



MIDDLE SCHOOL SURVIVAL GUIDE

A Handbook for Transitioning into Grade 7 & 8



VANCOUVER
COLLEGE



Middle School Survival Guide

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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!



Vancouver College is a unique school with a learning environment that caters its needs to the development of young boys to young men over the course of their academic careers. Being a Kindergarten through Grade 12 school we see all phases of growth in our students and this only adds to our ability to educate and ensure best practices for our students.

The Middle School at Vancouver College is considered the “transition period” from an elementary model of learning to something that is more similar to that of a high school. Although we recognize the readiness and need for change, we also realize that change must be gradual as it can be overwhelming to come into a new environment, with new expectations and circumstances that are unfamiliar. During this time boys are also experiencing both physical and mental growth/change that adds to the complexity of creating a conducive learning environment. Our teachers, with their understanding of boys and the incorporation of a homeroom model, provide the necessary support, sense of belonging, and communication with parents to ensure that we are all working together to give our young men the best chance to succeed.

Like any school, we have our trials and tribulations, however with effective planning, a caring, holistic approach and the mindset of “what is best for our boys” the transition from elementary school into Vancouver College will be a successful one filled with many wonderful experiences. Finally, should you have any questions or concerns please do not hesitate to contact me at the school.

Semper Fidelis.

Mr. Rob Kozikowski (VC'94)

Assistant Principal, Middle School

rkozikowski@mail.vc.bc.ca

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 4th 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



Mr. Rob Kozikowski	Assistant Principal, Middle School
About	Mr. Kozikowski has been with Vancouver College for 16 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

Middle School Philosophy



The staff of the Middle School is committed to creating a Christian environment, providing role models, and offering education experiences which lead to the development of the whole child.

We believe ...

- All students can learn and succeed but not in the same way.
- All students need compassion.
- All students have the ability to change.
- All students need to learn responsibility and be accountable for their actions.
- All students need to feel safe.

What we do. ...

- Establish clear outcomes.
- Model expected behaviour.
- Provide for individual differences.
- Evaluate students on what is expected.
- Try to always remember that the teacher-student relationship extends beyond the mere transmission of knowledge and touches the hearts and minds of growing young people.

We want all students ...

- To acquire and maintain a positive self image.
- To be responsible for their choices and actions.
- To care and respect themselves and others around them.
- To be inspired lifelong learners.

We know that ...

- Students learn at different rates and different ways.
- Direct teacher intervention helps students succeed.
- Students need to be held accountable for their actions.
- All students will meet high expectations.
- Students need guidance, support, and stability.

Teachers



Homeroom	Mrs. C. Accili - Edmundians
Subject	Math 9
About	Mrs. Accili has been at Vancouver College for 20 years. She has 4 children: a son in university (VC'17), a daughter in Grade 10 and twin daughters in Grade 9 at LFA. Mrs. Accili loves her Starbucks coffee! She is the Junior Edmundian moderator and also moderator of the new Master's Club (Grade 9s who give up their lunch hours to do drop in tutoring).
Helpful Hint	Think before you speak!
Contact	caccili@mail.vc.bc.ca



Homeroom 9	Mr. T. Bennett - Head of Football Program
Subjects	Socials 9 and Religion 9
About	Mr. Bennett has been at Vancouver College for 18 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. Bennett is focused on family.
Helpful Hint	Slow down and hold the doors!
Contact	tbernett@mail.vc.bc.ca



Homeroom 7	Mrs. C. Beynon - Volleyball Team
Subjects	English 7, Socials 7, and Religion 7
About	Mrs. Beynon has been teaching for over 30 years, the past four at Vancouver College. She has been married for 34 years and has three children. Mrs. Beynon and her husband love to travel and explore new places; they especially love to travel back to their homeland, Australia.
Helpful Hint	Come to school knowing that, "Continuous effort - not strength or intelligence - is the key to unlocking our potential." - Winston Churchill
Contact	cbeynon@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 34 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

Teachers



Homeroom 8-3	Mr. J. Chan - Wrestling
Subjects	Humanities
About	Mr. Chan is a graduate of Vancouver College (VC'10). Heavily involved in athletics during his time as a student here, he continues to be involved in coaching multiple sports throughout the year. He is very excited to be teaching in the middle school as he had some of his fondest educational experiences in these grade levels.
Helpful Hint	Get involved in an extracurricular activity each term, regardless if it is athletics, the arts, service, volunteer, clubs, etc. The school offers many different programs and opportunities for all our students.
Contact	jchan@mail.vc.bc.ca



