



GRIFFIN GAZETTE

Ecole Secondaire Burnsvew Secondary

June 2019 Edition

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Message From The Editor

Hello everyone,

As some of you have come to know over the course of the last couple of months, the Griffin Gazette is making a comeback! Due to the late start this year we decided to just do a June/year-end edition, I have tried to include a variety of things.

My hope for the Gazette is that it will become a medium that connects the whole school. I think Burnsvew is a great school and we can be even greater if we have a platform through which we can share our values, interests, and passions. Next year we will start accepting submissions from everyone, including pictures (with text), videos and articles. I just want to make it clear, for your work to be published, it needs to be appropriate, we're not publishing anything offensive or inappropriate. Also, you don't have to publish your name, you can sign it off, "anonymous" or make up a penname.

To clarify, the Gazette is not going to be written solely by people who join the club, I want to get as many different perspectives as I can because it's for the school community as a whole.

Sincerely,

Gurleen Bhangu

Editor of the Griffin Gazette

School Events/Clubs

RUGBY

This year's rugby team moved up in the ranks, we went from an A team to a AA team this year. We also played against a lot of teams that were AAA teams, and we held our own. Sam Wilson and Haily Booth were co-captains this year and ran the team excellently. We came in 3rd for this year's playoffs. The graduating players will be missed and remembered for their effort and wonderful sportsmanship.

By: Danielle Bradley

DRAMA

On May 16th, the Senior Drama Class at Burnsvew put on a great show at "Anything Goes", our annual drama talent showcase. Kate and Iris opened the night with a song from High

School Musical. Markus presented his Ode to a vending machine, Nadeef and Jett performed as Penny and Seaweed from "Hairspray", Viola sang, Hannah improvised a poem, Caitlin sang with Adela and Kalinka, Leo performed as Mrs Tilford, Kate, Iris and Emma performed an airband for "Say A Little Prayer for You", Jett became a rapper, Emma was joined by guest Madi for "Dammit Janet", Nadeef and Iris transported us to LaLa Land, Hannah, Emma L and Caitlin brought the Smashmouth, Leo played piano, Kate surprised Iris with a favourite song, and Markus closed the night with a romance with "Be Your Man".

In June this year, the Drama 9 class performed 5 short plays based on world mythology for 3 classes from Chalmers Elementary. The plays were performed outdoors as 'site specific' shows and the audience toured through the plays



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in groups. The plays were well received and they did a fantastic job!

By: Ms. Stark

SAGA

The Sexuality and Gender Acceptance or SAGA club was formed in September of 2017 at Burnsvew. It was formed so that members of the LGBTQ community could have a safe space to share their stories and address issues and concerns that the queer community faces within and outside of school. The club also welcomes allies and encourages all members to be open and accepting. Some topics that have been discussed over the past two years include definitions of key terminology, gender stereotypes, coming out stories, transitioning and transgender identities, how to talk to parents about sexuality and gender identity, and much more. The SAGA club has also organized a Pride week which involved welcoming newcomers into the club at our Tuesday

meetings and a LGBTQ information wall set up in the front foyer. Members of the club have attended two meetings with other Sexual Orientation and Gender Identity (SOGI) clubs in Delta to discuss their respective clubs and things that are important to them and the queer community. This spring, the SOGI committee in Delta organized and ran a Pride Week celebration dance at Seaquam with a DJ, dancing, activities, and food which SAGA members attended and really enjoyed.

