

VANCOUVER COLLEGE

MIDDLE SCHOOL SURVIVAL GUIDE



MAY 2021



Middle School Survival Guide

A Handbook for Transitioning into Grade 7 and 8

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~ Edmund Rice Prayer ~

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

Welcome to Vancouver College!



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

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

Vancouver College is committed to caring for each individual student and this begins with believing in the "soul" potential of all of our boys. We understand that at the heart of educating young men is the relationship each student has with his teacher. Michael Reichert and Richard Hawley, two renowned researchers in the field of education, argue that having an engaging and supportive relationship with a teacher is a requirement for all boys. They see it as, "if I don't believe in you, why should I believe in (or care about) what you say about biology or French class?" One message that I will continually emphasize with our faculty is relationships are the 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 really knows them. It is my goal that Vancouver College will offer a safe space for our students to feel valued, heard, and ultimately inspired. It is in this type of relationship that each and every one of them will learn to thrive socially-emotionally, spiritually, and academically. This was Blessed Edmund Rice's vision.

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

Semper Fidelis,

Mr. John-Paul Cavalluzzo

Vancouver College Code Of Conduct



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

**Edmund Rice
August 10, 1806**

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

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

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

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

Has the responsibility to participate in creating and maintaining a safe, positive faith and learning environment.

Has a right to be emotionally and physically safe while at school, while going to and from school, and while attending any school function.

Has a right to know that his personal belongings are safe and will not be interfered with.

Is expected to proclaim gospel values which affirm the dignity of all persons and promotes the achievement of peace in our community.

Has a right to expect that all in the community will participate in creating a safe, positive faith and learning community.



Mr. Daryl Weaver	Principal
About	Mr. Weaver has been at VC for 5 years and took on the role of Principal in September 2020. During his time here he has earned recognition as an innovative educational leader with a proven track record in program development. In addition he has been instrumental in creating new educational initiatives, connecting VC with worldwide partner schools and encouraging student leadership through service opportunities. His relationships with faculty and students are rooted within the charism of Blessed Edmund Rice and his belief that "our boys need to find Christ in the person next to them." After graduating from St. Thomas More, Mr. Weaver earned his BSc and BEd at UBC, his MEd at Deakin University in Australia and sought out additional educational opportunities at York and Queen's Universities. His educational experience has taken him from Central Africa, to Hong Kong and of course Canada. He is a proud father of a son studying Computer Engineering at UBC and a daughter at LFA. He and his family are active members of St. Mary's Parish in Vancouver.
Helpful Hint	Focus on helping others if you really want to help yourself.
Contact	dweaver@mail.vc.bc.ca



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

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

Charles R. Swindoll



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

WE BELIEVE

IN THE SOUL POTENTIAL OF EVERY STUDENT

WE CARE

ABOUT EACH STUDENT

WE WANT

ALL STUDENTS TO BE RESPONSIBLE AND INSPIRED TO LEARN

WE KNOW

THE IMPORTANCE OF STUDENT CENTERED LEARNING
IN COMBINATION
WITH HIGH EXPECTATION



Teachers



Name	Mrs. C. Accili - Math Department Chair
Subject	Math 9
About	Mrs. Accili has been at Vancouver College for 24 years. She has 4 children: a son (VC'17) studying Kinesiology at Langara, a daughter (LFA'19) at UBC, and twin daughters in grade 12 at LFA. Mrs. Accili loves her Starbucks coffee!
Helpful Hint	Think before you speak!
Contact	caccili@mail.vc.bc.ca



Name	Mr. M. Addison - Grade 8 Homeroom and Head of Rowing Program
Subjects	Religion 8 and English 8
About	Mr. Addison (VC'10) is one of our Middle School Humanities teachers. He did his undergraduate and graduate education at Western University, while also competing on the Varsity Rowing and Baseball teams. After working in marketing for two years, he continued with his schooling and received his Bachelor of Education from UBC. Mr. Addison is the Head Coach of the rowing team and also enjoys coaching and playing hockey in the community. He loves being able to contribute to VC's faith and learning community.
Helpful Hint	Get involved in something at the school! Part of what makes this school so special is the community that it creates. I guarantee that you will get so much more out of your time at VC if you make yourself a part of the community here.
Contact	maddison@mail.vc.bc.ca



