



# How to Get Involved at Bateman

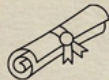


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## 01. Events

Participation in lunchtime and afterschool events add fun and school culture to Bateman. Sometimes they are interactive, and sometimes they are performances. Show up, dress up, and have fun!

Events: Spirit Weeks, Pep Rallies, Class contests, Holiday Decorating and Activities, Team Games (intramural for everyone, and team sports in regular seasons), music performances, dance & art shows, stage performances, & more!



# How to Be Your Best at Bateman

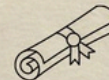


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## 01. Prioritize

Even though you will have friends, hobbies, sports, and maybe even a job, being a student is important! Doing your school work and meeting deadlines needs to come before other time commitments to help manage your stress levels.

Pro Tip: Write out a list of everything you need/want to do including any due dates, and then number them based on which tasks are due the soonest or of the highest importance. Accomplish them in that order!



# How to Get Support at Bateman



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## 01. Counsellors/Admin

Our counsellors and admin are here for whatever you need without judgement. This includes bullying, mental health, class issues, and anything else that is holding you back from being successful. They can also connect you with community support members if needed.

Administrators:  
Principal- Mrs. Koehler  
Vice Principal A-K- Mrs. Klassen  
Vice Principal L-Z- Mr. Macphail

Counsellors:  
A-K- Mrs. Hodgins  
L-Z- Mrs. Crockett



## 02. Sports

Whether you are on the team or in the stands, sports build our school spirit! Keep an eye out for try out dates for all sports on the TVs, announcements, and our school Instagram. Otherwise grab your Bateman gear (on sale at the office!) and cheer on the Timberwolves!

Fall: Cheer, Swim, Volleyball, Football, Cross Country

Spring: Basketball, Rugby, Golf, Hockey, Track&Field



Pro Tip: Print out a free calendar template online for each semester. Schedule in study and homework time.

## 02. Time Management

Juggling 4+ classes and everything else in your life can feel like a lot! There will be assignments, due dates, events, and things to remember.

Keep a calendar of all these items to track what needs to be done. Leave plenty of time in your week to complete all tasks.



Don't forget Flex blocks! They can help you manage your stress when it comes to schoolwork.

## 02. Teachers

If you are struggling with coursework, grades, or deadlines, talk to your teachers. They can help you come up with a plan for success. No one knows the assignments better than them, so make sure this is your first stop if school work is your biggest struggle!

## 03. Clubs

Clubs make a difference around Bateman. They give you the opportunity to meet with other students who have the same interests as you. New clubs will be posted around the school and in the announcements. Want to start a new club? Find a teacher sponsor, get the club approved by admin, and promote your club!

### Current Clubs at Bateman:

Culture Club- Mrs. Saroya & Ms. Baidwan  
Tues @ lunch in E202  
Gender Sexuality Alliance (GSA)- Mrs. Purves  
Tues @ lunch in E215

Fiber Arts Club (Knit & Crochet)- Mrs. Purves  
Wed @ lunch in E215  
Key Club (Service)- Mrs. Hodgins  
Wed @ lunch in N101  
Create Club- Mrs. Anderton  
Wed Afterschool in the Learning Commons



## 03. Study Habits

Not all classes require you to study, but when things get hard and you are falling behind, try changing your study habits. Find what works for you, whether it is highlighting, making note cards, re-writing content, or seeking help from a teacher.

Pro Tip: Use the two Flex Blocks each week to get the help you need. It can be tempting to hang out and do nothing, but this time is valuable to connect with your teachers and peers to get ahead in your classes.



## 04. Do What Is Right

How you treat yourself and others matters. We all have core values that make up who we are and what we believe. Make sure your attitude and actions represent this. Be kind, do your best, take responsibility, and everything else will fall into place!

Pro Tip: Brainstorm a few words that you feel describe who you are and what you value. In every situation, ask yourself if you are showing others who you really are. You can always make a wrong, right!

WHAT WE DO MATTERS!



## 04. Friends and Family

Even with using all our staff members and support services to get the help you need, it is important to have someone in your life you can talk to about the stress. Although you might feel like you have it handled, sharing it with someone can make a big difference.

If you feel like you don't know where to start to get back on track, having a friend or family member find that help with you can be a relief. If you feel like you can't talk to anyone, please see the counsellors.

