

VANCOUVER COLLEGE
MIDDLE SCHOOL MANUAL



MAY 2019



Middle School Survival Guide

A Handbook for Transitioning into Grade 7 and 8

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~ Edmund Rice Prayer ~

*O God, we thank you for the life of Edmund Rice.
 He opened his heart to Christ present in those oppressed by poverty and injustice.
 May we follow his example of faith and generosity. Grant us the courage and compassion of
 Edmund as we seek to live lives of love and service.
 We ask this through Christ our Lord.
 Amen.*

Welcome to Vancouver College!



Blessed Edmund Rice received a unique gift from God: a Gospel message that revealed Jesus Christ as present in all of us, even the poor and disadvantaged. Young men were among the marginalized of Ireland in the nineteenth century, many of whom had no access to basic education and religious instruction. Edmund Rice responded to this need by establishing schools as well as founding the Congregation of Christian Brothers in 1802. Schools conducted by the Christian Brothers have now been established throughout the world, including Vancouver College in 1922. It is my belief in Blessed Edmund Rice's vision for Catholic education that brought me to Vancouver College, as I'm sure it played a role in your family's decision to accept an offer of admission to join this faith and learning community, one steeped in excellence and tradition. Over the next academic year, we all will be living a shared experience as new members of the Fighting Irish community.

Every September, as summer begins to turn into fall, it brings with it a feeling of excitement and anticipation for all members of our community. For our students, this enthusiasm is most focused on the endless possibilities that lay before them. These possibilities include making new friends, becoming a master of a new co-curricular activity or developing into a more refined student. Along your child's journey this year, he will be walking shoulder to shoulder with our faculty towards achieving their goals. It is a privilege to be charged with caring for and teaching your son. This is something that our school would never take for granted.

Vancouver College is committed to caring for each individual student and this begins with believing in the "soul" potential of all of our boys. We understand that at the heart of educating young men is the relationship each student has with his teacher. Michael Reichert and Richard Hawley, two renowned researchers in the field of education, argue that having an engaging and supportive relationship with a teacher is a requirement for all boys. They see it as, "if I don't believe in you, why should I believe in (or care about) what you say about biology or French class?" One message that I will continually emphasize with our faculty is relationships are the corner stone of our community and these connections allow for meaningful student learning to take place.

I truly believe that every child who walks through the doors of this school deserves to have a trusted adult who cares deeply for him, and who really knows them. It is my goal that Vancouver College will offer a safe space for our students to feel valued, heard, and ultimately inspired. It is in this type of relationship that each and every one of them will learn to thrive socially-emotionally, spiritually, and academically. This was Blessed Edmund Rice's vision.

Please know my door is always open if you should ever have concerns about your son or questions about Vancouver College.

Semper Fidelis,

Mr. John-Paul Cavalluzzo

Vancouver College Code Of Conduct



"Were we to know the merit of only going from one street to another to serve a neighbour for the love of God, we should prize it more than gold or silver."

**Edmund Rice
August 10, 1806**

A code of conduct espouses the values and vision of a school in which relationships are conducted in a respectful and dignified manner. Vancouver College shares the responsibilities with parents to develop students' personal and social skills to inculcate these values and achieve this vision.

As part of the Catholic Community at Vancouver College, we, the students, staff, and parents, are expected to conduct all our relationships so that our actions will reflect the following Catholic Christian centred values and beliefs:

*Hope and Confidence
Individuality and Community
Understanding and Forgiveness
Achievement and Celebration
Honesty and Integrity
Humility and Gratitude
Responsibility and Cooperation
Caring and Compassion
Enthusiasm and Dedication
Respect and Harmony
Faithfulness and Reverence*

As a consequence of this, each person in the Vancouver College Community:

- Has the responsibility to participate in creating and maintaining a safe, positive faith and learning environment.
- Has a right to be emotionally and physically safe while at school, while going to and from school, and while attending any school function.
- Has a right to know that his personal belongings are safe and will not be interfered with.
- Is expected to proclaim gospel values which affirm the dignity of all persons and promotes the achievement of peace in our community.
- Has a right to expect that all in the community will participate in creating a safe, positive faith and learning community.



Mr. Johnny Bevacqua	Principal
About	This is Mr. Bevacqua's 6th year at Vancouver College. He feels blessed to be part of the VC community as Principal and to journey in faith and learning with students, teachers, and parents. He is the father of three inspiring daughters: Mia, Jenna, and Joya and has an equally inspiring wife, Carla. He is passionate about learning and enjoys reading and connecting with educators on a variety of topics. His favourite hobbies include golfing, exercising, traveling, and writing.
Helpful Hint	The relationships and friendships you make at VC will last a lifetime. Make the most of your time while here - get involved and discover your passions. Learning matters - however, what you do with what you learn matters more.
Contact	jbevacqua@mail.vc.bc.ca



John Paul Cavalluzzo	Assistant Principal, Middle School
About	Mr. Cavalluzzo will begin his first year at Vancouver College in September. He has spent the past three years working at Collingwood School in West Vancouver as the Director of Intermediate-Middle School Programs. Mr. Cavalluzzo is no stranger to all-boys school communities, previously holding a variety of leadership positions at Upper Canada College (UCC), an all-boys, independent school in Toronto, Ontario. He is a proud Catholic, who considers his faith foundational in his life. Mr. Cavalluzzo is also the father of a young son, Hugo, and husband to his wife, Sofie.
Helpful Hint	"Character is destiny."
Contact	jcavalluzzo@mail.vc.bc.ca

"Life is 10% of what happens to you and 90% of how you react to it."

Charles R. Swindoll



THE STAFF OF THE MIDDLE SCHOOL IS COMMITTED TO CREATING A CHRISTIAN ENVIRONMENT PROVIDING ROLE MODELS AND OFFERING EDUCATIONAL EXPERIENCES WHICH LEAD TO THE DEVELOPMENT OF THE WHOLE CHILD.

