

Upcoming Events

- Leadership Group Meetings Mondays @ 1:45pm
- March 2
2nd Term Report Cards Issued
- March 11
Early Dismissal Parent/Teacher Interviews
- March 15-21
Spring Vacation
- March 23
School Reopens after Spring Vacation

James Anderson Learning Centre
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Principal: Patrick Thomas Vice Principal: Mike Palichuk Admin Assistant: Sonya Ouellette
<http://www.sd35.bc.ca/schools/jalc/default.aspx>

Our School Newsletter!

You can access our monthly newsletter online at:
www.sd35.bc.ca/schools/jalc/Newsletters/Forms/AllItems.aspx

Physical Activities for Students

Recent studies show that the older a child gets, the less likely he is to get the recommended amounts of physical activity necessary for good health. Help children and youth of all ages engage in fun physical activities.

Munchateria



The leadership group has begun running the "munchateria" and students and staff have been enjoying the convenience of hot and cold snacks and beverages along with noodles, pizza pops and frozen entrees. On Valentines Day, Giselle's class prepared some tasty heart cakes for the store. Kayla has helped to keep things organized while Angie and her helpers have kept up the inventory.

A reminder to our customers that we will be selling only cold snacks and drinks during morning break so that everyone can get back to class on time!

Strumming to the Beat



Route 32 students (and staff) are strumming their six strings these days since starting weekly lessons early this year. Dallas and Desmond have created their own compositions. Jake has been jamming on his blue guitar. Laura is quickening her chord progressions. Matt is always ready to learn a new lick and Shawn is hammering away and also showing great promise as a vocalist. All students have been persevering through cramped hands and sore fingers.

JALC students have also been finding some acoustic repose on the guitar. Alex has demo'd to many the Deep Purple classic, Smoke on the Water along with the familiar Death March. Izzy is keen to get a guitar class going and this is in the works!



How Much Sugar in Drinks?

Pop (355 mL)	10 tsp
Powerade (710 mL bottle)	17 tsp
Sobe Fruit Drink (600 mL)	21 tsp
medium Slurpee (828 mL)	22 tsp
large Super Big Gulp (7/11 - 1.2 L)	32 tsp

Imagine putting that much sugar on your cereal in the morning!

Languages of Learning in Langley

The Langley School District Foundation, The Spirit of BC Langley and the City of Langley Library are putting on a literacy event at the library to celebrate Spirit of BC week.

On Saturday, February 14, the library will be a lively place for parents and children. The school district will be showcasing their collection of Dual Language Books for ESL students and their Aboriginal Books, written and illustrated by Aboriginal authors. Not only that! Two children’s authors will be on hand to sign books and conduct lively and entertaining workshops for kids.

Craig Spence, author of *Josh and the Magic Vial* provides his very popular Story Building workshop at 12 noon and children’s author Lorrie Kohlman will be leading the kids in song and activities around her numerous books at 11:15.

Opening ceremonies featuring Kwantlen First Nation drummers start at 11:00 am. Face painting and refreshments throughout the day. It’s a day of literacy, fun and learning. Everybody is welcome!

Stick it to Violence

March 6 10:15 am
 March 13 10:15 am



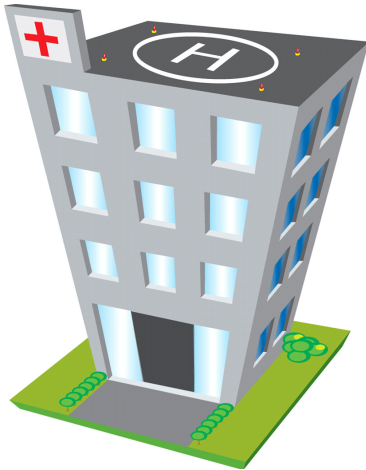
Tips to Get Your Family Back to the Table

1. Make family meal time a priority - aim to eat together 4 or more times a week.
2. Be creative and flexible about when and where to eat.
3. Make meal time fun for everyone by keeping the conversation pleasant and saving arguments for another time.
4. Serve a variety of foods by including food from each of the food groups from Canada’s Food Guide.
5. Keep meals simple and easy - cook it quick and eat it slow.
6. Involve everyone by shopping and cooking together.
7. Eliminate interruptions and distractions, turn off the TV and take phone calls later.
8. Respect each individual’s right to decide how much to eat.
9. Show children the respect and good manners that you want them to have - children learn by watching adults.



Career Centre

2009 Career Exploration Tours, Workshops & Special Projects Sponsored by the Rotary Club of Langley



March

Kwantlen Cloverdale Trades Open House	Friday, Mar 6
Open to the public from 3 to 7pm	
Transportation Sector Workshop (grade 9, 10, 11, &12).....	Wednesday, Mar 11
Langley Memorial Hospital Work Experience Program.....	Fri, Mar. 27 (orientation)
.....	Apr. 3, 17, 24, May 1

April

Trading Up (grade 10, 11, 12)	March 31 & Apr. 1
Public Relations & Marketing Tour (grade 10, 11 & 12).....	Thurs. Apr. 2
Engineering Tour (grade 10, 11 & 12).....	Thurs. Apr. 16
Physical Therapy Tour (grade 10, 11 & 12).....	Thurs. Apr. 30

District Programs

If you are interested in gaining High School and Post Secondary credit at the same time while developing industry ready skills, then Dual Credit Programs or Secondary School Apprenticeships are for you! Open houses and program information sessions will start at the beginning of March for 2010 starts.

Confirmed Programs for 2009-2010:

District Programs with Langley School District:

- Hairdressing at ACSS
- Carpentry at ACSS
- Piping/Plumbing at LSS
- Auto Service Tech at ACSS



With Kwantlen Polytechnic University:

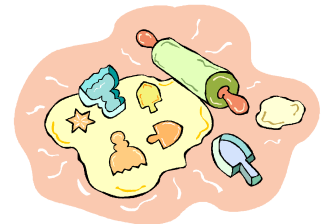
- CTC Welding
- CTC Masonry
- CTC Metal Fabrication
- CTC Millwright
- CTC Practical Horticulture
- CTC Drafting

With VCC (Vancouver Community College)

- Baking & Pastry Arts

With UFV (University of Fraser Valley)

- Aircraft Structures





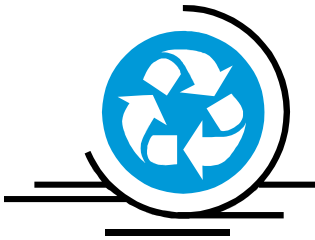
2009 CEMC Seminar in Computer Science for Young Women

The goal is to ignite enthusiasm for Computer Science in interested young women. 48 young women in Grade 9 or 10 across Canada will be selected to attend. The seminar is Saturday, May 23rd to Saturday, May 30th at the University of Waterloo, Waterloo, Ontario. If you are interested in applying, please see Giselle Trepanier for more information.

Volunteer Activities with the LEPS

The LEPS, or Langley Environmental Partners have some great volunteer activities coming up this month and over the summer. If you are interested in “giving back environmentally”, please visit the LEPS website to find out more details:

www.leps.bc.ca/events



Student Photos with Lifetouch

If you have not received your student photos, please contact Lifetouch directly at 604.294.1006.



Think Post Secondary!

Realities of the
21st Century Labour Market

Did you know?

72% of occupations require a post secondary credential: certificate, diploma, degree or apprenticeship.

www.educationplanner.bc.ca