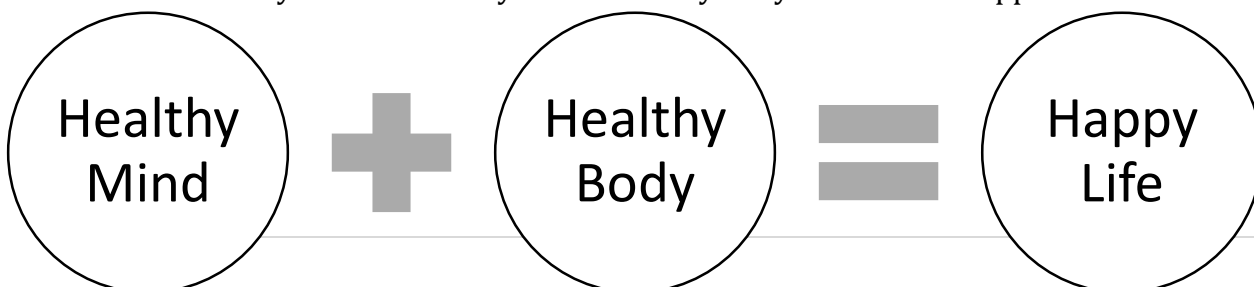
Looking forward to next year, the SAGA club plans to meet once a month. The club hopes to increase its membership to include more members of the LGBTQ community and their allies. We all look forward to welcoming new members to the SAGA club and we are excited for another year of sharing stories, promoting acceptance, and hanging out. Meetings will occur on the first Tuesday of every month in the Foods room, we hope to see you there!

By: Ms. Bye

Lifestyle

Healthy Mind, Healthy Body.

Teenagers must cope with lots of changes both physical and emotional. Struggling with a mental health issue can affect your school life along with your personal life. In a place as complicated as high school, when you do not know how to get the help you need, it is easy to feel alone, anxious and depressed. As we feel emotions in our bodies, unpleasant emotions can materialize into unpleasant bodily symptoms; emotional distress can often lead to physical distress. The good news is that we have the power to change negative thoughts and feelings into positive, rational, motivating thoughts, and in doing so, help create a healthy mind in a healthy body. By changing our minds, we can change our lives. A healthy mind can lead you to a healthy body and a much happier life.





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Here are some coping skills for positive mental health and well-being:

- Maintain supportive and caring relationships with friends, family and school staff to lower stress and reduce your risk of developing a mental health and/or substance use problem.
- Notice tension and take deep breaths to reduce it.
- Catch negative thoughts and replace them with healthy ones.
- Relax and destress with soothing activities like colouring, reading, journaling, exercising, listening to music, etc.
- Eat well, get enough sleep, stay active, and join a club to improve your emotional health.
- Follow healthy routines to improve your self-esteem, boost your motivation to stick with healthy habits, and make it easier for you to deal with stress.
- Find things that make you grateful.
- Do something special for someone else.
- Create little moments of joy in each day.
- Take control of your life one step at a time.

Here are some resources for supporting mental wellness:

- [Anxiety BC Youth](#)
- [Body image and eating](#) (*Mindcheck.ca*)
- [Dealing with Depression](#) (*BC Children's Hospital*)

- [Eating healthy for mental wellness](#) (*HealthLink BC*)
- [Mental health](#) (*Kelty Mental Health Resource Centre*)
- [Mindfulness](#) (*Kelty Mental Health Resource Centre*)
- [Mindshift](#) - app for teens and young adults to cope with anxiety (*Anxiety BC & BC Children's Hospital*)
- [Mood & anxiety](#) (*Mindcheck.ca*)
- [Reality check, psychosis](#) (*Mindcheck.ca*)
- [Sleep](#) (*Kelty Mental Health Resource Centre*)
- [Reproductive Mental Health](#) (*BC Mental Health and Substance Use Services*)
- [Stress](#) (*Mindcheck.ca*)
- [Stress](#) (*Kelty Mental Health Resource Centre*)

Are you in crisis?

- Call the Fraser Health crisis line:

604-951- 8855 or
1-877-820-7444 (toll-free)

(Trained volunteers provide emotional crisis support, 24 hours a day, 7 days a week)

Why You Should Be Working On Your Core Muscles

Core exercises are an important part of a well-rounded fitness program. People often neglect working on their core because it is either too challenging or they don't know where to start. Training your core is about power, strength and stabilization. Core exercises train the muscles of your trunk and pelvis creating a solid base for your body. This leads to better balance and stability. On the flip side, a weak core can leave you susceptible to poor posture, lower back pain and injuries.



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Functional Core Exercises: When people think core training the first exercise to come to mind is likely the plank. While this is an effective core training exercise, it is difficult for many people. Below you will find a description of 5 different exercises that you can put into a regular fitness program to help you meet your goal of being able to hold that plank for at least one minute.

Plank: Keep your hands under your shoulders and your feet straight out on the balls of your feet. Tighten your core; squeeze your glutes and hold. Start with 20 seconds. The more you practice this position, the longer you will be able to hold it.