WE BELIEVE

IN THE SOUL POTENTIAL OF EVERY STUDENT

WE CARE

ABOUT EACH STUDENT

WE WANT

ALL STUDENTS TO BE RESPONSIBLE AND INSPIRED TO LEARN

WE KNOW

THE IMPORTANCE OF STUDENT CENTERED LEARNING
IN COMBINATION
WITH HIGH EXPECTATION



Teachers



Name	Mrs. C. Accili - Grade 9 Homeroom Teacher
Subject	Math 9
About	Mrs. Accili has been at Vancouver College for 22 years. She has 4 children: a son (VC'17) studying Kinesiology at Langara, a daughter (LFA'19) at UBC, and twin daughters in grade 10 at LFA. Mrs. Accili is the Mandarin Club moderator for all grades and also loves her Starbuck's coffee!
Helpful Hint	Think before you speak!
Contact	caccili@mail.vc.bc.ca



Name	Mr. M. Addison - Grade 8 Homeroom Teacher and Head of Rowing Program
Subjects	Religion 8 and English 8
About	Marc (VC'10) comes to us as a Middle School Humanities teacher. He did his undergraduate and graduate education at Western University, while also competing on the Varsity Rowing and Baseball teams. After working in marketing for two years, he recently received his Bachelor of Education from UBC. Marc has always kept in touch with VC, having coached both rowing and hockey in the last few years. He is thrilled to be back and contributing to VC's faith and learning community.
Helpful Hint	Get involved in something at the school! Part of what makes this school so special is the community that it creates. I guarantee that you will get so much more out of your time at VC if you make yourself a part of the community here.
Contact	maddison@mail.vc.bc.ca



Name	Mr. K. Bates - Grade 8 Homeroom Teacher
Subjects	English 8, Socials 8, and Digital Photography 9
About	Mr. Bates is a graduate of the University of Saskatchewan where he earned degrees in Kinesiology and Education. He then went on to play in the CFL for 10 years, 8 of those coming with the BC Lions. Mr. Bates currently resides in Coquitlam with his amazing wife Nadine and two children, Nyah, aged 9 and Annie, aged 6.
Helpful Hint	Treat others with fairness, respect, and truth.
Contact	kbates@mail.vc.bc.ca



Name	Mr. T. Bernett - Grade 9 Homeroom Teacher and Head of Football Program
Subjects	Socials 9 and Religion 9
About	Mr. Bernett has been at Vancouver College for 20 years and is the Head Coach for the Varsity Football team. He is married and has 2 children: Mya and Keon. When not on the football field Mr. Bernett is focused on family.
Helpful Hint	Slow down and hold the doors!
Contact	tbernett@mail.vc.bc.ca

Teachers



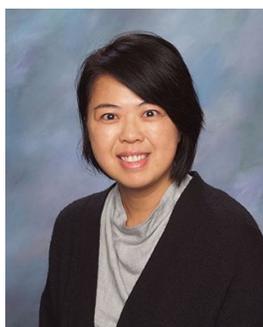
Name	Mr. M. Balogh
Subjects	Religion 8 and TLC
About	Mr. Balogh (VC '11), graduated from UBC'17 (BC/BEd) with a background in History, Classical, Near Eastern and Religious Studies for high school. As an alumnus and working in the VC Learning Centre, Mr. Balogh is not new to the learning needs of an all-boys-community and is excited to begin his new role as a Religious Studies teacher. His Catholic faith has always been integral to his life. He has taught Catechism and is currently a member of the Newman Association of Vancouver and Epiphany Sacred Arts Guild; they have all played and continue to have a significant part in his faith formation, as an educator and individual.
Helpful Hint	"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible" St. Francis of Assisi). Remember, no matter how monumental of a task or challenge is in front of you, take it one step at a time.
Contact	mbalogh@mail.vc.bc.ca



Name	Mr. H. Budai - Head of Tennis Program
Subjects	French 7, French 8, and Spanish 9
About	Mr. Budai has been with Vancouver College for 36 years . He coaches the senior tennis team and is the Languages department head. He is crazy about fly-fishing and is a 12 year man from Vancouver College.
Helpful Hint	Most important thing is to be organized! Follow the binder system and you will be successful!
Contact	hbudai@mail.vc.bc.ca



Name	Mr. Kozikowski - Grade 8 Homeroom Teacher and Middle School Coordinator
Subjects	PE 7 and 8
About	Mr. Kozikowski has been with Vancouver College for 18 years . He is married and has two beautiful children. He loves to fish, read, and partake in extracurricular activities such as athletics and chess.
Helpful Hint	Life is a road filled with many obstacles and adverse situations. Take it one step at a time and sometimes it's easier to go around than to go through.
Contact	rkozikowski@mail.vc.bc.ca



Name	Ms. F. Li - Grade 8 Homeroom Teacher and Head of Volleyball
Subjects	Math 8, Science 8, and AP Math 8
About	Ms. Li has been with Vancouver College for 15 years . Her husband Anthony is a VC alumnus. She has a daughter named Lauren and a son named Andre. Ms. Li is committed to bringing out the best in each and every student she teaches.
Helpful Hint	Be punctual and prepared.
Contact	fli@mail.vc.bc.ca

Teachers



Name	Mr. B. Lieu - Grade 8 Homeroom Teacher
Subject	Math 8, Science 8, and Maker 8
About	Mr. Lieu is a graduate of Laurier University (Business Administration) and UBC (BEd). He has always been involved in athletics, leadership and service participating in student council, rugby and football during high school and playing varsity rugby in university. Mr. Lieu enjoys playing sports, being outdoors and playing/listening to music. He is excited to start his first year at Vancouver College!
Helpful Hint	Take advantage of all the incredible opportunities VC has to offer. Challenge yourself to step out of your comfort zone!
Contact	alui@mail.vc.bc.ca