Name	Ms. E. Ashcroft - Music Department Chair
Subjects	Band 7, Band 8, Band 9 and MS Jazz Ensemble
About	Ms. Ashcroft began teaching in 2010 and is amazed at how quickly the years go by. She grew up in Manitoba and taught in Alberta prior to moving to the Okanagan and now to Vancouver. She feels very fortunate to have had several extremely talented band directors who continue to inspire her as well as the students she teaches. She was the recipient of the Alberta Band Association's, <i>Keith Mann Young Band Director</i> Provincial Award in 2015. She loves to travel and enjoys water sports. As a child, her parents first introduced her to the 1963 album "Surfer Girl" by the Beach Boys. Attending Band festivals with her students throughout the year is a favourite activity and she is hoping to get back to that in the fall.
Helpful Hint	"To play a wrong note is insignificant; to play without passion is inexcusable." Ludwig von Beethoven
Contact	eashcroft@mail.vc.bc.ca

Teachers



Name	Ms. K. Ayotte - Grade 8 Homeroom
Subjects	Math 8 and Science 8, Science 9
About	Ms. Ayotte is excited to be joining the staff at Vancouver College and will be teaching Math and Science. Prior to VC, Ms. Ayotte was teaching at Crofton House School, working with students in Learning Strategies and teaching Senior Mathematics. When not teaching, she can be found on the ski hill, the many running trails around Vancouver and the yoga studio.
Helpful Hint	Advice for new students would be to get involved in the Vancouver College Community as much as you can. Don't be afraid to take risks and make mistakes, as they are a part of life and how we learn.
Contact	kayotte@mail.vc.bc.ca



Name	Mr. T. Bernett - Grade 9 Homeroom and Head of Football Program
Subjects	Socials 9 and Religion 9
About	Mr. Bernett has been at Vancouver College for 22 years and is the Head Coach of the Varsity Football team. He is married and has 2 children: Mya and Keon (VC '25). When not on the football field Mr. Bernett is focused on family.
Helpful Hint	Slow down and hold the doors!
Contact	tbernett@mail.vc.bc.ca



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 38 years and coaches the senior tennis team. He is crazy about fly-fishing and is a 12 year man from Vancouver College.
Helpful Hint	Most important thing is to be organized! Follow the binder system and you will be successful!
Contact	hbudai@mail.vc.bc.ca



Name	Ms. S. Cotterall
Subject	Art 7
About	Mrs. Cotterall is no stranger to change and being new to a school. Growing up, she lived in 5 different countries and knows what it's like to be the new kid in the school. Mrs. Cotterall is the middle school grade 7 art teacher and the senior school Spanish teacher. She has a MEd, BEd and a BFA in visual arts from UBC. She is married and has 3 sons. During her free time she creates artwork but now she has no more room on her walls so she dedicates her time to illustrating her novel for which she writes a new chapter every summer. Mrs. Cotterall recently completed a series of paintings of the Cristian Brothers' Essential Elements which can be viewed on the VC website.
Helpful Hint	Develop solid consistent work habits and you will excel.
Contact	scotterall@mail.vc.bc.ca

Teachers



Name	Mr. C. Frehlich
Subjects	Robotics 8 and 9
About	Mr. Frehlich has been teaching Design/Technology and Science for over 27 years. He is an author, podcaster and passionate enthusiast of immersive technology. Through his experiences growing up and teaching in Catholic schools, Craig believes that critical analysis of the power that technology might yield in our daily lives is essential. When used effectively, these tools can spark awe, wonder and leverage powerful engagements that support lifelong learning. Craig is looking forward to helping Vancouver College students innovate and adapt to an ever-changing world.
Helpful Hint	Every challenge or problem has a solution. When faced with difficult set-backs, one should take pause and reflect in order to see the difficulties from a fresh new perspective.
Contact	cfrehlich@mail.vc.bc.ca



Name	Mr. R. Kozikowski - Grade 8 Level Coordinator and Grade 8 Hoeroom
Subject	PE 8
About	Mr. Kozikowski has been with Vancouver College for 20 years . He is married and has two beautiful children. He loves to fish, read, and partake in extracurricular activities such as athletics and chess.
Helpful Hint	Life is a road filled with many obstacles and adverse situations. Take it one step at a time and sometimes it's easier to go around than to go through.
Contact	rkozikowski@mail.vc.bc.ca

