



WELLINGTON SECONDARY SCHOOL

3135 Mexicana Road Nanaimo, BC V9T 2W8

www.wellingtonschool.ca

Phone (250) 758-9191 Fax: (250) 758-3352

APRIL 2017



Principal's Message

Hello Wildcats,

This week marks the unofficial start of the final term of the 2016-17 school year. As you might expect, I advise our students, parents and guardians to take this opportunity to re-focus on meeting your academic goals for the semester and year. You will be receiving report cards on May 2nd which will provide you with information regarding Term 3 achievement(s), but I hope you have also had an opportunity to communicate with teachers on an ongoing basis to ensure academic progress.

Please check the attached calendar for upcoming events at Wellington. The Spring season will be filled with performances from our award-winning Music and Drama Programs., which we are all excited about. Further information will also be available on the school website. We will also be sending you additional information regarding Graduation and year-end events over the next few weeks. If you have any questions about any of the above, please feel free to contact me at any time.

Sincerely,

Mr. Chad Lintott, Principal

PRINCIPAL

Mr. Chad Lintott

VICE PRINCIPALS

Mr. Scott Christianson

Mrs. Nicol Suhr

Monday, April 3

School re-opens after Spring Vacation

Tuesday, April 11

Vancouver Island Band Festival
Port Alberni

Friday, April 14

Good Friday

Monday, April 17

Easter Monday

Thursday, April 20

Last day of Term 1

Friday, April 21

First day of Term 2

Wednesday, April 26

Jazz Combo night
7pm St Andrews



What's Happening at Wellington...



WELLINGTON ART SHOW

Yes, Spring is here! And with this beautiful season before us, we would like to invite, parents, family, community members and students to our annual art show/silent auction. This is an event you don't want to miss. The students have been working hard all year, saving their best pieces to share and celebrate their successes with all to view. Art students from both first and second semester will be having works on display. Bring your relatives, neighbours and friends to come see what the students have been up to here in the art room. The art show will be displayed in the Learning Commons (Library) space in the centre of the circle on the main floor of the school. Entry is free. Please come out and

help celebrate with our art students their pride and joy in their creations. You never know...there may be a piece that you just can't bare to part with and would like to purchase it for your home to enjoy.

The dates for the show are as follows: May 29th-June 8th. The Learning Commons area is open from 8am-4pm Monday- Friday. You are welcome to come view the work within these hours.

ATHLETICS

The spring season has arrived, although the weather proves differently. Soccer season is up and running with our junior and senior girls teams playing league games. Our junior girls soccer team had a wet, rainy, stormy game this week against NDSS. And, our senior girls just played Kwalikum and won 3-2. Shaylie Jobbagy and Sarah Kirkhope were our scorers as we beat the Kondors in the last seconds of the game. The girls continue their games this month, with the Districts and North Islands only a few weeks away. Our rugby program had their first home games recently and our team played well! We hosted a couple of other schools, and we travel up and down the Island in the weeks to come to play against some tough competition. Good luck to the rugby team!



Wellington is also running our first badminton team in a very long time. The team has been practicing 3 times each week afterschool and we have over 20 athletes participating! The North Islands are coming up at the end of April, and hopefully we can qualify for the Island Championships! Track and Field is also getting started and we have 8 athletes signed up to participate in the track and field North Islands at the start of May. We have been busy this season, and it's only just begun. Thank you to our endless list of coaches this season and their help getting our teams out on the field or in the gym: Mr. Leblond, Mr. T, Mr. Horncastle, Ms. Gannon, Ms. O'Reilly, Mr. Coates, Mr. Dang, Mr. Bhatti, Mr. Virag, and Mr. Robertson!

INTERNATIONAL



Our International students are ready to hit the waves this month. There were over 20 students signed up to head to Tofino for some surfing lessons at the end of April. This will be a great trip and will give our students great memories of our beautiful island. Next month, we are heading on our famous Rocky Mountains trip which is an exciting voyage through our beautiful landscape of British Columbia and into Alberta. Exciting trips coming our way soon.

TEXTILES

FASHION TECHNOLOGY SKILLS CANADA REGIONAL COMPETITION

Congratulations to Hailey Urbanoski who won Gold and Moreau Laurie who won silver at the Skills Canada Regional Competition in Fashion Design held here at Wellington Secondary. Hailey and Moreau had 7 hours to draft the pattern, cut and sew their own design for a notched collar blazer.