Name	Ms. N. McDonald - Grade 8 Homeroom Teacher Head of Drama Department, Tech Theatre Club, VC Musical/Play, Head of Ski/Snowboard Team
Subjects	Drama 7, Drama 8, and Drama 9
About	Ms. McDonald has been teaching at VC for 10 years . She holds her BA Honours and Masters degree in Drama in Education and has been performing since she was 6 years old and teaching since she was 17 years old. She is the proud mom of a son named James (VC'27). She enjoys skiing, snowboarding, world travel, directing and performing. Drama class will get you up out of your seat having fun and speaking confidently to anyone within no time!
Helpful Hint	Get involved- try new things and be respectful!
Contact	nmcdonald@mail.vc.bc.ca



Name	Mr. M. Milosevic
Subjects	Band 7, Band 8, Middle School Concert Band, and Senior Choir
About	Dr. Milosovic has been with Vancouver College for 11 years . He completed his PhD at UBC and has played in many internationally recognized ensembles. He currently serves as the Music Director at Vancouver College.
Helpful Hint	Welcome new students and make new friends. Start the year strong and develop good work habits. This will help you succeed not only in grade 7 and 8 but for the rest of your time at VC.
Contact	mmilosevic@mail.vc.bc.ca



Name	Mr. L. Olson - Golf Team
Subjects	Middle School Jazz Ensemble, Band 9
About	Mr. Olson has been with Vancouver College for 30 years . He has obtained both Bachelors and Masters degrees in music from UBC. Prior to VC, he taught at the University of Saskatchewan and had his own career as a musician. He is married and has three daughters, and enjoys golf club making, auto mechanics, and gardening.
Contact	lolson@mail.vc.bc.ca



Name	Mr. JP Planta - Grade 7 Homeroom Teacher
Subjects	Science 7, Math 7, PE 7, and Robotics 9
About	Mr. Planta is a graduate of Vancouver College (VC'97) and is in his 11th year of teaching at VC. Mr. Planta received his B.Ed at U.B.C. and has also been a grade 4 and grade 6 teacher at VC. He and his wife, Cheryl have two sons, Jaxson (9) and Jace (6).
Helpful Hint	Invest your energy in the things you can control.
Contact	jplanta@mail.vc.bc.ca



Name	Mr. C. Povey - Grade 9 Homeroom Teacher
Subject	Science 9
About	Mr. Povey moved to Vancouver from the UK in January of 2019. He has a BSc in Biology from the University of Nottingham and a teaching degree from Kingston University. Mr. Povey moved to Canada to spend more time outdoors in amazing places hiking and taking photos. He enjoys keeping fit and pushing himself in the gym. He is really looking forward to working at VC and can't wait to meet his new students.
Helpful Hint	I will always put in extra time for those students who go above and beyond in my classes or the wider VC community.
Contact	cpovey@mail.vc.bc.ca



Name	Mrs. E. Redden - Head of Yearbook Club
Subjects	Art 8 and 9
About	Mrs. Redden has been with Vancouver College for 7 years . She majored in photography, but loves to draw and paint as well. She has two sons at VC that she loves to ride her bike around Vancouver with.
Helpful Hint	Be prepared to get messy in art class. It's really hard to get paint out of white shirts! Bring your own smock if you don't want to use the ones in class.
Contact	eredden@mail.vc.bc.ca

"Be the change that you wish to see in the world."

Mahatma Gandhi

Teachers



Name	Mr. Michael Roselli - Head Wrestling Team Coach
Subjects	PE 8 and 9
About	Mr. Roselli studied education at SFU while competing with their Wrestling team. Wrestling has been a life long passion for Mr. Roselli. His accolades include winning the 1991 National Greco-Roman championship in the heavyweight division, spending ten years as a professional wrestler in WWE, NWA and All Japan Wrestling, and working as a stunt man on over 60 films and television shows in Vancouver, Toronto and LA. Mr. Roselli is married with 4 young children. Being a teacher at VC is a dream come true!
Helpful Hint	I live by the motto "Victory requires payment in advance".
Contact	mroselli@mail.vc.bc.ca



Name	Mr. L. Scrubb - Head of Basketball
Subject	Information Technology 7, 8, and 9
About	Mr. Scrubb has been with Vancouver College for 14 years . He is the Varsity head basketball coach and enjoys working out and staying fit.
Helpful Hint	Don't leave your computer logged in when you leave the IT lab. You never know who will sit there next.
Contact:	lscrubb@mail.vc.bc.ca



Name	Mr. Ryan Shams - Grade 9 Homeroom Teacher and Head Coach Grade 9 Basketball
Subjects	Socials 9, English 9, and Socials 8
About	Mr. Shams is a graduate from VC ('08) who has just completed his fourth year working at the school. His interests including coaching, being outdoors, reading and playing a variety sports.
Helpful Hint	My advice to students coming into Middle School at VC is to make sure they do some sort of extra curricular activity. It will help you create relationships that could last a life time!
Contact	rshams@mail.vc.bc.ca



Name	Mr. A. Small - VC Media Arts Club
Subjects	French 8 and 9
About	Mr. Small has been teaching at Vancouver College for 15 years . He is passionate about photography and film making and loves to write in his spare time. He has 3 sons and a daughter.
Helpful Hint	Work when you work; play when you play.
Contact	asmall@mail.vc.bc.ca

