



# WELLINGTON SECONDARY SCHOOL

3135 Mexicana Road Nanaimo, BC V9T 2W8

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

## SPRING 2018



### PRINCIPAL'S MESSAGE

Greetings Wellington Community,

Spring is finally upon us, which means we are heading into the final stretch of the 2017/18 school year. We will be distributing report cards electronically once again this term – a reminder to contact us if you have any problems accessing the MyEdBC site to view the progress reports. As we have discussed previously, all teachers at Wellington and throughout the district are working hard to improve the manner in which we report learning to our students and parents. That means a greater focus on provincial learning standards, and more timely written feedback. You will notice a change in how the report cards look, how they are shared and the content and feedback provided by teachers. Although change is difficult for all of us, I hope we can help you with this transition.

I would like to congratulate all of our students who have represented Wellington so well in a variety of competitions recently, from Jazz and Drama, to athletics and skills and trades. Highlights of those accomplishments are shared throughout this newsletter. We have a very diverse group of students who excel in a number of areas, and it brings us great pride when they wear the Wellington colours throughout the district, the province and beyond! Thank you also to the many teacher, staff and parent volunteers for your time and energy in supporting our students and our community!

At our most recent Parent Advisory Committee (PAC) meeting, I shared our staff Professional Learning (PLC) plan. We discussed the priorities which we focused on as a staff in the time we collaborate on Monday afternoons. With all of the changes to the BC curriculum and assessment requirements, we have been training ourselves to deliver new material, with new resources and to report on progress on the MyEdBC platform. We have also been developing Inquiry projects for students, developing a new Careers Education model and focusing on as a staff on Reconciliation and Inclusion. It has been a very busy and rewarding PLC schedule this year, and will continue to be so throughout the remainder of the year.

As always, if you have any questions, please do not hesitate to contact me,

Sincerely,

Chad Lintott  
Principal

### PRINCIPAL

Mr. Chad Lintott

### VICE PRINCIPALS

Mr. Shawn Shahi

Mrs. Nicol Suhr

### DATES TO NOTE

**April 3**

School Reopens from Spring Break

**April 10 & 11**

Vancouver Island Concert Band Festival

**April 19**

CYMH Parent Night - 6:15 p.m.

**April 24**

Jazz Combo Night

**April 26**

English 12 Provincial - 8:30 a.m.

**April 27**

Communications 12 Provincial - 8:30 a.m.

**May 1**

West Coast Jazz Festival—VIU

**May 2**

Report Cards Issued

West Coast Jazz Festival - VIU

**May 3**

Early Dismissal 2:05 p.m.

Parent Teacher Conferences - 3-5:30 p.m.

**May 10**

Curriculum Implementation Day  
(school not in session)

**May 11**

Pro—D Day

**May 16-20**

MusicFest in Toronto

**May 17**

CYMH Parent Night

**May 21**

Victoria Day Holiday

**May 22**

Senior Band Concert -7 p.m.

**May 26**

Jazz Affair 2018

**May 29**

10th Annual Spring Fling - 10:15 a.m.

**May 31**

Athletic Banquet - 6 p.m.

# What's Happening at Wellington...

## BAND

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

Congratulations to our Concert Bands who performed at the Vancouver Island Concert Band Festival on April 11<sup>th</sup>. The Sr Concert Band received a Excellent Plus rating and the Grade 8 Concert Band received a superior minus rating. Thank you to the students for your hard work!



### UPCOMING PERFORMANCES

- April 24<sup>th</sup> – Combo Night St Andrew Church
- May 1/3 – West Coast Jazz VIU – all Jazz groups 8 - 12
- MusicFest Canada from May 15<sup>th</sup> - 19<sup>th</sup> in Toronto
- Senior Concert on May 22<sup>nd</sup>
- Jazz Affair on May 25<sup>th</sup>
- Junior Concert on June 5
- Sr Jazz Band Performing at the Vancouver TD International Jazz Festival June 23 at 12:00 PM

### A JAZZ AFFAIR 2018- MAY 25, 2018 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 musicians, Trumpeter Terell Stafford and Pianist Harold Mabern from NY.

