



## Update from the Principal

May 2022

### Mid-Term Exams Begin

For students who are graduating in June, this is the start of an intense time. Teachers are providing support and preparing students for the next stages. Mid-term exams are written on May 16 and 17. These are very important as universities will use these marks for admission purposes for some students.

Mid-terms are just as important for students who aren't graduating; they identify how well students are absorbing and processing the first section of their courses. Teachers will be meeting with each student this week to discuss any concerns and questions students may have. Please encourage students to speak with their teachers at any time if they need additional information or support. Teachers are always ready to help.

You'll soon receive an update from our Guidance Department regarding university offers and acceptance, conditional offers and deadlines. Molly Mignault, SOC's guidance counsellor, is working hard to support students finalize these important steps. Students need to remain aware that university deadlines are definite.

### Is procrastination a problem for students?

For many of our students, the answer is 'yes'. How can we help students avoid delays and wasted time that can result in poor marks and unnecessary stress?

Students who leave assignments to the last minute tend to do badly. How can we all help them plan their work in a practical, organized way? Here are some of the best time management skills.

1. Help students plan a master schedule that includes school time as well as before and after. Note all assignments for each course (different colours for different courses helps) and add other activities. Schedule specific recreation time, as well as tv/online time. Online recreational time should be limited and kept within a specific time slot to avoid wasting hours in the evenings and nights.
2. Use an agenda/diary to include all assignments/due dates, tests, exams.
3. When you're studying or working, stay out of social media. Turn your cell phone off.
4. Set daily goals (reading two chapters, completing the first draft of an essay).
5. Start working on assignments as soon as they're assigned. Don't delay.
6. If you're working on a project, break it down into simple parts that can be completed individually.
7. Focus on one assignment at a time. Complete your math homework, then move on to something else.

8. Take breaks. Work for 30 minutes and then take a 10 or 15 minute break – walk around, have a snack, go outside.
9. Work in a quiet, comfortable place: a good chair and a table/desk; good lighting; the equipment you need (computer, books, pencils/rulers, erasers). Avoid loud music or tv in the background.
10. Ask for help if you can't organize your time or are falling behind. Don't ignore the problem.

## Covid Updates

**Universities and Colleges** - We encourage students to check with each university regarding their requirements for vaccination and masking for the coming year. Each university and college is establishing their own policies and they are amended regularly.

**Government of Canada** - continues to update travel requirements. All travellers to Canada over 18 must be vaccinated. To qualify as a fully vaccinated traveller to Canada, you must:

- have received at least 2 doses of a COVID-19 vaccine accepted for travel, a mix of 2 accepted vaccines or at least 1 dose of the Janssen/Johnson & Johnson vaccine
- have received your second dose at least 14 calendar days before you enter Canada
  - Example: if your second dose was anytime on **Thursday, July 1**, then **Thursday, July 15** would be the first day that you could travel
- have no signs or symptoms of COVID-19
- [upload proof of vaccination in ArriveCAN](#)
  - complete your ArriveCAN submission and have ArriveCAN receipt with letter I, V, or A beside your name

Unvaccinated and partially vaccinated youth 12 to 17 years of age must complete the 14-day quarantine, and all testing requirements for pre-entry, arrival and Day-8 tests, even when they are accompanied by travellers who qualify as a fully vaccinated traveller.

Please check for updates at <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>

## Uniforms and Dress Code

SOC's uniform policy is straightforward: SOC shirts, SOC fleece jackets for cooler temperatures, dark trousers (student choice from list of acceptable options). Hoodies and other jackets/sweaters are not acceptable. No hats, apart from religious head coverings), are worn in school. All students are aware of the dress code. Students who do not meet our uniform and dress code requirements are warned, then fined. If students continue to ignore the school's requirements, additional action includes loss of privileges around field trips, for example.

## Upcoming Events

16, 17 May                      Mid-term exams                      all grades, all students

23 May	Victoria Day holiday	all staff and students
31 May	Field trip	
1 June	Last day to accept university offers of admission	
6, 7 June	Grad photos	April and June grads
21, 22, 23 June	Final Exams	
28 June	Graduation	April and June grads
29 June	Trip to Canada's Wonderland	

## How to reach us at SOC

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