

# BACK TO SCHOOL

TIPS FOR YOUR CHILD TO THRIVE & SURVIVE .....

the adventure begins

09.04.18



## TRANSITIONS

Summer is nearly over and students all over West Vancouver are getting ready to hit the books for another exciting year. Backpacks are overflowing with supplies, the new favourite joggers are washed and ready to go and the countdown is on.

This is a great time to give some thought to three transitions our students go through in their careers here at WV Schools.

**What better way to learn some key tips about these grades than to speak to the experts themselves? Meet Vincent, Oliver and Kendall...**

# KINDERGARTEN

Ask any parent of any age about their child's first day of school and you will witness a flood of vivid recollections they thought they had long forgotten. The truth is the first day of kindergarten is one big memorable step in everyone's lives.

Everything will be new (independence, routines, friends and teachers). Here are some tips from a seasoned kindergartener, his parents and principal.

Our friend Vincent, a recent graduate of kindergarten has some encouraging words of wisdom for the new kids on trying your best and following the rules.

Vincent would like to remind new students that a good way to make your teacher happy is to remember the class rules "no standing on chairs, no talking without putting your hand up and no running around".

For new kindie parents just starting out their time here at WV Schools, Vincent's parents want to assure you "your kids are in great hands. schools have systems in place to support and care for your child... and they have it down to an art."

Ms. Zielinski, Principal at Ecole Pauline Johnson echoes these thoughts with some invaluable tips on preparing your student. Practice buttons and zippers, undo lunch containers and open and close ziploc bags and include your child in the routine of making their lunch (remember, no nuts!)



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**NEVER GIVE UP OR BE SCARED  
VINCENT - GRADE 1**

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# GRADE 8

Oliver has finished grade 8 and is moving on up to grade 9 with some suggestions for new kids. He recommends joining a team sport, as he puts it "When I started high school, I didn't know very many people. I joined the basketball academy and also played for the WVSS bantam team. I had a lot of fun while training, and was also able to get to know a lot of different staff members".

Oliver's Mum, Susan, also recommends connecting with children through activity "whether we're shooting hoops or kicking the soccer ball around the field, it doesn't matter the level of skill. Fun & connection are the goals."

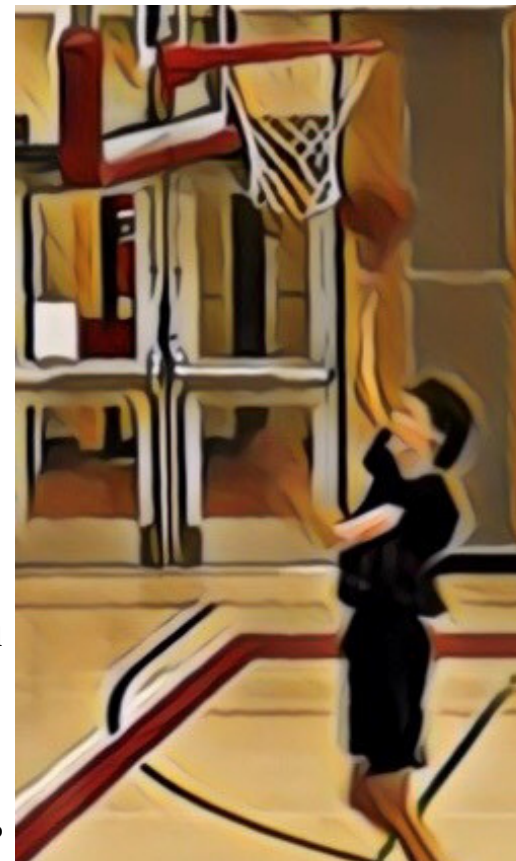
As Oliver suggests joining a new team or school club is the perfect way to get to know other students as well as teachers.

Oliver's feedback resonates with Ms. Judy Duncan, Principal at Rockridge Secondary "encourage your child to listen to the daily announcements and read the monitors in the hallway.

**GETTING TO KNOW  
TEACHERS, SUPPORT  
STAFF, AND  
ADMINISTRATORS  
OUTSIDE OF REGULAR  
SCHOOL ROUTINES IS  
INVALUABLE - OLIVER  
GRADE 9**

There is information on upcoming events and how to become involved in school life through sports, clubs and other activities. This helps students feel connected to the school."

After finally mastering elementary school the move into secondary school can feel daunting to some students, talk to your child about important routines to keep up (being on time, being organized and using your agenda)



# GRADE 12

The final and, some say, best year of high school has finally arrived. We spoke to Kendall a recent graduate from West Vancouver Secondary who shines a light on balance.

Finding time for school, work, extra curricular and grad events will test your organizational skills. All the better to help you in university, says Kendall. Being able to work hard in the first term to gain early admission to post secondary allows breathing room in the second and third term.

Kendall's older brother who is going into third year at university advises students to focus on learning how to take good and extensive notes in grade 12.

Sentinel Principal, Mike Finch reminds grade 12's not to worry about where everyone else is going, rather focus on what they want to do. As he puts it "Don't be afraid to try new things or to fail".

Kendall's Mum, Carolyn (and West Vancouver Schools' Board Chair), believes in the importance of letting kids make mistakes in submitting late assignments or not studying enough earlier on in high school "so they don't falter in grade 12 when marks are so important".

Kendall's family has spoken extensively on the transition from high school to university and with student anxiety and depression on the rise, they are aware of the pressures. The key is to reach out to parents, peers or a trusted person.



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**BE ENGAGED, GET INVOLVED, LAUGH A LOT, HAVE FUN AND REMEMBER THAT ALL YOU CAN DO IS YOUR BEST! - SENTINEL PRINCIPAL MIKE FINCH**

# Welcome back!