

MOT JUSTE



"I am a teacher. It's how I define myself. A good teacher isn't someone who gives the answers out to their kids but is understanding of needs and challenges and gives tools to help other people succeed."

~Justin Trudeau

Administrators' Message

February is the month of three semesters: 1) we report on both academics and school events of the first semester, 2) we hit the proverbial reset button in launching our second semester courses and activities and we 3) prepare registrations, course selection and feeder school visits in preparation for the 2018-19 fall semester. In this edition of the *Mot juste* we will take a moment to reflect back on our first semester.

In the news, the local print media seems intent on reporting on their pet topics. Besides the obligatory Trump and Trudeau headlines, there is much ballyhoo about the high-achieving Winnipeg Jets as well as many articles on the impending legalization of marijuana. As to the latter, I'll let slip that my personal views on the topic are a little old-school, but professionally-speaking I'm only concerned with the incoming legislation insofar as students might infer that society condones student use. In fact, consumption of marijuana is no different from the consumption of alcohol as it pertains to school-aged children: it is illegal at *any* time because they are under age, and it is ethically unacceptable and physiologically debilitating to be under the influence while working, studying, or driving. My challenge to parents and educators is to continue engaging in conversations that will keep them safe. Illicit and prescription drug use, distracted driving, safe online practices and sound decision-making in relationships might be great places to start. At CPET, some of these issues are addressed in our physical education and health curricula. As administrators, we are also endorsing a presentation by MADD in a student assembly in May.

Administrators' Message (cont.)

In school news, CPET continues to roll out our Positive Behaviour Intervention Support initiative with blitzes and campaigns rewarding students for perfect attendance, speaking French, and keeping our school environment clean. (*more on this on pg. 7*)

Athletics are in full swing as is our music program on the heels of a wonderful December concert.

Student council was again instrumental in their recent Christmas hamper drive! It seems impossible to dethrone Mr. Miron's class as perennial 'heavy-weight' champions amidst our yearly internal friendly competitions. (*student council report pg. 7*)

Our graduating students are surely but slowly approaching the end of their high school careers – the Grad Committee has been meeting regularly, their Winter Ball was once again a huge success (*see pg. 5*), and they have just been initiated into their first round of provincial exams.

The spring Montreal music trip is confirmed for May. And over 40 students are now signed up for the 2018-19 France adventure. The Giants Ridge ski trip will also be offered next year for our outdoor enthusiasts.

Returning students and parents will be registering and selecting 2018-19 courses February 27th. Full details and information have recently been shared with students and parents.

Staffing News

We welcome Physical Education teacher Ms. Danielle Camara to our team for the second semester. We wish Ms. Jordyn McBey all the best in her new ventures next semester.

Congratulations to Mr. Brad Bamforth who is once again a proud papa and Mme Coutu who will be taking a maternity leave prior to spring break.

Looking forward, staff and students will take a little winter respite by celebrating the *Festival du Voyageur* prior to gearing up for Open House for prospective parents and students on February 21st, 2017

In spring, various students will be participating in our yearly 1800-minute Famine awareness campaign, Jazz cabaret, Brandon Jazz Festival or the MUNCH Indigenous *Mentors at Lunch* program.

Parents who have not yet logged on to the parent portal or who are not receiving occasional emails from the school are invited to contact the office.

Enjoy our winter edition of the *Mot juste!*



- M. Ron Cadieux & Mme Sharla Cockriell

Music News

- Mr. Brady Gill



OPTIMIST BAND FESTIVAL

CPET Senior Band students will participate in the Optimist international Band Festival on Thursday February 22, 2018 at 7:00 PM. Winnipeg Convention Center.

INTERMEDIATE PROVINCIAL HONOUR BAND

Audition material is now available for download. Audition deadline is Monday March 5, 2018 at 10:00 PM. Rehearsals and concert will take place April 28 and May 3-5, 2018. CPET students are encouraged to prepare an audition recording and speak with Mr. Gill if you are interested!

MONTREAL MUSIC TRIP

Preparations are well underway for the Montreal Music Trip. 96 CPET students and 5 teacher chaperones will travel to Montreal, Quebec from May 13-17, 2018. There has been a slight alteration in the dates of the trip to facilitate travel. While in Montreal, we will participate in clinics with professors at McGill University, perform at Notre Dame Basilica, tour Old Montreal and tour the Biodome.

