



# Sardis Secondary School Newsletter



Chilliwack  
School District

December 21, 2017

## A MESSAGE FROM THE PRINCIPAL

Christmas break is often a time to relax and rejuvenate – something that our staff and students will need following a very fast paced December. Sardis Secondary has continued to experience a flurry of activity right up until today, Friday, December 22<sup>nd</sup>. During the month of December our staff and students have been involved in canned food drives, Key Club rose sales, a Christmas door decorating contest, candy grams, a Vancouver Christmas market trip, Christmas Spirit Week, Christmas hampers, Willy Wonka musical productions, internal and external student scholarship meetings, music concerts, Christmas parade float and drumline, snowboard/ski trip to Sasquatch Mountain, team games and Provincial championships and much more!

During the month of January it is vital to continue to keep the lines of communication open. **When students return to school on January 8<sup>th</sup>, there are only 10 days of classes left before the start of the Assessment and Reporting week.** If you have a concern about your son/daughter's progress, please contact the teacher(s) right away. The more communication that occurs, the more support for your child - especially, if your son/daughter is experiencing difficulty. With the school and the home working together the rate of success for our students increases greatly.

A reminder to parents and students that attendance requirements for students from January 22 to 26, 2018 will be the same as last year. In keeping with the new Ministry of Education school calendar regulations and the Assessment and Reporting Week Initiative in the Chilliwack School District **most students will be required to attend and participate**

**in Assessment and Reporting activities throughout this entire week.** The frequency of attendance has significantly increased for all students with the newer format of the Assessment and Reporting Week. **\*For more details regarding the upcoming Assessment and Reporting Week, please see the Sardis Website at <http://www.sardissecondary.ca>**

On behalf of the Sardis Secondary Staff, I would like to wish all students and their families the peace and blessings of the Christmas season and best wishes for the New Year to be filled with happiness.

Sincerely,

Dan Heisler



## Calendar Items

### January

- 8 School re-opens after Christmas break  
PAC Meeting 7pm in the library
- 17/18 Grad Photo Retakes
- 19 Term 2 ends
- 22-26 Assessment & Reporting Period
- 29 Term 3 begins  
Dry Grad Meeting 7pm at 45530 Spadina Avenue  
Grade 8/9 Info Session at Vedder Middle 7pm

### February

- 2 Report Cards Issued
- 8 Grad Transitions Due
- 12 Family Day Holiday—school closed
- 13 PAC Meeting 7pm in the library
- 23 Non-Instructional Day—no classes
- 26—2 Strongman Competition in the gym
- 26 Dry Grad Meeting 7pm at 45530 Spadina Avenue

## E-REGISTRATION FOR 2018-2019

The Chilliwack School District will be moving to a centralized electronic registration system effective, January 15<sup>th</sup>, 2018. The new online process provides parents and guardians an option to register their child at any time of the day including during the summer break. The purpose of the electronic registration system is for the registration of new students to the Chilliwack School District, students who want to request a transition to a school of choice for the new school year, and for kindergarten registration. Further information can be found on the district website:

[www.sd33.bc.ca/e-registration](http://www.sd33.bc.ca/e-registration).

## 20TH ANNUAL SARDIS STRONGMAN COMPETITION

The week of February 26 – March 2<sup>nd</sup> marks the **20<sup>th</sup> Annual Sardis Strongman Competition!** The ever-popular event was the brainchild of former Physical Education teacher and coach, Bob Fitzsimmons, back in 1999.

The contestants compete each day at lunch in heavy power and strength tasks...sled pull, sandbag shuttle, tire flip, sled push and farmer's carry. Competitors compete against others in their prescribed weight classes.

Over the years, the events may have been tweaked slightly, but the show remains the same as when it was when established in 1999. In addition to the student event, an **Alumni Competition** has been added and this year marks the 4<sup>th</sup> Annual. Past Strongman competitors are encouraged to sign up and partake in this annual fundraiser to occur Friday, March 2<sup>nd</sup>, 7pm start. Spectators and competitors will be asked to leave a donation at the door for the **Bob Fitzsimmons Memorial Scholarship**. Each year 2 awards are given out to deserving students who demonstrate some of the qualities exemplified by Fitzsimmons: the appreciation of hard physical work, dedication to his/her sport, commitment to a program, etc.

Thanks goes out to our annual sponsors: **Beyond Nutrition, Décor West Interiors** and **Murphs Gym**.