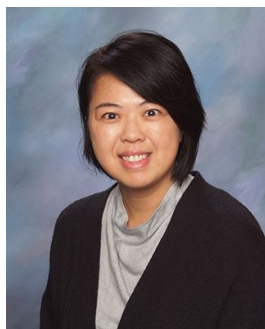


Name	Mr. P. Legge - Career Education Coordinator and Retreat Coordinator
Subject	Art 8
About	Mr. Legge has been with Vancouver College for 9 years . He is an avid sports fan and participant, enjoys coaching and is interested in technology education. He has a loving and supportive family including his wife, 2 sons (VC '15 and '17) and a daughter. He insists that students think outside the box while taking risks through honest and productive collaboration with peers.
Helpful Hint	Start where you are. Use what you have. Do what you can. And remember every person you meet knows something that you don't - so learn from them.
Contact	plegge@mail.vc.bc.ca

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

Mahatma Gandhi

Teachers



Name	Ms. F. Li - Grade 9 Homeroom
Subjects	<i>Math 8, Math Accelerated 8 and Math 9</i>
About	Ms. Li has been with Vancouver College for 17 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	Ms. P. Ludlow - Grade 8 Homeroom
Subjects	<i>Science 8 and IT 7</i>
About	Ms. Ludlow has been at Vancouver College for almost 2 years. I am originally from County Meath in Ireland. I graduated from St. Angelas College, Sligo with a double major in Education and Biology. I love teaching at Vancouver College because no matter how far away from home I am, and how much I miss my family, VC feels like its own little family with a strong sense of community. I feel blessed to be a part of the VC community. I am an avid skier and I recently got back into running. My goal for 2021 is to run a half marathon by November. I am also a huge foodie who is always looking for new renditions on dishes or places to eat. I would describe myself as a fair teacher who believes that hard work and effort pay off.
Helpful Hint	If you work hard for me and try your best, I will always return the favour.
Contact	pludlow@mail.vc.bc.ca



Name	Mr. S. Lum-tong
Subject	<i>PHE 8</i>
About	Mr. Lum-Tong (VC'11) is in his first year of teaching at Vancouver College. He completed his undergraduate and master's degrees in Kinesiology and High-Performance Coaching at UBC. During his time there, he worked as a Sport Performance and Strength Conditioning Coach for Varsity Athletics where he worked with a variety of teams, mainly Football, but also Men's and Women's Basketball and Volleyball. Mr. Lum-Tong has also coached grade 9 basketball for the past four years at VC and enjoys working out and playing sports in his spare time.
Helpful Hint	Don't have regrets after your time at Vancouver College! Take advantage of the numbers of opportunities here, especially with something you are passionate about. The VC community is one of a kind and some of my best and longest-lasting friendships were made when I was a student here.
Contact	slum-tong@mail.vc.bc.ca

"One thing you can be sure of: that whilst you work for God, whether you succeed or not, he will amply reward you."

Edmund Rice to Bolger Bryan, 1810.

Teachers



Name	Ms. N. McDonald - Head of Dramatic Arts, Director of VC Musical/Play, Head of Ski/Snowboard Team
Subjects	<i>Theatre 7, Theatre 8 and Theatre 9</i>
About	Ms. McDonald has been teaching at VC for 12 years . She holds her BA Honours and Masters degree in Drama in Education, has been performing since she was 6 years old and teaching since she was 17 years old. She is the proud mom of a son named James (VC'31). 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 in no time!
Helpful Hint	Get involved- try new things and be respectful!
Contact	nmcdonald@mail.vc.bc.ca



Name	Mr. E. O'Donnell - Grade 9 Homeroom
Subjects	<i>IT 8, IT 9, English 9</i>
About	Mr. O'Donnell is originally from Oshawa, Ontario and has been at Vancouver College for one year . 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 six years ago and has come to love Vancouver and considers it home. He began his teaching career at Madrona School Society followed 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 foodie, 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@mail.vc.bc.ca



Name	Mr. L. Olson
Subjects	<i>Band 9 and Middle School Jazz Ensemble</i>
About	Mr. Olson has been with Vancouver College for 32 years . He has obtained both Bachelors and Masters degrees in music from UBC. Prior to VC, he taught at the University of Saskatchewan and had his own career as a musician. He is married and has three daughters, and enjoys golf club making, auto mechanics, and gardening.
Contact	lolson@mail.vc.bc.ca

I can do all things through Him who strengthens me.

