Vancouver College

MIDDLE SCHOOL GUIDE TO THRIVE

2026-2027

Vancouver College

Middle School Guide to Thrive

TABLE OF CONTENTS

Welcome to Vancouver College! 2
Vancouver College Code of Conduct 3
Administration 4
Middle School Philosophy 5
Teachers 6
Library 15
The Wellness Centre 16
The Learning Centre 17
Support Staff 20
What Classes Do I Take? 21
What Does My Schedule Look Like? 22
How Do I Get Involved? 23
Dress Code 25
Grooming 27

Appendix I: Other F.A.Q.'s 28
Appendix II: How to Tie a Tie 29
Appendix III: Help to Get Organized 30
Appendix III: Help to Get Organized 31
Appendix IV: Tips on Being a Friend 32
Appendix V: How Do I Open a Combination Lock 33
Appendix VI: Middle School Supplies 34
Appendix VII: Why the Binder System? 35
Appendix VIII: Parent/Son Discussion Questions 36

Welcome to Vancouver College!

Blessed Edmund Rice received a unique gift from God: a Gospel message revealed that Jesus Christ is 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.

Along your child's journey this year, he will be walking shoulder to shoulder with our faculty towards achieving his 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 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 that relationships are the cornerstone 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 genuinely knows them and wants to know about 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 every one of the boys in our care 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. Paul Legge

Vancouver College Code of Conduct

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 responsibility with parents to develop the student's 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 promote 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.

Administration

Mr. Tasso Kanavos Principal	About
	Mr. Kanavos attended the University of British Columbia and earned a Bachelor of Human Kinetics, a Bachelor of Education, and a Master of Arts in Educational Leadership and Administration. He is also a graduate of the Canadian Accredited Independent Schools Leadership Institute. Before joining Vancouver College in 2023 as an assistant principal, as the senior school administrator Mr. Kanavos spent seven years as the Deputy Head of School at Fraser Academy in the heart of Kitsilano. Mr. Kanavos also spent thirteen years at Collingwood School in West Vancouver in various teaching, coaching, leadership, and administration roles. He has also taught and developed curriculum for the Vancouver Learning Network. Mr. Kanavos is a passionate educator who strongly promotes and role models faith, lifelong learning and healthy, active living to everyone around him. Mr. Kanavos has been an elite-level athlete and coach since childhood, representing the province and competing as a varsity athlete at university. He continues to compete as a recreational athlete, coach, and volunteer within the greater community.
Helpful Hint	
Contact	tkanavos@vancouvercollege.ca

Paul Legge Principal, Middle School	About
	Mr. Legge has been at Vancouver College for 14 years as a Middle School Religion, English, Art, and PE teacher, CLE 10, CLC 11, CLC 12 teacher, Retreat Coordinator, and coach for a variety of sports. This will be his fourth year as Assistant Principal in Middle School. His years of experience in building relationships and community within the school and outside of the walls of Vancouver College are instrumental in his approach to education and learning. It is all about the 'relationships between the students, the staff, and the parent community and how they are nurtured that will lead to higher levels of learning'. He is the proud father of Matthew VC '15, Jack VC '17 and Alexandra LFA '19 and an active member of St. Joseph the Worker Parish in Richmond.
Helpful Hint	Find joy in the simple things in life.
Contact	plegge@vancouvercollege.ca

Middle School Philosophy

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. Accili - Grade 9 Homeroom Teacher
Subject	Math 9, Math 10
	Mrs. Accili has been at Vancouver College for over 25 years and teaches Mathematics 9 and 10. She has a Bachelor of Science from UBC with a Major in Mathematics and a Master of Education from SFU with a focus in Mathematics Education. Besides teaching, she is the moderator for the Minor Officials Club for basketball and coordinates the annual VC Walkathon. She currently lives in beautiful Ladner with her family of four children (Chris VC '17, Caelan LFA '19, Carmen and Lauren LFA '21), who keep her very busy. Her favourite things are watching VC football and basketball, afternoon coffee, Autumn and going on long walks.
Helpful Hint	Think before you speak!
Contact	caccili@vancouvercollege.ca

Name	Mr. Almeida - Grade 8 Homeroom Teacher, House Leader
Subject	Religion 8 and Socials Studies 8
	Mr. Almeida is originally from London Ontario, where he earned his BA in History from the University of Western Ontario. He moved to Vancouver to complete his BEd from the University of British Columbia before beginning his teaching career at Vancouver College. Mr. Almeida is in his third year teaching at Vancouver College. Where he is both a Soccer and Basketball coach. Mr. Almeida is also very excited to be the House Dean of Cork House for the upcoming year. You can always speak to Mr. Almeida about his die hard support for the Pittsburgh Steelers, or his love for cooking, reading, traveling, and all things beach related.
Helpful Hint	Taking a deep breath is never a bad choice.
Contact	palmeida@vancouvercollege.ca