For further information or to register for the Alumni Event, please contact Alison Fitzsimmons at [alisonfitz\\_2003@hotmail.com](mailto:alisonfitz_2003@hotmail.com)

## BE THE CHANGE COMMITTEE

The Be the Change Committee would like to thank all of the volunteers and donors who have bolstered our projects for the 2017-2018 year. We especially want to thank the PAC for helping us with the purchase of a replacement freezer for our breakfast program, as well as COBS, Sardis Bakery, and Kins for their ongoing support of this project. We also want to thank Prism Studios for contributing to our hamper drive for Chilliwack Community Services. Our December fundraising will continue to support the purchase of gift cards for youths whose families will be receiving a hamper this year. If you would like to make a donation to any of our ongoing projects, we are always happy to receive grad wear for Operation Fairy Godmother, breakfast items for the Breakfast Club, clothing for the Clothing Exchange, unopened hygiene products for the Hygiene Product Bank, and school supplies for the School Supply Exchange. Our next big event will be Child and Youth Mental Health Awareness week in May 2018. If you have any questions, feel free to contact [Parween.Irani@sd33.bc.ca](mailto:Parween.Irani@sd33.bc.ca). Happy Holidays, everyone!



Chilliwack Ford and the Drive A Ford Program supporting Sardis Falcon Athletics.



## ATHLETICS 2017/2018 WINTER UPDATE

We had a great Fall season. Our swim team brought home the Fraser Valley Banner!!

And our Sr. Boys Cross Country and Soccer Teams finished in the top 10 at the Provincials. Congratulations to these athletes and coaches.

Winter season has begun. We currently have 5 teams underway with a possibility of our curling team re-starting this year.

Senior Girls Basketball coached by Gina Graves and Kristy Vanderstarren.

Junior Girls Basketball coached by Mark DeBruyn and Brad Anderson.

Senior Boys Basketball coached by Adam Smith and Trevin Rogers.

Junior Boys Basketball coached by Harv Adrian and Mr. Morgan.

Field Lacrosse coached by Mr. Heisler and Mr. Grenier

Thank-you to these coaches for their work in volunteering to coach these teams.

See the whiteboard in the front of the school for up to date information. If you have any other questions, ask Mr. Geary (Athletic Director).

### Senior Teams Home Basketball Schedule:

Date	Boys/Girls	Opponent	Time
Thursday December 7	Boys	Chilliwack Senior	8:00
Tuesday December 12	Girls	Mouat	6:30
Monday December 18	Boys	Mission	8:00
Tuesday January 9	Girls	Robert Bateman	7:00
Monday January 15	Both	Yale	6:00/8:00
Monday January 29	Both	MEI	6:00/8:00
Wednesday, February 7	Girls	Abby Senior	6:00



*Senior Boys Cross Country team won 3rd place at the Fraser Valley Regionals. It was a soaking, rainy, windy day but they persevered.*

*Team members from left to right are: Taranpreet Mann, Owen Wright, Effatparvar, Lucien Ronholm and missing from the picture is Logan MacDonald.*

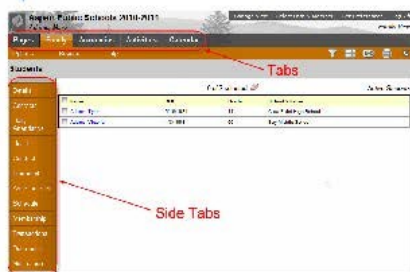


## MyEd BROCHURE FOR PARENTS

Please note: The username is the parent's name, not the student's name. You will need to login on a desktop computer for the your first login before using your smart phones or tablets. Contact the office for login credentials.

### How do I use MyEducation BC?

From your **Home** tab, you can access the four areas of the system. Click a tab to view information for each of the students for whom you are responsible.



After you click a tab, side-tabs appear on the left side of the page. Click the side-tabs to view detailed information.

