

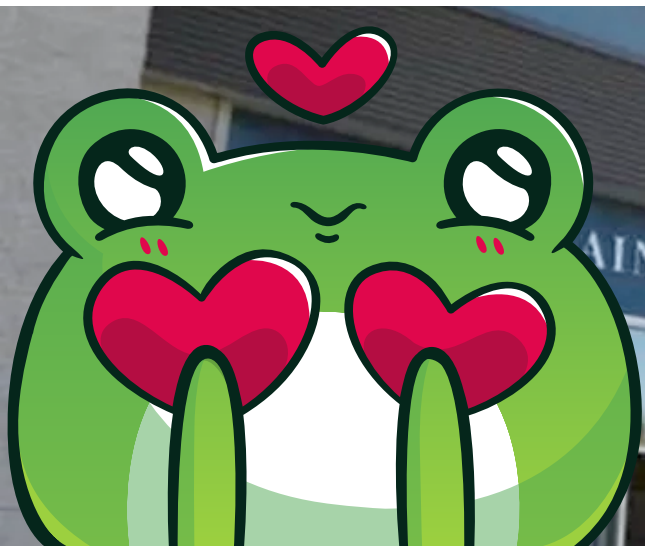


THE COUGAR CHRONICLE

A Weekly Glance at CHSS Happenings



Jan 29 – Feb 2



As we find ourselves at the midpoint of the year, it's the perfect time to embrace the mid-year mindset. Take a moment to reflect on the goals you set at the beginning of the school year and celebrate achievements you've unlocked so far.

Whether it's acing an exam, excelling in a sport or forming new friendships, acknowledge your wins! However, the mid-year mindset is not just about looking back; it's also an opportunity to adjust your goals for upcoming challenges. Are there areas you can improve or regroup on?

New opportunities to explore?
Embrace the dynamic spirit of the mid-year mindset and let it guide you to finish the year strong!

Upcoming Events:

Jan. 29 - Semester 2 begins

Jan. 31 - PAC Meeting (via Zoom)

Feb. 1 - GR 7 Exploratory 4 starts

Feb. 2 - Report cards at end of day

Feb. 16 - Pro D Day - No classes

Feb. 19 - Family Day - No classes

Semester 2 starts Monday

All GR 8-12 students should have their new schedules so they know which classes they begin on Monday.

If a student does not have a schedule, please go to the Counselling Office Monday morning to pick one up.

- Activity Day -

Winter Activity Day Info

Plans for Winter Activity FRIDAY, MARCH 8 are coming along nicely. All students should have signed up by now for their preferred activity. If they have not, please ask them to do so in the office ASAP. Costs will change as we get a final number on numbers for each activity. Permission forms will be coming out soon and will be due back with payment on FEB. 16.

CHOICES:

- Romper Room/Air House (30 spaces)
- Bowling/Escape Room (24 spaces)
- Sidney Aquarium (30 spaces)
- Science World (90 spaces)
- Mt. Washington (100 spaces):
- Skiing/Snowboarding
- Tubing

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Class of 2024



- **PROM** - Saturday, June 8 @ Cowichan Exhibition Grounds
- **GRAD CEREMONY & DRY GRAD PARTY** - Friday, June 14
- **PROM DEPOSITS** are required now. \$50 cash or cheque or etransfer to: chemgrad24@gmail.com.
- **NEXT GRAD PARENT MEETING** - Monday, Feb. 12 @ 6:30PM
- **SCHOLARSHIP & BURSARY** information will be coming out soon. Now is the time to be looking at which post-secondary schools you would like to attend, as well as be thinking about who you would like to write reference letters for you!



ATHLETICS & CLUBS



CHSS ATHLETICS SCHEDULE

January 29th–February 2nd

Time Slot	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Open Gym	Bantam Boys Basketball	Drop-In Basketball	Bantam Boys Basketball	Open Gym
Afterschool	Jr. Boys Basketball 3:30pm-5pm	Bantam Boys Basketball @ Shawnigan, 4:30 pm start	Jr. Boys Basketball 3:30pm-5pm		Drop-In Basketball 3:30pm-5pm

Fridays @ Lunch



Wednesdays @ Lunch



VAPING LAWS: WHAT YOU NEED TO KNOW

All schools in BC are tobacco* and vape-free 24 hours a day, 7 days a week

THE LAWS

In BC, the sale and use of tobacco and vapour products is governed by the **Tobacco and Vapour Products Control Act, Tobacco and Vapour Products Control Regulation and E-Substances Regulation**. Vapour products are regulated the same way as tobacco products.

The legal age to buy and sell vapour products in BC is 19.

Just like tobacco products, vapour products cannot be used in public buildings and workplaces, near doorways, or air intakes or on school property.

When someone under the age of 16 is inside your vehicle, it is illegal to smoke or vape. Some municipalities have increased the age to 19.

All K-12 schools in BC are tobacco and vape-free, 24 hours a day, 7 days a week, even when schools are closed.

The ban includes parking lots, sports fields, driveways, courtyards and vehicles parked on school property.

WHAT HAPPENS IF I'M FOUND VAPING?

There may be consequences. They could include:

- Contacting your adult or guardian
- Meeting with the Principal and/or School Administrators
- Confiscation of the vapour product
- Restrictions on participating in extra-curricular school activities, events or field trips

Each school in BC may approach it differently.

gov.bc.ca/vaping



*This resource is referring to commercial tobacco products which is not to be confused with traditional tobacco used by some Indigenous communities in BC.

WHERE TO GET HELP

VISIT QUITNOW.CA

or call 1-877-455-2233 to get support from a Quit Coach. QuitNow is a free service for those looking to cut back or quit. It is judgement-free, confidential and personalized to you.



VISIT TALKTOBACCO.CA

or call 1-833-998-TALK or text **CHANGE** to 123456. Talk Tobacco offers free, confidential, culturally appropriate support and information to First Nations, Inuit, Métis and urban Indigenous communities.

