



# UNIVERSITY HILL SECONDARY

## STUDENT BULLETIN

Friday April 23<sup>rd</sup>, 2021

### THE DAILY

**This Week Face2Face classes** – This week **1.3 classes are Face2Face**, and 1.4 classes are Remote.



#### Mindfulness Practice of the Day

**When we get too caught up in the busyness of the world, we lose connection with one another – and ourselves.**

**Kids Help Phone**

**If you Are Having a Tough Time, Please Reach Out** – It is okay to feel anxious or stressed. And it's okay to have tough days. But you need to know that **you are not alone**. So, if you are having a tough time, please reach out - to your friends, to your family, or to resources like **Kids Help Phone (Call 1.800.668.6868 or go to website: [kidshelpphone.ca](http://kidshelpphone.ca))**. And together we will get through this.

**Need help now?**

Start a confidential conversation with a real person you can trust.

1-800-668-6868

Text 686868

**If you or someone you know needs help immediately, call 911 or the B.C. Crisis Centre at either 310-6789 (no area code required) or 1.800.784.2433 where help is available 24/7. You can alternatively call [Crisis Services Canada](http://Crisis Services Canada) at 833.456.4566 for help 24/7 or text 45645 from 1 pm to 9 pm in English and French.**



#### University Hill Virtual Science Fair



Hey Uhillians! We invite you to the Uhill Virtual Science Fair! We encourage all students from grade 8 to 12 to explore and express their interests in science. You may register as individual or as a group of up to 5 people. Any science-related project is welcome (i.e.: biology, chemistry, environmental, physics, or astronomy). The criteria will be sent through email after you sign up. Participants will receive a certificate and the top three will win special prizes!

Register before Friday April 23<sup>rd</sup> through the link here: [UHill Science Fair Registration Form](#)



S. To (23)



#### UHS Youth Welcome Circle **Grades 8-12** (on Teams) –



#### Goals and Objectives:

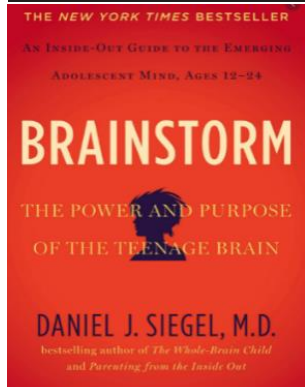
- Connect newcomer youth to their peers in school and the community through leisure activities and fun conversations to help smooth transitions, build confidence, sense of belongings and supportive circles.
- Provide potential youth leaders with a platform to support their peers and build on their skills by leading small group conversations.
- Offer opportunities for personal growth and social development through voluntary engagement in school or community activities/events.

**Dates & Times:** Every Tuesday, 4:00-5:00 PM

**Contact:** Esaine Mo (VSB SWIS) at 778-228-8536 or email [emo@vsb.bc.ca](mailto:emo@vsb.bc.ca)

E. Mo (VSB Settlement Worker in Schools)

#### Interested in Learning More About YOUR (The Teenage) Brain?



Want to pick up some tools on learning from the brain's perspective, and want to share those?

**What will this look like?** Reading a 30 to 40-page section of the book and then meet once a week to discuss.

**When will the meetings be?** One day after school for about one hour during Q4.

**Where can I get the book?** The book will be provided for you (limited number) and the books will go into the library catalogue after the group.

**Where could this go?** Presenting findings and tools to others in the UHill community. Enhance your own learning habits. Choosing a different book for the future/next year.

**Are you Interested?** Email Mr. Soong at [bsoong@vsb.bc.ca](mailto:bsoong@vsb.bc.ca) saying you want to participate before **Saturday April 24<sup>th</sup>**.