Name	Ms. Bingham - Grade 8 Homeroom Teacher
Subject	English 8, English 10, TLC
	Mrs. Bingham holds a Bachelor of Arts in History from the University of Victoria, a Bachelor of Education degree from the University of British Columbia, and a Diploma in Special Education. With a deep passion for supporting students who need help overcoming organizational challenges that often hinder their academic progress. Over the past 13 years as a teacher she has taken great joy in witnessing students thrive not only academically but also through diverse co-curricular activities, fostering their growth both as learners and individuals. Mrs. Bingham's love for travel was shaped by her formative years spent in Abu Dhabi, United Arab Emirates, where she completed most of her high school education. This global experience has enriched her perspective and approach to education. An avid runner, Carla once found excitement in completing half and full marathons. Today, she embraces the "marathon of life" as she and her husband nurture and raise their two young daughters, balancing the joys and challenges of family life with the dedication and passion she brings to her work.
Helpful Hint	'Teachers can open the door, but you must enter it yourself." - Chinese proverb
Contact	cbingham@vancouvercollege.ca

Teachers

Name	Mrs. Brown
Subject	PE 7
	Mrs. Brown is a Vancouver native who has been at Vancouver College for 9 years and has taught PE 7 to 12, she currently teaches PE 7. Mrs. Brown completed her BEd at the University of Victoria, and upon graduation stayed in Victoria for two years and worked in the Victoria School District and Glenlyon Norfolk School, along with coaching Volleyball. Mrs. Brown currently helps coach the Varsity Volleyball team. Outside of VC, she loves to travel with her husband and two young children.
Helpful Hint	"No one is perfect. That's why pencils have erasers." - Wolfgang Riebe
Contact	gbrown@vancouvercollege.ca

Name	Mr. Budai - Head of Tennis Program
Subject	French 7, French 8, and Spanish 9
	Mr. Budai has been educating young men to be better men at Vancouver College for 44 years and coaches the senior tennis team. He previously served as Languages Department Head for 29 years. He is crazy about fly fishing and is a 12-year man from Vancouver College. He loves to travel in Spanish-speaking countries, especially in the tropics. His number one destination would be Costa Rica, where he can pursue an excellent blend of language practice and saltwater fishing!
Helpful Hint	Most important thing is to be organized! Follow the binder system and you will be successful! Remember, your attitude determines your altitude!
Contact	hbudai@vancouvercollege.ca

Name	Mr. Claridge
Subject	Band 8, Jazz 7/8/9, Jazz Ensemble 10/12, Senior Concert Band
	Mr. Claridge (VC '06, B.Ed CapU, MMus UofT, B.Ed UBC) is going into his third year of teaching at at Vancouver College after two years in the public school system and nine years in various bands on cruise ships. He performs on clarinets, saxophones and flute regularly around Vancouver, and his clubs at VC include a jazz combo and digital music group - if you are at all interested in making music on the computer, come seek him out!
Helpful Hint	A musician is only as good as their listening skills! If you are part of any team, being aware of everyone around you, and working together with that awareness, is the best thing I can teach you.
Contact	gclaridge@vancouvercollege.ca

Teachers

Name	Ms. Cotterall
Subject	Art 8, Spanish 9, 10, 11, 12
	Ms. Cotterall has been teaching a blend of Art and Spanish at VC for 18 years. A graduate of UBC with a BFA and a masters in Language and Literacy. She has enjoyed organizing student trips to Spain, helping bring the language and culture to life outside the classroom. Originally from Mexico City, she grew up in the U.S., Peru, and Venezuela. With Irish roots, she values the diverse experiences that have shaped her perspective. Her three sons also lived in Mexico City, and two attended VC, where they played on the football team. Outside of teaching, Ms. Cotterall enjoys painting, sharing her appreciation for the visual arts with others and travelling.
Helpful Hint	See the potential in every student and be part of their journey to become the best version of themselves.
Contact	scotterall@vancouvercollege.ca

Name	Mr. Enns - Grade 7 Homeroom Teacher
Subject	Religion 7, Religion 8, English 7
	Mr. Enns is a curious and passionate educator who is entering his first year at Vancouver College. Mr. Enns received both his BA and BEd from the University of British Columbia and has been in the education field as an education assistant and classroom teacher for over a half-decade. Most recently, Mr. Enns taught at St. George's Senior School and David Thompson Secondary School in Vancouver. One interesting fact about Mr. Enns is that before becoming a teacher, he represented Team Canada on the international stage as a karate-ka; in fact, at the age of sixteen, Mr. Enns was ranked eighth in the world in his fighting category! As an avid reader and trivia fan Mr. Enns is always looking to learn and experience new things and to pass on this love of learning to everyone he can.
Helpful Hint	
Contact	menns@vancouvercollege.ca

Name	Mr. Evangelista
Subject	Robotics 10 and Computer Information Systems 11/12
	Mr. Evangelista is a proud graduate of Vancouver College ('93) and has been teaching for over 15 years including the past four at his alma mater. He earned his Bachelor of Education from the University of British Columbia. Alongside his wife, Ellen, he is the proud parent of two daughters – Grace and Jacquie. Mr. E is passionate about both basketball and technology, having coached numerous teams and served as a sponsor for the school's robotics and coding clubs. Outside of the classroom, he enjoys spending time with his family, swimming, thrifting, savoring good coffee, and playing Madden — a hobby that once earned him a second-place finish in the BC championships in 2005.
Helpful Hint	Meet people and make new friends, life is short so ask lots of questions, be curious and do your best to be a positive role model for yourself and others. Say hello, thank you, you're welcome and goodbye. Welcome to VC!
Contact	nevangelista@vancouvercollege.ca

