saturday. All youth spaces are open and pre-registration is not required. For a full schedule of drop-in programs, see <https://recschedules.westvancouverrec.ca/schedules/youth-spaces>.

MONOVA Sensory Friendly Mornings – MONOVA presents sensory friendly programming one Sunday per month from 9:00am-11:00am geared towards for neurodiverse visitors of all ages. For more information or to book a time, see <https://monova.ca/sensory-friendly/>.

Wired 4 Success – Hollyburn Community Services Society offers an ongoing 13 week program designed for youth (age 16 to 30) with barriers to employment. This program offers individualized planning, financial support, work experience and education encouraging youth to secure employment in their field of interest. Contact **Louise Aronsson** (laronsson@hollyburnsociety.ca) or **Chantal Duarte** (cduarte@hollyburnsociety.ca) to register or find out more information.

Young & Recovering – Foundry North Shore and CMHA are hosting bi-weekly peer-led support groups for youth working towards active recovery from drugs and alcohol. The group meets on Tuesdays from 4:00pm-5:00pm at **Foundry** (<https://foundrybc.ca/northshore>).

NSWC Girls Empowerment Group – North Shore Women’s Centre presents a weekly group empowering youth through arts, workshops and presentations from leaders and champions of gender justice in our community. This free program is open to female and femme youth (age 12-18) from 4:00pm-5:00pm on Wednesdays January 12-May 11. To register or find out more information, see <https://docs.google.com/forms/d/e/1FAIpQLSdnAfxlFCZsj0uhFoPPNdygGLJSlGj6lZgghLwpawlwYdMGgg/vi/wform> or contact **Emily Booker** (emily.booker@mail.mcgill.ca).

North Shore PACT – The CMHA has launched a civilian-led team that will respond to crisis calls related to mental health and substance use on the North Shore. Youth (ages 13 and up) can receive over the phone or in-person help with a range of mental health issues. See <https://northwestvancouver.cmha.bc.ca/programs-services/peer-assisted-care-team-pact/> for more details.

Provincial Youth Wellbeing Resource – For provincial resources for youth mental health and wellbeing, see <https://wellbeing.gov.bc.ca/youth-mental-health-and-wellbeing>.

NS Connexions Respite Program – North Shore Connexions offers a respite program for children and youth with intellectual disabilities and their families. The program offers one-to-one support, activities that encourage growth and independence, and opportunities to engage with the community. For more information, see <https://nsconnexions.org/services/community-respite/> or contact **Amanda Jordan** (amandaj@nsconnexions.org)





Upcoming Events

February 15- Virtual DP information session for parents & students
February 16- DP for a Day
February 18- DP Application Deadline
February 21- Family Day (Schools Closed)
February 23- Pink Shirt Day/EPIC Wednesday
February 24- Course Requests Due/ MyEdBC Student and Parent Portal Closes for Course Requests
February 28-March 4- Celebration of IB and DP Art Exhibition
March 2- Late Start at 10am
March 11- Last Day Before Spring Break

Thank you for your continued support and kindness.

Best Regards,

Suzette Dohm

Principal

sdohm@sd44.ca