#### Attention **Grade 12** Students



A letter was sent out to all **Grade 12** families on April 20<sup>th</sup>. It is on the Grade 12 channel in Teams as well. This letter contains important information about the date and details of the graduation ceremony, as well as links to the valedictorian nomination process and how to send in your citation when you cross the stage. Please read the letter carefully, sign in with your VSB credentials and fill out the following forms before the due dates:

[Valedictorian Nomination Form](#) – Due Friday May 7<sup>th</sup>

[Attendance & Citation Form](#) – Due Friday May 14<sup>th</sup>



## Calling All Creative Thinkers!



UBC teacher candidates, Ms. LaTosky and Mr. Bezeredi want you to join the **Creative Writing Club**! In your language of choice, you will have the chance to explore forms of writing, meet new people, and improve your writing skills. The club will be held in room 2D2 Tuesdays and Thursdays at lunch starting April 27<sup>th</sup> to June 3<sup>rd</sup>. There are limited spaces in the club, so be sure to sign up soon!

**Club Name:** Creative Writing Club

**Meeting Dates & Times:** Every Tuesday and Thursday; Lunch time; April 27<sup>th</sup> to June 3<sup>rd</sup>

**Meeting Place:** Room 2D2

**Sign Up:** on the Sheet outside room 2D2 or online on [this link](#).

## AP EXAM SCHEDULE – KNOW WHEN YOUR EXAM IS!



Check out this link for more information: [AP Exam Dates](#)

PAPER EXAMS IN LLC:

- CALCULUS AB/BC: Tuesday May 4<sup>th</sup>, 8am
- CHEMISTRY: Friday May 7<sup>th</sup>, 8am
- BIOLOGY: Friday May 14<sup>th</sup>, 8am
- AP PHYSICS 2: Tuesday May 25<sup>th</sup>, 12pm

## Important Notice about 2021 AP Exams

### AP<sup>®</sup> Daily: Live Review



**AP Daily: Live Review** is a series of livestreamed sessions on YouTube, hosted by AP teachers from across the country, that help students prepare for the 2021 AP Exams. Sessions will be held Monday–Thursday, April 19–29. See the schedule below to find the time for your course and download the review syllabus. Recordings of each session will be available on YouTube and on AP Classroom for students to watch on demand if they can't join live.

A new pair of review sessions for AP Seminar will premiere the week of April 26—and will be hosted by AP teachers from across the country.

Subscribe to the [Advanced Placement channel on YouTube](#) to watch the latest AP Daily: Live Review, and follow us on [Twitter](#) for updates.

Go to the following site: [AP Daily Live Review](#)

## Semester Schedule for Secondary Schools Starting September 2021



VSB announced on April 14<sup>th</sup> that secondary schools will be going to a semester schedule next year. Please see [this link](#) to VSB's website. More details in the coming weeks.

## UBC Geering Up Volunteer Opportunities

High school students are invited to join Geering Up as Leaders-in-Training in their new STEM Leadership Program. The UBC Geering Up STEM Leadership Program is a year-long initiative focused on the professional development and training of high school students for the purposes of establishing strong values indicative of a STEM Ambassador. The summer component of the program will focus on training and professional development in addition to volunteer work with Geering Up. This time will provide the Leaders-in-Training with the tools they need to be successful STEM Leaders in the future.

**More Information:** [UBC Geering Up Engineering Outreach](#)

**Deadline to Apply:** Sunday April 25<sup>th</sup>

## 2020-2021 VSB Sustainability Conference (VSBSC)



VSBSC is a youth-run event consisting of various workshops, speakers, and mentors to promote sustainability innovation and awareness within high school students. Our conference typically partners with different NGOs around BC to provide education and volunteer opportunities for Grade 8 to 12 students.

Due to the pandemic, our conference has been moved to an online format this year. Our 9th annual VSB Sustainability Conference will take place on Monday April 26<sup>th</sup>, featuring workshops from Fashion Takes Action, Dogwood, Vancouver Humane Society, and Youth4Action.

**Date & Time:** Monday April 26<sup>th</sup>; 10:00 am – 3:00 pm

**Online Registration:** [Register here](#)

## Other Geering Up Volunteer Opportunities



This summer Geering Up also invites high school students and undergraduate university students to join them as Junior Instructors in their summer camps! Junior Instructors are volunteers who support their summer camps by assisting their instructor team with running week-long camps. This volunteer program will run alongside the STEM Leadership Program.