5 ways to perfect your plank

Push ups: Start in a plank position. Walk your hands out a little wider than your shoulders. Slowly lower and push back up to a starting position.

Single leg squat: Stand on your right leg, bring your left foot slightly off the ground and squat. You will not go very low. Keep your left leg up and try 10 reps, then switch to the other side.

Walking lunges: Take a large step forward with your right leg, and bend down. Make sure that your knee is not extending past your toes. Push off with your left leg, bring it forward and repeat on the other side. Walk across the room. Shoot for 15 steps, turn around and repeat

Mountain Climbers: Start in a plank position. Bring your right knee to your nose and back. Bring your left to your nose and back. Speed up this motion for 30 seconds. Again, work your way up to a minute.

Squat Jumps: Start with your feet hip width apart. Squat and use your glutes, quads and hamstrings to push you off the ground and jump as high as you can. Repeat this motion for 30 seconds.

Chia Seed Pudding- Makes 2-3 servings

An excellent breakfast choice. The good fat from the coconut milk will help to keep you full and chia seeds are packed with nutrients- Fibre, protein and omega 3 Fatty Acids.

1 can of full fat coconut milk

½ -3/4 cup frozen fruit (berries seem to work best)

1 Tbsp honey

3-4 Tbsp Chia seeds

Method:

1. Put the first 3 ingredients into a blender, and blend until smooth.
2. Stir in the chia seeds.
3. Divide into 2 or 3 containers and put into the fridge to chill overnight

Energy bites

Try eating 2-3 of these after a workout, along with a cup of yogurt. It is important to recover and refuel with meals that have the right balance of protein and complex carbohydrates

1 cup oats

½ cup coconut- unsweetened



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½ cup nut butter

1/3 cup honey

¼ cup ground flax seed

¼ cup chia seeds

¼ cup mini chocolate chips

¼ cup almonds, or sunflower seeds or raisins
(or all of them)

Method:

1. Put all ingredients into a bowl.
2. Stir until well combined
3. If the mixture seems too dry, add some more nut butter
4. Roll into 1" rounds and place on a cookie sheet.
5. Put sheet into the fridge and allow to set
6. Once they are set, enjoy 2-3 bites after a workout.

Exercises and Recipes by Mrs. Murray

Community News

Police Drop In To Local Skateparks

Adults often have memories of at least one interaction with a police officer when they were young. Perhaps it was an officer who came to their school, or a police dog demonstration, or maybe a sticker they got as a toddler. But for some, it's a negative experience that they remember.

Delta Police officer, Constable Brendan Calnan's first interactions with the Delta Police Department weren't positive or enlightening.

Growing up as a skate kid during the (original) Thrasher skater era in Tsawwassen, Cst. Calnan was constantly being confronted by Delta police officers for 'misusing' curbs and rails, and disturbing local businesses. Cst. Calnan had dealings with the department so often that many of the officers knew him and his friends on a first name basis.

Actually, becoming a police officer wasn't on his radar when he was a teenager. But today he's very passionate about his job helping to keep the



community safe and building more positive connections with all ages in the community.

"Seeing officers in uniform can be hugely intimidating," he acknowledges. "It's about trust."

Cst. Calnan doesn't want the youth of Delta to have the same negative feelings or dealings with today's Delta Police Department. To try to break down the barriers between officers and teenagers, Cst. Calnan and other DPD officers dropped into some local skate parks recently to



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have some fun and share some laughs (mostly at the officers' expense).

A video of Cst. Calnan and other officers skateboarding is on YouTube at <https://www.youtube.com/watch?v=Nn2D9p0kYtM&fbclid=IwAR1HNvCOUqV-xb49p762ukJuy4LMTPatnNpl3Q7tyCET0nRzzFVjd5hl4PA>.



The DPD wants to have a good relationship with everyone in the community, but you are the future of Delta, and we need you to know that our officers were kids once too.

You may not think you have anything in common with a police officer, but you might be surprised once you get chatting.

By: Cristianne Leykauf

For Students

TRANSITION TO POST-SECONDARY

UBC

Three things a student should know before they start post secondary...