Philippians 4:13

Teachers



Name	Mrs. S. Parker - Grade 8 Homeroom
Subjects	Religion 8 and Socials 8
About	Mrs. Parker has been with Vancouver College for 12 years . She graduated from SFU with a Bachelor of Arts in History and Psychology and a Bachelor of Education, focusing on Curriculum and Development. Mrs. Parker received her Masters of Education Technology from UBC and has a strong passion for creative and engaging learning. Her love of running and fitness led her to coach Track and Field and Cross Country. Mrs. Parker and her husband, Matthew, are the proud parents of Chase (VC'33) and Callum (VC'36).
Helpful Hint	In a world where you can be anything, be kind.
Contact	sparker@mail.vc.bc.ca



Name	Mr. JP Planta - Grade 7 Homeroom
Subjects	Science 7, Math 7, PE 7
About	Mr. Planta is a graduate of Vancouver College (VC'97) and is in his 13th year of teaching at VC. Mr. Planta received his B.Ed at UBC and has also been a grade 4 and grade 6 teacher at VC. He and his wife, Cheryl have two sons, Jaxson (9) and Jace (6).
Helpful Hint	Invest your energy in the things you can control.
Contact	jplanta@mail.vc.bc.ca



Name	Mr. C. Povey - Grade 9 Homeroom
Subject	Photography 9 and Science 9
About	Mr. Povey moved to Vancouver from the UK in January of 2019 and is in his 3rd year teaching at VC. He has a BSc in Biology from the University of Nottingham and a teaching degree from Kingston University. Mr. Povey moved to Canada to spend more time outdoors in amazing places hiking and taking photos. He enjoys keeping fit and pushing himself in the gym.
Helpful Hint	I will always put in extra time for those students who go above and beyond in my classes or the wider VC community.
Contact	cpovey@mail.vc.bc.ca

*"Be more concerned with your character than your reputation,
because your character is what you really are, while your reputation is
merely what others think you are."*

John Wooden, NCAA Hall of Fame Basketball Coach

Teachers



Name	Mrs. M. Rapier - Languages Department Chair
Subjects	<i>French 9, French 10 Accelerated</i>
About	Mrs. Rapier (BA/BEd) has been teaching at VC for 11 years first in Elementary French then Senior School Religion, Social Studies and French. She is currently finishing a Graduate Diploma in Theological Studies. Mrs. Rapier loves to travel and experience different languages and cultures. She is passionate about swimming and looks forward to meeting you if you are interested in the Swim Club! Mrs. Rapier is the moderator of the Reverence for Life Club and is active in the Senior School retreat program. Outside of school, Mrs. Rapier can usually be found near the water. She is the mother of three adventurous daughters who always seem to get her involved in their various outdoor endeavours.
Helpful Hint	VC has something for everybody. Find "your thing" and get involved. You will not regret it.
Contact	mrapi@mail.vc.bc.ca



Name	Ms. A. Reese - Visual Art Department Chair
Subject	<i>Art 9</i>
About	Ms. Reese has been teaching at VC for 2 years and is a graduate of Trinity Western University (Art & Design, Linguistics) and UBC (BEd). Her goal in teaching is to have every student feel comfortable in the art room and that their willingness to try new things would expand in art. When not teaching art, Ms. Reese loves sewing, running, and being outdoors.
Helpful Hint	Take as many different courses in school as you can - you never know what you might connect with!
Contact:	areese@mail.vc.bc.ca



Name	Mr. V. Ricci - Grade 8 Homeroom and Head of Lacrosse Program
Subjects	<i>English 8, IT 7, Socials 8</i>
About	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 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 not only coaches youth community teams, but he 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:	vr Ricci@mail.vc.bc.ca

Teachers



Name	Mr. M. Roselli - Head of Wrestling Program
Subjects	PE 8 and 9
About	Mr. Roselli studied education at SFU while competing with their Wrestling team. Wrestling has been a life long passion for Mr. Roselli. His accolades include winning the 1991 National Greco-Roman championship in the heavyweight division, spending ten years as a professional wrestler in WWE, NWA and All Japan Wrestling, and working as a stunt man on over 60 films and television shows in Vancouver, Toronto and L.A. 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. R. Shams - Grade 9 Homeroom and Head of Soccer Program
Subjects	English 9, Socials 9 and Religion 9
About	Mr. Shams is a graduate from VC ('08) who has just completed his sixth year working at the school. His interests including coaching, being outdoors, reading and playing a variety sports.
Helpful Hint	My advice to students coming into Middle School at VC is to make sure they do some sort of extra curricular activity. It will help to create relationships that could last a life time!
Contact	rshams@mail.vc.bc.ca



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

Leave Here
AS A BETTER MAN...