Teachers

Name	Mr. Gonzalez - Grade 8 Homeroom Teacher
Subject	Math 8, Robotics 8
	Mr. G was born and raised in Belgium. With his background in automotive engineering, he brings a love of mathematics, science, and technology to his classroom. He taught for thirteen years in international schools in Hong Kong before relocating to Vancouver in 2022, where he most recently worked at Jules-Verne Secondary School. Mr. G joined the VC community full-time in 2024. In his spare time, he enjoys spending time with his two children and exploring the outdoors, especially scuba diving. Mr. G is fluent in English, French, and Dutch.
Helpful Hint	"Your mind is like a parachute, it doesn't work if it isn't open." — Frank Zappa
Contact	bgonzalez@vancouvercollege.ca

Name	Mr. Horodyski
Subject	Band 7, Band 9, Choir
	Mr. Horodyski is entering his fourth year at Vancouver College. A Vancouver native (Point Grey '18), Mr. Horodyski later pursued his BMus and BEd from UBC. An accomplished musician, he performs with local orchestras, bands and choirs. Mr. Horodyski is also musical director of the school musical, head of the Ultimate team, and runs the Graduation Committee in the Senior School. Mr. Horodyski loves to watch movies in his spare time, and is always happy to talk about weird and cool films!
Helpful Hint	Don't let your high school years go by without taking advantage of every opportunity, I promise you'll have more fun if you do.
Contact	bhorodyski@vancouvercollege.ca

Name	Mr. Kozikowski - Grade 8 Homeroom Teacher
Subject	Grade Level Coordinator - Grade 8, PE 8
	Mr. Kozikowski has been with Vancouver College for over 24 years and has worn many hats at the school including classroom teacher, administrator and now GLC (grade level coordinator). He is married and has two beautiful children. Mr. Kozikowski loves to fish, read, and partake in extracurricular activities such as athletics and chess. Mr. Kozikowski has coached numerous sports at VC and looks forward to seeing students outside of the classroom enjoying themselves in all that VC has to offer.
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@vancouvercollege.ca

Teachers

Name	Mr. Le - Grade 8 Homeroom Teacher
Subject	Math 8, Science 8, Religion 8, Robotics 8
	Mr. Le is a graduate of Vancouver College (2019) and is beginning his second year as a teacher at VC. He holds a BSc in Biology and a BEd in Education from UBC. Mr. Le will serve as the Grade 8-1 Homeroom teacher, teaching Math, Science, Religion, and Robotics 8. In addition, he will coach the Grade 8 Football team and the Senior Ultimate team. In his free time, Mr. Le enjoys exploring the natural outdoors of British Columbia and is always open to trying new activities.
Contact	minhle@vancouvercollege.ca

Name	Ms. Li - Mathematics Department Chair
Subject	Math 8, Math Accelerated 8, and Math 9
	Ms. Li has been teaching at VC in middle school for over 20 years and also taught in middle schools in the Coquitlam district. In addition to teaching math, she contributes her time by coaching Gr. 5 to 7 Volleyball and is responsible for the Box Office of our annual Theatre production and ticket sales for the Graduation dinner. She has two children and her husband is an alumnus of Vancouver College. Ms. Li is committed to bringing out the best in each and every student she teaches.
Helpful Hint	Always aim for excellence in all aspects of your life - spiritually, academically and athletically.
Contact	fli@vancouvercollege.ca

Name	Ms. McDonald - Head of Dramatic Arts, Director of VC Musical/Play, Head Coach of the Alpine Team
Subject	Theatre 7, Theatre 8, Theatre 9, Theatre Company 10-12, Theatre Production 10-12
	Ms. McDonald has been teaching at VC for 17 years. She holds her BA Honours and Masters degree in Drama in Education, has been performing since she was six years old, and has been teaching since she was 17 years old. She is the proud mom of a son named James (VC '31). She enjoys skiing, snowboarding, surfing, world travel, directing and performing. Ms. McDonald teaches Theatre 7-12. Theatre classes are fun! They will get you up out of your seat, maybe even sword fighting or filming a comedy, and speaking confidently to anyone in no time!
Helpful Hint	Get involved- try new things and be respectful!
Contact	nmcdonald@vancouvercollege.ca

Teachers

Name	Ms. Meehan - Grade 9 Homeroom Teacher
Subject	Religion 9, Socials 9, Entrepreneurship 8, Photography 9
	Ms. Meehan grew up in Toronto and has lived in Vancouver for the last ten years. She achieved a Bachelor of Arts and her Bachelor of Education from University of British Columbia. What she loves most about teaching is building meaningful relationships with her students and being inspired by the curiosity and creativity that young people bring to the classroom each day. Outside of the classroom, she enjoys reading, writing, and spending time outdoors. Ms. Meehan is also always trying out new baking recipes to share with friends and family. She is thrilled to be joining Vancouver College and looks forward to connecting with others and becoming part of the school community.
Helpful Hint	
Contact	bmeehan@vancouvercollege.ca