Name	Mr. T. Choo
Subjects	Physical Education 8 & 9
About	Mr. Choo has been with Vancouver College for 41 years. He likes football, basketball, and hockey. He loves spending time with his grandkids!
Helpful Hint	Always bring your PE strip regardless of whether you have PE or not!
Contact	tchoo@mail.vc.bc.ca



Homeroom 8-5	Mr. L. Clayton
Subjects	Socials 8, Math 8, Law 9, and "Make It" 8
About	Mr. Clayton has been with Vancouver College for 36 years. He has taught all subjects except PE. His interests are music, canoeing, gardening, and vintage car restoration. Mr. Clayton loves helping students who invest in themselves.
Helpful Hint	This is the time to invest in your future! What does that look like? Know your "times tables". Come to class "ready and willing to learn" by bringing what you need: textbook, binder, calculator, pen/pencils, etc. Become engaged in classroom discussions. Remember, in class your best friend is your extended arm signifying that you have a question; help yourself and those who may be too shy to help themselves.
Contact	lclayton@mail.vc.bc.ca



Name	Mr. S. Giacomazza
Subject	Physical Education 8
About	Mr. Giacomazza has been with Vancouver College for 39 years. He is a graduate of Notre Dame Secondary School. He went on to study at UBC. Both his wife and two daughters have also attended UBC.
Helpful Hint	Love Sports!
Contact	sgiacomazza@mail.vc.bc.ca

Teachers



Homerom 8-1	Mr. P. Legge - Football
Subjects	English 8, Religion 8, PE 7, and Art 7
About	Mr. Legge has been with Vancouver College for 6 years. He is an avid sports fan and participant. He likes coaching and is interested in technology education. He has a loving and supportive family. He and his wife Sandy have 2 sons, 1 at VC and 1 who graduated in 2015, and a daughter, Alex, who attends LFA. He insists that students think outside the box while taking risks through honest and productive collaboration with peers.
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	plegge@mail.vc.bc.ca



Homerom 8-4	Ms. F. Li - Volleyball
Subjects	Math 8 and Science 8
About	Ms. Li has been with Vancouver College for 13 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



Name	Mr. A. Lui - Environment Club, Ultimate
Subjects	Science 8, Science 7, and Math 7
About	Mr. Lui graduated from Vancouver College in 2005 and has been a teacher at the school for 6 years. He loves playing Ultimate and board games and enjoys reading in his spare time.
Helpful Hint	Be kind.
Contact	alui@mail.vc.bc.ca



Name	Mrs. N. McDonald - Head of Drama Department, Tech Theatre Club, VC Musical/Play, Ski/Snowboard Team
Subjects	Drama 7, Drama 8, and Drama 9
About	Mrs. McDonald has been teaching at VC for 8 years. She holds her B.A. Honours and Masters degree in Drama in Education. Mrs. McDonald has been performing since she was 6 years old and teaching since she was 17 years old. She is the proud mom of a toddler named James. 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

Teachers



Name	Dr. M. Milosevic
Subjects	Band 7, Band 8, and Middle School Concert Band
About	Dr. Milosovic has been with Vancouver College for 9 years. He completed his Ph.D. at the University of British Columbia and has played in many internationally recognized ensembles. He currently serves as 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 & 8 but for the rest of your time at VC.
Contact	mmilosevic@mail.vc.bc.ca



Name	Mr. L. Olson - Golf Team
Subject	Middle School Jazz Ensemble
About	Mr. Olson has been with Vancouver College for 28 years. He has obtained both a Bachelors and Masters degree 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 with has three daughters and enjoys golf club making, auto mechanics, and gardening.
Contact	lolson@mail.vc.bc.ca



Name	Mrs. E. Redden - Yearbook Club
Subject	Senior Art
About	Mrs. Redden has been with Vancouver College for 5 years. She majored in photography, but loves to draw and paint as well. She has two sons 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



