

Welcome Grade 7 Parents & Caregivers Look for SACY at Your Secondary School!

The teen years can be an adventure and a transition for the whole family. And the secondary school community might even feel a little intimidating. Everyone's roles are changing, and finding resources can be challenging. For caregivers, it might be helpful to remember: young people with supportive family relationships and connection to school make better decisions in all areas of their lives.

What's more, when families are connected to their teens' school and community activities, youth are stronger, healthier and better able to live up to their full potential. You can stay in touch by:

- Visiting the secondary school website and read the daily newsletter
- Signing up for the school app if they have one
- Watching for family night, parent-teacher night, drama productions, sporting & music events (consider attending as a family, whether your child plays or not!)
- Reaching out to your secondary PAC, the grade 8 counsellor and to SACY family engagement

Look for **SACY Parent & Family Engagement** parenting workshops. We'll talk about staying connected with our teens, understanding typical social and emotional changes, and practical communication strategies to reduce tension at home and collaborate with our youth as they mature.

Come to a Building Bridges with your Teen workshop this year!

We'll look at brain changes and the science behind teen behaviour. Share your insights, and together we'll explore practical ways to support healthy decision-making and developing capable young people.

Dec 7, 2017	Churchill Secondary	7 – 9 pm
Feb 1 2018	Britannia Secondary	7 – 9 pm
Feb 20 2018	King George Secondary	7 – 9 pm
Mar 13 2018	Vancouver Technical Secondary	7 – 9 pm

English registration on eventbrite: www.SACY.eventbrite.ca
For info on sessions in languages other than English: www.vsb.bc.ca/SACY/workshops

For more information, visit our website, or email the parent engagement facilitator at your school:

Alexandra Wilson ajwilson@vsb.bc.ca

Prince of Wales, David Thompson, Churchill, Kitsilano, Magee, U. Hill, Gladstone, Byng

Tiffany Wu tiffany.wu@vch.ca

Templeton, John Oliver, Tupper, Britannia, Windermere, Killarney, King George, Van Tech, Hamber, Point Grey

P.S.: SACY Youth Engagement has lots of supports for students too...look us up at www.vsb.bc.ca/SACY