Name	Mr. O'Donnell - Grade 9 Homeroom Teacher
Subject	Computer Studies 7-9, English 9
	Mr. O'Donnell is originally from Oshawa, Ontario and has been at Vancouver College for six years. He completed a BA in History and English at the University of Toronto, and subsequently completed a BEd at the University of Ottawa. Mr. O'Donnell moved to Vancouver eleven years ago and now considers it home. He began his teaching career at Madrona School Society and followed that by supporting a wide variety of learners in the Key Program at The Westside School. Outside of his professional life, he is an avid cook, and enjoys long-distance running and taking part in races. He is a devout fan of the Toronto sports teams (sorry, Canucks fans!) but also loves to support our local Vancouver Canadians baseball team.
Helpful Hint	Be bold, take risks and be a lifelong learner; as Albert Einstein once said, "Anyone who has never made a mistake has never tried anything new."
Contact	eodonnell@vancouvercollege.ca

Name	Ms. Ozdogan
Subject	Art 7, French 9
	Ms. Ozdogan started her university schooling in Fine Arts, completing one year before switching to Literature and Modern Languages at the University of Alberta and L'universite de Strasbourg, and later receiving a Masters in Educational Research from the University of Calgary. She taught in Germany and Turkey for some years before returning to Alberta, where she taught Art 10-12 and high school English and Drama. She enjoys many hobbies besides art, including sailing, paddle-boarding, equestrian, cycling and home renovations.
Helpful Hint	If you don't know, don't be too shy to ask. That's how you find out. And six other people wanted to ask the same question, so you're helping them too!
Contact	mozdogan@vancouvercollege.ca

Teachers

Name	Ms. Palffy
Subject	French 8, French 9
	Nancy Palffy received a double major Bachelor of Arts degree in French and English followed by a Bachelor of Education from UBC. Nancy also studied abroad at the Université de François Rabelais while on an athletic scholarship in Tours, France.Prior to university, Nancy attended Little Flower Academy where the core values of education and religion were further instilled as well as the strong belief in the private Catholic School system model. At an early age, a strong passion for the sport of swimming developed, which served to teach its own lessons regarding discipline and dedication. What followed as a result, was competing and winning numerous medals at National and International events while a member of the Canadian National Swim Team, including CIAU Champion, Canadian Nationals Champions, World Cup medalist, Pan Pacific Games medalist, Premier's Athletic Award recipient and a Top 25 World Ranking in the 400 individual medley. Professionally, Madame Palffy brings twenty years of knowledge and experience as a French teacher as well as Languages Department Head in the private school system, including Collingwood and St. George's School. Madame Palffy is extremely honoured and excited to share her education and experience with the students at VC and to be a part of the Vancouver College teaching faculty.
Contact	npalffy@vancouvercollege.ca

Name	Mr. Povey - Grade 9 Homeroom Teacher
Subject	Science 9
	Mr. Povey started his teaching career in the UK before deciding to make a move to Vancouver. Originally from a small village in England, Mr. Povey studied Biology and graduated with honours from the University of Nottingham before studying for a Post-Graduate Certificate in Education from Kingston University. Having taught for two years in the UK, he is now entering his 7th year at Vancouver College. Mr. Povey strives to make even the most challenging concepts easy to grasp, and his students appreciate his great enthusiasm for the subject matter. Outside of the classroom, Mr. Povey acts as a coach for our Varsity Ultimate program. He is also a capable snowboarder and spends much of his winter on the North Shore mountains. His other hobbies include hiking, photography and weightlifting.
Helpful Hint	I'd rather that you aimed high and missed, than aimed low and hit.
Contact	cpovey@vancouvercollege.ca

Name	Ms. Reese - Maternity Leave
Subject	Art 9
	Ms. Reese's number one goal is to make the art room a welcoming space where every student feels excited to try something new. From drawing and painting to building, sculpting, and experimenting with watercolours—there's always something creative going on! No experience needed—just a willingness to explore and have fun. Outside of the classroom, Ms. Reese loves sewing, going on runs, and being outdoors with her husband and their very energetic dog.
Helpful Hint	Take as many different courses in school as you can - you never know who or what you might connect with.
Contact	areese@vancouvercollege.ca

Teachers

Name	Mr. Ricci - Grade 8 Homeroom Teacher and Head of Lacrosse Program
Subject	English 8, Socials 8, PE 8
	Mr. Ricci graduated from Heritage Woods ('10) and then studied English for two years at UVic. He was then awarded a 4-year athletic scholarship to Limestone College in South Carolina, where he pursued his passion for lacrosse. He received his BA in English, a BEd and won two NCAA Division II National Championships. In 2016, Mr. Ricci returned home to Port Moody and joined the VC team in 2017 as an EA and now a teacher, where he has brought his love and passion for lacrosse to VC as a coach.
Helpful Hint	Mr. Ricci is still active in the lacrosse community, as he coaches youth community teams and currently plays in the WLA for the Coquitlam Adanacs. You can always talk lacrosse or mention how amazing the Coquitlam Adanacs are to start a conversation.
Contact	vricci@vancouvercollege.ca

Name	Mr. Roselli
Subject	PE 9
	Mr. Roselli studied education at SFU while competing with their Wrestling team. Wrestling has been a lifelong 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 70 films and television shows in Vancouver, Toronto and L.A. Mr. Roselli is married with four young children.
Helpful Hint	For incoming students: "Be on time, be prepared and be ready to go!"
Contact	mroselli@vancouvercollege.ca

