Imagine High
INTEGRATED ARTS & TECHNOLOGY SECONDARY

MONTHLY NEWSLETTER

Imagine High is situated on the ancestral and unceded, shared territory of the Ts'elxwéyeqw, Semath and Pilalt Tribes. We are honoured to live, learn, work and play on this land.

Follow us!

@imaginesd33

TRUTH AND RECONCILIATION - OUR SHARED WORK

Many classes at Imagine High attended the Chilliwack Museum's exhibit *'Where are the Children? Healing the impacts of Residential Schools in their work towards knowing and understanding the truth of Canada's history"*. Classroom teachers have been engaging students in learning and explorations of how, together, we can achieve reconciliation. As the Honorable Justice Murray Sinclair said, "Education got us into this mess, and education will get us out." The work we are doing is hard, but important and we are both grateful and impressed by the passion, empathy, and commitment to truth and reconciliation put forth by our students and staff.

Imagine High observed Orange Shirt Day and Truth and Reconciliation Day this year with an all-school assembly. October will see staff and students continue to weave Indigenous ways of knowing and learning throughout the curriculum. Some classes will be carrying on with September's learning while others will be exploring connections through things like astronomy or oral stories. At Imagine High, we welcome community involvement and invite families to reach out with ideas, resources, and recommendations on how we can work together to bring healing to our Nations.
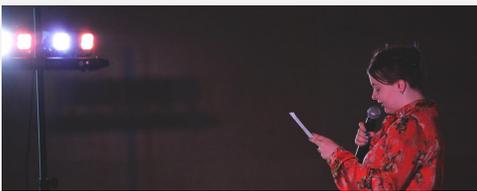

INDIGENOUS EDUCATION ENHACEMENT TEACHER:
DONNA'LEE IRWIN

Syós:ys lets'e th'ále, lets'emó:t (One heart, one mind, working together for a common purpose.)

CURRICULUM INTEGRATION:
VIDEOGAME DEVELOPMENT
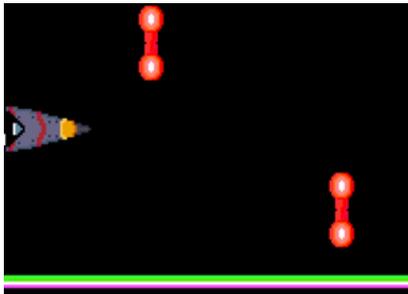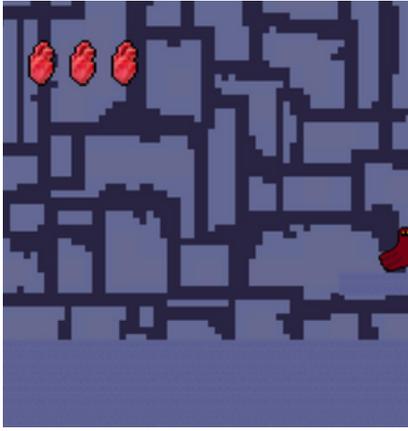
Learning is so much more meaningful when it is engaging and when it connects to the real world. So why not learn computer programming, coding, and design this way? In Video Game Development, students learn programming, coding, digital art and other skills by creating actual video games that they can share with their friends. They study real-life case studies of game developers, and practice the same design cycle as the pros. Just two weeks into this year, students have already created, tested, and re-iterated their own mini-arcade games. These games feature coding, programming, graphics, and in some cases even music, made entirely by the students themselves!

Not only is this a fun way to learn, it is also easy to see how this learning applies to real world work in the video games industry. This winter, during our Deep Dive, interested students will have the chance to take this learning even further by participating in a Game Jam. Featuring partnerships with UFV professors, and real-life game developers, like our friends at Pocket Pinata Interactive, students will compete in teams to create a complete video game in just one week.

CURRICULUM INTEGRATION SUPPORT TEACHER:
MATT SLYKHUIS

KEEPING IN TOUCH

- For key family information(Calendar, School Information, No Bell Schedule, Etc), please visit our website **imagine.sd33.bc.ca**
- Follow Imagine on facebook, twitter, youtube, and instagram **@imaginesd33**
- Email **iss-alloffice@sd33.bc.ca** for any information you need

IMAGINE PAC

- If you are interested in being part of the **Parent Advisory Council** at Imagine High, please email: **iss-pac@sd33.bc.ca**
- PAC meetings and information will also be posted at:**https://imagine.sd33.bc.ca/imagine-pac**

IMAGINE ATHLETICS

Thanks out to everyone that participated in Imagine's inaugural Terry Fox run on Monday, September 26th. As a school we were able to raise nearly $1000 for the Terry Fox Foundation for cancer research.

Our girls volleyball team competed in a tournament at CSS last weekend. It was a great way to start the year and get ready for the season. The team will also be attending a one day tournament at Aldergrove Community Secondary School on Friday October 14th. We have 3 home games coming up: Thursday, October 20th @ 6:30pm versus Highroad, Monday, October 24th @ 8:00pm versus Credo (with the GWG and Credo boys playing first at 6:00pm), and Thursday, November 3 @ 8:00pm versus Unity (with Highroad and Credo girls playing at 6:00pm). We have double headers for refereeing purposes.

