



South Surrey/White Rock Learning Centre
 #13-2320 King George Blvd., Surrey, BC V4A 5A5
 Phone: 604-536-0550 | Email: whiterocklc@surreyschools.ca

COMMUNITY UPDATE!

March 5, 2021

Website: surreyschools.ca/schools/whiterocklc
 Download our **APP** - Raven's Nest | Follow us on **Twitter**@RavensWrIc

Building Resiliency through Self-Regulation, Hope, & Belonging

This Week at School...

Our **Indigenous Team** is starting the *Indigenous Beat* as part of our weekly newsletters. It is showcased here and also included in the FYI section of the newsletter, where you will find it weekly. Our Indigenous Team includes:

- ◆ *Kama* - Indigenous Graduate Advocate (IGA)
- ◆ *Georgia* - Aboriginal Youth Worker (AYW) *Wednesdays*

INDIGENOUS BEAT

For more information, talk to Georgia or Kama.



If you are part of the Métis nation, you can apply to become a registered Métis Citizen!

For more information go to...

<https://www.mnbc.ca/mnbc-ministries/citizenship-info/become-a-registered-metis-citizen/>

DO YOU KNOW?
 Roberta Louise Jamieson of the Six Nations in Ontario was the first Aboriginal woman to graduate from law school, and to serve as Ombudsman of Ontario. She received the Order of Canada in 1994.

School Updates...

Initiatives and Additional Services:

- ◆ **Mondays afternoons @ 3:30 LGBTQ Club** (see Jenn)
- ◆ **Thursday Lunch - Girl's Group** (see Jenn)
- ◆ **Tuesdays - Youth Mentorship with Brandon** (YO BRO/SD36 Partnership Program) 10 am - 2 pm
- ◆ **Wednesdays - SUL - Jordan Buno** (SD36 Safe Schools)

Looking forward...

- **Last Day before Spring Break - Mar 11**
- **First Day back after Spring Break - Mar 29**

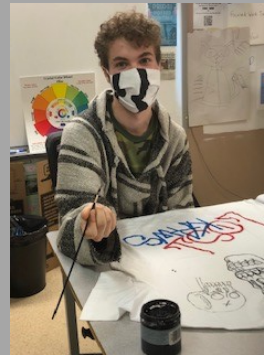
You will also find information regarding...

- Youth Workshops and Art Contests
- Summer School
- SSWR Youth Space - Emergency Shelter

AND...Career Education Information - SEE SUSAN...

- District Partnership Programs
- Sources - YouThrive
- Food Safe & Serving It Right

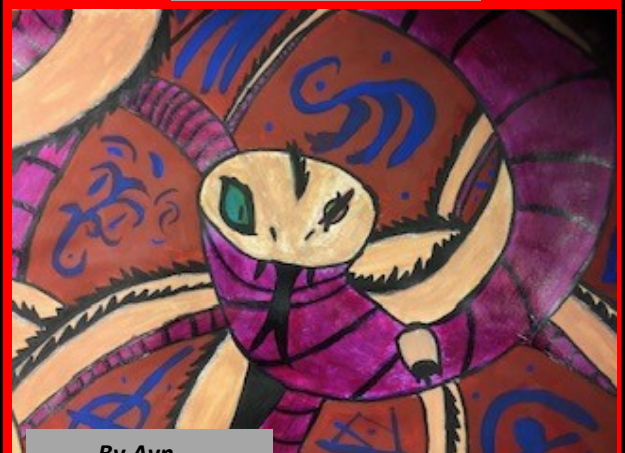
ART STUDIO GUEST PRESENTER Sebastien K—SSWRLC Grad 2019



Sebastien is a SSWRLC graduate who has returned to facilitate a **community art project** in our Art Studio class in Block 3. Seb is currently a student at Emily Carr.



Art PIC of the Week



By Ayn....