BRANDON JAZZ FESTIVAL

CPET jazz students will participate in the Brandon Jazz Festival, March 15-16. Information, permission forms and cost will be sent home in a letter with participating students.



Varsity Girls Basketball



The season is already in full swing with the girls playing Monday and Wednesday nights! The girls have had a busy start with three home games and 1 away game before exams, finishing off the first half of the season. The girls start the month of February in a tournament in Niverville February 2-3, where they will be playing others teams from Winnipeg as well as teams from southern rural Manitoba. The team finishes off the second half of the season with 3

away games and one last home game before playoffs.

Although the team consists of only 10 girls, the team is excited and ready to take on the second half of the season. This is a great group of girls and I am very happy to be able to see these girls learn and grow together as a team! Let's see what the second half brings!

- Mme Chantal Hébert

Team Roster

#2 Cassie Vernaus
#6 Anike Orogun
#12 Cali Baker
#13 Brianne Carrière-Walls
#21 Savannah Sauvé
#32 Emily Klapprat
#34 Alyssa Bukowski
#35 Serena Zaenali
#41 Jordan Murphy
#46 Lexa Moorhouse

Coaches: Kathleen McCready,
Taylor Franks, Mme Hébert

Biology/Biologie

- M. Eric Miron



This semester, students in grade 11 Biology have participated in a number of awesome dissections including: hearts, lungs, kidneys, tracheas, livers and a fetal pig. We also received the organs of two full grown bison to dissect, as seen in the photo below.



Later in the year, we were visited by the National Microbiology Laboratory from the Canadian Science Centre for Human and Animal Health. Students learned about infectious diseases and the different safety equipment used when working with highly dangerous pathogens.

#scienceiscool



Students are visited by the National Microbiology Laboratory

RIVER EAST TRANSCONA SCHOOL DIVISION BOARD OF TRUSTEES		
September 2017 – September 2018		
Name	Ward	Contact Information
Colleen Caswell Board Chair	1	P: 204.222.1486 E: ccaswell@retsd.mb.ca
Jerry Sodomlak	1	P: 204.999.1409 E: jsodomlak@retsd.mb.ca
John Toews	2	P: 204.663.0475 E: jtoews@retsd.mb.ca
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Brianne Goertzen	3	P: 204.955.6782 E: bgoertzen@retsd.mb.ca
Peter Kotyk	4	P: 204.668.4181 E: pkoty@retsd.mb.ca
Brian Olynik	4	P: 204.661.6440 E: bolynik@retsd.mb.ca
Michael West Board Vice-Chair	5	P: 204.990.3228 E: mwest@retsd.mb.ca

JV Boys Volleyball

This year we had a very strong junior varsity volleyball team. Our players consistently showed skill, sportsmanship and teamwork throughout the season. We had a variety of skill levels—one player had never played before and a few played for club. Our biggest challenges were met with positive attitudes and hard work. Midway through the season, we competed at a tournament in Beausejour. We started strong, stayed strong and finished strong, placing second overall. Our boys were enthusiastic and very proud to bring home the second place trophy!

We would like to thank all the boys on the team for their dedication during practices and games. It was a pleasure coaching you and seeing the individual skill improvement, which in turn contributed to the overall success our team.

A special shout out to TJ who was our setter this year. He played **every single set** of league games and our tournament. He consistently displayed a positive attitude while always trying to improve his game.

Thank you to our parents and family supporters who came out to cheer us on. Without your support, we could not have progressed as far as we did.

- Mme Kelina
Parent and
Mme Jordyn
McBey



Canadiennes Hockey 2017-18 Season Update



2017-18 CPET Canadiennes show off their new home jerseys

As our inaugural season of CPET Canadiennes hockey nears its end, we currently sit tied for 2nd with a record of 9-7-1-1 with three games remaining. We recently were able to overcome our demons and win two consecutive games against #1 ranked Lorette Scorpions.

Our offence has been lead by grade 9 centre Jaida Sailvaggio with 14 goals (with a broken wrist to boot!). Our stellar defence has been a full team effort backstopped by our goaltender Janvier Trudel who currently leads our division with a 2.11 GAA.