ATHLETICS DIRECTOR:
KRISTEN LOW

INCLUSION AT IMAGINE:
Universal Design for Learning

What Is **Universal Design for Learning (UDL)?**
- A set of strategies for teaching that allows teachers to recognize students differing background knowledge, skills, and learning styles.
- Universal design for learning (UDL) is the concept that can help make inclusive education work.
- UDL derives from the Universal Design (UD) movement in the field of architecture that aimed to create physical environments that are barrier-free and accessible to as many people as possible at little or no extra cost (academic & social inclusion)

For us, Inclusion means all students are educated together in a general education classroom and are a part of the social and academic life of the classroom. This is not just about children with disabilities. Social inclusion is about having every child feel good about who they are and feel a sense of belonging and connection.

Research shows **students in inclusive classrooms:**
- Have improved leadership, empathy and communication skills.
- Do as well or better than students who are not in inclusive classrooms on literacy and numeracy exams, state standardized exams, and college entrance rates.
- Students with disabilities in inclusive classrooms have superior literacy and numeracy skills, general knowledge, and do better in LIFE SKILLS - peer modelling plays a critical role!

Research is clear that including students with significant diversities facilitates increased learning outcomes for ALL students (McDonnell & Hunt, 2014).
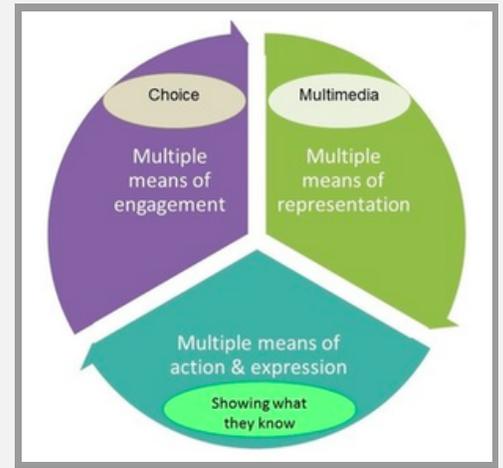
"Inclusion is a right, not a privilege. Inclusion means making the learning in our schools engaging, respectful, collaborative, and challenging for all learners. UDL is the way to make this happen."
- Jennifer Katz

IMAGINE INCLUSIVE DESIGN TEAM

- SONJA WYKPIS - LA/ELL
- JENNIFER ANGLEHART - RT
- IZABELA SZCZUR - LA/RT
- KIANA OLAFSON - TEACHER COUNSELLOR

ARTIST IN RESIDENCE:
Frieda George - Salish Weaver

This fall, we welcome elder Frieda George to our Imagine community as our first Artist in Residence.

Freida is from Squiala First Nation here in Chilliwack. Freida comes from generations of weavers, her grandchildren are the 7th generation weavers. Freida has learned to weave from her grandmothers and the Salish Weavers Guild. This is her third Artist in Residency and has taught numerous classes and workshops in the Fraser Valley. The weaving Freida and the students will make will resemble the Fraser Valley and will use the traditional symbols from the Salish Weavers Guild.

Frieda will be joining us weekly at Imagine until Christmas break - swing by the Welcome Center to hear the stories and History of Salish weaving, and try your hand at this intricate, delicate process.

LIBRARY LEARNING COMMONS:
Book Tastings Ahead

Welcome to a new year at the Imagine High Learning Commons! We received a boat load of new books over the summer so make sure to keep stopping by to see what new stories await. This past month we focused on introducing (or re-introducing) everyone to the library by conducting some delicious Book Tastings (complete with chocolate and candy!). It was great to see everyone's excitement (and the occasional barely contained squeal of delight) at the piles of books scattered around the library. Coming up in October we'll be focusing on getting everyone comfortable with some basic researching strategies to help make those first projects really shine!

If you are ever looking to browse our catalogue or make any holds on books from home all you need to do is login to our school's Destiny page with your school credentials and you're on your way!

TEACHER LIBRARIAN:
STEPHEN WYLIE

WELLNESS: BACK TO SCHOOL SLEEP TIPS

September can be a challenging month for many students. Returning back to school involves a change in routine and, for some students, an earlier start to the morning. One of the challenges that can often come with returning to school is maintaining proper sleep hygiene. Sleep is crucial for promoting healthy brain function, maintaining physical health, supporting growth and development, and improving memory and mood. It is recommended that teenagers sleep between 8 to 10 hours every night.

Here are some tips that may help to promote sleep hygiene:
- Set a regular bedtime and try to stick to it every night
- If needed, slowly transition your bedtime to an earlier time by going to sleep 15 minutes earlier each night
- Create a bedtime routine – find a calming activity that you can do right before bed to help you fall asleep (ie reading, drawing, listening to music, taking a bath, etc)
- Stay off electronic devices right before bedtime (it might even help to leave them in a separate room when going to bed)
- Keep your bedroom quiet, dark, and at a cool temperature for bedtime
- Avoid having large meals, caffeine, and sugar right before going to bed

It is common for teenagers to not get enough sleep at night. It is important to encourage our students to maintain healthy sleep habits in order to feel awake and ready to learn during the school day.

TEACHER COUNSELLOR:
KIANA OLAFSON

LOOKING AHEAD:
Important Fall Dates

October 4
- Parents as Career Coaches - Teams (see email)

October 14
- I Reports to families

October 10
- Thanksgiving (no school)

October 21
- Non-Instructional Day (no school)

October 26
Parent Career Evening (stay tuned for more info)

October 27
- Learning Conversations (parent/student/teacher connections) 4:30-7:00 pm

October 28
- Early dismissal at 11:37

November 1
- End of T1

November 19/20 -
Acting Workshop (Imagine/Chilliwack Film Festival)

SEE ATHLETICS SECTION FOR VOLLEYBALL GAME TIMES!

Connect.
Create.
Contribute.