Name	Mr. M. Roselli - Wrestling Team
Subjects	Middle & Senior PE, and Wrestling Team coach
About	Mr. Roselli studied education at SFU while being on the Wrestling team and won the 1991 National Greco-Roman championship in the heavyweight division. Wrestling has been a life long passion and he spent ten years as a professional wrestler in WWE, NWA, and All Japan Wrestling. He has spent 10 years as a stuntman in the film industry working 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
Subjects	Information Technology 7, 8, and 9
About	Mr. Scrubb has been with Vancouver College for 12 years. He is the Varsity Basketball Head 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. R. Shams - Basketball
Subjects	Socials 9, English 9, Study Skills 8
About	Mr. Shams is a graduate from VC ('08) and has completed his third 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 you do some sort of extracurricular 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 French 9
About	Mr. Small has been teaching at Vancouver College for 13 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

**“Be the change
that you wish to see in the world.”**

Mahatma Gandhi



Name	Mr. C. Wong - Ultimate, Lacrosse
Subject	Science 9
About	Welcome to VC. I'll likely be your Grade 9 Science Teacher (if you're lucky). We'll learn about DNA, Chemistry, Electricity, and Ecology together. I'm a VC grad and have been teaching here since 2013. I help out with the Lacrosse, Ski and Snowboard and Ultimate programs so come find me if you're interested in participating. I love learning things and I love bicycles and that's all you need to know about me.
Helpful Hint	Ride a bicycle. You'll get plenty of exercise, freedom, and save money on bus fare. Trust me, it'll be the best thing you ever started doing.
Contact	cwong@mail.vc.bc.ca



Name	Mr. G. Van Dyk - Pro-Life Club, Middle School Choir
Subjects	Religion 8, Art 8, Art 9, and English 9
About	This is Mr. Van Dyk's third year at Vancouver College and he loves being part of this school community. Originally from Victoria, he received his B.A. in English and History and a B.Ed. from the University of Victoria. Mr. Van Dyk also holds a Certificate in Leadership in the New Evangelization from St. Paul's University in Ottawa and is passionate about sharing the joy of our Catholic faith. He was married in August 2015. When not in the classroom, he enjoys hiking, playing squash, jamming on the piano, and reading a good book.
Helpful Hint	Work hard; play hard!
Contact	gvandyk@mail.vc.bc.ca



Name	Mr. B. Haig - Football
Subjects	Humanities
About	Mr. Haig hails from Vancouver where he graduated from Vancouver College in 2007. While at VC he was involved with the football and wrestling teams and then continued his studies and football career on the frozen tundra of the University of Saskatchewan where he earned a B.A. in History and played offensive line for the Huskies. In 2013/14, he returned to VC to help coach offensive line for the Varsity Football team. He then returned to the University of Saskatchewan to continue his studies and earned a B.Ed in 2017. Outside the classroom, Mr. Haig is a long suffering Cleveland Browns fan.
Helpful Hint	Vancouver College is what you make of it. Create memories by trying a new sport, club, or activity.
Contact	bhaig@mail.vc.bc.ca

Student Services



Name	Mr. G. Accili
Subjects	Academic & Post-Secondary Counsellor
About	Mr. Accili has been at Vancouver College for 32 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 11 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

Library



Name	Mr. R. Duggan - 3D Club, Readers are Leaders, Model UN Club, Book Club
Subjects	Middle School Library
About	Mr. Duggan has been with Vancouver College for 18 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

The Learning Centre



The goal of Vancouver College's 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 as an Educational Assistant in the Learning Centre for the past 7 years. In 2015 she obtained a B.Ed. from SFU and also holds a B.A.Psyc from UBC. Ms. Cruz is excited to take on the Learning Resource Teaching position and feels her experience working as an EA has helped her to better understand the needs of the students served in TLC. Ms. Cruz has 2 sons who currently attend Vancouver College and is the Head Coach for the Grade 8 Basketball team along with coordinating the Flag Football program for the Elementary School.
Helpful hint	Effort is everything!
Contact	tcruz@mail.vc.bc.ca