All in all, we have seen great improvement from all our players, in particular our “new hockey” players who have quickly adapted to the sport and

have played important roles on the team.

Finally, we just received our new home jerseys (pictured above) which will replace our old white ones.

We are looking forward to a lengthy playoff run!

The Canadiennes game schedule and team statistics can be viewed at the WWHSHL website: www.wwhshl.ca. Please check for updates regarding the playoff schedule.

- M. Stephen Grégoire

Varsity Boys Basketball

We are now well into our season. As with the previous year, it was decided to combine junior varsity and varsity players into one team. This allowed all boys who wished to play a chance to try out for the team. 24 boys attended the tryouts. A total of 14 were chosen to represent our school this year. While this number is higher than I would normally keep, it does have its advantages. More frequent line changes are now possible and it allows for injuries and other commitments which affect attendance.

We have so far played Westgate twice, Collège Louis Riel, and Windsor Park. They are very strong teams but we have been able to keep a competitive edge. Our team is showing great strides in teamwork and sportsmanship. Come out and support our team! They always love having fans in the stands to support and cheer them on! We have our remaining home games on February 12th and 20th. Both games start at 7:30pm.

- Mme Kelina Parent



Recapping CPET's Winter Formal, "The Snow Ball"

- Mme Diane Lavergne



CPET Students attend The Snow Ball dressed to the nines

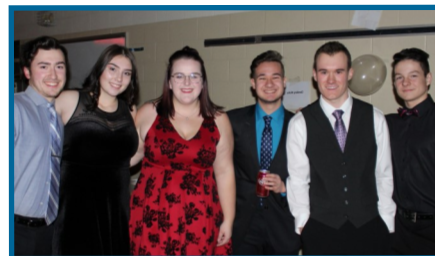


This year, once again, the Grad committee hosted the Winter Formal that was themed The Snow Ball. The committee put in countless hours of preparation for this their last winter formal. Subcommittees took care of the promotions and ticket sales, while others the decorations, the canteen and coat check. All their hard work culminated into a wonderful evening of fun.

Students arrived to find the gym transformed into a winter wonderland, only highlighted by all the beautiful young women and handsome young men all done up to the nines. They socialised with their friends and they danced the night away.

I would like to thank all those who had a hand in the success of the evening, without the tireless work of all the volunteers; we would not be able to keep this tradition alive.

What's next you ask? The Grad committee will now start planning the graduation Dinner and Dance, this year to be once again held at the Club Regent's Event Center on June 28th 2018.



Celebrating Community Through Collaboration

- Mme Amber Kjernisted

CPET's students are not only implementing SCP, *le soutien du comportement positif*, at school on a regular basis through respect and responsibility, they are also celebrating collaboration in Mme Kjernisted's grade 10 English class. Students have been busy over the last couple of months focusing on teamwork and co-operative learning tasks to help build community within the classroom.

The students have been supporting and encouraging each other in their reading groups to complete assignments and have a better understanding of the English curricular outcomes. They have embraced GLO 5, which is to celebrate and build community. They have helped edit and proofread each other's assignments, generated citations for formal literary essays, collected close to thirty dollars for Movember and they even got in to the holiday spirit by decorating "ugly Christmas sweater" cookies. The students completed all of this while displaying respect and acceptance towards each other.

In this class, it does not matter whether you were a Dugald Dragon or an ERP Scorpion, we have all come together to become *les Canadiens*!



Mme Kjernisted's English 20F class

Canadiens Boys Hockey Report

- Zach Blank, Stephen Duynisveld & Dana Allaire

The CPET Canadiens hockey season has been an exciting one to date. For a team that lost many players to graduation, the new faces have certainly made their impact. Combined with leadership from a solid group of returning players along with determination, perseverance, teamwork, and positivity representing CPET both on and off the ice has lead the Canadiens to third place in the Price division.

The 2017/18 WSHL All-Star Games took place on January 21st. Congratulations to Parker Perchuk, Derek Moorhouse, Chris Wootton, Damian Bates, Aidan Altomare, Carson Allaire and Damon Nash who were selected to represent CPET and help bring Team Gold a 4-3 shoot-out win. The Canadiens coaching staff is especially proud of Damian Bates being chosen as player of the game for Team Gold in the Price Division.