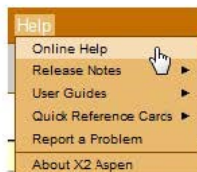
Click this tab...	To view your child's...
<b>Family</b>	<ul style="list-style-type: none"> <li>Demographics, address, photo</li> <li>Contact names and phone numbers</li> <li>Daily attendance</li> <li>Conduct incidents and actions taken</li> <li>Transcripts, credit summary, and graduation summary</li> <li>Assessments, such as FSAs and Provincial Exams</li> <li>Current class schedule and course requests</li> <li>Membership/Enrollment history in district's schools and programs</li> <li>Records of student fees and events</li> </ul>

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Click this tab...	To view your child's...
<b>Academics</b>	<ul style="list-style-type: none"> <li>current schedule</li> <li>grades</li> <li>assignments</li> <li>class attendance</li> </ul>
<b>Activities</b>	Extracurricular activities, including: <ul style="list-style-type: none"> <li>list of members</li> <li>events for each group</li> </ul>
<b>Calendar</b>	Monthly calendar with events. You can customize the calendar by choosing the categories you want listed and color-code each child's activities to include: <ul style="list-style-type: none"> <li>due date reminders for class assignments</li> <li>activity events</li> <li>school calendar</li> </ul>

### What if I need more help?

MyEducation BC is easy to navigate. The data is secure and view-only. Feel free to explore. If you have a question about how to do something, go to the **Help** menu for the following options:



- **Online Help:** Click to open online help, then click **Using the Student and Family Portal**. A table of contents, index, and search feature make it easy to find the information you need.
- **User Guides:** Click to open, download, and print a PDF version of *Using the Family Portal*.
- **Quick Reference Cards:** Select a topic to view a quick reference card.
- If you still have questions, contact: [gloria\\_mccarty@sd33.bc.ca](mailto:gloria_mccarty@sd33.bc.ca).

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Getting Started  
with the Family  
Portal at

**Sardis Secondary**

45460 Stevenson Rd  
Chilliwack BC V2R 2Z6

[www.sardissecondary.ca](http://www.sardissecondary.ca)

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## FOODS CLASSES

Do you have clean used take-out containers that you are no longer using? The Foods room (E101) would love to stock up on clean, used containers so students can take leftovers home! If you don't have take out containers, then clean, used, 250, 500 or 750 mL sour cream or yogurt type containers with lids are also welcome!

## A BIG THANK YOU

A big thank you to Southern Irrigation for donating many PVC pipes (5 foot lengths) for our Strength and Conditioning classes. We use the pipe lengths for warm-up exercises, proper form on certain lifts, etc.



## What is MyEducation BC?

MyEd BC is a secure, web-based student information management system. The system manages all facets of student data – from attendance to conduct, grades to schedules, and special education.

The Chilliwack School District has been using MyEducation BC since 2015 with great success. We are now implementing the Family portal so parents, teachers, and administrators can work together and communicate more effectively and efficiently.



## What information can I access through MyEd BC?

As a parent/guardian, you can use one login to securely access the information for all of your children from just about anywhere. With MyEd BC, you can view:

- **Family contact and emergency information**
- **Academic information:** See real-time information about to your child's academic achievement. Receive important documents like progress reports and report cards.
- **Conduct and attendance information:** Sign up for email notifications when new information is available.
- **Calendar events:** Color-code events to see at a glance what each family member is doing.

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## Is my child's information secure?

MyEd BC protects your student's information with the same advanced technology your bank uses to protect your financial accounts. Rest assured that users only have access to information they need, and nothing more. We have carefully configured the system to ensure that your student's information is confidential and can only be retrieved by you – the parent/guardian – and authorized school personnel.

You can only view, not edit your child's demographic data. If you find that it is outdated or incorrect, notify your child's school to correct any errors.

## How do I access the system?

You can log on to MyEd BC's Family Portal from any computer that connects to the Internet. This lets you access the system from anywhere – your home or office. **You must login on a computer to setup the account before logging in on a mobile device.**

1. Open your browser to connect to the Internet.
2. Go to <https://www.myeducation.gov.bc.ca/aspen/login.do>
3. Enter your **Login ID** and **Password**.
4. The first time you log on, you will be prompted to change your password and setup security information. After this is completed, the Parent Portal home page will display.



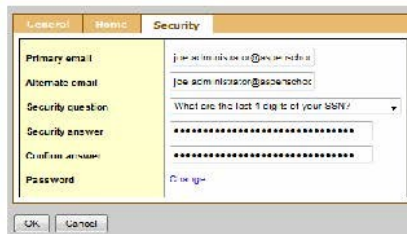
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## I lost my Login ID or password; or I never received them.

If you lost your Login ID or password, or if you never received them, contact:  
gloria\_mccarty@sd33.bc.ca.