Name	Mr. Shams - Grade 9 Homeroom Teacher, Head of Basketball Program
Subject	Grade Level Coordinator - Grade 9, Religion 9, Socials 9
	Mr. Shams is a graduate of VC (2008) who has been working at Vancouver College for thirteen years. After finishing at VC, he graduated from UBC with a Bachelor of Arts in English and a Bachelor of Education. Mr. Shams recently completed his Master's degree at Queen's University with a focus in Educational Administration. He is currently the Head Varsity Coach and Head of Basketball at Vancouver College. Outside of his time at VC, he also works with provincial-level athletes through Basketball BC. When not at VC, you can find Mr. Shams playing golf, reading about coaching, or hitting the ski hill.
Helpful Hint	"Golf is the closest game to the game we call life. You get bad breaks from good shots; you get good breaks from bad shots - but you have to play the ball where it lies.``- Bobby Jones
Contact	rshams@vancouvercollege.ca

Teachers

Name	Ms. Stewart - Grade 8 Homeroom Teacher
Subject	English 8, English 9
	This will be Ms. Stewart's ninth 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 is passionate about curriculum design and has supported school, board, and provincial development development and continues to show this through her role as the English Department Chair for grades 7-12 over the last four years. Ms. Stewart comes to Vancouver College with much enthusiasm for the faith-filled classroom.
Helpful Hint	Do small things with great love.
Contact	jstewart@vancouvercollege.ca

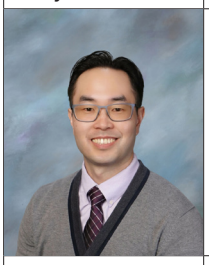
Name	Ms. Woosey
Subject	Math 7, Science 7, Socials 7
	Ms. Watson was born and raised in Liverpool, the hometown of the Beatles. After attending Liverpool University and studying International Business with Spanish, she completed a second degree in Teaching with a Spanish specialism. With five years of experience teaching Grades 5 and 6 in England, Ms. Watson embarked on a new adventure in Canada with her husband. In Canada, she began teaching at a co-ed private school in Downtown Vancouver, where Grades 5 and 7 were taught. Three years ago, she joined Vancouver College and is currently the Grade 7 teacher. Being part of the VC community has been thoroughly enjoyable, and Ms. Watson is excited about her position. In her spare time, she can usually be found in a 32-year-old campervan, exploring BC with her husband and three-year-old daughter, enjoying the outdoors and the beauty of the province.
Contact	awoosey@vancouvercollege.ca

Library

Name	Ms. Abaee
Subject	Middle School Library
	Ms. Abaee joined VC in September 2025 and brings energy, curiosity, and a global spirit to the Middle School Library—making it the beating heart of the school. Having lived in eight countries, she offers students a truly international perspective and speaks Farsi, Spanish, Turkish, and Italian. Her love of food, history, and world cultures sparks lively conversations and meaningful connections with students every day. Beyond the library, Ms. Abaee leads the much-loved Foodie Explorers Club, where students travel the world through taste, stories, and shared experiences. Passionate about critical thinking, social justice, and amplifying marginalized voices, she empowers students to question assumptions, challenge misinformation, and become thoughtful, informed global citizens.
Helpful Hint	"Travel isn't always pretty. It isn't always comfortable. Sometimes it hurts, it even breaks your heart. But that's okay. The journey changes you; it should change you. It leaves marks on your memory, on your consciousness, on your heart, and on your body."
Contact	gabaee@vancouvercollege.ca

The Wellness Centre

The Wellness 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.

Name	Mr. Huang
Subject	Director of Wellness
	Mr. Huang is a Registered Clinical Counsellor currently finishing his Ph.D. in Counselling Psychology. Some interesting facts about Mr. Huang: Firstly, a lot of people mispronounce his last name, so if you're able to say it correctly (or find out how), you'll definitely get a fist bump (when it is safe to do so, of course). Second, he'd like to say that he is an avid tennis and hockey fan, but unfortunately doesn't have enough time these days to catch up on the sports because of his studies. Third, he would've previously described himself as a gamer, but once again, there just does not seem to be enough time (he does own products by Microsoft and Sony, if that counts for anything). And lastly, he is an alumnus of VC, so feel free to look up his photo when spikey hair was the "in" thing.
Come see me when...	you simply want to have a chat to connect or check in, or if there's something serious that you need someone to listen to, such as when you feel stressed and/or anxious, overwhelmed, or you're worried about someone.
Contact	ahuang@vancouvercollege.ca

Name	Ms. Cruz
Subject	Personal Counsellour
	Ms.Cruz has worked at Vancouver College in the Learning Centre for the past 10 years. In 2015 she obtained a B.Ed. from SFU and holds a B.A.Psych from UBC. She has just completed her MA in Counselling (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@vancouvercollege.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 with the school's Inclusive Education Policy. We celebrate the value and dignity of each person and nurture the development of the whole person.