How to boost your mood... *final draft by Amber....*

COVID-19 has made a huge impact on many people's mental health and happiness, we are stuck inside with not much to do. I have caught myself many times being bored in bed bingeing my favorite Netflix shows, but does doing this really boost our moods? No. One of my main goals during quarantine was finding exciting and interesting activities to do during the long days. Doing crafts, baking and exercising is a really great way for me to boost my mood.

Thinking of activities to do when bored can be difficult. We used to be able to hangout with friends when we had nothing to do, but finding pandemic friendly activities is not as easy as calling a friend over. Doing crafts is a great way to pass time and is really entertaining. There are many types of crafts including clay, drawing, painting or even origami. These pieces you create are also great homemade gifts for family or friends. During the beginning of the pandemic, I was always making bracelets for my family, I love making them and seeing my family happy was a bonus.

Being inside 24/7 is not good for our mental health either, cooping inside for long periods starts to build up our anxiety. Exercise is extremely important and has many benefits. Exercise is a natural way to ease anxiety and it also relieves any tension or stress that you might have. Any form of movement is great for our mental energy and mental health. Going for a run or a walk was my way of getting in my exercise. The feeling you get after running is such an addictive experience, my mood is always boosted after a run and I feel productive. At home workouts are another great way to move around, there are so many apps and videos that encourage you and give you work out ideas. A goal to aim for is 30 minutes a day of moderate physical activity, this is the recommended time but there is no harm in spending a few more minutes on your health.

Cooking or baking is an effective way to pass time and boost your mood, and you get a tasty treat for after. Just like doing crafts baking makes great gifts for friends and family. Cooking is great for so many reasons. Its great practice for future but it is also nice being able to cook your own amazing meals. If you are ever craving anything you can go right to your kitchen and make it. Ordering food is a nice occasional treat, but making your own food is not only way cheaper but its way healthier. There are so many great baked goods and meal recipes online that are just waiting to be made. This can be a great family activity or a surprise dinner. There are so many creative cooking strategies and recipes out there that might interest you - look and try some.

These are all ways to boost your mood but doing these also boost your mental health. Mental health is extremely important, you want to be taking good care of yourself. Your mental health includes our emotional, psychological, and social wellbeing. Not taking care of your mind and body can cause many negative effects. The way we handle stress, anxiety and the way we relate to others can all be affected if you have a bad mental health. Not everyone realizes how important their mental health is, it is important for all ages and only becomes more important as we get older. COVID-19 has made a big impact on many people and these are great ways to be happy and overcome the fear of this pandemic.

COMING UP...

MOVIE MAKING WORKSHOP (AGES 13-19)

There are so many art forms that go into creating a great film. Sound, lights, cinematography, acting, and directing. But at its core, it all comes down to storytelling. Understanding how each art form adds its own artistic expression is key to creating a great film.



This class is meant to expand our awareness of the different aspects of movie making and to learn how we, as actors, can explore ways of shifting, adjusting, and connecting to the work to share the story.

Dates: Mondays, March 29 to June 25, 2021 (10 weeks - No class Apr. 5, May 24, and May 31)

Time: 5:15 - 7:15 pm

Cost: Free of charge, thanks to the generous support of Prospera Credit Union



- **YOUTH EMPOWERING YOUTH (YEY)** is dedicated to empowering younger generations with resources and opportunities to grow. Led by two youth facilitators who are passionate about empowering youth.
- Nine 90-minute sessions, once a week, over Zoom, and encourages student participation.
- A new principle each class builds on previous principle. This helps students take accountability for their thoughts, feelings, & actions, thus moving them into a place of confidence, security, and self-assurance.



VISION: Help schools create a culture that empowers, strengthens, & develops leaders. Inspire youth to be accountable for their own thoughts, feelings, and actions; help them become responsible citizens.

MISSION: Create a safe environment to cultivate a sense of security, confidence, & self-assurance.

OUTCOME: We all have unique gifts and intrinsic value to offer. YEY serves as a catalyst to help youth explore their talents & contribute to the community in a powerful, positive, and meaningful way.

AFTER GRADUATION: Upon completion, youth have opportunity for leadership roles and co-facilitate future programs to help empower more peers!