Teachers



Name	Mr. C. Trentadue - Grade 9 Level Coordinator and Grade 9 Homeroom Teacher
Subjects	English 9 and Religion 9
About	Mr. Trentadue has spent the past three years teaching Middle School Humanities at Vancouver College. In his time at VC, he has passionately devoted his time to the Athletics Programs, becoming the Head Coach of the JV Football Team, and the Strength & Conditioning Coordinator for the Fighting Irish Wrestling team. Mr. Trentadue is also involved in Campus Ministry as he assisted in the direction of Encounter 86. Originally from Toronto, Mr. Trentadue spent three years teaching at St. Michael's College School, an all-boys Catholic high school and his <i>alma mater</i> prior to working at Vancouver College. An avid traveller, Mr. Trentadue often spends his summer teaching abroad in South America.
Helpful hint	"If we were meant to speak more than we listen, God would have given us two mouths."
Contact	ctrentadue@mail.vc.bc.ca



Name	Mr. B. Wicken
Subjects	French 8 and French 9
About	Mr. Wicken is originally from Victoria and then grew up in BC's interior. He attended UBC where he earned a BSF and also a BA in French Language and Literature. He taught at Collingwood School for many years and then at St. Patrick's Elementary School prior to coming to VC in 2020. He enjoys many outdoor activities including hiking, biking, and kayaking. He loves reading and travelling along with learning about other cultures.
Helpful Hint	I value the Golden Rule - Do unto others as you would have them do to you.
Contact	bwicken@mail.vc.bc.ca

Library



Name	Mr. R. Duggan - Librarian and Model UN
Subjects	Digital Arts 8 and Middle School Library
About	Mr. Duggan has been with Vancouver College for 22 years . He has two wonderful children, Samantha and Ky, and loves to sail, cycle, and climb mountains. Recently he has enjoyed spending time with his new grandchild.
Helpful Hint	Life is too short to read a boring book - if you don't like it after 50 pages, bring it back and get a new one. There is a book out there that you are going to love - you just need to find it!
Contact	rduggan@mail.vc.bc.ca

Student Services



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

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



Name	Mr. G. Accili
Subjects	Academic & Post-Secondary Counsellor
About	Mr. Accili has been at Vancouver College for 36 years . He has 4 children - 3 daughters and a son (Chris VC'18). 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	Mr. A. Huang
Subjects	Director of Wellness
About	Mr. Huang is a Registered Clinical Counsellor currently finishing his PhD in Counselling Psychology. Some interesting facts about Mr. Huang: One: 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). Two: 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. Three: 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 Four: He is a former 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@mail.vc.bc.ca



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

The Learning Centre



The goal of The Learning Centre is to provide a supportive, individualized learning environment for students with unique learning styles in accordance to the school's Special Education Policy. We celebrate the value and dignity of each person and nurture the development of the whole person.



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



Name	Ms. T. Cruz
Subjects	Learning Resource Teacher
About	Ms. Cruz has worked at Vancouver College in the Learning Centre for the past 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 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@mail.vc.bc.ca



Nina Greaves
Educational Assistant



Jordan Lee
Educational Assistant



Sue Mete
Educational Assistant



Sally McCandless
Educational Assistant

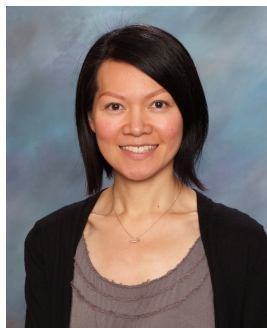


Patricia Silva
Educational Assistant

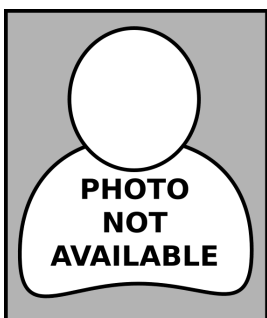


Donna Trasolini
Administrative Assistant

Support Staff



Name	Ms. L. Yu
Title	Office Coordinator
About	This is Mrs. Yu's fourth year at Vancouver College and she is most excited to begin meeting all of the new students. She and her husband, Douglas (VC'98) are the proud parents of Dylan, age 5 and Leah, age 2. Ms. Yu is a former florist who enjoys nature walks, spending time with her family and gardening.
Come see me when	You need help with anything!. I am always here for you!
Contact	lyu@mail.vc.bc.ca