Teachers



Name	Ms. J. Stewart - Grade 7 Homeroom Teacher and Head of Junior Edmundians
Subjects	English and Socials
About	This will be Ms. Stewart's second year at Vancouver College, coming with 17 years of prior teaching experience. After graduating from McGill with a BEd in Secondary English and Religious Instruction, she taught at an International Baccalaureate World School in Montreal. Upon moving to Vancouver, Ms. Stewart became the Academic Director of a learning academy where she focused on curriculum development, teacher training, and community building. She has a passion for curriculum design and has supported development at the school, board, and provincial levels. Ms. Stewart comes to Vancouver College with much enthusiasm for the faith-filled classroom.
Helpful Hint	Be excellent to one another.
Contact	jstewart@mail.vc.bc.ca



Name	Mr. C. Trentadue - Grade 9 Homeroom Teacher
Subjects	Religion 9, English 9, and Socials 8
About	Mr. Trentadue brings a wealth of experience teaching in an all-boys Catholic Environment. Prior to working at Vancouver College, Mr. Trentadue spent three years teaching at St. Michael's College School, an all-boys Catholic high school in Toronto and his alma mater. At St Michael's, Mr. Trentadue was fully immersed in extra curricular programs as a football coach, winning a provincial championship, but also in areas such as service trips to India and the Outdoor Education Program. Outside of school life, Mr. Trentadue has been the JV Coach of the Toronto Junior Argonauts Football Club since 2011, and also the JV Head Coach of the GTA All-Star Team.
Helpful hint	"If we were meant to speak more than we listen, God would have given us two mouths."
Contact	ctrentadue@mail.vc.bc.ca

Library



Name	Mr. R. Duggan - 3D Club, Readers are Leaders, Media Arts 8, Book Club
Subjects	Middle School Library and Model UN
About	Mr. Duggan has been with Vancouver College for 20 years . He has two wonderful children, Samantha and Ky, and loves to sail, cycle, and climb mountains.
Helpful Hint	Life is too short to read a boring book - if you don't like it after 50 pages, bring it back and get a new one. There is a book out there that you are going to love - you just need to find it!
Contact	rduggan@mail.vc.bc.ca

Student Services



Student Services provides a variety of services and resources to the Elementary, Middle, and Senior Schools. These include personal counselling, post-secondary guidance and counselling, academic planning, and academic advising.

The Centre provides a research and study area with computers for students to pursue their post-secondary research or study. The Centre also houses a large library of post-secondary and self-help materials, as well as the offices of Mr. Accili, Ms. Beck, and Mr. Taggart.



Name	Mr. G. Accili
Subjects	Academic & Post-Secondary Counsellor
About	Mr. Accili has been at Vancouver College for 34 years . He has 4 children - 3 daughters and a son. He loves to spend time with both his immediate and extended family.
Helpful Hint	There's no substitute for hard work.
Come see me when . . .	You have questions about course schedule transcripts and post secondary education. It's never too early to start asking questions!
Contact	gaccili@mail.vc.bc.ca



Name	Ms. M. Beck
Subjects	Director of Student Services/Personal and Post-Secondary Counsellor
About	Ms. Beck has been with Vancouver College for 13 years . She enjoys outdoor athletics, especially running, gardening, design, and helping students and their families through challenges. She is a Registered Clinical Counsellor and offers short term counselling to students for a variety of issues - everything from friendship issues to emotional challenges and many others.
Come see me when . . .	You are having challenges with how you're feeling, struggling in your relationship, or encountering difficult experiences.
Contact	mbeck@mail.vc.bc.ca



Name	Mr. B. Taggart
Subjects	Secondary Counselling
About	Mr. Taggart has been at Vancouver College for 9 years and has taught a variety of subjects and been involved in various experiences. He coaches football and organizes the grade 9, 10 and 11 retreats. Mr. Taggart and his wife Christy are the proud parents of Shea (VC'31) and their daughter Bryn. Mr. Taggart is a sports aficionado and in his spare time he loves to snowboard.
Come see me when . . .	You have any questions about course selection or post secondary planning.
Contact	btaggart@mail.vc.bc.ca

The Learning Centre



The goal of The Learning Centre is to provide a supportive, individualized learning environment for students with unique learning styles in accordance to the school's Special Education Policy.

We celebrate the value and dignity of each person and nurture the development of the whole person.



Name	Ms. C. Ryan-Glennon
Subjects	Director, The Learning Centre
About	Ms. Ryan-Glennon has been teaching at VC since 2007. Her interests outside of helping students achieve their personal best are building, oil and water colour painting, writing, hiking, and gardening. She has a son, Alex, who graduated from VC in 2010 and a daughter, Christina, who graduated from LFA in 2007.
Helpful hint	Favourite quote: "When you are finished changing you are finished." Come see me when you want help adapting to the high standards you've set for yourself.
Contact	cryan-gl@mail.vc.bc.ca



Name	Ms. T. Cruz
Subjects	Learning Resource Teacher
About	Ms. Cruz has worked at Vancouver College in the Learning Centre for the past 8 years. In 2015 she obtained a B.Ed. from SFU and also holds a B.A.Psyc from UBC. Ms. Cruz has 3 sons (VC '18, VC '20 and VC '22) and is the Head Coach for the Grade 10 Basketball team along with coordinating the Flag Football program for the Elementary School.
Helpful hint	Effort is everything!
Contact	tcruz@mail.vc.bc.ca



Michael Balogh
Educational Assistant



Nina Greaves
Educational Assistant



Sally McCandless
Educational Assistant



Vinny Ricci
Educational Assistant



Patricia Silva
Educational Assistant

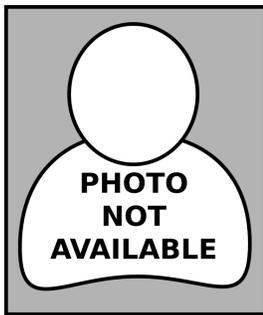


Donna Trasolini
Administrative Assistant

Support Staff



Name	Lydia Yu
Title	Office Coordinator
About	This is Ms. Yu's second year at Vancouver College and she is most excited to begin meeting all of the new students. She and her husband, Douglas (VC'98) are the proud parents of Dylan, age 4 and Leah, age 1. Ms. Yu is a former florist who enjoys nature walks, spending time with her family and gardening.
Come see me when	You need help with anything! I am always here for you!
Contact	lyu@mail.vc.bc.ca