Name	Ms. Mah
Subject	Director of Learning Support
	Kimberly has worked in inclusive education for over 15 years. She has a Master's degree from NYU, and a Bachelor's in Special Education and Assessment from UBC. Kimberly has experience working within CISVA and ISABC schools in addition to working in two New York City public schools. Kimberly is an innovative, experienced, and compassionate educator with expertise in differentiated learning, assessment, exceptional students and inclusive education. As an LFA alumna, she is familiar with and keen to contribute to our faith and learning community.
Helpful Hint	The most successful students are those who understand who they are, believe in their strengths, and use them to keep growing and moving forward.
Contact	kmah@vancouvercollege.ca

TLC Support

Name	Mr. Corbett
Subject	Educational Assistant

Name	Mr. Fernandes
Subject	Educational Assistant
	Mr. Fernandes is a VC grad (2019), a recent graduate of UBC Science (2024) and is working towards becoming a math and science teacher in the future. He began his educational career as an EA at Notre Dame Regional Secondary and is very excited to return to the VC community! While he was a student at VC, Mr. Fernandes participated in several retreats & outreach programs and is looking forward to supporting the many services that VC has to offer. He spends his free time going on hikes & runs on the weekends, binge watching TV sitcoms, and listening to self-help podcasts.

TLC Support

Name	Ms. Greaves
Subject	Educational Assistant

Name	Ms. McCandless
Subject	Educational Assistant

Name	Ms. Silva
Subject	Educational Assistant

TLC Support

Name	Ms. Trasolini
Subject	Educational Assistant

Name	Mr. Woosey (On Leave)
Subject	Educational Assistant

Support Staff

Name	Ms. Yu
Subject	Office Coordinator
	This is Mrs. Yu's seventh year at Vancouver College and she is most excited to begin meeting all of the new students. She and her husband, Douglas (VC 1998) are the proud parents of Dylan, age 13 and Leah, age 9. 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@vancouvercollege.ca

Name	Mrs. George
Subject	Database Administrator
	Mrs. George has been with Vancouver College for 37 years. She is in charge of the book room and PowerSchool at VC.
Come see me when...	Your login does n*ot work to PowerSchool or you have any problem with your text books, or you have a problem with your chrome*book.
Contact	fgeorge@vancouvercollege.ca

Name	Ms. Deutsch
Subject	Administrative Assistant
	Ms. Deutsch has been at Vancouver College for 9 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 know that "please" goes a long way.
Contact	adeutsch@vancouvercollege.ca

Vancouver College

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 / IT 7 / Theatre 7 (1 Term Each) or Band (A Minimum of 2 Terms)
Grade 8	
Compulsory Courses	**Elective Courses**
English 8 French 8* Math 8 PE 8 Religion 8 Science 8 Socials 8	Choice of: Art 8 / CS 8 / Entrepreneurship 8 or Digital Literacy 8 / Robotics 8 / Theatre 8 or Band (All 3 Terms)
Grade 9	
Compulsory Courses	**Elective Courses**
English 9 French 9 or Spanish 9 Math 9 PE 9 Religion 9 Science 9 Socials 9	Choice of: Art 9 / CS 9 / Photography 9 or Finnegan Media 9 / Robotics 9 / Theatre 9 or Band (All 3 Terms)

*Some students have a language exemption
**Students with IEPs have the option of requesting TLC as their elective course

Vancouver College

What Does My Schedule Look Like?

Middle & Senior School Daily Timetable

The daily timetable consists of four academic blocks per day with built-in transition times and a lunch period. The day starts at 8:30 am (Wednesday "late start" at 9:30 am). Students are dismissed at 2:30 pm to give them an opportunity to experience the full breadth of our co-curricular program. An Advising block (Better Man Block) is scheduled weekly on Wednesdays.

Monday, Tuesday, Thursday & Friday		
8:30 - 9:45	Block 1	75 min
9:45 - 10:00	Break	15 min
10:00 - 11:15	Block 2	75 min
11:15 - 11:20	Break	5 min
11:20 - 12:35	Block 3	75 min
12:35 - 1:15	Lunch	40 min
1:15 - 2:30	Block 4	75 min

Wednesday - Collaboration / Advisory Day		
8:15 - 9:10	Meeting	55 min
9:30 - 10:20	Block 1	50 min
10:20 - 10:30	Transition	10 min
10:30 - 11:10	House Community Groups	40 min
11:10 - 11:15	Transition	5 min
11:15 - 12:05	Block 2	50 min
12:05 - 12:10	Transition	5 min
12:10 - 1:00	Block 3	50 min
1:00 - 1:40	Lunch	40 min
1:40 - 2:30	Block 4	50 min

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

How Do I Get Involved?

Grade 7 Sports and Clubs

Activity	Teacher	Months
Basketball Team	Mr. Almeida	November - March
Book Club	Ms. Abaee	All Year
Chess Club	Mr. Kozikowski	All Year
Cross Country Team	Mr. O'Donnell	September - November
Debate Club	Ms. Abaee	All Year
Dungeons and Dragons Club	Ms. Stewart	All Year
Environment Club	TBD	All Year
Flag Football Club	Mr. Kozikowski	April - May
Junior Edmundians	Ms. Stewart	All Year
Model UN Club	Ms. Bingham & Mr. Hill	All Year
Middle School Student Council	Mr. Kozikowski	All Year
Peer Tutoring Club	Ms. Silva	All Year
Readers are Leaders	Ms. Abaee	All Year
Robotics Club	Mr. Evangelista/Mr. O'Donnell	TBA
Track Team	Mr. Sommerfeld	March - June
VC Talent Show	Ms. McDonald	January
Volleyball Team	Ms. Li	December - March
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.

Vancouver College

How Do I Get Involved?