Niamh Ferguson
Educational Assistant



Nina Greaves
Educational Assistant



Sally McCandless
Educational Assistant



Donna Trasolini
Administrative Assistant

Support Staff



Name	Mrs. K. Plant
Title	Office Coordinator
About	Mrs. Plant has been with Vancouver College for 27 years. She has recently taken up paddling in an outrigger canoe. She has 4 grandchildren: Breanne, Quinton, Aimee, and Rayana. Mrs. Plant is also a proud great-grandma to Parker. She is the "mother" to all of Vancouver College students and staff!
Come see me when	You have any questions regarding scheduling, where you should be or if you need to call home for any reason.
Contact	kplant@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	Mrs. B. Bastien
Title	Administrative Assistant
About	You can find Mrs. Bastien in the Middle/Senior school office, usually telling the boys not to forget to wear their ties! She enjoys working at Vancouver College, and admits it is a bit of a nice change for her, since she has three beautiful daughters of her own, but no boys at home. Mrs. Bastien loves theatre and she secretly wanted to be a stage actress. Her favourite thing in the world is hanging out with her family and listening to her favourite bands. She also enjoys watching soccer and playing Trivia games. She is thrilled to be at VC and looks forward to seeing you all in the hallway. - Smile!
Helpful Hint	"It is our choices...that show what we truly are, far more than our abilities." - Albus Dumbledore
Contact	rbastien@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) or TLC 7 (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/ Study Skills 8 or Band 8 (3 full terms) or TLC 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		Wednesday		Thursday		Friday	
Time	Period	Time	Period	Time	Period	Time	Period	Time	Period
8:30 - 9:35	A	8:30 - 9:35	F	8:00 - 9:15	Meeting	8:30 - 9:25	G	8:30 - 9:35	D
9:40 - 10:45	B	9:40 - 10:45	G	9:30 - 10:40	C	9:30 - 10:30	H	9:40 - 10:45	E
10:45 - 11:00	Break	10:45 - 11:00	Break	10:40 - 10:55	Break	10:30 - 10:45	Break	10:45 - 11:00	Break
11:00 - 12:05	C	11:00 - 11:15	Advisory	10:55 - 12:00	D	10:45 - 11:10	Advisory	11:00 - 12:05	F
12:05 - 12:45	Lunch	11:20 - 12:15	H	12:00 - 12:45	Lunch	11:15 - 12:15	A	12:05 - 12:45	Lunch
12:45 - 1:50	D	12:15 - 12:55	Lunch	12:45 - 1:50	E	12:15 - 12:55	Lunch	12:45 - 1:50	G
1:55 - 3:00	E	12:55 - 1:55	A	1:55 - 3:00	F	12:55 - 1:55	B	1:55 - 3:00	H
		2:00 - 3:00	B			2:00 - 3:00	C		

A Typical School Day

Start of the day is at 8:30 am
 Break for 15 minutes (from 10:45 - 11:00)
 Lunch for 40 minutes (from 12:05 - 12:45)
 End the day at 3:00 pm

Your blocks are 65 minutes in length
 Dismissal is at 3:00 pm every day



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. Planta	November - March
Book Club	Mr. Duggan	All year
Cross Country Team	Mr. Sommerfeld	September - November
Debate Club	TBA	All year
Environment Club	Mr. Lui	All year
Flag Football Club	Ms. Cruz	April - May
Model UN Club	Mr. Duggan	All year
Middle School Student Council	Mr. Kozikowski	All Year
Peer Tutoring Club	TBA	All year
Readers re 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	Mrs. McDonald	September - March
VC Tech Theatre Club	Mrs. McDonald	October - March
Volleyball Team	Mrs. Beynon	September - November
Wrestling Team	Mr. Roselli	November - March
Yoga Club	Mrs. Greaves	All year

How Do I Get Involved?



Grade 8 Sports and Clubs

Activity	Moderator	Months
Anime Club	Mr. Sommerfeld	All Year
Badminton	TBA	April - June
Basketball Team	Mr. Luciani and Ms. Cruz	November - March
Book Club	Mr. Duggan	All year
Card Club	TBA	All year
Chess Club	Mr. Kozikowski	All Year
Cross Country Team	Mr. Sommerfeld	September - November
Debate Club	TBA	All year
Environment Club	Mr. Lui	All year
Field Lacrosse	Mr. Esaw	November - March
Flag Football Club	Ms. Cruz	April - May
Football Team	Mr. Legge/Mr. Esaw	September - November
Golf	Mr. Olson	March - May
Middle School Student Council	Mr. Kozikowski	All year
Model UN Club	Mr. Duggan	All year
Peer Tutoring Club	TBA	All year
Readers are Leaders	Mr. Duggan	All year
Rowing	Mr. Knorr	September - June
Ski/Snowboard Team	Ms. McDonald/Mr. Wong	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	Mrs. McDonald	September - March
VC Tech Theatre Club	Mrs. McDonald	October - March
Wrestling Team	Mr. Roselli	November - March
Yearbook Club	Ms. Redden	All year
Yoga Club	Mrs. Greaves	All year



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 on the 2nd floor of the Main building.