Name	Mrs. F. George
Title	Database Administrator
About	Mrs. George has been with Vancouver College for 28 years. She is in charge of the book room and PowerSchool at VC.
Come see me when	Your log in does not work to PowerSchool or you have any problem with your books.
Contact	fgeorge@mail.vc.bc.ca



Name	Ms.A. Deutsch
Title	Administrative Assistant
About	Ms. Deutsch has been at Vancouver College for 5 years. She has a daughter, Alisha who graduated from St. Pat's ('10) and a son (VC'13). In her spare time Ms. Deutsch curls, paints, sews, exercises, and enjoys music.
Helpful Hint	Come dressed in your full uniform and "please" goes a long way.
Contact	adeutsch@mail.vc.bc.ca



Chris Buckland
Cafeteria Support



Robert Flores
Custodian



Rick Gazzola
Maintenance



Susan Kilpatrick
Cafeteria Support



Johannes Oberbichler
Cafeteria



Jennifer Reeves
Cafeteria Support



Louise St. Jean
Cafeteria Support



Nenad Torbica
Maintenance

What Classes Do I Take?



Grade 7

Compulsory Courses	Elective Courses
English 7 French 7* Math 7 PE 7 Religion 7 Science 7 Socials 7	Choice of: Art 7//Drama 7//IT 7 (1 term each) or Band (3 full terms)

* Some students have a language exemption

**Students with IEPs have the option of requesting TLC as their elective course

Grade 8

Compulsory Courses	Elective Courses
English 8 French 8* Math 8 PE 8 Religion 8 Science 8 Socials 8	3 Choices of: Art 8//Drama 8//IT 8//Make It 8/ Media Arts 8 or Band 8 (3 full terms)

* Some students have a language exemption

**Students with IEPs have the option of requesting TLC as their elective course

What Does My Schedule Look Like?



Monday, Tuesday, Thursday, Friday

Time	Block	
8:30 - 9:45	Block 1	75 min
9:40 - 10:00	Advisory	15 min
10:00 - 11:15	Block 2	75 min
11:15 - 11:30	Break	15 min
11:30 - 12:45	Block 3	75 min
12:45 - 1:45	Lunch	60 min
1:45 - 3:00	Block 4	75 min

Wednesday

Time	Block	
9:30 - 10:30	Block 1	60 min
10:30 - 10:45	Advisory	15 min
10:45 - 11:45	Block 2	60 min
11:45 - 12:00	Break	15 min
12:00 - 1:00	Block 3	60 min
1:00 - 2:00	Lunch	60 min
2:00 - 3:00	Block 4	60 min

8 Day Block Rotation

Day 1A	Day 2E	Day 1B	Day 2F	Day 1C	Day 2G	Day 1D	Day 2H
A	E	B	F	C	G	D	H
B	F	C	G	D	H	A	E
C	G	D	H	A	E	B	F
D	H	A	E	B	F	C	G



NO

cell phone use is allowed during school hours. Students may occasionally be asked to use their cell phone in the classroom under the supervision and guidance of the educator.



Grade 7 Sports and Clubs

Activity	Teacher	Months
Basketball Team	Mr. Lam	November - March
Book Club	Mr. Duggan	All year
Chess Club	Mr. Kozikowski	All Year
Cross Country Team	Mr. Sommerfeld	September - November
Debate Club	Mr. Duggan	All year
Environment Club	TBA	All year
Flag Football Club	Ms. Cruz	April - May
Mandarin Club	Mrs. Accili	All year
Model UN Club	Mr. Duggan	All year
Middle School Student Council	Mr. Kozikowski	All Year
Peer Tutoring Club	Ms. Silva	All year
Readers are Leaders	Mr. Duggan	All year
Soccer	Mr. Wolfman	September - November
Track Team	Mr. Giacomazza/Mr. Sommerfeld	March - June
VC Media Arts Club	Mr. Small	All year
VC Musical/Play	Ms. McDonald	September - March
VC Tech Theatre Club	Ms. McDonald	October - March
Volleyball Team	TBA	September - November
Wrestling Team	Mr. Roselli	November - March
Yoga Club	Mrs. Greaves	All year

Talent may get you out on the field, but it's attitude and effort that will keep you there.

Ken Griffey Jr.

How Do I Get Involved?



Grade 8 and 9 Sports and Clubs

Activity	Moderator	Months
Anime Club	Mr. Sommerfeld	All Year
Badminton	Paul Legge	April - June
Basketball Team	Mr. Koz (Gr. 8) & Mr. Shams (Gr. 9)	November - March
Book Club	Mr. Duggan	All year
Chess and Games Club	TBA	All year
Chess Club	Mr. Kozikowski	All Year
Cross Country Team	Mr. Sommerfeld	September - November
Debate Club	Mr. Duggan	All year
Environment Club	TBA	All year
Field Lacrosse	Mr. Esaw	November - March
Flag Football Club	Ms. Cruz	April - May
Football Team	Mr. Koz and . Esaw	September - November
Golf	Mr. Olson	March - May
Mandarin Club	Mrs. Accili	All year
Middle School Student Council	Mr. Kozikowski	All year
Model UN Club	Mr. Duggan	All year
Peer Tutoring Club	Ms. Silva	All year
Readers are Leaders	Mr. Duggan	All year
Rowing	Mr. Addison	September - June
Ski/Snowboard Team	Ms. McDonald	November - February
Tennis Team	Mr. Budai	March - May
3D Club	Mr. Duggan	All Year
Track Team	Mr. Sommerfeld	March - June
VC Media Arts Club	Mr. Small	All year
VC Musical/Play	Ms. McDonald	September - March
VC Tech Theatre Club	Ms. McDonald	October - March
Wrestling Team	Mr. Roselli	November - March
Yearbook Club	Ms. Redden	All year
Yoga Club	Mrs. Greaves	All year

Dress Code



The purpose of a Dress Code is to encourage students to be neat and clean at all times, to foster in them a sense of community and to create an atmosphere of gentlemanly behaviour and serious study.