Grade 8 and 9 Sports and Clubs

Activity	Teacher	Months
Alpine Team (Gr. 8-12)	Ms. McDonald & Mr. Mete	December-March
Badminton	Mr. Huang	April - June
Grade 8 Basketball Team	Mr. B. Gonzalez	November - March
Grade 9 Basketball Team	Mr. T. Gonzales	November - March
Minor Officials (Basketball)	Mrs. Accili	November to March
Book Club	Ms. Abaee	All Year
Chess and Games Club	Mr. Kozikowski	All year
Cross Country Team	Mr. O'Donnell	September - November
Debate Club	Ms. Abaee	All Year
Environment Club	TBD	All Year
Field Lacrosse	Mr. Ricci	November - March
Flag Football Club	Mr. Kozikowski	April - May
Football Team	Mr. Esaw	September - November
Golf	Mr. Legge	March - May
Middle School Student Council	Mr. Kozikowski	All Year
Model UN Club	Ms. Bingham & Mr. Hill	All Year
Peer Tutoring Club	Ms. Silva	All Year
Readers are Leaders	Ms. Abaee	All Year
Robotics Club	Mr. Evangelista/Mr. O'Donnell	All Year
Rowing	Mr. Zelis	September - June
Tennis Team	Mr. Budai	March - May
3D Club	TBD	All Year
Track Team	Mr. Sommerfeld	March - June
VC Musical/Play (Gr. 8-12)	Ms. McDonald	December - April
Wrestling Team	Mr. Roselli	December - March
Yearbook Club	Ms. Reese	All Year
Yoga Club	Mrs. Greaves	All Year

The House System

The House System at Vancouver College is a tradition inspired by Blessed Edmund Rice, designed to build belonging, school spirit, and strong connections across grade levels. Students and staff are placed into four Houses, each fostering competition, service, leadership, and collaboration.

Community lessons (formerly Advisory) are device-free and focus on teamwork, creativity, and personal growth. Through play and shared experiences, students develop confidence, resilience, and a sense of purpose.

At its core, the House System supports the development of the whole student—spiritually, academically, socially, and physically—giving every student a team, a sense of belonging, and a lasting connection throughout grades 8–12.

Each House includes about 210 students, 8 Community teachers, and 1 House Dean. Students remain in the same House throughout their time at VC, and siblings are placed in the same House (but different Community groups).

Within each House, students are assigned to a Community group of 26 students in grades 8–12. These groups meet 1–2 times a month for 40 minutes to take part in school-wide activities led by student leaders and staff. The goal is to build character and support students' social, academic, and spiritual growth.

Grade 7 students form the Spirit House, helping boost team spirit at competitions while learning about the House system before joining a House in grade 8.

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)
- All black leather shoes (no other colours)
- Socks extending beyond the ankle (dark dress socks)
- 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 are 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, as announced by the Administration.
Please note: The sweatshirt below is the only acceptable sweatshirt for Vancouver College students.

Dress Code

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
- All leather black shoes (no other colours)
- Socks
- Black or brown, dress quality belt

Grooming

Hair should be clean, well-groomed, and not radically styled or unnaturally coloured.

Jewellery 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.

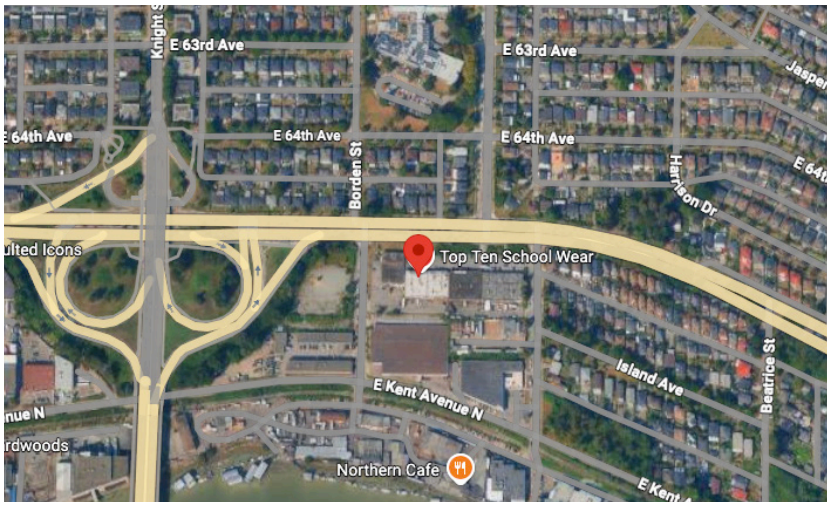
Violations of Dress Code and Grooming Policy

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 will 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.'s

What is a homeroom? What homeroom am I in?

- Grade 7 is divided into 2 homerooms: 7-1 and 7-2.
- Grade 8 is divided into 6 homerooms: 8-1; 8-2; 8-3; 8-4; 8-5 and 8-6.
- Most of your classes (except for your elective and language) will be with your homeroom class. You'll find out your homeroom placement in August.

How do I figure out where I am going?

- The first day of school will focus on orientation for Grade 7 and Grade 8. You will learn the locations of your classes, who the teachers are, where the washrooms 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.

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 homeroom 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 your HR teacher Ms. Deutsch or Mr. Legge.

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 receive the Sacrament of Confirmation in Grade 7.