START DATES: Monday, March 15 and Wednesday, April 7

REGISTRATION: To register, go to <https://linktr.ee/youthempoweringyouth>



ChARTing Change ART CONTEST
Art? Activate System Change

Are you 14 to 18 years old, reside in BC, and want to create ART that ACTIVates System Change and draws attention to social and environmental injustices in our midst?

"Chart the Change" you want to see in the world, and potentially win an iPhone 11, iPad Air, or Air Pods in the process!

Enter the "ChARTing Change Art Contest" at chartingchange.accessstomedia.org

Deadline for Submissions is May 1, 2021.

YOUTH AGES 14-18

PRIZES

- ★ Air Pods
- ★ iPhone 11
- ★ iPad Air

ENTER

chartingchange.accessstomedia.org deadline for submissions is on May 1, 2021

AN AFTER-SCHOOL ARTS PROGRAM FOR YOUTH 14-18

Want to make a difference using the arts? Work with a team to design & deliver a creative project that takes action on a social issue you choose together. Collaborate & learn with professionals from the arts, non-profit, & private sectors to bring your project to life.



Added plus: A free YLI Kit with the supplies you need for the program, & meals during sessions.

For more information or to register, talk to Gurj!

10 Weeks Online: Meet with team members for 2 hours/week to develop, design, & launch an arts-based project.

Real Connections: Learn with professional artists & leaders from corporate & non-profit sectors. Team chooses areas, issues, & skills to learn about. Mentors will help.

Make A Difference: From mental health to food insecurity & everything in between, take action on an issue, using the arts.

A Chance To Create: Your choice of art forms. Make films, write scripts, build websites, design comic strips. Professional artists will guide your learning.

When & Where: Sessions run using Zoom on Wednesdays from 4-6 pm. You need a computer or tablet, with a microphone & camera, & internet access. Contact YLI if you don't have these tools at home - they can help!

SD36 PEOPLE OF PRIDE

PRIDE! POSTER CONTEST

Help us celebrate PRIDE!

Create posters to display in Surrey Schools

Posters should include diverse people and highlight the strength, resilience & connection of the LGBTQ2+ community.

10 posters will be selected to be printed and sent to each school in the district!

Paper posters 8x11 (standard)
Digital posters (jpg, png, pdf files, max 50 megabytes)

MARCH 1 - 31, 2020

SUBMISSIONS:

PHYSICAL COPIES: PLACE IN ENVELOPE ADDRESSED TO NICOLE CURTIS #268, COURIER THROUGH SCHOOL OFFICE

DIGITAL COPIES: EMAIL TO DIJOT.DAYAL@SURREYSCHOOLS.CA

questions? email curtis_n@surreyschools.ca

**KEEP CALM
IT'S ALMOST
SPRING
BREAK**

**Thursday,
March 11**

**Last day
before
Spring
Break!!!**

**March 29 -
First Day Back
from
Spring Break**

**FYI!
After Spring
Break -
Only 44 school
days left until
Summer Break!**

Whaaaaa?!!

Registration

Revised: February 23, 2021

Register Online: www.surreysummer.ca

You need your 9-digit Personal Education Number (PEN) to register

TBD	Registration opens online for all Surrey School District students
TBD	Registration opens online for all students from other school districts – register and then email your proof of BC address & ID (passport or birth certificate)
June 28	Registration closes 8:00 am

Full Credit

July 5 – August 6, 2021

8:15 – 11:35 am or 12:10 – 3:30 pm

Locations

- Clayton Heights Secondary 7003 - 188 Street
- Earl Marriott Secondary 15751 - 16 Avenue
- Enver Creek Secondary 14505 - 84 Avenue
- Fraser Heights Secondary 16060 – 108 Avenue
- Guildford Park Secondary 10707 - 146 Street
- Panorama Ridge Secondary 13220 - 64 Avenue
- Princess Margaret Secondary 12870 - 72 Avenue

Remedial

July 12 – 30, 2021

8:30 – 11:10am or 11:40 – 2:20 pm

Locations

- Clayton Heights Secondary 7003 - 188 Street
- Enver Creek Secondary 14505 – 84 Avenue
- Guildford Park Secondary 10707 – 146 Street

Remedial courses contain partial course content and are only for students who have taken the course already and want to increase their knowledge or get a better mark. Marks are graded on a scale. Maximum mark 80%.