For students in Grades 7-12 the Dress Code is as follows:

- White long sleeved dress shirts
- School tie (purple/black)
- Regular black, dress shoes, with leather uppers, cut beneath the ankle
- Socks extending beyond the ankle (dark dress socks recommended)
- Slacks: Grades 7 to 11 – Grey Dress Pants
- Only white undershirts can be worn
- Dress quality, black or brown belt

It is not only important what students wear, but how they wear it. In all instances slacks must be worn at the waist with shirts tucked in and buttoned to the top with the school tie drawn to the neck.

In instances of cool or inclement weather, students may elect to wear a garment over their shirt and tie. If students elect to do this, only the following garments will be considered to be in Dress Code:

- Black, monogrammed Vancouver College sleeveless vest
- Black, monogrammed Vancouver College v-neck sweater

NO hoodies or sweatshirts allowed even if they are from Vancouver College.

The Dress Code will be in effect everywhere on campus, throughout the school day and at out of school activities when requested. This applies to unscheduled blocks and lunchtime. On specific occasions the Dress Code may be relaxed for suitable reasons such as Mayfair casual days, as announced by Administration.

Optional Summer Dress Code for Grades 7 – 12

Summer Dress Code is in effect from the beginning of the school year until the first day back following Thanksgiving and then again on the day following the Mother's Day Masses. The Summer Dress Code consists of the following:

- A Vancouver College golf shirt with collar turned down or a white dress shirt and school tie
- Dress pants or Vancouver College shorts
- Dress shoes or sandals, strapped at the heel
- Socks
- Black or brown, dress quality belt

Grooming



Hair should be clean, well groomed and of moderate length, no longer than the top of the shirt collar, nor radically styled, nor unnaturally coloured.

Jewelry must be in good taste and subdued in nature. No body piercing rings are permitted. Earrings, while permitted must be either a stud or a single small ring.

Decisions regarding the suitability of grooming are left to the discretion of the Vancouver College Staff and Administration.

Violations of Dress Code and Grooming Policy

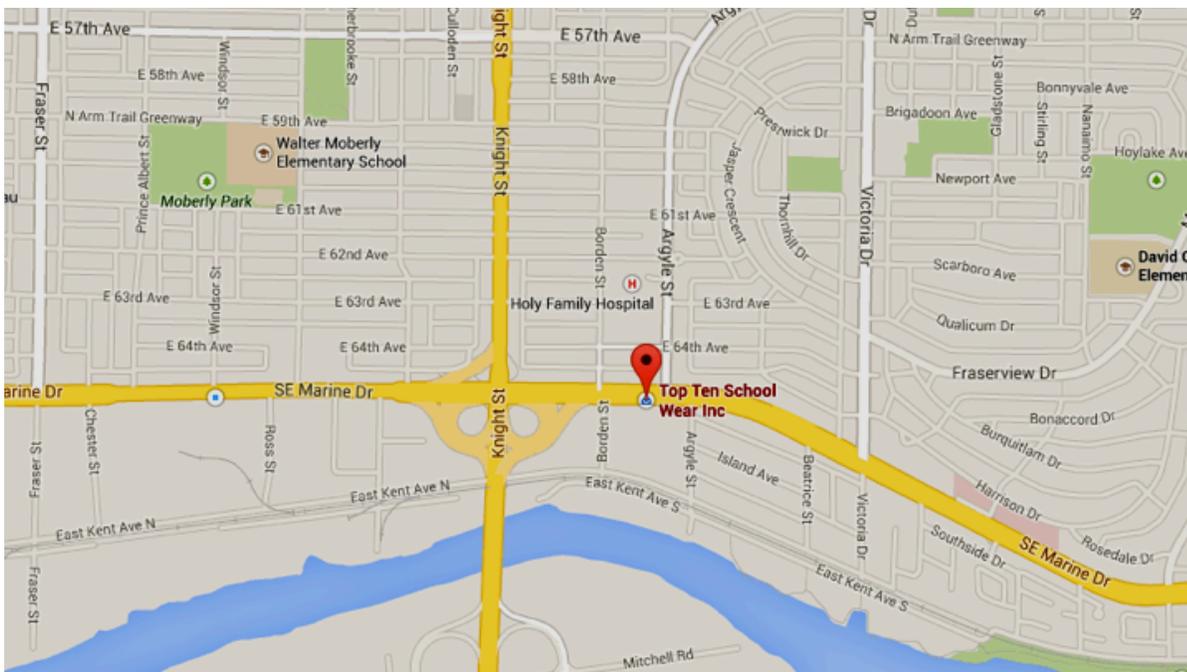
If a student appears in class or in the hallways and common areas out of Dress Code, teachers will make every effort to ensure the student is compliant with the Code (i.e.: remove outer garments, tuck in shirt, draw tie to the neck). If a student remains non-compliant (i.e.: no tie, running shoes) he should be referred immediately to an Administrator. A student may not be in class out of Dress Code without a note from an Administrator or his or her designate.

If there are repeated breaches of the Dress Code Policy, consequences will become more serious consistent with our practice of Progressive Discipline. Consequences include contact with parents, counselling, in-school suspension, suspension, withholding of re-registration, or expulsion.