This is a HUGE challenge for any designer. Hailey then advanced to the Provincial Competition at the Tradex in Abbotsford. This competition is a HUGE challenge for any designer. Hailey's talent, dedication and hard work is evident in the jacket she produced.



PARENT TEACHER CONFERENCES

Semester Two, term one report cards will go home with students on Tuesday May 2nd, followed by Parent Teacher conferences on Thursday May 4th from 3:00-5:30 PM. Parents and guardians will sign up online for individual 5 minutes appointments with each teacher they need to see. More information on the sign up process will be provided via email in the third week of April.

SCHOOL DISTRICT 68 IS LOOKING FOR HOMESTAY FAMILIES

Nanaimo Ladysmith Public Schools is currently seeking caring and supportive homestay families who would welcome the opportunity to share their home with an international student.

The students are generally 15 to 18 years of age and would attend the high school in your neighbourhood. The district pays a stipend to homestay families.

If your family is interested in this rewarding experience to share our Canadian culture, and offer support and guidance to young international students, please contact Diane Carswell, Homestay Coordinator at diane.carswell@sd68.bc.ca.



THE WIZARD OF OZ

The musical theatre class has been rehearsing for the upcoming spring production of The Wizard of Oz. A timeless musical full of singing, dancing, humor, drama and a whole lot of fun. If you have been in the lower C wing during D block you may have heard us rehearsing. (To those classes across the hall, your welcome for the daily entertainment). We have close to 40 students working on stage, building sets, sewing costumes running lights and music. The show runs from Wednesday June 7th through Saturday June 10th at 7:00pm in the multi-purpose room/theatre space. Tickets are \$10 for students/seniors and \$12 for adults and will be on sale starting mid-May. Bring the whole family and come on out for an evening of entertainment. P.S. We will be selling Crazy Bread at lunch

on Wednesdays as an extra fundraiser for the show, and T-shirts will be available soon for sale to help promote the show, see Ronda Thor-net or Peter Spencer for more details.



The
Wizard
of
OZ

Wellington
Secondary School
3135 Mexicana Rd. Nanaimo
multi-purpose room
June 7-10th 7pm

Tickets
\$10 student/senior
\$12 adults
call **250-758-9191**
or at the door

Play produced by arrangement with TAMS-WITMARK MUSIC LIBRARY, INC. 560 Lexington Ave. New York

PARENT INFORMATION SESSION: BUILDING BLOCKS OF MENTAL HEALTH THE CORE ESSENTIALS



Facilitated by Jerry Boychuk with Child and Youth Mental Health

Please join this discussion regarding often overlooked but extremely important efforts families can make to build a solid foundation to support healthy emotional and mental functioning.

Who: Parents and caregivers of children who are interested in building a healthy foundation for mental health in their home and lifestyle

What: Topics include- Sleep hygiene, behavioural activation (activity, exercise, movement), diet, household structure and routine, problem solving skills, goal setting, talking to children about their feelings, self-reflective parenting –what are we bringing to the table?

When: May 16 at 6:30 pm

Where: Wellington School in the presentation room In the meantime—check out this excellent resource for parents <http://www.anxietybc.com/parenting/creating-a-map>



WELLINGTON BAND

Congratulations to our Sr. Student, Tev Uslu who will be representing Nanaimo and BC as part of National Con Selmer Jazz Band in Niagra Falls Ontario – only 18 students from across Canada were selected.

A JAZZ AFFAIR 2017- May 26, 2017 at the Coast Bastion Inn

presented by THE FRIENDS OF NANAIMO JAZZ SOCIETY.

The Friends of Nanaimo Jazz Society:

Provides music enrichment programs such as clinics, workshops, mentoring opportunities, bursaries and merit awards for young musicians

Focuses on encouraging Canada's future generations of musicians, composers and arrangers

The annual "A JAZZ AFFAIR", an intimate evening of stellar music, food and silent auction bidding

Entertainment includes professional musician, Trumpeter and Vocalist, Bria Skonberg from NY. Also featuring Nanaimo Musicians Association Big Band, NDSS Sr Combo and the senior bands and combos from Wellington.