With few games remaining in the regular season, the focus will be on correcting the small mistakes in order to gain momentum heading into playoffs. Furthermore, the boys have been concentrating on conditioning and maintaining a high tempo in hopes of being the team with more gas left in the tank for the third period.

The CPET Canadiens will be working extra hard to be competitive with the ultimate goal of adding another banner to the CPET gymnasium. **Come support the boys at East End arena on January 31 and February 5th to close out the regular season!**

A Different Angle

By Matthew "Wheels" Wilton

Hi, I'm Matt Wilton and I'm a quirky student from CPET with a rather unique outlook on life, and so I'm going to be sharing some stories from my perspective. For you to truly get what shapes my viewpoint, you need to know a few things about yours truly; my life is dominated by a few things; humour, friends, sarcasm, family, logic, basketball, reading and the fact I'm going to be in a wheelchair for a very long time or until I die. Which-ever takes longer. Now I know what you're thinking: "that seems like a pretty long list you've got there eh, and- wait wheelchair?! Oh, my. What happened!?" Answer: absolutely nothing: spinabifida isn't exactly fun. (My recommendation; don't google it.) Spinabifida is the malformation of a piece of your spine; basically my back wasn't made well.

Quickly moving on, this is what gives me a different view from my peers. Example? Obligated; about a month ago my Social Studies class went to the Human Rights Museum to learn about Indigenous perspectives... We started the morning by doing the "Blanket Exercise". My class, which now represented the Indigenous peoples of Canada, went on some blankets that represented the land occupied by the Indigenous peoples and we were given some artifacts which represented traditions. I was given a birch box and found out how much I don't like driving on blankets. One of the staff from the museum placed a crown on her head and represented the colonists, kicking away our blankets and taking our artifacts,. She also gave us cards of different colours while a second staff member, who acted as a narrator, explained their purposes; I received a white card like half our class. White was the card of foreign sickness and we were immediately eliminated and told to get off the blankets. (When we were eliminated the group also lost our artifacts.) When you think about it, it's truly terrifying; some dude with a cold, sailing over, sniffing whilst rowing and hoping the cold, salty sea would clear his sinuses.

The monarch continued to take land and artifacts and the growing number of eliminated students were given laws to read, prohibiting and limiting the dwindling indigenous population. We hit residential schools and we had around five people left on the blankets. A majority of them didn't make it and were eliminated. We started with many artifacts, blankets aplenty and an



impressive population of about 40. At the end, we had a single artifact, a sliver of blanket and two people. We cleared the space and discussed it, passing around a stick so that we could talk in turn. The entire thing was very solemn and impactful.

Afterwards, we were given about thirty minutes to just explore the museum. So that's what we did, going up a preposterous amount of ramps, reading different travesties then moving on. It was necessary but not exactly fun now. I drifted from group to group, we took some pictures from the tower on top of the museum and then it was time to get back to the ground floor. Some would take the elevator. I'm in wheelchair and I needed to get to the ground floor, fast. So I just went down the ramps. All nineteen billion of them, feeling my face get air blasted as I broke the sound barrier and narrowly dodged two nice women as I fired past like a bullet. Then I saw a wall. I needed to stop. I did, throwing my shoulders back and burning the rubber off my wheels. I now realize I shouldn't have stopped. An angry staff lady came up and said "Whoa, have you been going that speed the entire time?! You need to stop and slow down!"

I held up my hands, black with rubber marks from my more-or-less smoking wheels. I answered her apologetically while slowly moving closer to the next ramp. I sprinted all the way down to the ground floor and ushered myself and the rest of the group out of the building before that lady could track me down. I got on my bus and told the driver to floor it.

That's all for today, I hope you enjoyed my article or at least stayed awake while reading it.



Ethics Bowl

- Mme Kaitlyn Kellsey

Collège Pierre-Elliott-Trudeau was well represented this year at the Ethics Bowl competition hosted at the University of Manitoba by *Manitoba Association for Rights and Liberties*. On December 15th, our team of five collaborated and discussed important ethical issues happening presently in today's society

In each round of the ethics bowl, teams take turns analyzing current ethical issues as well as responding to questions posed by the panel of judges and the other team. The ethics bowl is different from a debate in the sense that the students are not on opposing views; instead, they defend whichever position that they believe to be the most ethically sound. The maturity and critical thinking skills demonstrated by our students to be able to discuss such complex ideas and to evaluate diverse viewpoints was very impressive to see.

