

# WILDCATS WEEKLY NEWSLETTER

Friday, May 8, 2020

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## HELLO CENTRAL COMMUNITY

We will be sending you a weekly bulletin every Friday to provide you with **Important information, Updates** and **Wildcat highlights**. During these remote times, we want to stay connected as much as possible. Please continue to check our website for updates. <https://central.burnabyschools.ca/>

*We wish you all well and we hope to see you soon. Take care.*

## STUDENT GOVERNMENT ELECTION

The time has come to start thinking about Central's Student Government Executives for next year!

Applications are out now for all Executive positions. If you wish to apply, [please carefully read and fill out the application form](#) (making sure to get support from the student body as well as staff recommendations) and submit **no later than** Friday May 15<sup>th</sup>, 2020. Student voting will take place online June 1st-3rd.

## GRADS

Hey 2020 Graduates! Reminder that the informational form you need to fill out is due next Friday May 15<sup>th</sup>! Make sure you've filled it in before then!

<https://forms.office.com/Pages/ResponsePage.aspx?id=LV7swROUrEgeab99Ida2Qmxo9tL1zLtEjURm6hleAQxUOERWQ0xBTEIGME1UUFNIVEg2OVBSUVJYWwIQCN0PWcu>

## VALEDICTORIAN VOTING

Grads, it's that time! Your Valedictorian nominees have created their videos for what their message would be to the graduating class of 2020. Videos will be posted Monday May 11<sup>th</sup>, and voting will go live then as well! [Please view the videos here](#). Voting will end on Thursday May 14<sup>th</sup> @ 5 PM. The winner will be announced on Friday May 15<sup>th</sup> (and included in next week's newsletter).

## HEY GRADS

I miss you! I am hoping you are all well and continuing your learning at home. Don't forget to keep checking Central's Scholarships IG at [@burnaby\\_central\\_scholarships](#) and all applications are on Central's Scholarships blog at [bcsss@blogspot.com](mailto:bcsss@blogspot.com) for scholarship opportunities. There are 7 new scholarship posts!

Central has been allocated 35 District Authority Scholarships. This means 35 Central grads will receive \$1250 towards their post secondary tuition! The DAS rewards graduating students for excellence and continuing their studies in the following Elective Areas:

1. **Fine Arts** (Visual Arts, Dance, Drama, Music)
2. **Applied Skills** (Business Ed, Technology Ed, Culinary Arts and Fashion)
3. **Physical Activity** (Athletics, Dance, Gymnastics, not limited to Physical Education)
4. **Indigenous Languages and Culture** (demonstrated at school or in the community)
5. **Second Languages** (including Aboriginal Languages)
6. **Community Service** (Volunteer Activity)
7. **Technical & Trades Training** (e.g. Carpentry, Automotive, Mechanics, Cook Training)

If you are planning to go into one of the Elective area's you may be a candidate for **\$1250**. Applications on [bcsss.blogspot.com](mailto:bcsss@blogspot.com) and are due to Ms. Morabito by **MAY 16TH**. Please email me if you have any questions.

## HEY, GRADE, 8's AND 9's

Just a heads up... We are going to ask you to choose one core competency to reflect on. Please stay tuned.



## GREAT INFORMATION FROM OUR PHYSICAL HEALTH EDUCATION DEPARTMENT

***Did you know that several studies have identified a significant relationship between physical activity and academic achievement?***

An assignment recently distributed to PHE 8 – 10 classes supports the relationship between academic achievement & exercise.

Our students went to: Curio.ca and in Categories they chose “Health”. They scrolled down to “Physical Education & Sport” (the bottom choice on the first page). They watched the video titled, “Brain Gains – Better Grades Through Fitness.” 2009. 15:43

Central PHE students were asked to reflect on this information. They are creating their own Home Workout Programs with the support of our PHE teachers. Go Wildcats!



## ATHLETICS

Check out Burnaby Central's Instagram Page (bbycentral\_athletics) or Twitter Page (Burnaby Central Athletics) as we are counting down our Top 10 Athletic Highlights of this year!



The Burnaby Central Library Learning Commons is here for you 24/7.

<http://blogs.sd41.bc.ca/central-library/>

During the Covid-19 pandemic, we are here to help you find useful resources and use them in effective innovative ways. We know where to go to find powerful learning tools.

Please **reach out** ([lisa.strong@burnabyschools.ca](mailto:lisa.strong@burnabyschools.ca)) if you need help and we can organize a time to chat using Teams or Zoom. Please remember to use your O365 school email.

Teen Book Cloud – A collection of E-Books for secondary schools



Free E-books and Audiobooks

Central students and their families have free temporary access to Teen Book Cloud with a selection of E-books and Audio-Books. Similarly, the younger version, Tumble Book Library is available free of charge, as well.

Teen Book Cloud <https://www.teenbookcloud.com/Home.aspx>

Tumblebooks <https://www.tumblebooklibrary.com/Home.aspx?categoryID=77>

# HOW STUDENTS CAN LOOK AFTER THEMSELVES AND OTHERS DURING SELF ISOLATION

 @BELIEVEPHQ



**1** Stay in regular touch with friends through skype, facetime or google hangout. Staying connected can help reduce stress and anxiety



**2** Make sure you engage in regular exercise. You can make this fun and do it online at the same time with friends or family



**3** Don't be afraid to check in with your friends or family. Ask them how they are doing and see if you can help them in anyway



**4** Challenge yourself each day to be curious about how well you can stay focused on the present moment



**5** Reduce the amount of time you spend on social media and checking the news. Regular checking can increase worry



**6** Schedule a time each day where you can sit down with your family and talk about what you are thinking and how you are feeling



**7** Take care of your physical health. Maintain a good sleep routine and make sure to eat a well balanced diet



**8** Slow down what you are doing and breathe. Deep breathing is a great way to calm your mind and body



**9** If you are struggling do not be afraid to reach out for help. Speak to your friends, family or teachers and ask for support