Tickets are available from the Port Theatre Box Office

UPCOMING PERFORMANCES

April 27th – Combo Night St Andrew Church

May 2/3 – West Coast Jazz VIU – all Jazz groups 8 - 12

MusicFest Canada from May 16th - 20th in Niagra Falls

Senior Concert (Grades 11 & 12) on May 23th—7pm MPR

Junior Concert (Grades 8-10) on June 12th—7pm MPR

Jazz Affair on May 26th



WORLD HEALTH DAY



April 7th was World Health Day, with this year's focus being Depression. For more information on World Health Day, please go to: <http://www.caphc.org/blog/2017/3/30/addressing-the-adolescent-depression-challenge>

This year, Shannon McCrae, one of our counsellors, has hosted two evening sessions for families along with Child Youth Mental Health to help raise awareness around teen mental health. If you are looking for resources regarding Depression and other mental health topics, an excellent resource is <http://teenmentalhealth.org/>



PARENT TEACHER CONFERENCES

Semester Two, term one report cards will go home with students on Tuesday May 2nd, followed by Parent Teacher conferences on Thursday May 4th from 3:00-5:30 PM.

Parents and guardians will sign up online for individual 5 minutes appointments with each teacher they need to see. More information on the sign up process will be provided via email in the third week of April.



GRAD 2017: IMPORTANT DATES

Friday	April 21 st	Grad Transitions Packages Due	Office
Friday	May 5 th	Grad Fees Due	Office
Wednesday	May 10 th	Valedictorian Nominations Available	Office
Thursday	May 18 th	Valedictorian Nominations Due	Mr. Christianson
Thursday	May 25 th	Valedictorian Speeches and vote	F101 Lunch
Thursday	May 25 th	Aboriginal Graduation	John Barsby 5:00 PM
Monday	June 5 th	Grad Tickets Available	Office
Tuesday	June 13 th	Career Explorations Package Due	Mr. Christianson
Tuesday	June 13 th	District Honours Night	Port Theatre 6:00 PM
Thursday	June 15 th	Wellington Awards Night	Gym 6:00 PM
Friday	June 23 rd	English 12 Provincial Exam	MPR check in 8:10 AM
Friday	June 23 rd	Dry Grad	8:00 PM Beban Park
Monday	June 26 th	Communications 12 Exam	MPR check in 8:10 AM
Monday	June 26 th	Grad Rehearsal	Port Theatre Band 12:00 PM All students 12:30 PM
Monday	June 26 th	Grad Class Photo	Port Theatre 1:15 PM
Tuesday Field	June 27 th	Grad/Teacher BBQ and Softball Game	1:30 PM Wellington
Wednesday	June 28 th	Graduation Ceremony	Port Theatre 10:00 AM Grads arrive by 9:15 AM





GRAD 2017 INFORMATION

- May 5th Grad Fees Due to the Office
- May 25th Valedictorian Speeches and Vote F101 Lunch
- June 5th Grad tickets available
- June 23rd Dry Grad 8:00pm Beban Park
- June 26th Grad Rehearsal Port Theatre 12:30pm
- June 27th Grad BBQ & Softball Game 1:30pm
- June 28th Grad Ceremony Port Theatre 10:00am, Grads arrive by 9:15am.

Grads To do List:

- Ensure you are in a position to graduate (Grad Transition complete, passing courses - contact your counsellor ASAP if you're unsure)
- Ensure that you have paid all your fees, returned all your books and paid for any missing ones prior to June 23rd.
- Ensure that the office has your most up to date address - transcripts are mailed to you and without the correct information you will not receive your transcript. Graduation events are a celebration of your achievements. They are also celebration for families, the school and community. You are expected to conduct yourself in a manner that is appropriate for a school function at all of the events.

GRADUATION

SEATING FOR GRADUATION

- Each student will be allocated **three (3)** seats. The allocation of extra tickets will take place in the middle of June. If you wish to request extra tickets this can be done by phoning the school at 250-758-9191.
- For those of you with large family groups, please note that the Grads will receive their Grad Caps and Gowns at the Grad Rehearsal on Monday June 26th. You may wish to plan a family activity later on Monday or Tuesday for those family members who will not be able to attend the actual graduation ceremony.

NANAIMO DRY GRAD 2017 (FRIDAY, JUNE 23RD)



Tickets: \$65 Due Now

Got a grad! Renting a tux? If we get 15 grads from each high school to rent/buy a tux from Black&Lee; they will donate \$10 each to NDG. Check with your high school office for coupons, or message us via FB for more details!

Calling all volunteers!!! We need over 200 plus volunteers to run this event. Please see our website and sign up. www.nanaimodrygrad.com or email us at volunteer@nanaimodrygrad.com



DRY GRAD

FRIDAY JUNE 23RD, 2017

8:00 PM BEBAN PARK

Payment included in Grad Fees

Dry Grad provides graduating student with the opportunity to celebrate their success at an alcohol and drug-free event.

