



WELLINGTON SECONDARY SCHOOL

NOVEMBER 2017

3135 Mexicana Road Nanaimo, BC V9T 2W8

We.schools.sd68.bc.ca

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



PRINCIPAL

Mr. Chad Lintott

VICE PRINCIPALS

Mr. Scott Christianson

Mrs. Nicol Suhr

Important Dates

English 12 Prov. Exam	November 6 - 8:30 am
Com 12 Prov. Exam	November 9 - 8:30 am
Remembrance Day Assemblies	November 10
Remembrance Day	November 11 (no school)
CYMH Parent Night	November 16 - 6:15 pm
PAC Meeting	November 20 - 7 pm
Report Cards Issued	November 22
Parent/Teacher Conferences	November 23 -3-5pm

Principal's Message

Hello Parents & Wellington Community

The 2017-18 school year seems to be flying by at an extraordinary pace – we are already into November, with the weather finally changing – and we will be distributing assessments and report cards in just a couple of weeks. Those report cards will look a little bit different at the grade 8 and 9 level, as the District and Ministry continue to adapt how we report on learning and assessment to students and parents. You may have questions upon receiving those report cards. I encourage you, as always, to forward those questions to teachers or administration at the school for further clarification or support.

Following the distribution of report cards, we invite you to participate in our parent-teacher interview session scheduled for November 23 (Thursday). We will offer an online schedule for you, as we have done in past years at Wellington. All instructions needed to sign up will be included with that shared invitation.

I have shared the Ministry of Education Curriculum link with you a number of times (<https://curriculum.gov.bc.ca/>) and encourage you once again to have a look, as we will begin the process of developing our course calendar for 2018-19 in December in preparation for course selection in January. It is very important that you are aware of course and program offerings so that you may discuss short and long term academic and educational planning with your child.

Again, if you have any questions, please do not hesitate to contact myself or your child's counselor at the school for further information or support.

Sincerely,

Mr. Chad Lintott, Principal



What's Happening at Wellington...

ATHLETICS

As our fall season is winding up, we have some cross country runners, and some swimmers off to Provincials. Our senior girls cross country team came in second place at the Islands, and our swimmers are ready to compete soon at the provincial championships. Thank you to Mrs. Johnson for helping organize both of these very successful teams. Our volleyball teams are all still competing, with district championships coming up for all teams. Our junior boys volleyball team is hosting North Islands next weekend, so come on out and cheer the Cats on! The senior boys soccer just finished their season, with a close loss to qualify for North Islands. Thank you to Mr. Busche for his dedication with the team.



YEARBOOK

In order to promote public awareness of local businesses we are committing approximately 4-6 pages devoted specifically to local entrepreneurs. As yearbooks are traditionally timeless and rarely discarded they provide a medium of advertisement for businesses for years to come. Our intent within these pages is to allow businesses to place their logos or other forms of advertisement within these designated pages in exchange for funds that will be used to purchase additional cameras and equipment for the school. A receipt will be forwarded to any businesses that wish to take part. If you have any additional questions or comments, please contact me at sbhatti@sd68.bc.ca.—Mr. Bhatti

GRADE 8 GIRLS VOLLEYBALL

Grade 8 girls volleyball is off to a great start this year. The teams have been participating in league play and representing Wellington very well. We have a large number of girls participating this year and we are very excited in the development and growth that has happened over the last month. The teams have also participated in the NDSS tournament and won the serving competition, as well as, placing respectively in the tournament. The girls have been practicing their skills on Mondays and playing Wednesday afternoons. Come out and cheer them on. The season comes to a close in November and we are looking forward to competing in the District Playoffs.



Way to go Wildcats!!



CHRISTMAS HAMPERS

Our Counselling department is planning on doing Christmas hampers this December. We will be welcoming donations of gift cards to places such as Walmart, Superstore, Woodgrove Mall and grocery stores. Thanks from the Wellington Counselling



SEVEN SACRED TEACHINGS

As a school we are learning about the Seven Sacred Teachings, October is our Respect month.

Quote for the month “ Respect starts with yourself”.

Each week there is a respect challenge students are able to submit an answer for a small prize J



Wellington Counselling



SELF-CARE FOR BUSY MINDS STUDENT GROUP

Ever feel stressed out or anxious?