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. Bastien or Mr. Kozikowski.

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.

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

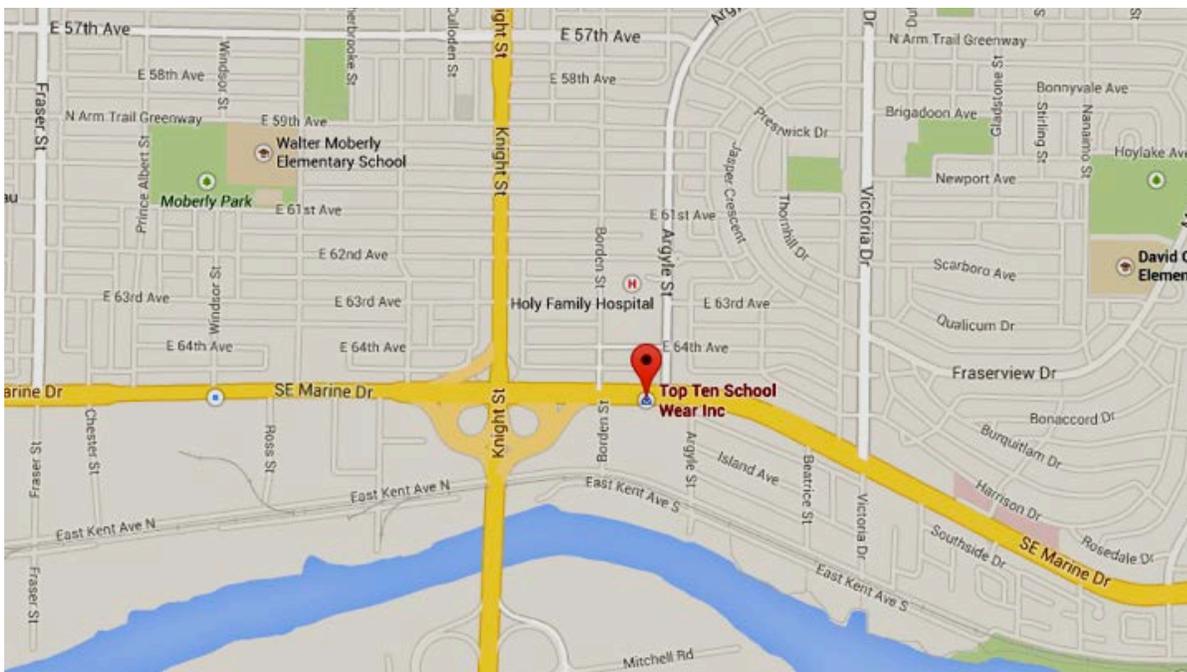
If a student appears in class or in the hallways and common areas out of Dress Code, teachers will make every effort to insure the student is compliant with the Code (i.e.: remove outer garments, tuck in shirt, draw tie to the neck). If a student remains non-compliant (i.e.: no tie, running shoes) he 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



How to Tie Your Tie



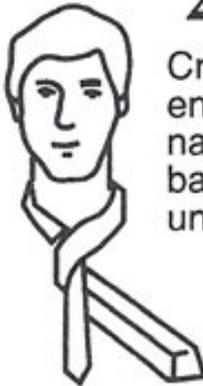
The Four-In-Hand Knot

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.

(www.mrmac.com)

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
- 3 inch binder (heavy duty)
(may need several depending on your son)
- 130 cm ruler
- 1 pair of scissors
- 1 glue stick (optional)
- 1 pack pencil crayons
(may have felts as well, but not instead of pencil crayons)
- 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)

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.**



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)



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

Materials needed

1. 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 "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).
5. Any teacher notes (photocopied) should be hole-punched and put in place appropriately in the binder.



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. For more information check out [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 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 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 their 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 to a friend. Part of being a friend is being prepared to make sacrifices of your time and energy in order to help out your friends. If a friend needs help with an unpleasant chore, or if he or she just needs support, <i>be there</i> .
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.

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.