1. **Post-secondary is hard.** It's supposed to be challenging because universities are in fact producing tomorrow's leaders and those leaders need to be resilient and intelligent in whatever they do. The expectation is typically that students are attending because they want to and as they are either nearing adulthood or adults, are responsible for their actions and academic performance. UBC offers a variety of

support services for students who are struggling and has some ways of identifying those students, but if you find yourself struggling academically, financially or mentally, please make sure to let someone like your professor or your enrolment services advisor know right away. They can help!

2. **Consider student residence.** Living on campus at UBC is a great way to ease into the university. You'll make friends and be able to get to class a lot faster and the food at UBC is really, really good! Several studies have shown



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that living on campus can also help you academically.

3. **Have a plan.** You've been accepted and that's great, but you need to have a financial plan for the year and make sure you know about financial resources available to you. Read up on the student health plan so you know what's covered and what isn't and consider checking out some of the clubs through the student union. Clubs are a great way to meet people.

What should students who are currently in grade eleven think about right now in terms of post secondary planning?

UBC is widely acknowledged as one of Canada's best universities. As a UBC student, you will be part of a community that is home to some of the brightest minds in the world and will build relationships that last a lifetime. Admission to UBC requires successful completion of both general admission requirements that apply to all applicants, as well as degree-specific requirements that depend on where you're applying from and what degree(s) you're applying to. Find out [how UBC evaluates your application](#). There's a lot more information about course requirements here: <https://you.ubc.ca/applying-ubc/canadian-highschools/#british-columbia>

What can a student do to transition to post secondary smoothly?

As I mentioned above, have a sense of what supports are available when you're on campus, get ready to study hard and make sure you have a plan academically, financially and socially.

What you should and shouldn't do to make a good first impression?

Professors and instructors have different expectations for their classes so make sure to

pay attention to what they are looking for from their students. Remember, you are either an adult or close to an adult by the time you get to post-secondary, so you'll be expected to behave accordingly.

General Advice/Information:

We all know post-secondary can seem like a big and scary place at first. I know it was for me when I went to the University of Victoria for my first degree. I had no idea where anything was, how to find my classes or what to do! Don't worry. You're not alone. I would guess that most new students on a university campus are a bit freaked out by the whole thing. Don't be scared to ask for help when you need it. The people who work for the university and your professors want you to succeed and they will do what they can to help you.

Don't cheat or buy pre-written essays. UBC is a globally ranked university and we hold our students to a high-level of conduct. We expect them to be honest and responsible members of the academic community. Academic integrity is fundamental to the core mission of this university as an institution of higher learning and research. At UBC we have strict policies in place to address the allegations of academic misconduct. The university conducts thorough investigations of all allegations of academic misconduct and takes disciplinary actions whenever they are warranted.

Try and relax. You're going to feel a lot of pressure to ace every course you take. If you're smart enough to get into a school like UBC, you're off to a good start, but almost everyone will make a mistake or two. It's not the end of the world, there are always options available. High school and then post-secondary can feel



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like the entire world. Remember that it isn't. These are just steps you are taking to a whole life that will be filled with successes and some failures at every turn, so try and have some fun along the way!

By: Matthew Ramsey

Douglas

Whether you're in Grade 9 or about to graduate, this advice from Douglas College will set you up for success.

What are the top three things I need to know before I start post-secondary?

1. Going to college is a big transition. There will be bumps along the way, but don't sweat it. You'll learn from those bumps and move forward.
2. Stay connected to your support network; it will help minimize those bumps. Friends, family, teammates – whoever it might be – can really help ease the transition.
3. Check out all of the services available to you in college – the fitness centre, exercise classes, peer tutoring, counselling, the list goes on. This way, when you need support, you'll already know where to find it.

I'm in Grade 11 and have no idea what I want to do. How can I start planning now?

You don't have to know exactly what you want to study – don't feel pressured when people ask about your plans after graduation. Think about what courses you enjoy right now, or even the ones that bother you the least. Then talk to your counsellor to find out which courses to take in Grade 12 to get you on the

right path. Remember, it's never too early to start checking out schools or reaching out to their recruiter-advisors – they're always happy to help!

How can I make my transition from high school to post-secondary as smooth as possible?