The event is hosted at the Beban Park Complex in Nanaimo. Graduates will be entertained with many fun-filled activities. Events include karaoke, scuba diving, kayak races, movies prize give-a-ways and much more will round out the all night affair. The event also includes a colossal amount of food, drink, friends, music - and a lot of fun!

850 students attended Dry Grad 2016. We hope with further support and awareness about Dry Grad, this number will grow yearly! Approximately 300 volunteers participate during the night.

Here are some hints to help everyone enjoy the night:

- Pay your entry fee at your school well ahead of time.
- Admission is from 8:00 p.m. to 10:00 p.m. Student names will be checked with school lists.
- If you must arrive late, arrange with your school principal ahead of time. Picture ID is required for late admission.
- Identification wristbands must be worn on your wrist at all times and must be intact when picking up prizes.
- Entry and exit are through the main gate only. Once you leave the complex you may not re-enter.
- All bags & purses will be inspected at the entry gate. All Bags and purses must then be immediately taken to the Bag Check in Beban Social Center.
- DO NOT BRING VALUABLES. Food or Beverages will be confiscated at entry gate.
- Anyone arriving under the influence of alcohol or illegal drugs will not be admitted to Dry Grad and may be handed over to the RCMP. There will be no refund of the Dry Grad entry fee.
- Anyone leaving early must sign out through the volunteer room in the Social Center and turn in their wrist band.
- Lots of food and beverages will be available during the night and barbeques begin at 10:00 p.m.
- You will need a swimsuit & towel for the water events; locker tokens will be available.
- Ice skate rentals are free at Cliff McNabb Arena or bring your own.
- If you plan to play scrub hockey, please bring your stick and helmet.
- Smoking is permitted in designated area only.
- Acceptable rules of conduct and language are expected.
- First Aid will be available from members of St. John Ambulance.
- If you require medication during Dry Grad, it must be clearly labeled with instructions. The volunteer room will keep it available for you until you leave the event.



HAVE
FUN

Many great prizes are given away during the night, plus cash prizes at the end of the night (about 4:30 - 5:00 a.m.)

BUT ... YOU MUST BE IN ATTENDANCE to win!!

We invite parents of all grades and others who wish to volunteer to visit the website, read what we do, and contact us, if you can to be involved. "Pay it forward"



FROM THE LIBRARY COMMONS

Mirrors, Windows and Sliding Glass Doors: The Value of Reading Diverse Books.

Researcher R.Sims-Bishop states a book can provide a “mirror” for readers to see themselves and their culture reflected back in the pages. More importantly, she thought, other books could give access or a “window” into other people’s experiences, and readers could walk through a “sliding glass door”, to experience the world of the story from the diverse character’s point of view.

By choosing a book with a diverse main character, readers are actively experiencing new social situations and empathizing with new types of people – some of whom they would never meet otherwise.

An organization called *We Need Diverse Books*TM defines diverse experiences as including (but not limited to) reading about people of gender diversity, of color, of ethnic, cultural, and religious minorities, Native peoples, people with disabilities, addiction, mental illness, and other forms of marginalization.

Wellington has many diverse books; often there is a display on a particular topic. As each “sliding glass door” is opened, and the reader experiences the world from another perspective, students become more open-minded, understand people better, and perhaps change their attitudes towards difference. These behaviours make good citizens and respectful people.

(Cited: Colvin, S. “Literature as More than a Window”. Voya, February 2017. weneeddiversebooks.org)

-Laurie Sieber and Liz Sansoucy-Jones, Teacher-Librarians and-Dorrie Roberts, Library Clerk



SAVE THE DATE

On Thursday May 18th at 6:30PM, Island Health and the Wellington PAC will be hosting a screening of the movie “Screenagers: Growing Up in the Digital Age”, in the Wellington Multi-Purpose Room. The screening will be followed by a Q and A session with an expert panel. To watch a trailer of the movie, go to <http://www.screenagersmovie.com/>.

Prior sign up will be required, and this opportunity will be advertised to all schools in the District. More information will be provided to parents and guardians soon via email regarding the sign up process.

WELLINGTON PAC

2016-2017

PAC MEETING SCHEDULE

*meetings fall on every 2nd Monday of each month

Monday, May 8, 2017

Monday, June 12, 2017



BREAKFAST PROGRAM

Just a reminder there is a Wildcat breakfast in the multi-purpose room every morning at 8:00am. We need more volunteers so if your child is interested please have them speak to a staff member in the multi-purpose room. Volunteer hours can be applied toward graduation volunteer hours.