## How do I change my password or email address?

From any page, click Set Preferences in the upper-right corner of the screen.



Here you can set several of your user preferences, including your:

- Password
- Email address
- Appearance of your home page



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# Strongmen revive school pride

By Dale Cory

Staff Writer

"It's the best thing our school has ever done. It's awesome. Everybody was out," says Eric Clawson. "We got more people at this thing that they did for basketball games."

School pride is alive and well at Sardis Senior Secondary School – thanks in part to teacher Bob Fitzsimmons, who organized the first-ever Sardis Strongest Man Contest.

"Maybe back in the heyday of the Chilliwack-Sardis basketball boys rivalry," responded Fitzsimmons when asked the last time he's seen the gym packed for a high school sports event. "Teachers who have been here longer than me have told me the gym hasn't been that full. It was incredible. We never expected anything like this from the student population. Every day this week the stands have increased – we must have had two-thirds of the student body in the gym."

A pair of Eric's – Stucki and Clawson – can hold their heads high

while walking through the hallways at Sardis Senior school this week. Both can lay claim to the title – Sardis' strongest man.

The event, the brainchild of Fitzsimmons, saw 20 competitors, ranging in weight from 155 to 250 pounds, compete in five events last week during lunch hour.

"I've always enjoyed watching TSN's strongest man. I like the drama those events provide. I really respect a guy who has got that dynamic strength that it takes to carry a heavy object quickly, or to grip something until the sheer weight of it makes it rip out of your hands," explains Fitzsimmons. "The kids were always getting on me in strength and conditioning class – let's have a bench press competition. But I wanted something for the fans, so this came from that thinking."

The competition consisted of five events – a rope sled pull, a sandbag shuttle, a car lift, a tractor tire flip and a heavy grip carry. The winner of each event received 10 points.

Eric Stucki, a 17-year-old grade 12 student, won the middleweight division with 41 points, three better than Toby Fleenor and Marc Petey.

"I was behind the last few days and I kind of redeemed myself, so it feels good," says Stucki, who knew he was in tough on the final day of the competition – the heavy grip carry – which forced competitors to carry 90 and 110-lb. sandbags as far as they could. "That was the hardest one for me. I used to practice with the sandbags. It was always hard for me. I was never good at it, so this was the most feared one I had."

Eric Clawson won the heavy-weight division.

"It feels pretty good. I started off really well with two wins," says Clawson, who knew it wouldn't be easy to hold that lead all week. "It was hard, there was a lot of pressure because I was winning the whole week, so everybody expected me to keep winning."

For Clawson, the toughest competition was the car lift.

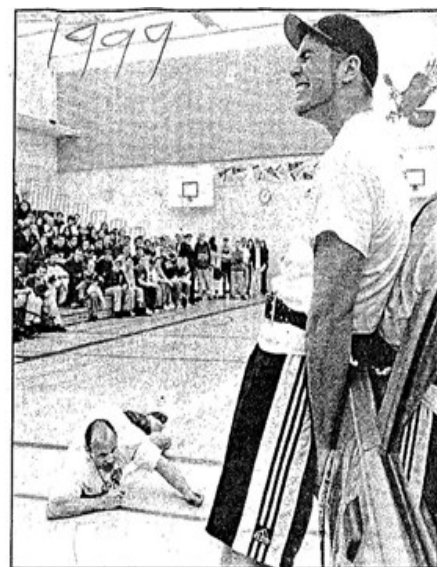
"I knew I wouldn't do too good in the car lift because I'm pretty tall and I didn't have the strength some of the big guys did. I didn't do too well in that event."

Clawson says the rope sled pull was his easiest event because he was able to practice at home.

"I tied a rope around my mom's truck and practiced," says Clawson. "Me and my buddy Eric (Stucki) were doing that together."

With the first Sardis Strongest Man Contest in the books, what's next. Could we see that Chilliwack-Sardis rivalry heating up again with a cross-town strongest man competition?

"Isn't that an interesting idea. I really tried to make sure it was a level playing field for everyone. I went to great lengths to make sure it was fair for everyone, and the same, exact event for everyone," says Fitzsimmons. "If we were to do that with Chilliwack, it would have to be a sanctioned event. The possibilities are there. It would really be something."



Devin Reisig grunts and groans as he lifts up this car during Wednesday's Sardis Strongest Man Contest. Reisig finished with 22 points and in seventh place.

Media/Progress