Keeping in touch with your support network is essential, but you should also make a point of getting involved on campus. That way you're building your community and your support network right where you're studying. Join a college club, a sports team, or even the student union. Students who are involved outside the classroom are also more successful academically. Start thinking about what you enjoy doing now – something that keeps you happy, healthy and grounded – and maintain a good school-life balance.

How can I make a good first impression?

What's so cool about coming to college is that your peers just want to get to know you, whoever you are – you're much more likely to find people who share your interests. As for your instructors: If you want to make a good impression, go to their weekly office hours and ask for clarification on areas you're struggling with. Most students wait until exams are just around the corner to drop in, but if you want to get ahead, go early and often. And if you're communicating by email, be clear and concise; it shows respect.

How is post-secondary different from high school?

Unlike high school, you don't need to bring your books to class. Unless you're studying a play or novel, give your back a break! Also,



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when it comes to bathroom breaks, the same rules apply as in a movie theatre: Try not to disrupt other people and get back to the classroom as quick as you can so you don't miss too much. You're considered an adult in post-secondary, so act accordingly, but also enjoy it!

By: Maia Odegaard

Capilano

Wherever you go, three things you should know:

1. Your success is up to you.

An important part of being a university student is self-directed learning. University instructors don't take attendance and won't chase your late assignments.

You'll take part in lectures and labs and instructors have office hours should you need clarification; however, fully absorbing the material often means thorough readings, in-depth review sessions or joining a study group with friends to make sure you're prepared for the next class.

2. Take advantage of resources available to you.

Once you've been accepted to university, you can take part in course planning workshops to confirm you're in the classes you need and speak to a recruitment advisor – book an appointment or drop-in – for program advice.

If needed, look for peer-tutoring services offering help in math, writing, and English

language

support.

If you're facing obstacles that are hindering your personal or academic success, counselling services on campus can help. All these services are free.

3. Financial Aid is available, as are scholarships, awards and bursaries.

Knowing how you're going to pay for your education is important, too. In addition to student loan options, there are numerous scholarships, awards and bursaries you can apply for; these help reduce financial anxieties so you can spend more time focused on your academic success.

What should students currently in Grade 11 think about in terms of post-secondary planning?

If you're in Grade 11 right now, you don't need to make any final decisions yet, but over the summer, start considering potential career options and the training you'll need to get there.

As you move into your Grade 12 year, choosing classes relating to the program(s) you're interested in can make for an easier transition to post-secondary.

What can a student do to transition into post-secondary smoothly?

Attend the new student orientation.

At orientation, you'll learn about the many campus services, important areas around campus, pick up your student photo ID and get a sense of the school spirit and student life.

What can you do to make a good first impression?



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Joining campus clubs, getting involved with your student union and participating in drop-in or intramural sports are all great ways to meet new people and form lasting friendships.

Other advice/information:

- Your U-Pass BC is an unlimited transit pass you can use any time – even when you’re not at school.
- Campus recreation facilities, including the gym and weight room, are usually included with student fees.
- Librarians can help by giving advice on the best places to find resources, using databases and the library catalogue, information on citations and how to plan your research strategy.



By: Kirk Pedersen

KPU

Getting ready to apply to post-secondary can be overwhelming—but it doesn’t have to be! We’ve put together some tips and tricks to keep in mind and help you prepare.

1. **It’s okay if you’re unsure.** If you’re not sure what you want to study, try a general program. Most post-secondary institutions offer open classes in arts, business, and science that any student can take.
2. **Eliminate things you don’t want.** If you don’t know what program to go into, eliminate things you are definitely not interested in. Not keen on running your own business? No plans to work outdoors? You may not want to explore business programs or the trades. Knowing what you don’t want can help you find what you do want.
3. **Find balance.** Many students take fewer classes at a time, this way they are able to work part-time, volunteer, and participate in other activities and commitments.

Make a list of what matters to you. Are you worried about the cost of your education? Location? Scheduling? Some institutions may be closer to where you live than others. Some programs offer online and evening classes, while others may require you to spend more time on campus. Figuring out what is important to you as a student can help you make decisions.
5. **Anything is better than nothing.** No volunteer or work experience is too small, and this is a great way to highlight skills and experience you already have.
6. **Talk to the experts.** It can be hard to find all the information you want online. Make time to speak with a recruiter and ask questions. They’ll be able to help you understand admission requirements, costs, and can give you detailed information about your specific situation.



