



Monday, February 28th, 2022

Dear Carson Graham Community,

It's hard to believe that we are less than two weeks away from Spring Break! Students are immersed in their second semester classes and there is a positive vibe throughout the building. Please see below for some important information:

Rapid Antigen Tests for K-12 Students

Rapid Antigen Tests for K-12 students are beginning to arrive at NVSD schools. The Province has procured enough supply to provide one box of five test kits for each student in the District. Please note that Carson will be handing these out on Tuesday afternoon during block 6. Students who do not have a block 6 class can pick up a kit from the main office. Information on when and how to use the tests is provided in an [information sheet](#) prepared by the Ministry of Education.

Final Chance to Order Grad Hoodies

This is the last chance to buy a grad hoodie. The online store is open until Wednesday, March 2nd at <https://www.paddlevancouver.ca/collections/carson-graham-grad-2022> and the password is GRAD2022.

Interact Club Fundraiser

Carson's Interact Club and the North Vancouver Rotary Club are hosting a joint-initiative project: a sockeye salmon sale! Enjoy deluxe smoked salmon at a price of \$9.10 per 100g. Elevate your bagel sandwiches or have a delicious source of protein in any meal! A portion of the sales will go towards our Interact Club for future initiatives. For delivery details and pricing, please contact neilrcreighton@gmail.com.

Learning to Lead: Student Opportunity

Minerva BC, a non-profit organization dedicated to advancing the leadership of women and girls, is now accepting applications for their Learning to Lead™ program! More information can be found on the [Learning to Lead one-pager](#) for students who want to build their confidence and learn about leadership.

Learning to Lead™ provides self-identified girls in high school with the opportunity to increase confidence and explore their leadership potential while creating a network who will support them along their educational and career journeys. Applications are now open on our website: <https://minervabc.ca/learning-to-lead/>.

Selections will be made on a rolling basis, so youth are encouraged to get their application in early!

Participants develop their confidence through workshops that identify their key strengths and core values. They leave the program with greater self-awareness, and the inspiration to take on new challenges and opportunities.

Learning to Lead™ focuses on:

- **Being Authentic:** embrace and accept your unique self
- **Self-Knowledge:** identify your values and how to leverage your strengths
- **Increasing Confidence:** practice sharing your ideas and taking risks
- **Being a Leader:** learn what it means to be a leader and inspire others





- **Creating Connections:** build relationships with peers and mentors

There are four different groups of Learning to Lead™ in 2022 (dates below). Please note that successful applicants are selected to attend one of the program weeks. Students are welcome to apply to any of the program weeks. There is an increased chance of being selected if you are able to attend any of the four program weeks.

2022 Program Dates

- Group 1: Tuesdays, 3:30 – 5:30pm (May 3, 10, 17, 24)
- Group 2: Wednesdays, 6-8pm (May 4, 11, 18, 25)
- Group 3: Thursdays, 6-8pm (June 2, 9, 16, 23)
- Group 4: Mondays, 3:30-5:30pm (June 6, 13, 20, 27)

Please note that in order to participate, you must be able to attend all four sessions of the program cohort. This is an invitation to fully devote four evenings to your own learning, growth, and fun!

There is no cost to participants. All program costs are covered by donors and sponsors who believe in the leadership potential of youth.

Here is some information about the application process:

Learning to Lead™ has a two-part application process:

1. Application form to be completed by student

In addition to a few standard form questions, the student will be asked to prepare 100 to 200-word answers to the following their questions or to submit a video with their verbal responses:

- Why would you like to participate in Learning to Lead?
- Tell us about something you care about.
- Tell us about a time when you faced a challenge. How did you respond to it?

2. Letter of support from a nominating sponsor

As part of this application process, the student will also be required to upload a brief letter of support from their nominating sponsor (e.g., a teacher, guidance counselor, coach). The letter should be no more than 500 words and should outline how they have demonstrated the following criteria:

- Independent thought
- Taking on and overcoming challenges
- Desire to contribute to a better world

All applicants will be informed of selections in late March by email. Confirmation of participation is required in early April.

For more info, please contact Vib Wadhwa, Youth Programs Coordinator at vibhuti@minervabc.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.

Filming the Future: Spring Break Filmmaking Program – North Vancouver City Library and The Cinematheque present a free five-day filmmaking workshop for youth (age 13-18). The workshop takes place in-person at NVCL’s collaborator from March 14-18 from 12:00pm-4:00pm. To register or find out more information or to register, see <https://www.nvcl.ca/calendar?trumbaEmbed=view%3Devent%26eventid%3D158037146> or contact **Kate Longley** (klongley@cnv.org).

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 Tween Trivia – Join North Vancouver City Library and test your trivia knowledge on Saturday, February 26 from 2:00pm-3:00pm. Register for this virtual program at <https://www.nvcl.ca/calendar?trumbaEmbed=view%3Devent%26eventid%3D156606176> or contact teens@nvcl.ca for more information.

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://community.nscr.ca/democracy-cafe/north-shore-young-civic-forum/> or contact **Rowan Gentleman-Sylvester** (rowan@cityhive.ca). The deadline to apply is 11:59pm on Monday, February 28.

Edible Garden Project After School Program – The Edible Garden Project is launching a five-week after school workshop series about local food and garden literacy. Sessions will be in person and geared towards families with children (age 8-12) on the North Shore. The program will run on Thursdays from 3:30pm-5:00pm February 10 to March 10. For more information, see <http://ediblegardenproject.com/> or contact **Cindy Wei** (schools@ediblegardenproject.com).





Volunteering and More

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.

NVCL Opportunities – North Vancouver City Library is seeking general volunteers. For more information, see <https://www.nvcl.ca/using-the-library/teen/get-involved/for-teens>.

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, gallery ambassadors, and 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.

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/1FAIpQLSdnAfxlFCZsj0uhFoPPNdygGLJSIGj6lZgghLwpawlwYdMGgg/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,





CARSON GRAHAM
SECONDARY

see <https://nsconnexions.org/services/community-respite/> or contact **Amanda Jordan**
(amandaj@nsconnexions.org)

Upcoming Events

February 28-March 4- Celebration of IB and DP Art Exhibition
March 2- Late Start at 10am
March 8 - International Women's Day
March 8 - Lockdown Drill at 1:00pm
March 11- Last Day Before Spring Break
March 14 - 25 - Spring Break
March 17 - St. Patrick's Day
March 22 - World Water Day
March 28 - School reopens, Start of Grade 8 Rotation 2
April 6 - Late Start @ 10:00am

Best Regards,

Suzette Dohm

Principal

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