



## Communication from False Creek School and PAC to Parents, Students, and Staff

- There is **no school** for students on **Monday, February 19th**. It is a Professional Day.
- There will be a **Lockdown Drill** for staff and students on Monday, Feb. 26 at 2:15pm. It is recommended that parents do not enter the school at that time (until after 2:45).
- The **Kindergarten / Choice draw** results will be sent to schools on Tuesday, February 20th. Schools will be notifying families of Kindergarten applicants of these results on February 20th, as well.
- Please see the following flyer for the **upcoming parenting/ caregiver workshops** being offered by our SACY program staff which are geared towards parents of grade 6/7's. There are 3 opportunities for parents to attend before the end of the 2018-2018 school year –

February 20 at King George

March 13 at Vancouver Technical

May 24 at Lord Byng

Parents can attend at any of the secondary schools, even if their child will not be enrolled there.

“Building Bridges with your Teen” looks at the developmental changes (social, emotional and cognitive) of adolescence and explores ways our parenting can shift to accommodate these changes. The parent-child relationship is a strong protective factor for youth during the teen years and our ability to keep the lines of communication open and the relationship strong are key to supporting youth in healthy decisions across a number of areas (from academics to friendships to substance use and more).

The workshops are interactive and lively, and parents regularly report how useful they are in practical skills to reduce tension and support youth.

- **Happy Lunar New Year!**



## Free Workshops Parents & Caregivers Spring 2018

- Want to have more fun and strengthen your connection with your teen?
- Could you use some new strategies for setting boundaries as your youth matures?
- Are you looking for tips on how to improve communication with your teen?

*SACY offers casual, friendly & supportive workshops across Vancouver.  
Please join us. We have cookies.*

### Building Bridges with your Teen\*

We'll look at brain changes and the science behind teen behaviour. We'll explore communication strategies that increase understanding and can reduce tension at home. Come to share your insights, and together we'll explore practical ways to support healthy decision-making and developing capable young people.

Feb 20 2018 .....	King George Secondary .....	7 – 9 pm
Mar 13 2018 .....	Vancouver Technical Secondary .....	7 – 9 pm
May 24 2018 .....	Lord Byng Secondary .....	7 – 9 pm

\*parents of grade 7 & 8 students may find this helpful in supporting transition

### SACY Adult Toolkit: understanding youth & substance use

Join us for a friendly, non-judgmental evening for caregivers. Add to your skills & knowledge about teens, alcohol & cannabis, and clarify risks and protective strategies during a risky time in our community. We'll review practical information on teen development and ways to support teens' healthy decision-making.

March 8 2018	SACY STEP Portable @ Tupper Secondary	6:30 – 8:30 pm
May 31 2018	SACY STEP Portable @ Tupper Secondary	6:30 – 8:30 pm

(portable on the corner of Prince Edward St and East 23<sup>rd</sup>)

Seating is limited. Please register on eventbrite:  
[www.SACY.eventbrite.ca](http://www.SACY.eventbrite.ca)