The success of the Dress Code and Grooming Policy depends upon the cooperation of the entire Vancouver College Community – staff, students, parents and administration.

Top Ten School Wear

1638 S.E. Marine Drive
Vancouver, BC, V5P 2R6
Phone: 604.322.1626





Appendix i: Other F.A.Q.

What is a homeroom? What homeroom am I in?

- Grade 7 is divided in to 2 homerooms: 7-1 and 7-2.
- Grade 8 is divided in to 5 homerooms: 8-1; 8-2; 8-3; 8-4; and 8-5.
- Most of your classes (except for your elective and language) will be with your homeroom class. You'll find out what homeroom you'll be in this summer!

How do I figure out where I am going?

- The first two days of school will focus on orientation. You will learn the locations of your classes, who the teachers are, where the bathrooms are, and you'll be able to ask as many questions as you would like in order to help you get acquainted with Vancouver College. You will receive a copy of your schedule in the spring and also at the end of August.

What is the binder system?

- The binder system is an organizational tool which will be fully explained during orientation. In addition, a Grade 9 student will help you set it up during orientation week in September.

How do I get my supplies and textbooks?

- You will receive a list of supplies that are needed and your parents can help you purchase what is necessary. You will also be told what day you are to pick up your textbooks from the book room located in Manrell Hall.

How do I find out where my locker is?

- On the first day of school, your home room teacher will let you know where your locker is located and it will be on your schedule.

What do I do if I forget my lock combination?

- If you forget your combination lock please see Mrs. Deutsch or Mr. Cavaluzzo.

How much homework should I expect?

- Every class will be different but expect a maximum of an hour of homework per night.

What is Confirmation?

- Confirmation is the final rite of initiation into the Catholic Church. Every student undergoing this rite must register through his parish and receives the Sacrament of Confirmation in Grade 7.

Where do I get changed for gym?

- In the downstairs locker rooms. Your gym teacher will show you where these are during orientation. You will need a second lock for PE that can be purchased in the office for \$7.00.

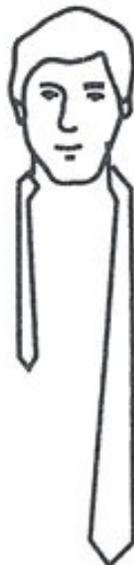
What do I do if I am late for school?

- If you are late for school and have a note from your parents go to the Main Office to drop off your note and go straight to class.



The Four-In-Hand Knot

Your Mirror Image



1

Start with wide end of tie on your right and extending a foot below narrow end.



2

Cross wide end over narrow, and back underneath.



3

Continue around passing wide end across front of narrow once more.



4

Pass wide end up through loop.



5

Holding front of knot loose with finger, pass wide end through loop in front.



6

Remove finger and tighten knot carefully. Draw up tight to collar by holding narrow end and sliding knot up snug.



Appendix iii: Help to Get Organized

One of the most effective ways to get students organized is to use a 3-ring binder for all subjects.

Materials needed

1. 2 x 2.5" Binders - a good strong one, with rings that close solidly
2. 3 sets of plastic tabbed dividers
3. Loose-leaf (individual teachers might wish to specify clear or graph paper)
4. Plastic "pouch" 3 hole
5. Packet of hole-strengtheners to go in pouch
6. 2 duo-tang project folders

Organization

1. The first section in the binder is labelled Homework.
2. Each day's homework is dated and neatly written out.
3. Subject teachers should always allow time for homework to be noted – and demand that it is.
4. Homeroom teachers should frequently check to ensure that all students have noted and completed all their work.
5. This organization allows homework checks to be done easily.
6. The back page(s) are reserved for "long-term" assignments.
7. Each other section is reserved for separate subjects or areas within subjects. For example, English may be divided into novels, short stories, vocabulary, etc. Because of individual teacher preferences regarding 'breakdowns', this really can't be a mandated organization in terms of all students.
8. The plastic pouch holds hole-strengtheners, and any material to be sent home – such as letters or report cards – should be placed in the pouch.
9. At the back of the binder, just after the pouch, the 2 duo-tang folders are kept, ready to be used if any teacher wishes to review a student's notes or work.
10. On return, the notes are replaced in the binder and the duo-tang returned to the back.
11. Extra section dividers are kept at the back to be used if a teacher wishes to begin another area of study.

This organization works. The most unorganized students, once introduced to this plan, improve tremendously, simply because their own inabilities are compensated for, especially since teacher-supervision is much easier.

Some Advantages

1. Since all "books" go home and return to school each day, the students can't say, "I forgot my book(s)."
2. Since all students are required to note all homework – whether they complete it in class or not – supervision by homeroom teachers and parents is made much easier, since a quick check can be made to verify completion and/or quality. Since everyone has a homework section, and all other subjects are in the same binder, supervision is a snap.
3. Any part or all of a student's notes can be checked by pick-up without having to stop ongoing class-work.
4. Any part can be rewritten without disfiguring a notebook or leaving in place low-quality work. (I suggest that all class/work/assignments, etc. be dated in order to maintain the sense of the binder as a portable filing system).



Appendix iv: Tips on being a friend

You'll be meeting a lot of new people. How can you be a good friend? Here are the top 10 tips. Revised from [wikihow.com](http://www.wikihow.com)!