I would like to thank the girls for dedicating hours of time to research, discussion and collaboration throughout the first semester and most of all for their passion in human rights and social justice!

Girls Varsity Volleyball

- Mme Chantal Hébert and Mme Kaitlyn Kellsey

The coaches of the girls Varsity Volleyball team would like to thank the girls for a great season. It was short but intense and it was great to see the girls come together and play as a team. The girls played ten regular season games, five of them being at home. Unfortunately, we lost in the quarterfinals against Louis Riel. The girls fought hard until the last set.

We encourage the girls to keep up with their volleyball practice throughout the rest of the year, and we are excited to coach next season!



Players: Shaylie Woloskoski, Cheyenne Woloskoski, Hannah Marshall, Sydney Meilleur, Jasmine Romero, Emma Espey, Alyshia Loria, Solaye Rheault, Kate Alexander

Coaches: Mme Kaitlyn Kellsey, Mme Chantal Hébert (not pictured)

Girls Indoor Soccer

- Mme Michèle Goulet



First game of the season October 25, 2017

The CPET girls indoor soccer program kicked the WYSA 2017-2018 season off in October and has now entered the playoffs. The 18 athletes lead by coaches Sarah McLarty, Jon Rudnicki and Michèle Goulet are fighting for first place in the Championship Group II division.

“No ball-watching!” The girls are playing hard and practicing various skills to succeed: mental skills, physical skills, tactical skills, technical skills and goal keeping. Positioning is constantly discussed among the girls.

If you're not familiar with the game of soccer, here is a summary of the different positions on the field. The Goalkeeper protects the net, block shots, directs and organizes the defense and finds opportunities to move the ball forward. Defenders protect the goalie, block shots, receive, shoot, score and find opportunities to move the ball forward on the field. Midfielders transition the ball between defenders

and forwards, keep the ball in the offensive zone, impede the other team's attacks, maintain possession, pass, shoot and take free kicks. Finally, Strikers score goals, maintain possession in the offensive zone and stay in front of midfielders.



Christmas party on December 15th, 2017

As the season advanced, the athletes started moving and working as a team, functioning more like a well-oiled machine. The beautiful game emerged! Teamwork is crucial and it is obvious that the girls are coming together as a team and are having fun.

TEAM ROSTER:

Jasmine Romero (G)
Katrina Medeiros (D)
Kara Alexander (D)
Kortney Rogers (D)
Corynn Karalash (D)
Hailey Martel (D)
Tasia Stroet (D)
Rachel W (D)
Brynn Larivière (M)

Kate Alexander (M)
Sydney Rudnicki (M)
Rosalie Peterson (M)
Daria Winzoski (M)
Savannah Laporte (S)
Mariah Lameg (S)
Alyshia Loria (S)
Madison Tucker (S)
Katelyn Szmon (S)

Student Council Report



Throughout the month of December, the students of CPET rose to the challenge of collecting donations for our annual *Christmas Cheer Board*, Feed-A-Family hamper drive. A competition was held between all of the period 1 classes to see who could collect the most for their respective hampers. The winner was once again M. Miron's class (6x champion).

14 different families. The student council then spent the following day delivering the hampers to each family. It was a positive day spent connecting with each family and spreading the holiday spirit. A big thank you to M. Gill's *Peak of the Market* fundraiser for all the fresh vegetables and to all the staff and students of CPET who contributed to this great initiative.

After a two-week period of collection, the student council (with the help of other student volunteers) organized the food and presents in the hampers for

Submitted by Madyson Richard

PBIS/SCP

- M. Eric Miron

School wide **PBIS** (Positive Behaviour Intervention and Supports) has been in full swing at CPET for some time now and we have seen some visible changes in our school. Students have been rewarded on multiple occasion for perfect attendance, speaking in French and for actively participating in school

events. The school's PBIS committee is dedicated to making CPET a positive place for all students. Students have never been prouder of being CPET Canadians and it shows.