Name	Mrs. F. George
Title	Database Administrator
About	Mrs. George has been with Vancouver College for 30 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 text books.
Contact	fgeorge@mail.vc.bc.ca



Name	Ms. A. Deutsch
Title	Administrative Assistant
About	Ms. Deutsch has been at Vancouver College for 7 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@mail.vc.bc.ca



Chris Buckland
Cafeteria Support



Rick Gazzola
Maintenance



Layla Flores
Custodian



Robert Flores
Custodian



Johannes Oberlichler
Cafeteria Director



Susan Kilpatrick
Cafeteria Support



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/IT 7/Theatre 7 (1 term each) or Band (a minimum of 2 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	Choice of: Art 8/IT 8/Entrepreneurship 8 or Digital Arts 8/Robotics 8/Theatre 8 or Band 8 (a minimum of 2 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?



Middle and Senior School

Mon, Tues, Thurs, & Fri		
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	Advisory	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		
9:30 - 10:30	Block 1	60 min
10:30-10:35	Transition	5 min
10:35 - 11:10	Advisory	35 min
11:10 - 11:15	Transition	5 min
11:15 - 12:15	Block 2	60 min
12:15 - 12:20	Transition	5 min
12:20 - 1:20	Block 3	60 min
1:20 - 1:50	Lunch	30 min
1:50 - 2:50	Block 4	60 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



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.

How Do I Get Involved?



Grade 7 Sports and Clubs

Activity	Teacher	Months
Basketball Team	Mr. Lam	November - March
Book Club	Mr. Duggan	All year
Chess Club	Mr. Kozikowski	All Year
Cross Country Team	Ms. Ayotte	September - November
Debate Club	Mr. Duggan	All year
Dungeons and Dragons Club	Mr. Povey	All year
Environment Club	Ms. Ludlow	All year
Flag Football Club	Mr. Kozikowski	April - May
Junior Edmundians	Ms. Stewart	All year
Model UN Club	Mr. Duggan	All year
Middle School Student Council	Mr. Kozikowski	All Year
Peer Tutoring Club	Ms. Silva	All year
Readers are Leaders	Mr. Duggan	All year
Robotics Club	Mr. Frehlich	TBA
Track Team	Mrs. Parker/Mr. Sommerfeld	March - June
VC Musical/Play	Ms. McDonald	September - March
VC Tech Theatre Club	Ms. McDonald	October - March
Volleyball Team	Ms. Alexandropoulos	September - November
Wrestling Team	Mr. Roselli	November - March
Yoga Club	Mrs. Greaves	All year

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

Ken Griffey Jr.

How Do I Get Involved?



Grade 8 and 9 Sports and Clubs

Activity	Moderator	Months
Anime Club	Mr. Sommerfeld	All Year
Badminton	Mr. Wicken	April - June
Basketball Team	Mr. Salehi and Mr. Shams	November - March
Book Club	Mr. Duggan	All year
Chess and Games Club	Mr. Kozikowski	All year
Cross Country Team	Mr. Sommerfeld	September - November
Debate Club	Mr. Duggan	All year
Environment Club	Ms. Ludlow	All year
Field Lacrosse	Mr. Esaw	November - March
Flag Football Club	Ms. Cruz	April - May
Football Team	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	Ms. Silva	All year
Readers are Leaders	Mr. Duggan	All year
Robotics Club	Mr. Frehlich	All year
Rowing	Mr. Addison	September - June
Ski/Snowboard Team	Ms. McDonald	November - February
Tennis Team	Mr. Budai	March - May
3D Club	Mr. Duggan	All Year
Track Team	Mr. Sommerfeld	March - June
VC Musical/Play	Ms. McDonald	September - March
VC Tech Theatre Club	Ms. McDonald	October - March
Wrestling Team	Mr. Roselli	November - March
Yearbook Club	Ms. Reese	All year
Yoga Club	Mrs. Greaves	All year

