



# BRITANNIA NEWS UPDATES FOR FAMILIES

FRIDAY, DECEMBER 11<sup>th</sup>, 2020

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Hello Britannia Parents and Guardians,

1. **Britannia Music Department News**
2. **SACY: Supporting and Connecting Youth**
3. **Parent Resources and Webinars**
4. **COVID-19 Family and School Resources**
5. **School Calendar of Events**

## 1. Britannia Music Department News

Students in the Britannia Music Department have been working hard for the past few months, preparing for their first-ever virtual concert. Students from all of the music courses that took place from September-December 2020 have recorded at least one song to share with their families next Thursday, December 17<sup>th</sup>. It has been a huge undertaking and a steep learning curve for everyone (including Mrs. NT) but everyone involved is hopeful that families will appreciate hearing the joyful sounds of music-making from our Brit musicians!

## 2. SACY: Supporting and Connecting Youth

SACY is substance use prevention and health promotion initiative, delivered in joint partnership between the Vancouver School Board and Vancouver Coastal Health.

Sandie Rai is a part of the SACY team and is available to offer support in follows ways:

1x1 support to parents and guardians: Capacity build with parents to help strengthen their network/link to resources

Support for PAC: providing parent education through workshops

Supporting families with referrals to the SACY STEP program

Supporting families with adolescent development, practical parenting, managing parent and teen stress etc.

SACY also has supports available to youth. We offer a three-day structured program that incorporates education, information and skill building focused on health promotion and prevention. It is a referral-based program, please reach out to your school team for referral support or contact Sandie for more information.

Sandie Rai- SACY Parent Engagement Worker and Step Co- Facilitator

[skrai@vsb.bc.ca](mailto:skrai@vsb.bc.ca)

604-816-4854

[www.vsb.bc.ca/sacy](http://www.vsb.bc.ca/sacy)

### 3. Parent Resources and Webinars

- SACY Workshop: Building Bridges with your Teen

SACY offers a workshop at schools across the district every year for parents called "Building Bridges with your Teen."

The in-person workshop is highly regarded by parents, who regularly say they gain new ideas to reduce tension and improve communication with their kids, and discover they are not alone in finding some of the change of the teen years unexpected.

We hope to make the online version of the workshop just as helpful. Please join us on our first session.

**Building Bridges your Teen - ONLINE!**

**DATE: Dec 15 2020**

**TIME: 6:30 - 8:30 pm**

**Location: Zoom**

**OR: JAN 12, 2021**

**Time: 6:30-8:30**

**Location: Zoom**

Join SACY facilitators for a friendly and relaxed evening from the comfort of your own home. Bring a cup of tea, close the door on the outside world and join us to explore ways to support and communicate with our teenagers.

- Do you want to have more fun with your teen again?
- Maybe look at new strategies for guiding them as they mature?

The challenges of the pandemic and the changing school environment impacts the whole family. Our teens, especially, cannot put the developmental needs of this time of life on hold. Our teens continue to change in all kinds of ways: social, emotional and intellectual. We'll explore some of the science behind teen development and the changes we might see at home. We'll look at the adolescent development in a pandemic context, and practical ways to support healthy decision-making and keep family relationships strong in the teen years.

**Please note this is a workshop for caregivers—do not invite your teen to attend.**

Please send an email [skrai@vsb.bc.ca](mailto:skrai@vsb.bc.ca) to Sandie Rai to register either December 15 or January 12. Include your name, your child's school and grade.

Sandie will send out a zoom link to registered participants.

- **Challenges with School Attendance Webinar Series**

Getting to school or managing a whole day at school can be really hard for some children and teens, and it can be challenging for parents and caregivers to know how best to move forward. In this 2-part webinar series, our team of experts talk about anxiety and related challenges that can be a barrier to attending school, as well as practical strategies to help things go more smoothly. These webinars were designed to complement each other so it is recommended to watch both Part 1 and Part 2 (a or b).

Part 1: Challenges with School Attendance: Introduction for Parents and Caregivers

Part 2(a): Practical Strategies to Support Elementary School-Aged Children with School

Part 2(b): Practical Strategies to Support High School-Aged Youth with School Attendance

This webinar series was held in November 202 and was a collaboration between BC Children's Hospital, the Vancouver School Board, Vancouver Child and Youth Mental Health and Kelty Mental Health Resource Centre. Recordings can be viewed on the following link:

[https://www.youtube.com/playlist?list=PLERqxY\\_UqhB47QdxL6SCbHMMfRRc8YmbD](https://www.youtube.com/playlist?list=PLERqxY_UqhB47QdxL6SCbHMMfRRc8YmbD).

- Parent Resource: With our youth spending more time on social media - much of that occurring in the home or on their own, this can sometimes lead to interesting conversations at the dinner table. To support those conversations please have a look at the [SaferSchools Together "Parent Guide"](#).

#### **4. COVID-19 Family and School Resources**

[Student Daily Health Assessment form](#)

[Health and Safety Reminders](#)

VSBC [COVID-19 Updates](#)

[Vancouver Coastal Health COVID-19 Information](#)

Should you have any pressing concerns or needs including food and groceries, please do not hesitate to contact your child's grade counsellor or program teacher.

#### **5. School Calendar of Events**

Dec 18 - Last day of school before Winter Vacation

Jan 4 - School reopens after Winter Vacation

Britannia Full Year Calendar is found here: <http://britannia.vsb.bc.ca/homepage/Yearly%20Calendar.pdf>

Take care,

**The Brit Admin**