



# Byrne Creek Community School

7777 – 18<sup>th</sup> Street, Burnaby, B.C. V3N 5E5  
604-296-6885 Fax: 604-296-6888

Friday 8 May 2020

Hello, Grade 8 and 9 students and families,

During our January semester break, grade 8 and 9 students met to receive information about our plans for Core Competency reflections. Originally, we had planned to have students meet one-on-one with staff at the end of June to discuss their growth. We have now revised our plan so that students can complete their reflections online.

On the next page you will find the questions students can use to guide their reflections. Students will discuss these with their Period 1 teachers in the coming week and receive some suggestions on how to approach these topics. Students will then choose ANY TWO questions for their reflections.

Next Friday, May 15<sup>th</sup>, a Core Competency assignment will be made available through each student's "O365-Byrne-Counselling" Team in Microsoft Teams. Students will have two weeks to submit their reflections.

We are providing two options for online responses. Photo instructions will be provided for each of these, both through Teams and on the Byrne Creek website.

- 1) For those who would prefer to write out their answers, an online form will be available. We encourage students to write up their reflections ahead of time, and copy/paste their responses into the form.



- 2) For those who would prefer to share their answers verbally, there will be an option to record a video response through the FlipGrid app on Teams. Students will have a maximum of 5 minutes to respond to each question.



If you would prefer to share your growth directly with a staff member (for example, in an online Teams meeting) please respond to this e-mail (or e-mail [tanya.virani@burnabyschools.ca](mailto:tanya.virani@burnabyschools.ca)) with your full name and your request. A staff member will contact you to make an appointment.

Thank you for your attention to this information, and please do not hesitate us with any questions.

Regards,

Tanya Virani & Denise Ferreira  
Core Competency Team



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## Reflection questions

*Choose any TWO.*

*Look at the sub-questions – be sure to give evidence for your answers.*

### **Q1 - What have you learned about yourself this year?**

*(ex: About your interests/skills, your values, your adaptability, your relationships, etc).*

*Give evidence to support your answer.*

### **Q2 - What have you learned this year about your own learning style?**

*Give specific examples. Consider both your classroom experiences and your remote learning. What worked well for you? What did not?*

### **Q3 - What is one school accomplishment you're proud of from this year?**

*Describe the accomplishment. How did you manage to succeed with this, and why is it important to you?*

### **Q4 - What have you learned this year about how individual actions affect the world as a whole?**

*Give specific examples and explain their impact.*

### **Q5 - This year, have you made any changes to the way you take care of your physical, emotional, and/or mental health?**

*Give specific examples and explain the results.*

#### **Important Dates:**

**Friday, May 8:** Start thinking about the questions

**May 11-14:** Discuss with your Period 1 teacher

**Friday, May 15:** Reflection assignment opens in Teams

**Friday, May 29:** Reflection is due through Teams