



October 7, 2009

NEWSLETTER

October

- 1-9 Book your Grad Photos at the office
- 12 Thanksgiving Day—schools closed
- 13-30 Grad Photos
- 13 PAC Meeting at 7:00 pm
- 16 Spirit of the Falcon Assembly
- 20 Falcon's Nest Music Showcase
- 21 Grad Info Night at 6:30 pm in the pit
- 22 Photo Retakes
- 23 Professional Development Day
- 29 Fall Dance (6:30—10:00 pm)

November

- 10 Remembrance Day Assembly Term I ends
- 11 Remembrance Day—no classes
- 12 Term II begins
- 18 PAC Meeting at 7:00 pm
- 19 Parent/Teacher Interviews 6-8 pm
- Scholarship Evening—7:30 pm
- 20 Early Dismissal at 12:30

Check out more
details on the
CALENDAR
on our WEBSITE at:
www.sardissecondary.ca

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COMMUNITY FIRE DRILL—Practice your escape plan during Fire Prevention Week

Did you know? Children at school know what to do when the fire alarms sound because they have practiced the escape plan. However, these same children may or may not know exactly what to do at home because they have not practiced a plan.

This year October 4–10, 2009 is Fire Prevention Week. The theme this year is **Stay Fire Smart Don't Get Burned**. During Fire Prevention Week, in addition to other activities in the community, your local fire department is participating in a province-wide **Community Fire Drill**. Practicing a fire drill at home will ensure that your family knows

what to do in the event of a fire. Having an **Escape Plan** for your family is critical and practicing this plan is important for when a fire may occur.

On October 7, 2009 at 6:30 pm, your local fire department is sounding the siren to provide your family with the opportunity to practice your escape plan.

Prior to the 6:30 practice drill your fire department recommends that you discuss the escape plan with the family, test your smoke alarm and then practice it during the Community Fire Drill when you hear the siren sound.

Contact your local fire department if you need

help developing your fire escape plan. Information will also be available at www.pssg.gov.bc.ca/firecom/

How to Create Your Home Fire Escape Plan

There are **four** simple steps when making a home fire escape plan:

- Step 1:** Install working smoke alarms on each level of your home.
- Step 2:** Draw a floor plan of your home.
- Step 3:** Choose a family meeting place.
- Step 4:** Schedule a home fire drill.

KEEP ACTIVE AND KEEP STRONG (Fraser Health)

Back to school also means the start of organized activities and sports for many young people. Children and youth need to take care of their bodies in order for them to have fun and perform optimally physically and scholastically:

To help your child be at his/her best, provide support to:

- Keep well hydrated throughout the day—water is needed for many basic functions in our bodies
- Follow a healthy diet—eat 3 meals and snacks every day, choosing foods from each of the 4 food groups
- For most children, there is no need to supplement any nutrients if a balanced diet is followed
- Make sure they get adequate sleep—school age kids need 8–10 hours per night
- Be smoke-free; talk to your children about the dangers of smoking and ensure their environment is smoke-free
- Be active—it is recommended that children have at least 30 minutes of activity everyday
- Role model healthy behaviours—after all, you have the most influence over your child's health choices

Eat Well...Be Active...Live Tobacco Free

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- Grad portraits will be taken from October 13th to 30th. Portrait bookings can be made October 1st to October 9th at lunch at the office.
- Order your Sardis grad wear at the office—deadline is October 9th
- Grad information night for parents and students—October 21st in the pit
- Grad quotes are due October 30th
- Purchase your \$25 or \$50 lunch pass at the office for use at the Sardis Bistro

PROFESSIONAL DAY—OCTOBER 23, 2009

SARDIS CROSS COUNTRY

It's a tough sell because it hurts, but Cross Country is alive and well at Sardis. Athletes have been going through a series of difficult workouts in preparation for the racing season. Sometimes we head over to Twin Rinks Park for our workout, do intervals around the pond at Sardis Park, run at Island 22, and everybody's favourite (NOT) is going up Vedder Mountain. On easy days we do a road run through the streets of Sardis and Vedder Crossing.

Last season our Senior Girls team won the Fraser Valley Championships and came 8th in the Province. This year we



are looking to better that performance and also qualify more teams in the Fraser Valleys and BC Championships.

Racing season starts Oct. 3rd at Crescent Park, South Surrey. Our next race is Oct. 8th at Island 22 followed by another race at Twin Rinks Park on Oct. 14th. We head to Hope on the 21st for a race to prepare us for the FV Championships also in Hope on the 29th. Our season ends on Nov. 7th with the BC Championships at Crescent Park.

Our Grade 10 contingent is Colin Mulligan, Braedon Bainbridge, Lucas Agagnier, Karl Hohensee, Jake Dueck, Joe Ryan, Brad Fitzsimmons, Alyssa Mitchell and Rochelle Esterhuizen. Our Senior athletes are Alana See, Janelle Neill, Melissa Gehman, Mary Eggen, Nicole Mulligan, Cynthia Isaak, Sung Jin, Jared Spies, Malcolm Tremblay, Sam Harder, Alex Lafonde, Josiah Alleckna, Andrzej Julian, Stian Vaage and Coach Fitz (Mrs).

WRESTLE WITH THE FALCONS

Wrestling is a winter sport at Sardis Secondary running November through February. Male and females compete in grade and weight classes, novice and advanced from 80 lbs to 300 lbs.

Everyone is welcome to come out and see what we do. The training is hard and there are lots of techniques to master. However, every season there are several grade 10s new to the sport who wrestle their way to the BC Championships.

Sardis students who would like to learn more about the program can see Mr. Fitzsimmons in the gym for information.

Announcements will be made in the DSA in late October inviting those interested to attend a meeting. Practices will be three times a week after school, starting the last week of October. Meets are Fridays and Saturdays and are every two weeks throughout December, January and February.

FOODS AND NUTRITION 10, 11 AND 12

We have started the 2009-2010 school year by preserving salsa and HOT green pepper jelly (sweet chili). Thank goodness for Wisbeys' vegetables where we have been purchasing local tomatoes, peppers and basil. We used the reasonably priced basil to make fresh pesto as well as roasting red peppers

to make a second pesto. Students in Foods and Nutrition are taught prices of the food we buy, local sources of groceries, how to use the grocery store flyers to buy ahead, and how to use items on sale to reduce grocery costs. I want the students to ask at home and see what the monthly grocery bill is

(most are surprised).

We use the products preserved in recipes throughout the course. On the menu are chicken enchiladas, quesadillas, Mexican lasagna, salsa chicken and Spanish rice. The sweet chili sauce is used on crispy pork, chicken, rice and as an appetizer with cream cheese and crackers.

The course does not follow the units of meat, fish, baked goods, etc. Every week we do an appetizer, dessert, main course and a bread. The Canadian textbook takes a more global look at food than dividing it into food groups.

Until next time.....