



# THE COUGAR CHRONICLE

A Weekly Glance at CHSS Happenings

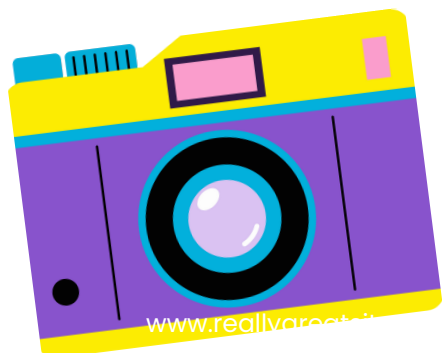
**OCTOBER 13-17**



Here we are already publishing our second issue of The Cougar Chronicle! We have high hopes that you are so far finding this to be a very useful and informative tool! As in all things, if you have any feedback on how we can improve upon things, we are happy to receive your input....after all this is for you, our Chem Community!

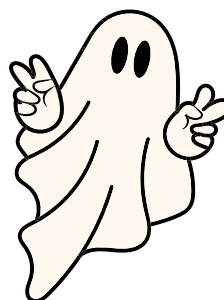
**BOO!**

**Photo Day -  
Retakes  
October 25**



**Pro-D Day TOMORROW  
October 20, 2023**

**No School**



## Upcoming Events:

Halloween Happenings - all week!

Wednesday, Oct. 25 - Photo Retake Day

- Early Dismissal @ 1:10 pm

Wednesday, Oct 26 - Grade 7/8 Open House

Tuesday, October 31 - Costume Day



# DAILY NEWS

Word • Business • Finance • Lifestyle • Travel • Sport • Weather

**Chemainus  
Valley** **Courier**

The Chemainus Valley Courier newspaper has let us know that for all things CHSS Volleyball, you can visit the links they have provided below, which will take you to the Chemainus Valley Courier page. If you are interested in contributing pictures to the Facebook page, please like the page and then you can submit your Volleyball photos for posting! You can also find a lot of information on the Chemainus Valley Courier website which is also linked here!



Facebook: <https://www.facebook.com/profile.php?id=100095721664986>



Website: <https://www.chemainusvalleycourier.ca/>



CHEMAINUS SECONDARY SCHOOL



## GRADE 7/8 STUDENT & FAMILY OPEN HOUSE

Please join us for an Open House to meet Grade 7/8 teachers, tour their classrooms, the school, and check out what students have been working on so far this year.

Please stop by the multipurpose room to pick up a map and a pamphlet before starting your tour.

**Thursday, October 26, 2023**  
**3:10 - 4:30pm**

No RSVP necessary





# ATHLETICS & CLUBS

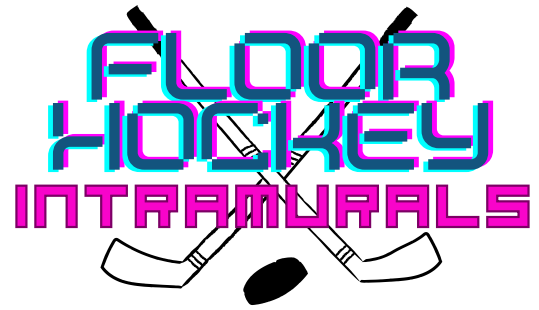
## VOLLEYBALL

Tuesday, October 24 - Sr Girls Volleyball hosting  
Brentwood - 4:00 pm start

Wednesday, October 25 - Sr Girls Volleyball hosting  
Ladysmith - 4:00 pm start

Thursday, October 26 - Sr Girls Volleyball hosting  
FKSS - 4:00 pm start

Friday, October 27 - Bantam Girls Volleyball  
3:30 - 5:00 pm



Wednesday, October 25 - Canadiens  
vs Mighty Ducks @ lunch

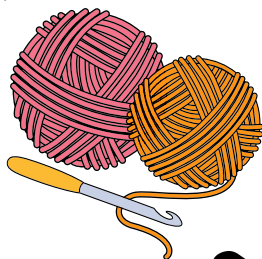
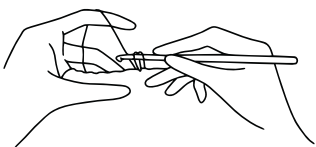
Friday, October 27 - Staff vs Maple  
Leafs @ lunch



Rainbow Club meets at lunch in  
the Art room on Wednesdays  
**Everyone Welcome!**



## Crochet Club



**Mondays  
at Lunch in the Library**



## GRAD 2024 FUNDRAISERS

The Grad class of 2024 has 3 fundraisers currently going. Great gift ideas!