1	Spend more time around people and talk to them. If you want to make friends, put yourself out there somehow in order to meet people. Remember, friends seldom come knocking on your door while you sit at home playing computer games. You can talk to anybody, the person sitting next to you on the bus, or the person in front of you in the lunch line.
2	Join a team, club or organization with people who have a common interest. A common misconception about this is that you have to be really good at an activity in order to participate in a club or team. But not all teams are so competitive. As long as you enjoy the activity and support your teammates, joining a team club with a positive attitude could be a great way to make new friends. If you play an instrument, sing, enjoy debating try joining one of VC's many organizations.
3	Volunteer. Volunteering is also a great way for people of all ages to meet others. By working together you build bonds with people, and you might meet others who have a passion for changing things the way you do (a common cause).
4	Make eye contact and smile. People are more likely to be receptive to your friendship if you smile. Try not squinting, looking bored, frowning or appearing blankly "deadpan", folding your arms (this practically screams "don't talk to me"); such habits may a make you look troubled or disinterested.
5	Start a conversation. There are many ways to do this; a comment about your immediate environment (The weather is a classic: "At least it's not raining like last week!"), a request for help, or a compliment ("That's a nice Car") all work. Keep the conversation light and cheery. Many conversationalists say that it is good to follow a 30/70 rule (30% talking, 70% listening) pattern during small talk when possible.
6	Introduce yourself. It can be as simple as saying "Oh, by the way, my name is...". Once you introduce yourself, the other person will typically do the same. Remember his name! They will see that you were paying attention and are willing to be a true friend.
7	Initiate a get-together. Open up the opportunity for another conversation or meeting. If you have a club, band, church, etc. that you think they might enjoy, take the opportunity to give them your number or email address and invite them to join you. Seize the day!
8	Be loyal. Part of being a friend is being prepared to make sacrifices of your time and energy in order to help out your friends. Friends sometimes need help with an unpleasant chore or just need support. Be there for your friends when they need you.
9	Be a good friend. Remember to do your part (e.g. initiating some of the activities, remembering birthdays, asking how the other person is doing) or else the friendship will become unbalanced and an uneasiness or distance is likely to arise. Never ever make fun or laugh at your friend in front of others.
10	Choose your friends wisely. Cherish those friends you make who are a positive influence in your life, and do your best to be a positive influence in theirs.

Appendix v: How do I Open a combination lock?



WATCH

<https://www.youtube.com/watch?v=Kmx4WCAj77A>



Students should use the following procedure when operating the combination lock:

1. Give the dial two or more turns to the **RIGHT**. 
2. On the third turn to the **RIGHT**, stop at the first number of the combination.
3. Next, turn **LEFT** one whole turn **past** the first number and stop at the second number in the combination. 
4. Now, turn **RIGHT** and stop at the last number in the combination. 

Pull down on the lock. It should open. If not, return to Step One and take your time.

5. Pull down on your lock again and open the door.

Appendix vi: Middle School Supplies



The following supplies are needed for English, French, Mathematics, Religion, Social Studies, and Science. Elective and Physical Education teachers will inform students of any additional supplies.

- 5 HB pencils/mechanical pencils with lead
- 1 eraser
- 2 blue pens
(eraser mate pens recommended)
- 1 red pen
- Lined loose-leaf paper
- Blank loose-leaf paper
- 12 (16) dividers for binder sections
- 10 plastic sleeves
- 2 x 2.5 inch binders (heavy duty)
(may need several depending on your son)
- 1 x 30 cm ruler
- 1 calculator
- 1 mathematical instrument set
(must include a protractor, right angle triangle, 15 cm. ruler, compass)
- 1 French/English, English/French dictionary
(recommended – Robert and Collins Junior Dictionary)
- 1 pair of scissors 9 (optional)
- 1 glue stick (optional)
- 1 pack pencil crayons (optional)
(may have felts as well, but not instead of pencil crayons)

All Middle School students at Vancouver College are required to use only two binders for all subjects.

- Of the various types of binders available, one of the best is the type that has a nylon cloth zippered cover and built-in pencil case. These binders tend to last much longer than the standard vinyl covered binders.

Students must have 2 locks both purchased from Vancouver College:

1 for PE and 1 to remain on their school locker.



Appendix vii: Why the Binder System?

The system provides a highly flexible but consistent structure. Mid-level students need a structured environment in about the same way they need food. The binder is simply one tool to help us provide structure: ultimately though, it will be no more useful than our supervision of its use.

- It acts as a portable filing system
- Allows students and teachers to revise or add to materials in a coherent manner;
- Allows teacher-supplied materials to be stored immediately next to associated tasks;
- Allows collection, return, and 'filing' of products in a non-disruptive manner;
- Allows constructive supervision, including the appropriate replacement either of marked, revised, or re-done work, or of lost or ruined material;
- It helps us to ensure that students who might become disorganized can be (re-) organized quickly and effectively;
- It provides a commonly held set of expectations, fostering a sense of structure and fairness critical for mid-level students: These expectations are listed under "Binder Organization and Use" found at the front of each student's binder (to be signed by parents).

Mid-level students, especially boys, are going through a time of profound cognitive, physical, emotional, and social change unlike anything they will ever experience again. They are very vulnerable and need a stable, supportive environment with as few variables as possible. In the jargon, they are 'field-dependent'. More than anything else, they need a supportive field, which provides them with the structure they need to meet the challenges they face. If the structure provides them with the opportunity to develop skills and to experience success, it fosters their notion of themselves as successful people. If it does not, if it treats them as though their characteristics and needs are irrelevant (needs which include challenge, high expectation, and supervision), the structure yields and breeds failure.

The binder system, if properly implemented (i.e. supervised), simply provides the boys with a flexible, systematic structure that helps them cope with demands, which are very different from elementary school. The binder itself is structured, and it provides more structure in that the boys will move from teacher to teacher without meeting as many as 7-8 different sets of expectations. Time spent supervising a boy's use of the binder is time, which is as necessary and constructive as teaching subject matter and must be engaged in constantly by all, especially parents, particularly if a student is not achieving success.

It is fundamentally important to check the boys' binders for things like organization, task completion, attention to detail, and compliance with direction. It is important that they treat their work, and by implication, themselves, with respect. Our close supervision indicates how important it is to us that they do.

Parent initials: _____ (Please sign the "...organization and use" and "Quiz" pages)