Nous sommes fiers et nous sommes les Canadiens!

Le Soutien au comportement positif			
Je suis responsable de moi-même	Je suis respectueux des autres	Je suis responsable de mon environnement	Nous sommes les Canadiens!
J'assiste à tous mes cours et j'arrive à temps	Je suis respectueux et poli en m'adressant aux autres	J'appuie, par mes actions, un avenir durable	Je m'engage à améliorer mon français
Je persévère dans mon apprentissage	Je respecte l'apprentissage des autres	Je consomme de façon responsable	J'appuie mes camarades d'école
Je gère bien la technologie	Je m'habille en respectant les valeurs de l'école et de la communauté	Je respecte la propriété de l'école et des autres	Je participe activement aux activités de l'école



Collège Pierre-Elliott-Trudeau Awarded Jostens 2017 National Yearbook Program of Excellence



Current Yearbook Committee Students display awarded banner from Jostens'

A group of students who represent all grade levels leads the Collège Pierre-Elliott-Trudeau award winning yearbook program. These student-volunteers come together every week to help record, highlight, and commemorate the academic, sports and cultural experiences of the school year.

"We are very pleased to have been acknowledged by Jostens for our 2016-2017 yearbook" said Mme Klausen, yearbook advisor. "The students have spent many hours chasing photo opportunities, collecting quotes, designing layouts, filling pages and proof-reading. It is rewarding to have their efforts recognized."

Jostens' National Yearbook Program of Excellence Awards are presented to school yearbook programs for achieving the defined criteria in each of the three following categories: creating an inclusive yearbook, generating school engagement, and successfully managing the yearbook creation process.

"Jostens is proud to recognize those individuals who have acted as wonderful stewards by creating an exceptional yearbook for their school and community," said Chuck Mooty, Jostens president and CEO.

The yearbook staff encourages students, parents and community members to contribute photos or information for the current yearbook. Please send submissions to: cpetannuaire2017@gmail.com

Student Services Scene

- L. Klausen



Rotary Career Symposium for Grade 10 Students

Wednesday April 18th, 2018, all grade 10 students will be attending the Rotary Career Symposium at the RBC Convention Centre. Students will attend their period 1 class, board the bus at 10:00 and head over to the symposium. Students will return in time for their period 5 class. More information and the "Parental Informed Consent" form will be distributed through homerooms later this semester.

Post Secondary Open Houses

Grade 11 and 12 students are invited to attend Open House events at Red River College, University of Winnipeg or University of Manitoba. Participation is voluntary, students will be responsible for their own transportation and parents must excuse any absences from classes.

Application to Universities

To be considered for entrance scholarships to any of the Manitoba universities, graduating students will need to have their applications completed by March 1st.

RRC	February 20th	10:00-3:00 and 5:00-8:00	Notre Dame campus, North Gym 2055 Notre Dame Avenue rrc.ca/openhouse
U of W	February 21 st	9:00-2:00 and 6:00-8:00	Fort Garry Campus, UMSU University Centre umanitoba.ca/student/es
U of M	February 22nd	9:00-1:30 and 5:30-8:00	Dr. David F Anderson Gymnasium Duckworth Centre, 400 Spence Street uwinnipeg.ca/openhouse

Important information has been added to the scholarship information page on Mme Klausen's web site www.lklausen.weebly.com under "Bourses/Scholarships".

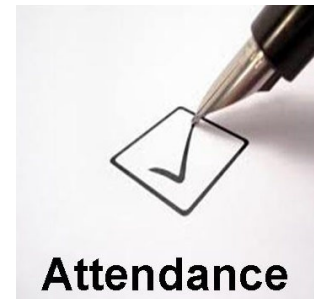
Some deadlines are fast approaching!



DID YOU KNOW?