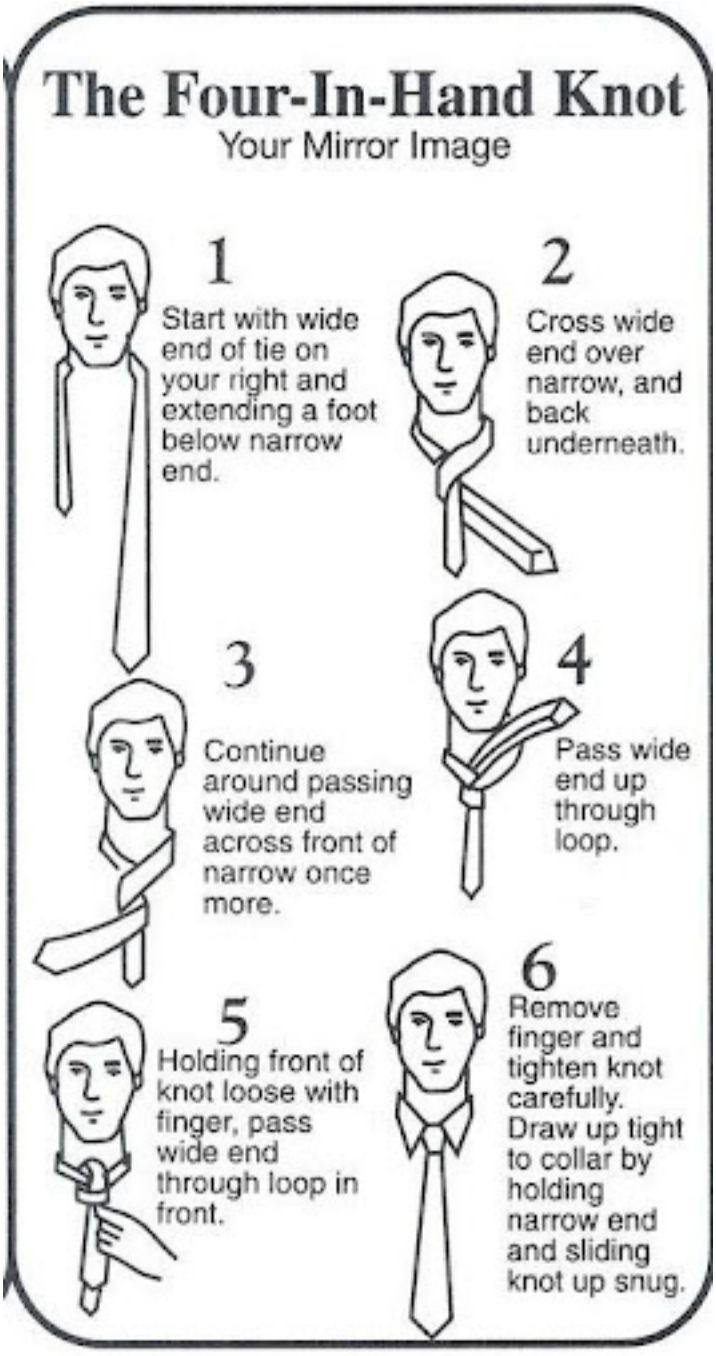
Where do I get changed for gym classes?

- In the downstairs locker rooms of the Rice/Holler Building. 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 $10.00.

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 in Lannon Hall to drop off your note and then go straight to class.

Appendix II: How to Tie a Tie



(www.mrmac.com)

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. 1 x 2.5" Binder - 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 3 hole "pouch"
5. Packet of hole-strengtheners to go in pouch
6. 2 duo-tang project folders
7. 1 x 4-pack of Hilroy lined notebooks - 32 pages

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
8. teacher preferences regarding 'breakdowns', this really can't be a mandated organization in terms of all students.
9. 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.
10. 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.
11. On return, the notes are replaced in the binder and the duo-tang returned to the back.
12. 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.

Appendix III: Help to Get Organized

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).
5. Any teacher notes (photocopied) should be hole-punched and put in place appropriately in the binder.

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!

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, or 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). This can be done as part of your service hours for Religion class.
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 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. Take action.
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.

Appendix V: How Do I Open a Combination Lock

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
- 1 x 4 pack of Hilroy coloured workbooks (40 pages)
- 1 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 one binder 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.

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.

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, which is as necessary and constructive as teaching subject matter, must be engaged 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.

Appendix VIII: Parent/Son Discussion Questions

What makes you most excited about attending Vancouver College?

What makes you nervous about attending Vancouver College?

What actions or strategies can we take to smooth your transition to Vancouver College?

Mr. Legge's Challenge

You may want to take me up on my incoming student challenge. I believe this will help all of you to become Better Men by the end of your summer vacations and ease your transition to VC. Our school utilizes a four-stranded approach to education and we emphasize with our students the importance of their academic, artistic, athletic and spiritual development.

As you turn off your computer tonight, I would like our new students to begin to develop four tangible goals within those strands that will help them to become better men. These goals should be specific, measurable and timely. Your academic goal could be as simple as committing to read three books this summer or writing every day in a journal. You might have an athletic goal of committing yourself to being active for 45 minutes per day. Maybe your artistic goal could be learning about the techniques of watercolour painting. Finally, your goal centred around faith could be trying to attend mass each Sunday.

When you arrive on campus in September, ask yourself, did I become a better man this summer? It is my sincere hope that our new boys take me up on this challenge as I know it will ease their transition to our school community come the fall.