**More Information:** [UBC Geering Up Engineering Outreach-Junior Instructor](#)

**Applications:** Will open on Monday May 3<sup>rd</sup>: [Junior Instructor Program](#)

## University of Toronto Upcoming Info Sessions (For **Gr 10 & Gr 11** Students)



The University of Toronto will be offering information sessions for **grade 10 and 11** students on **Tuesday April 20<sup>th</sup>, May 5<sup>th</sup>, and May 13<sup>th</sup>**.

Please see links below for more info and/or to register:

U of T Information Session for BC Students [🔗](#); Wednesday May 5<sup>th</sup>; 4:00-5:00 PM

U of T Information Session for BC Students [🔗](#); Thursday May 13<sup>th</sup>, 2021 at 5:00-6:00 PM

## Diversity, Equity, and Inclusion Youth Forum



This year's theme is Intersectionality and has been planned by youth, for youth, highlighting student voice. Please see the attached [promotional flyer](#) (registration Deadline has passed and is now closed). Please note there will be a Q&A session before the event for 'host teachers'.

Chat function will be enabled during the presentations.

**Date & Time:** Wednesday May 5<sup>th</sup>; 11:00 – 1:00

**Registration:** (Registration is closed now)

## Let's Make a Difference Using the Arts



YLI is an after-school program for **youth 14-18** to work alongside a team of other young people who want to make a difference in their community using the arts. **Now offered online**, over the course of 10 sessions, you and your team will design and deliver a creative project that takes action on a social issue you choose together. You'll get the chance to collaborate and learn with professionals from the arts, non-profit and private sectors to bring your project to life.


**Added plus:** you will get a **free YLI Kit** containing all the supplies you'll need for the program, **meals** during sessions, and participation counts towards **volunteer hours**.

**More Information:** [Dare Arts Program](#)

**Meeting Dates & Times:** Wednesdays 4:00-6:00 PM

## ATHLETICS

### Weight Room Hours for Quarter 3

	Morning (7:15am-8:15am)	Lunchtime (11:30am-12:30pm)	After School (3:15pm-4:15pm)
Monday			√ ALVES
Tuesday			√ ALVES
Wednesday			
Thursday			√ ALVES
Friday			

### Virtual Track & Field Is happening This Spring!



There will be 3 week-long "meets" where students can have their times and distances recorded right here at the UBC track and sent to the league organizers to be entered with scores from other athletes in Vancouver secondary schools. **Sign up on the sheet posted outside the gym and fill out a Student-Athlete Participation Agreement form** so you can be added to the Track & Field Microsoft Team and receive further updates and workout plans!

Contact Ms Tagseth with any questions: [ctagseth@vsb.bc.ca](mailto:ctagseth@vsb.bc.ca).

### UHill Basketball Training Sign up (first come, first served)

















































































This will be drills and technical skill work, no games. It will be for an hour from 3:45pm-5:00pm, Tuesdays and Thursdays. Tuesdays will be for grades 8-10, and Thursdays will be for Seniors. Sign up will be posted on the tack-board on Friday the week before, and only 12 students will be allowed in at each session (two per hoop).

If you sign up and do not show up, you will not be allowed to participate in any sessions in the future, **YOU MUST COMMIT IF YOU SIGN UP.** You **MUST** have the COVID consent form filled out to participate.