Trades Exploration Courses

www.surreysummer.ca

Automotive

An introduction to automotive mechanics including hybrid power configuration and modern electronic control systems. Open to students entering grades 10-12. Register online.

Location: Frank Hurt Secondary

Carpentry, Electrical, Plumbing, Welding

An opportunity to experience a hands-on introduction to 4 construction trades. Students must be able to work independently. Open to students entering grade 10. Register online

Location: Princess Margaret Secondary

Fee Paying International Students

Fee-paying International students can register online and make payments by credit card over the phone. Our office is closed to the public. If the phone lines are busy please email the student PEN and your phone number and we will contact you. The cost for each Full Credit Course is \$900 and each Remedial course is \$500. Refunds only given if withdrawn on or before July 9, 2021.

Contact Us

www.surreyschools.ca

Our office is closed to the public. Please email us for the fastest response.

📞 604-595-6077

📘 Surrey Summer Learning

🐦 @SD36Summer

✉ CEDU-Office@surreyschools.ca

FOR YOUR INFORMATION...

INFORMATION FROM SSWR YOUTH SPACE...

8:00PM - 7:00AM until March 31st

Emergency Shelter Open

Peace Portal Alliance Church
15128 27B Avenue

Call 2-1-1 to check for availability



INDIGENOUS BEAT

For more information, talk to Georgia or Kama.



MÉTIS NATION
BRITISH COLUMBIA

If you are part of the Métis nation, you can apply to become a registered Métis Citizen!
For more information go to...
<https://www.mnbc.ca/mnbc-ministries/citizenship-info/become-a-registered-metis-citizen/>

DID YOU KNOW?

Roberta Louise Jamieson of the Six Nations in Ontario was the first Aboriginal woman to graduate from law school, and to serve as Ombudsman of Ontario. She received the Order of Canada in 1994.

CAREER EDUCATION INFORMATION

Talk to our Career Facilitator, Susan Martin, for more information about the opportunities below.

Phone: 604-536-0550, ext. 3103

Email: martin_susan@surreyschools.ca

DISTRICT PARTNERSHIP PROGRAMS - 2021

Surrey School District has formed partnerships with post secondary institutions to provide trades training and other training programs for high school students before they graduate. Students gain qualifications and test the career waters before graduation. Other benefits may include:

- **Dual credit** – obtain high school and college credit (up to 36 credits)
- **Complete Level One** of the technical trades training
- **Tuition is paid** by the School District for most programs
- **Possibility of paid work** or an **apprenticeship** in the trades programs (16 credits)

Partnership Applications are due in by April 14, 2021.

See **Susan Martin**, Career Facilitator, for details and applications.

She can be reached at martin_susan@surreyschools.ca.

AUTOMOTIVE			AVIATION	
Auto Service Technician 20 credits - KPU	Collision & Refinishing Program 36 credits - VCC	Heavy Mechanical Trades Foundation 28 credits - VCC	Explorations in Aviation 20 credits - BCIT	
CONSTRUCTION TRADES				
Carpentry 20 Credits - KPU	Drafting/CAD 16 credits - KPU	Electrical 20 credits - BCIT	Horticulture 8 credits - KPU	Metal Fabrication 20 credits - BCIT
Millwright 20 credits - KPU	Painter 4 credits - FTIBC	Piping 24 credits - KPU	Welder 24 credits - KPU	
OTHER TRADES PROGRAMS		FOOD TRADE PROGRAMS		
Hairstylist 40 credits - Hairdressing School (NSLC)	Trades Sampler 16 credits - BCIT		Culinary Arts 20 credits - VCC	Baking & Pastry Arts 24 credits - VCC
OTHER				
Community & Public Safety Course 4 credits - NVIT	Educational Assistant Diploma Surrey Com. College	Headstart in Art Drawing Class P.S. Credit - Emily Carr	Intro to Health Science 4 credits - KPU	Intro to Legal Office Procedures 4 credits - KPU
Intro to Child & Youth Counselling 4 credits - Douglas	Tah-tul-ut Indigenous Education Assistant 4 credits - SFU			



**Serving it Right completed!
Great job, Emma!
Congrats!**

Catherine is working on her WEX at Great Urban Escapes.