**HILLTOP GREENHOUSES**  
Poinsettias, planters,  
and winter greens.  
Order forms in the office.  
Orders due Nov. 6



**PURDY'S CHOCOLATES**  
Order forms in the office  
or use this link,  
<https://fundraising.purdys.com/1790638-110877>  
Orders due Nov. 29



**PARADISE ISLAND CHEESE**  
4 pack Cheese (880g) \$25.  
Order forms in the office.  
Orders due Nov. 13



# Mental Health

Over the next two weeks, CHSS will be offering three mental health presentations through the Vancouver Island Crisis Society to various grades.

## **GRADE 9**

Speak Out, Reach Out, Help Out is a 45-minute TED Talk style presentation with the important messages: Speak Out if students are in emotional distress or worried about someone else, Reach Out for help and support, and Help Out by encouraging others to do the same. There are versions of SOROHO for both elementary and high school students presented in schools throughout Vancouver Island. We will be having this 45 min presentation on Mon, Oct. 23rd at 12:30pm for all of our Grade 9 students.

## **GRADE 7**

The grade 7 classes, over the next two weeks of October will be participating in "COPE". It utilizes the principles of mindfulness to help students achieve better mental wellness and cope with issues like anxiety, overthinking, stress, sleep loss, and social media use – all things that recent research tells us can contribute to mental health issues and suicidal ideation.

## **GRADE 8-12**

The third opportunity is GRASP training. These sessions take place during class time, in our Library. Growth, Resilience, Acknowledgement, Suicide Awareness, Prevention and Personal Planning. GRASP is a fun and interactive gatekeeper training program presented in Vancouver Island schools for students in Grades 8 to 12 interested in learning skills to be effective peer helpers. We cover self-awareness, communication, healthy relationships, boundary setting, community resources, suicide awareness, and how to access help for others. Empathy Students from Nanaimo District Secondary School created a promotional video about the Vancouver Island Crisis Society's GRASP program. Young people often turn to their peers in times of difficulty and are aware of school dynamics about which school staff may not be cognizant. GRASP was developed as a Peer Gatekeeper training program to provide youth with the skills needed recognize and identify students at risk and where they can turn for help. GRASP was designed to the boost self-confidence, problem solving, community resource knowledge, knowledge of school district protocols, critical thinking, awareness of personal biases, resilience, and suicide awareness and response in students selected to take the program. The program is presented in four, two-hour sessions. Through games, interactive discussion, group activity, written work, and role play, youth learn:

- Active listening skills
- The impact of social and cultural biases on listening and helping
- Why difficult situations can be turning points for the better
- The power of our choices
- How to respectfully communicate in an open and direct manner
- The differences between healthy and unhealthy relationships
- How to recognize manipulation
- When to set boundaries
- How to set boundaries
- Coping with crisis
- Suicide awareness, the importance of reaching out, and never keeping suicide a secret
- Community resource information

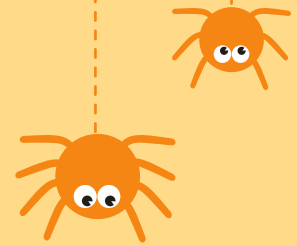


Parents can contact the school for more information, questions or concerns.

# HALLOWEEN HAPPENINGS



## AT CHSS



**Monday, October 23rd (ABCD)**  
**Candy Grams \$2. Fake Injury Day**

**Tuesday, October 24th (BADC)**  
**Candy Grams \$2. Pyjama Day**

**Wednesday, October 25th (CDAB)**  
**Candy Grams \$2.**  
**Pumpkin Carving in A Block**  
**Shades Day**

**Thursday, October 26th (DCBA)**  
**Candy Grams \$2.**  
**Halloween Trivia contest in A Block**  
**Black Out Day**

**Friday, October 27th (BADC)**  
**Candy Grams delivery. Group Costume Day**

**Monday, October 30th (ABCD)**  
**Candy Scramble at lunch. Jersey Day**

**Tuesday, October 31st (BADC)**  
**Costume Day**

All participants in events will win house colour points - Scores will be tabulated in A Block each day