## School Calendar at a Glance

	April 23 (Friday)	-Deadline: To Register for UHill Virtual Science Fair <a href="#">🔗</a>	
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April 24 (Saturday)	-Deadline: To Sign-up for Brain-Study Group <a href="#">🔗</a>
April 25 (Sunday)	-Deadline: To Apply for UBC Geering Up Volunteer Opportunities <a href="#">🔗</a>
Apr 26 (Monday)	- <b>ProD Day – District Wide (No Classes)</b> -VSB Sustainability Conference (VSBSC); Online Workshops <a href="#">🔗</a> ; 10 am-3:00 pm
April 27 (Tuesday)	-  <a href="#">Douglas College Information Session</a> ; Tue April 27; 5:00-6:00pm

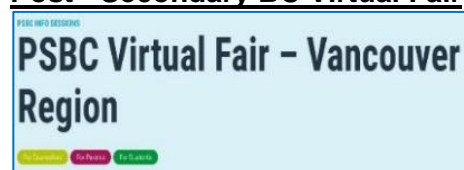
	-    <a href="#">Okanagan College: Electronic Engineering Technology Info Session</a> ; 6:00-7pm
	-    <a href="#">Okanagan College: Business – Advertising Anatomy 101</a> ; 6:00-7:00pm
April 28 (Wednesday)	-    <a href="#">Okanagan College: Commercial Helicopter Pilot Info Session</a> ; 5:00-6:00pm
April 29 (Thursday)	-    <a href="#">Douglas College – Information Session</a> ; 5:00-6:00pm
	-    <a href="#">Okanagan College: Business Administration Info Session</a> ; 5:00-6:00pm
	-    <a href="#">Okanagan College: Business – Getting Rich with GameStop</a> ; 6:00-7:00pm
	-    <a href="#">Okanagan College: Therapist Assistant Info Session</a> ; 6:00-7:00pm
May 4 (Tuesday)	-    <a href="#">Okanagan College: Animation Info Session</a> ; 6:00-7:00pm
	-    <a href="#">Okanagan College: Electrical Info Session</a> ; 6:00-7:00pm
	-    <a href="#">Okanagan College: Commercial Aviation Information Session</a> ; 6:00-7:00pm
May 5 (Wednesday)	-Diversity, Equity, and Inclusion Youth Forum; Teams; 11:00-1:00pm
	-U of T Information Session for BC Students  ; <b>Gr 10 &amp; Gr 11</b> Students; 4:00-5:00 PM
May 6 (Thursday)	- <b>Big One Earthquake Drill</b> ; 2:00 PM
	-    <a href="#">Okanagan College: Communications Info Session</a> ; 6:00-7:00pm
	-    <a href="#">Okanagan College: Electronic Engineering Technology Info Session</a> ; 6:00-7:00pm
May 7 (Friday)	-Deadline: For <b>Grade 12</b> students to Fill Out the <a href="#">Valedictorian Nomination Form</a>
May 11 (Tuesday)	-    <a href="#">Okanagan College: Piping Trades Info Session</a> ; 6:00-7:00pm
	-    <a href="#">Okanagan College: Business – <b>Women</b> in Leadership</a> ; 6:00-7:00pm
May 13 (Thursday)	-U of T Information Session for BC Students  ; <b>Gr 10 &amp; Gr 11</b> Students; 5:00-6:00PM
	-    <a href="#">Okanagan College: Business – Marketing &amp; Consumerism</a> ; 6:00-7:00pm
	-    <a href="#">Okanagan College: Refrigeration and Air Conditioning Info Session</a> ; 6:00-7:00pm
May 14 (Friday)	-Deadline: For <b>Grade 12</b> students to Fill Out the <a href="#">Attendance &amp; Citation Form</a>
May 18 (Tuesday)	-    <a href="#">Okanagan College: Practical Nursing Info Session</a> ; 6:00-7:00pm
May 19 (Wednesday)	-    <a href="#">Selkirk College – Admission on the Spot</a> ; 2:00-5:00pm
May 20 (Thursday)	-    <a href="#">Okanagan College: Biology Info Session</a> ; Thu May 20; 6:00-7:00pm
	-    <a href="#">Okanagan College: Commercial Helicopter Pilot Info Session</a> ; 6:00-7:00pm
May 25 (Tuesday)	-    <a href="#">Okanagan College: Kinesiology Info Session</a> ; 6:00-7:00pm
May 26 (Wednesday)	-    <a href="#">Okanagan College: Business Administration Info Session</a> ; 6:00-7:00pm
May 27 (Thursday)	-    <a href="#">BCIT Aircraft Maintenance Engineer Category 'M', Aircraft Gas Turbine Technician &amp; Aircraft Maintenance Engineer Category 'E' (Electronics) Info Session</a> ; 5-7pm
	-    <a href="#">Okanagan College: Biology Info Session</a> ; 6:00-7:00pm
	-    <a href="#">Okanagan College: Business – Sustainable Management</a> ; 6:00-7:00pm
June 10 (Thursday)	-Graduation Ceremony; <b>Grade 12s</b> ; 3:30-5:30pm

