

May 14, 2022

Dear Parents, Guardians and Students,

Here are some important information items as we all collectively support students through these final seven weeks of this school year.

Welcome, Wendy Laws! Please join us in welcoming Mrs. Wendy Laws to the position of vice-principal of Claremont starting August 1st. Mrs. Laws holds a wealth of knowledge and expertise working in high schools as she is currently working at Stelly's Secondary where she has served as vice-principal for the past seven years.

PAC Meeting May 17th, 6:30-7:00 pm: The May PAC meeting will be limited to 30 minutes, starting at 6:30 live and or virtually through TEAMS [Click here to join the meeting](#). This is so we can dedicate time for a virtual session focused on mental health (see below).

Mental Health & Anxiety with Dr. Lydia Vallieres: This session will run from 7:00-8:00 pm immediately following the PAC meeting listed above (May 17th). The presentation is based on Acceptance and Commitment Therapy (ACT) and will explain the six domains that contribute to the development and maintenance of anxiety. Please sign up using this [LINK](#). Admin will be live in the Learning Commons for both the PAC meeting and the session with Dr. Vallieres if you are unable to join virtually.

Have you heard what is happening in certain locations downtown? There has been a surge in violent youth crime ([Times Colonist article](#)) as reported by the Victoria City Police. Parents/guardians, please discuss the seriousness of these unfortunate behaviours that are having a significantly negative impact on our city.

Mental Health Snapshot: This month's [snapshot](#) focuses on Mental Health & Well-Being. This Snapshot provides a wealth of information on topics such as reconciliation, anti-racism, and the Moosehide campaign to name a few. Scroll down halfway to find suggestions on how to start conversations with your child(ren) at home.

Longer Weekend: Please be reminded that Friday, May 20th is a Pro Day and students are not in session. Similarly, schools will also be closed on Victoria Day (stat holiday) on Monday, May 23rd.

Grad 2022: Our Grad Parent executive is looking for volunteers to assist with our year-end Grad events coming up on Mon June 27th and Wed June 29th. Parents/guardians can sign up to assist with supervision, setup, takedown and other tasks on these days by using this [LINK](#).

We hope everyone is already enjoying a wonderful weekend, and thank you for taking the time to read our messages.

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