Facts About Student Attendance:

- Students who miss 15 days of school per year will miss a year of school before their senior year.
- A student with 90% attendance will miss 4 weeks of school per year.
- Being 10 minutes late for class every day means the student will miss 6 days of instruction over the year.
- Students who attend regularly have an increased likelihood of graduating.
- When a student feels an attachment to school through a web of relationships with other students, teachers, or a caring adult, it can help overcome many of the causes of truancy (Jenkins 1995).
- Students have the best attendance records in schools that make high demands and provide high levels of support to students (Pellerin, 2000).
- Protective factors associated with school attachment include: high self-esteem, positive school attitudes, pro-social activities such as sports, clubs and volunteer work, and positive attitudes towards police officers (Dukes & Stein, 2001).
- Cross-sectional and longitudinal studies by Epstein & Sheldon (2002) show that students who have frequent absences have a pattern of absenteeism beginning as early as first grade, and are the students who end up dropping out of school.



FUN FACT

THE OXFORD DICTIONARY ONCE PRINTED A FAKE WORD, IN ORDER TO CATCH ANYONE TRYING TO COPY THEIR DICTIONARY. THE WORD THEN APPEARED IN OTHER DICTIONARIES.

MindTheFacts

Parent Advisory Council Report

- Mme Leanne Paulicelli

All parents are invited to attend the next CPET Parent Advisory Council meeting which will be held on March 7, 2018 at 6:30 pm in the CPET staff room. The meeting is an opportunity for parents to spend time with the school's administration team and to learn about the current activities, initiatives and events that are taking place at CPET.

During the March 7 meeting, information concerning the recent OurSCHOOL bullying and safe school survey and the results will be presented, as well as information concerning the latest in the PBIS behaviour matrices.

Teen Stress and Anxiety

Some sources of stress for teens might include:

- negative thoughts and feelings about themselves, changes in their bodies
- school demands and frustrations
- problems with friends and/or peers at school
- separation or divorce of parents, family financial problems
- chronic illness, severe problems in the family, death of a loved one
- taking on too many activities or having too high expectations

When humans react to stress or danger, a physiological response occurs in our minds and bodies to prepare us to respond to danger. This “fight, flight, or freeze” response includes faster heart and breathing rate, increased blood to muscles of arms and legs, cold or clammy hands and feet, upset stomach and/or a sense of dread.

The same is true for a relaxation response. As soon as we decide that a situation is no longer dangerous, changes can occur in our minds and bodies to help us relax and calm down. It includes decreased heart and breathing rate and a sense of well-being. Teens that develop a relaxation response with the use of stress management skills become healthier, happier, more balanced individuals giving them more choices when responding to stress. Simply taking a deep breath before reacting can change the course of a teens life.

Parents can help their teen in these ways:

- Monitor if stress is affecting their teen’s health, behavior, thoughts, or feelings
- Listen carefully to teens and watch for overloading
- Learn and model stress management skills

Support involvement in sports and other pro-social activities

Teens can decrease stress with the following behaviors and techniques:

- Exercise and eat regularly, avoid excess caffeine intake
 - Avoid illegal drugs, alcohol and tobacco
 - Learn relaxation exercises (abdominal breathing and muscle relaxation techniques)
 - Rehearse and practice situations that cause stress. One example is taking a speech class if talking in front of a class makes you anxious
 - Learn practical coping skills. For example, break a large task into smaller, more attainable tasks
 - Decrease negative self-talk: challenge negative thoughts about yourself with alternative neutral or positive thoughts. “My life will never get better” can be transformed into “My life will get better if I work at it and get some help”
 - Learn to feel good about doing a competent or “good enough” job rather than demanding perfection from yourself and others
 - Take a break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress
- Build a network of friends who help you cope in a positive way

When to ask for help?

- If there is some question as to whether you can handle your stress or anxiety alone or should go to a professional helping resource, then you should go to the resource.
- Not everyone may agree on whether a situation is too much to handle alone, but everyone should feel comfortable referring a situation to a professional helping resource.
- Friends and family need only to suspect the existence of a problem – not identify it specifically – before they refer a person.

The school Student Services team can help, and have access to professional supports through the school division.



Please Join Us **Tri School Career Fair**

Murdoch MacKay Collegiate
260 Redonda St.

Thursday, March 15th, 2018 6:00 - 8:00 p.m.

Murdoch MacKay Collegiate / Transcona Collegiate / Collège Pierre-Elliott-Trudeau

**Businesses, Industries, Services and Post-
Secondary Institutions will be in attendance**

All are welcome to attend

**It is never too soon to start thinking about your future and it is never too late
to make a career change...**