Dress Code



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

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

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

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

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

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

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

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

Optional Summer Dress Code for Grades 7 – 12

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

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

Grooming



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

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

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

Violations of Dress Code and Grooming Policy

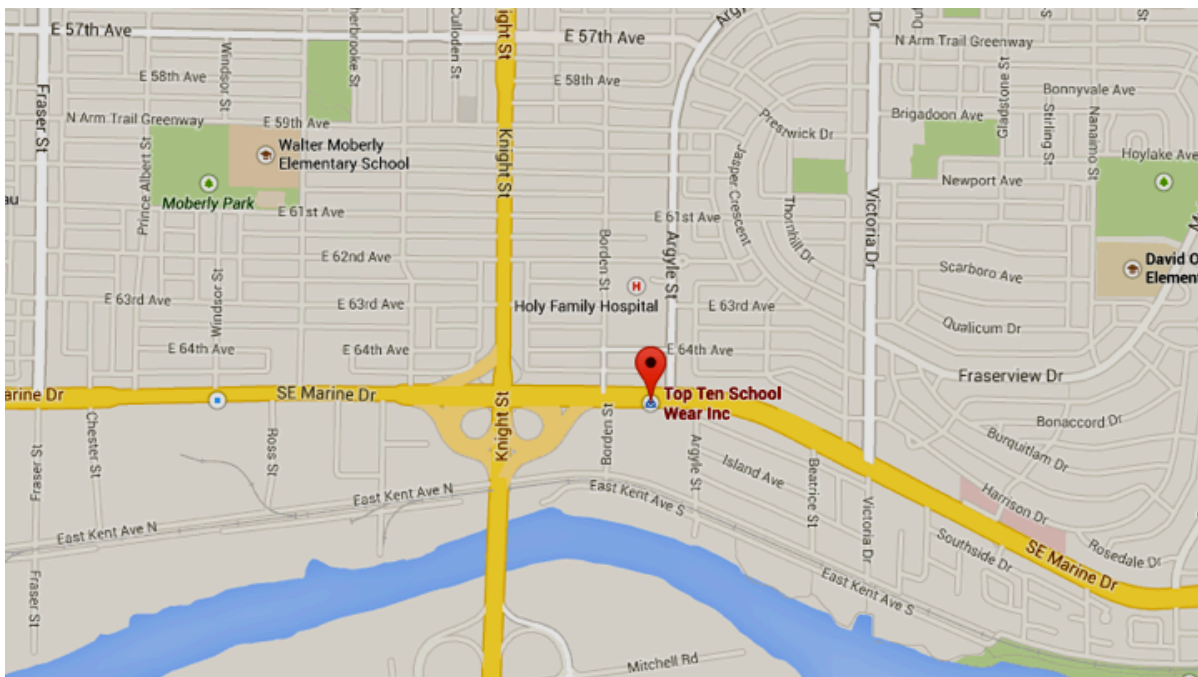
If a student appears in class or in the hallways and common areas out of Dress Code, teachers will make every effort to ensure the student is compliant with the Code (i.e.: remove outer garments, tuck in shirt, draw tie to the neck). If a student remains non-compliant (i.e.: no tie, running shoes) he 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 in to 2 homerooms: 7-1 and 7-2.
- Grade 8 is divided in to 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 two days of school will focus on orientation. 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. In addition, a Grade 9 student will help you set it up during orientation week in September.

How do I get my supplies and textbooks?

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

How do I find out where my locker is?

- On the first day of school, your 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 Ms. Deutsch or Mr. Cavalluzzo.

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?

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



The Four-In-Hand Knot

Your Mirror Image



1

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



2

Cross wide end over narrow, and back underneath.



3

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



4

Pass wide end up through loop.



5

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



6

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

Appendix iii: Help to Get Organized



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

Materials needed

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

Organization

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

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

Some Advantages

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

Appendix iv: Tips on being a friend



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

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






Appendix v: How do I Open a combination lock?

WATCH

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



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

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

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

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

Appendix vi: Middle School Supplies



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

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

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

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

Students must have 2 locks both purchased from Vancouver College:

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

Appendix vii: Why the Binder System?



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

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

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

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

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

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