Come join our breakfast group. We will be de-mystifying anxiety and learning mindfulness practices. We're going to learn strategies to restore calm and well-being in our lives. We'll figure out where anxiety shows up and build calming strategies to tame it. Come explore some ideas with us so that our world can be a little less overwhelming.

When:

- Wednesday, November 1 8:30-9:15
- Wednesday, November 8 8:30-9:15
- Wednesday, November 15 8:30-9:15
- Wednesday, November 22 8:30-9:15
- Wednesday, November 29 8:30-9:15
- Wednesday, December 6 8:30-9:15

Where: Wellington Counselling Center

Our group will be led by Child and Youth Mental Wellness clinician, Jerry Boychuk and hosted by Wellington Counsellor, Kate Gustafson.

Please pick up a permission slip in the counselling office and return to Ms. Gustafson.



SCHOLARSHIPS



All grade 12 students should sign up for the google classroom so they don't miss any scholarship or post secondary information.

Email kate.gustafson@sd68.bc.ca with any questions.



VANCOUVER ISLAND UNIVERSITY CONNECTIONS

Various activities are happening over the next few months. Bookmark the VIU Events page to make sure you don't miss out. <https://www.viu.ca/events/>

Grade 11/12 students:

Are you considering VIU? Would you like to learn more?

Stay tuned to newsletters and check the counselling department for dates of when VIU will be visiting the school or *connect with VIU directly*.

Living Library - VIU be participating in the Education and Career Fair on November 23rd at Beban Park Social Centre. Come connect with alumni and current students and learn more about their university experience at VIU.

How to connect with VIU:

a. General inquiries connect with the Office of Enrolment Management at 250.753.3245, Local 2088 or viuconnect@viu.ca The Recruitment Officer assigned to Wellington Secondary is [Dakota Den Duyf](#).

Visit campus to get a current student prospective on why VIU is for you. For registration and options: <https://connect.viu.ca/visit-options>.

b. Students ready to plan for September 2018 connect with Advising at 250-740-6410 or advising@viu.ca The Educational Advisor assigned to Wellington is Michelle Steel.

c. Application status and documentation questions connect with the Registration Centre at 250.740.6400 or registration@viu.ca



LIBRARY LEARNING COMMONS

Reminders to students:

- Your student card is also your library club! Use the card for a fast and efficient way to check out books and other materials.
- Our online catalog can be accessed at <https://destiny.sd68.bc.ca/>
- Looking for a book? Not in the library? Library staff welcome student requests :)



NANAIMO GR. 5-12 WRESTLING CLUB

Have you ever been curious about Olympic Style Wrestling? Although individual schools in our district do not have a wrestling team, our school district has a Wrestling club that is open to both boys and girls from grades 5-12. Practices are held on Monday and Thursday evening from 6-8 PM at Island ConnectEd (4355 Jingle Pot Road -- near Long Lake).

Wrestling builds physical fitness and tremendous character. It is a unique sport in that it provides an opportunity for athletes of all ages, shapes, sizes and genders to participate on the same team and to achieve individual goals/successes. If you are curious, we would love to see you experience the sport.



For more information or to register, please visit the team's website: <https://sites.google.com/view/nanaimowrestlingclub/home>

GRADE 9 IMMUNIZATION CONSENT PACKAGES

Watch for immunization consent packages for grade 9 students that will be sent home early in the fall. Please discuss the information in the consent package and involve your child in the decision to provide consent to immunization. This should be used as an opportunity for adolescents to start making decisions about their own health.

Although a child may be immunized with the consent of a parent/guardian or representative, a grade 9 student can make an informed decision regarding immunization regardless of parental consent or refusal. This is referred to as “mature minor consent.”

For more information:

- Refer to HealthLinkBC file # 119 “The Infants Act, Mature Minor Consent and Immunization” available at: <https://www.healthlinkbc.ca/healthlinkbc-files/infants-act-mature-minor-consent-and-immunization>.
- A short video presentation on mature minor has been created for grade 9 students. It is available at: <https://vimeo.com/231149258> or by going to www.viha.ca/health_info/immunization/ Additional resources—*View our video on grade nine immunization and mature minor consent.*
- Contact the local Health Unit at 250-755-3388 to discuss further.



