

EMCS Weekly Message for February 17th, 2017

It was a very Canadian day today at EMCS with our annual student versus staff hockey game at the local arena where many hotdogs were consumed by staff and students alike. While it was a hard fought battle by both teams, the staff did prevail by winning 9-7. Well done to the players on both sides with a big thank you to all of the fans who came to show their support. It was a big comeback year for Mr. Barrie and his team. This game is a great tradition at EMCS that is enjoyed by all and builds great school spirit.

Open House It's that time of year again! We are excited to be hosting our annual **Open House on Thursday, February 23rd from 6:30 to 8:30**. Everyone is welcome to attend this event that will showcase the variety of courses we are able to offer at EMCS. This open house is not just for our incoming students and parents; it is equally relevant for our current students who are charting their course towards grad. We start at 6:30 for a brief presentation in the theatre and then move into the rest of the school until 8:30. Hope to see you all there!

Live Different, a Canadian youth development charity, aims to inspire students to adopt a lifestyle of empathy and compassion for others. Next Tuesday they will be visiting EMCS to introduce our students to important empathic skills that that they can continue to practice and develop.

Empathy is important because...

- It leads to less judgement, greater compassion and more kindness
- It strengthens the parent and child relationship and improves your children's peer to peer friendships.

"Empathy is the root of humanity and the foundation that helps our children become good, caring people. But the empathy advantage also gives them a huge edge at happiness and success." - Michele Borba

If you would like more information please check out their website at www.livedifferent.com

BC Women in the Trades has a FACEBOOK page which could be of interest to female students interested in the Trades: It's a great forum with excellent discussions and supportive advice, as well as lots of fun selfies of women working in all sorts of construction and industrial locations across the province.

<https://www.facebook.com/groups/BCWomeninTrades/>

Occupational Therapy Approaches to Managing Kid's and Teenage Anxiety

Special Speaker; Sean Boulet BA (with distinction), MBR (OT)

Parents and caregivers will learn Exposure-Based and Self-Regulation tools and Strategies to help their children reduce stress and anxiety (see attachment).

Date: Wednesday, February 22, 2017 -Time: 7:00pm – 9:00pm at Royal Bay Secondary

The Aboriginal department is hosting its annual **Strengthening Connections Career Fair** in the library March 1st. All Aboriginal students are welcome to attend and talk to post-secondary advisors as well as recruiters from many organizations including the RCMP. Snacks will be provided by the culinary arts class.

Feb. 23rd – **EMCS Open House @ 6:30pm**

Feb. 24th – **Non-instructional day**

Feb. 25th – **Vancouver Island Parent Conference** (see attachment)

Mar. 15th – **Grad Fashion Show @ 7pm**

Mar. 20th – 31st – **Spring Break**

April 13th – **Non-instructional Day**

April 14th – **Good Friday**

April 17th – **Easter Monday**