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Have a question about KPU? Want to learn more? Our Future Students' Office is here to help. Check us out online at <https://www.kpu.ca/future-students> or get in touch at 604.599.3030 or study@kpu.ca.

By: Sucheta Singh

Transition to Secondary School

I know that the transition from elementary school to high school can be intimidating and nerve-

- Don't feel like you need to become friends with people right away. Take your time and get to know them.
 - o Also, don't be afraid to separate yourself from someone if you feel like they are negatively impacting you.
 - o If you are looking for friends/acquaintances, join some extracurriculars or some clubs. This also ties in with the whole "high school is a great time to try new things" ideology.
 - Musical theatre is a great option, if you're willing to do the work. You don't necessarily have to act, you can be a techie too.
 - We have a lot of lunch clubs, so be sure to check those out.
- Don't clown around in front of your teachers during the first week/month, that can make a long-lasting **bad** impression.
- As tempting as it can be, **DON'T SKIP CLASSES**. This is high school, missing one block is the equivalent of missing a week of elementary school. The only thing you'll gain

racking. So I talked to a couple of my friends and Ms. Stark, and we came up with a few tips to help you all transition to high school:

- is more stress because you now have to explain the absence to your parent and catch up on the missed work.
- You will meet people who are different, people who are finding themselves, to be honest, YOU'LL be finding yourself. The only thing you can do is let everything take its course, as long as it is not harming you and be open to change and difference.
- Keep all your notes and pay special attention to the little details (ex. names and dates) because everything is fair game for the final unless specified otherwise.
- Do your work in advance whenever it is possible. This way you can use that time to work on stuff from other classes which leaves you with more free time.
- If you need help, don't be afraid to ask teachers for help during ILT, that's what it's there for.
 - o Your teachers would rather spend time going over something with you than have you struggle in class.
- If you're someone who tends to write a lot of notes, get a notebook and write in there.



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- Keeping track of a bunch of loose-leaf paper can be very tiresome, so it is better to just have it all in one place.
- Don't be afraid to talk to us older kids, I understand that we can come across as very intimidating and serious but, in reality, we're not all that different from you guys. We've all gone through the process of being the big fish in elementary school to being the small fish in high school.
 - As Walt Disney once said, "Adults are only kids grown up." I know that the quote doesn't relate directly but think about it this way: High-schoolers are only elementary kids growing up.
- Things to do during summer:
 - If you can, sign up for the one-week orientation of the school.
 - You even get a map of the school in advance and the coordinator goes over ways to make your high school experience easier; from study tips to locker organization.
- What to bring on the first day:
 - A notebook/notepad
 - A writing utensil
 - Something you can store any papers you may receive in
 - A paper clip attached to your notepad/notebook works too
 - Lastly, a SMILE!
 - Remember: the first day of school is also PICTURE DAY!

ALSO, HAVE FUN!!!

I hope you find these tips useful, if you have any questions that you would like to ask, email the counsellors. They are always willing to answer any questions you might have:

Ms. Abel @ kabel@deltasd.bc.ca.

Mr. Pham @ rpaulmorris@deltasd.bc.ca.

Mr. Paul-Morris @ jpham@deltasd.bc.ca.

By: Gurleen Bhangu

Farewells

Be sure to take the time you need to reflect on who you are and what you want out of life (personality, skills/talents, life goals, etc.) Choose a life/career path that makes sense for you. Wishing you all a wonderful and fulfilling future.

- Dr. Dean

"Way back in the day, post dinosaur era, but pre-tech era, I arrived at Burnsvew. We did not have desktop computers, or laptops or even phones in our rooms. An overhead projector was "high tech". Things have changed just a tad. But one thing remains. Those teachers who do not give you a free pass for breathing, are trying to teach you resilience, perseverance, to strive to improve, and to become your best self.

Sincerely, the perennially "Sweet and Kind Mrs. Wood"

THANK YOU FOR READING
HAVE A GREAT SUMMER