GREAT WAYS TO BUILD YOUR RESUME!

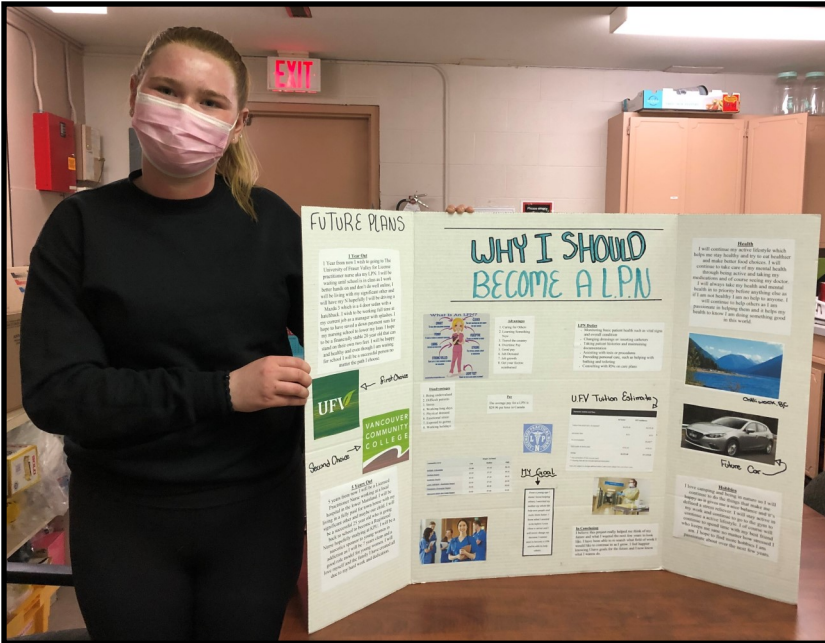
Congratulations, Trey and Aaron, for qualifying for the Carpentry Program!

The buildings shown here are some that previous Carpentry students have built.




Keanna is working on her WEX at Riverside Equestrian Centre in Richmond.





**Awesome job
on your
Capstone project,
Anastasia!**

**Congrats on
completing
CLC 12!**



YOUTH RIVE

A free program for youth to obtain skills training, paid work experience, and find employment. Are you between the ages of 15 - 30, unemployed, and looking for work? SourcesBC can help!


Start Date: Ongoing
Days/Time: Monday - Friday, 9:00 am - 4:30 pm
Where: #109-5577 153A St, Surrey

WE PROVIDE:
 Individual plans - build skills & get you working!
 Training allowance while attending
 Career exploration
 Job search strategies
 Occupational skills training/certification funding
 Paid work experience placement
 Job placement and job coaching

WHO IS ELIGIBLE?
 Between the ages of 15 - 30
 Legally entitled to work in Canada
 Resident of BC
 Unemployed
 Not a full-time student

ONGOING SUPPORT AS NEEDED

For more information, or to register, contact:
Phone: 604-262-4858 or
Email: eeinfo@sourcesbc.ca



Government of Canada
Program in partnership with Youth Employment Strategy

INTERESTED IN FOOD SAFE OR SERVING IT RIGHT?

Please talk to Susan!

FOODSAFE LEVEL 1 is a food handling, sanitation and work safety course designed for food service establishment operators and front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

SERVING IT RIGHT and **Special Event Server** are British Columbia's mandatory self-study courses that educate licensees, permittees, managers and servers about their legal responsibilities when serving and selling liquor.






Have a great weekend!