NANAIMO LADYSMITH PUBLIC SCHOOLS (NLPS) APP

The mobile app was recently upgraded. You will NOT receive notifications until you upgrade it and once again choose the schools or sites you want to subscribe to. The app should automatically update once you log on to the app from your mobile device.

If you haven't done so already, download the NLPS app on your Apple or Android device.



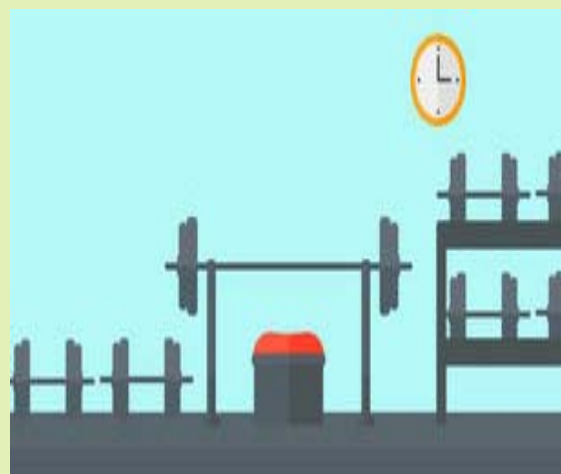
WEIGHT ROOM

The weight room at Wellington is fully equipped with cardio equipment and weight machines. It is open 5 days a week after school with teacher supervision.

Mondays: Opens at 3:00pm after early dismissal for anyone interested

Tuesdays & Thursdays: Girls only

Wednesdays* and Fridays: Everyone welcome *except the third Wednesday of every month for staff meetings.



VIU ADVISOR

May 17th at 10am an advisor from UVic is coming to Wellington. All grade 12 students are welcome, she will help out with registration questions.



COMMENCEMENT CEREMONIES

Monday, June 26th

Rehearsal 12:00pm Band sound check

12:30pm Rehearsal for all students

Wednesday, June 28th

10:00am Commencement ceremony



LAST CHANCE until NEXT YEAR

We know it's late, but the Skills for Life class just received their beautiful colour published Christmas Cards from the Elite Publishing. Ms. Hartig will display them at the staff meeting. Anyone who would like to buy a set, or several, will need to pay \$10/set and the money will go towards a trip Ms. Hartig taking the student's on to Victoria in June. The \$10 is for 6 cards illustrated by different Wellington SFL students. If you'd like to look sooner, they are in Ms. Hartig's classroom to view and purchase as well.



A NEW WAY TO REGISTER FOR SCHOOL

A new convenient and streamlined process to register your child in Nanaimo Ladysmith Public Schools will begin on January 11, 2017.

The following information will help determine if this process will apply to you. If your answer is yes to any of the following questions, you will register through the new online registration process:

- o Is my child new to Nanaimo Ladysmith Public Schools?
- o Do I have a child that will be turning five years old on or before December 31, 2017?
- o Do I want to register my child in French Immersion?
- o Do I want to register my child in Late French Immersion?
- o Do I want to register my child at Departure Bay Eco-School?
- o Do I want to register my child in secondary academies? (Hockey, Soccer, Beach Volleyball, Lacrosse, Baseball, Performing Arts or Jazz)
- o Do I want to apply for a school transfer request (out-of-catchment)?



Before you begin, you will need the following:

- 1) A valid email address
- 2) Photo or scan showing proof of citizenship (ie. Birth certificate)
- 3) Photo or scan showing proof of Canadian residency (ie. Mortgage or bank statement, utility bill, driver's license, etc.)

Online registration will begin on **Wednesday, January 11, 2017 at 8 a.m.** Pacific Standard Time.

Early and Late French Immersion, and Departure Bay Eco-school students will have until **January 31, 2017** to register online. Student selection will once again be determined by lottery, with parents being notified by **Friday, February 3, 2016**.

New Academy, Out-of-Catchment and Out of District student registrations will be prioritized by date and time submitted online. Deadline is **March 31, 2017**.

For more information please visit the district [website](#) or by emailing ereg@sd68.bc.ca.



STOP WORRYING ABOUT STRESS AND ANXIETY - FOR TEENS ! AT THE NANAIMO AQUATIC CENTRE

This fun group program teaches cognitive behavioural therapy (CBT) and other stress coping strategies. It uses media to teach key concepts. Drop-in after school and check it out. Please pre-register.

Wednesdays, April 5-26—3:30-4:30pm FREE! @ the Nanaimo Aquatic Centre