## UPCOMING POST-SECONDARY EVENTS

### Post-Secondary Events

Upcoming events will be virtual/online this school year. It is highly recommended and encouraged that students go to university/college websites for the most up to date information as well as sign up for any upcoming information sessions. Please also to go the counselling website - <https://uhillcounselling.weebly.com> for a list of upcoming events.

### Post - Secondary BC Virtual Fair



In place of our regular fall visits to high schools across the province, PSBC is hosting a series of Virtual information sessions with post-secondary institutions across BC.

During the live events, students can take in live presentations, as well as chat with recruiters to ask questions.

The following virtual information sessions has been announced on PSBC website (updated on April 1<sup>st</sup>).

**For More Up to Date Information:** Please visit the website at: [Post-Secondary BC website](#).

Please click on the provided links for more information about each virtual information session.

### Douglas College



[Douglas College Information Session](#); Tue April 27; 5:00-6:00pm

[Douglas College – Information Session](#); Thu April 29; 5:00-6:00pm

### Silkirk College



[Selkirk College – Admission on the Spot](#); Wed May 19; 2:00-5:00pm

### Okanagan College



[Okanagan College: Civil Engineering Technology Info Session](#); Thu April 22; 6:00-7:00pm

[Okanagan College: Business – Marketing & Storytelling](#); Thu April 22; 6:00-7:00pm

[Okanagan College: Electronic Engineering Technology Info Session](#); Tue April 27; 6:00-7:00pm

[Okanagan College: Business – Advertising Anatomy 101](#); Tue April 27; 6:00-7:00pm

[Okanagan College: Commercial Helicopter Pilot Info Session](#); Wed April 28; 5:00-6:00pm

[Okanagan College: Business Administration Info Session](#); Thu April 29; 5:00-6:00pm

[Okanagan College: Business – Getting Rich with GameStop](#); Thu April 29; 6:00-7:00pm

[Okanagan College: Therapist Assistant Info Session](#); Thu April 29; 6:00-7:00pm  
[Okanagan College: Commercial Aviation Information Session](#); Tue May 4; 6:00-7:00pm  
[Okanagan College: Animation Info Session](#); Tue May 4; 6:00-7:00pm  
[Okanagan College: Electrical Info Session](#); Tue May 4; 6:00-7:00pm  
[Okanagan College: Communications Info Session](#); Thu May 6; 6:00-7:00pm  
[Okanagan College: Aircraft Maintenance Info Session](#); Thu May 6; 6:00-7:00pm  
[Okanagan College: Electronic Engineering Technology Info Session](#); Thu May 6; 6:00-7:00pm  
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[Okanagan College: Kinesiology Info Session](#); Tue May 25; 6:00-7:00pm  
[Okanagan College: Business Administration Info Session](#); Wed May 26; 6:00-7:00pm  
[Okanagan College: Biology Info Session](#); Thu May 27; 6:00-7:00pm  
[Okanagan College: Business – Sustainable Management](#); Thu May 27; 6:00-7:00pm

**British Columbia Institute of Technology (BCIT)**



[BCIT Aircraft Maintenance Engineer Category 'M', Aircraft Gas Turbine Technician & Aircraft Maintenance Engineer Category 'E' \(Electronics\) Info Session](#); Thu May 27; 5-7pm