INTERNATIONAL

Many of our International students were in Vancouver this month on a field trip exploring the big city. Coming up will be our trip to Victoria in November, where we will visit the IMAX theatre and have some time exploring our capital city. Students also can look forward to the Whistler trip coming up in December, as well as a Vancouver Canucks hockey game. It has been a busy start up, and everyone should be loving their classes and learning about the Canadian culture.



STUDY BUDDIES

Do you need any help with homework? Or just need a quiet place to do your homework after school? Come to Study Buddies!

Help is available for all Math courses, Science 8, 9, 10 and All Humanities courses (English, Social Studies etc).

Unsure if we can help you with your subject? Drop in and ask!

Monday 2:10-4pm in the downstairs “C” orange room

Tuesdays and Thursdays 3-4pm

Wednesday 3-4pm in the downstairs “C”orange room.

Study Buddies starts Monday, October 30th.



LEARN, LAUGH, LIVE!

LIFT

LIVING IN FAMILIES WITH TEENS



At LIFT we focus on providing you with a safe, confidential, culturally sensitive, strength-based counselling experience.

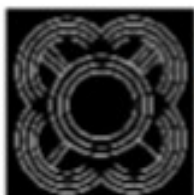
Through family, couple and individual counselling, we will help you:

- Explore family relationships
- Recognize strengths
- Understand teen behaviours
- Build confidence in your parenting
- Strategize ways of managing conflict and reduce tension in your family relationships and,
- Build family connections

- Open Referral for families with youth 12-18
- Free Service Funded by MCFD

- 3 Month Program
- CARF Accredited
- Daytime and Evening Appointments

- Service to Families in Lantzville, Nanaimo and Ladysmith Area



**NARSF
PROGRAMS LTD.**
1B-170 Wallace Street
Nanaimo, BC V9R 5B1
www.narsf.org

Phone: 250-754-9285



It's time to have your S.A.Y.!

Support Among Youth

A group for youth, 13 - 19, who are living with depression and/or anxiety.

Come and be heard, supported and know you are not alone.

Wednesday evenings

6:00pm - 8:00pm

1070 Townsite Road, Nanaimo

Call us to register 250.754.3331

Check us out at nflabc.org

NANAIMO FAMILY LIFE ASSOCIATION

250.754.3331 ♦ nflabc.org

WELLINGTON CLOTHING IS

A GREAT CHRISTMAS GIFT

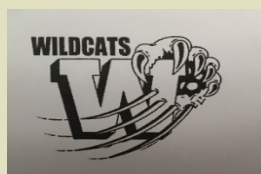


Did you know that we have a variety of Wellington clothing that can be ordered with several choices of Wellington logos?

We have sweatpants, hoodies, crew neck sweatshirts and t-shirts in a variety of colours including: maroon, black, grey and white.

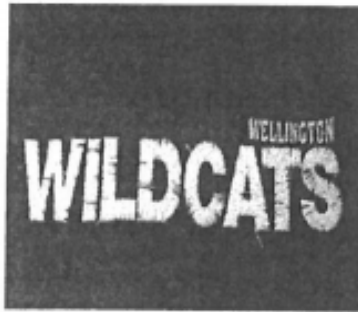
Prices are as follows - crew neck sweatshirts for \$40, hoodies for \$45, t-shirts for \$20, sweatpants for \$35.

Please make cheques payable to Wellington Secondary
Order forms are available on the last page of the newsletter or in the office.



Wellington Clothing

Step 1: Choose your style below



Step 2: Circle the clothing you would like to order below:

SWEATPANTS

HOODIE

CREW NECK

T-SHIRT

Step 3: Circle the size you would like to order below

SMALL

MEDIUM

LARGE

XL

XXL

Step 4: Circle the colour you would like to order below

MAROON

BLACK

GREY

WHITE

No Crewneck

No Sweatpants

Crewnecks = \$40

Hoodies = \$45

T-Shirts = \$20

Sweats = \$35

Name : _____ Cell: _____

Block C Classroom : _____

Total cost of order : _____