Also featuring the 10-piece band Decadence, and the senior bands and combos from Wellington.

Tickets are available from the Port Theatre Box Office. Tickets are \$65 and include a buffet dinner.





# CAREER PATHWAYS (CTC)

**Career Pathways (CTC)** offers many unique district programs for gr. 10-12, including trades programs, apprenticeships, VIU courses, and work experience.

For more information:

- (1) visit our website ([www.ctc-careerpaths.ca](http://www.ctc-careerpaths.ca)) or our App
  - I. Android [https://play.google.com/store/apps/details?id=com.app\\_ctcenter.layout](https://play.google.com/store/apps/details?id=com.app_ctcenter.layout)
  - II. Apple: [http://mobileappco.org/enterprise/app.php?app\\_id=632105](http://mobileappco.org/enterprise/app.php?app_id=632105)

## Apple Private App Store App Installation

1. Grab the Private App store URL from your email and open the link in Safari on an iOS device. Click Install Now.

2. For **iOS 9.2** and newer:

- Tap Settings > General > Device Management.
- Under the "Enterprise App" heading, you'll see a profile for the developer. (Apple changed "profile" to "device management" in 9.2)
- Click "Bizness Apps Inc." Then "Trust Bizness Apps Inc." (This is the software upon which your app has been built)

(2) get an info sheet (counseling office)

(3) book an appointment at your school with the CTC advisor (counseling office), or

(4) book an evening appointment at our office with the CTC advisor (Barsby, weekly, Thursdays, 5-7 pm, by appointment only, 250-753-6331 ext 407).

## Career Pathways (CTC) - Certification Training

CTC is helping youth get certification training by advertising upcoming locally offered programs. There is a subsidized fee for students that are actively registered in Work Experience or Youth Work in Trades courses. See our website for more details.



## WELLY SNACK N' GO

Snacks to go anyone? The Welly Snack'n Go mobile cart will be operating every Tuesday, Wednesday and Thursday during lunch hour. We are selling cold drinks and snacks around the school for prices that range from only \$.25 - \$2.00.

Special thank you to Mrs. Olham and her grade 12 student Moreau Laurie for doing such an amazing job sewing the Welly canopy! And thank you to the Skills for Life students and support staff for helping to build and manage the cart. Come by and say hi!



# VANCOUVER ISLAND UNIVERSITY CONNECTIONS

Vancouver Island University Connections – April, 2018

Various activities and program information sessions are happening over the next few months at VIU. Bookmark the VIU Events page <https://www.viu.ca/events/> to make sure you don't miss out or check us out on social media:

**Facebook:** /lovewhereyoulearn

**Twitter** @viuniversity

**Instagram** @viuniversity

**Youtube** /viuchannel



**Coming Soon:**

**Advisor Visits to Wellington Secondary to support student transitions to VIU:**

Please check the counselling area to sign up for the upcoming opportunities to meet with Michelle, your VIU Educational Advisor:

- One on One course selection appointments on Thursday, April 12.
- Web Registration session on Thursday, May 10.

**How to connect with VIU:**

For general inquiries or visits and tours connect with the Office of Enrolment Management at 250.753.3245, Local 2088 or [viuconnect@viu.ca](mailto:viuconnect@viu.ca)

If ready to plan for September 2018 connect with Michelle in the Advising Centre at 250.740.6566 or [Michelle.Steel@viu.ca](mailto:Michelle.Steel@viu.ca).

For application status and documentation questions connect with the Registration Centre at 250.740.6400 or [registration@viu.ca](mailto:registration@viu.ca)



## PARENT EDUCATION SERIES

**Presented by Child and Youth Mental Health &  
Aboriginal Child and Youth Mental Health**

Please join us on the third Thursday of the month for our Parent Education Series! Workshops run from 5:30-6:30 pm, light refreshments will be provided. Workshops will be presented on the 2nd floor of 190 Wallace Street.

- Depression: May 17, 2018
- Trauma: June 21, 2018



Please RSVP for any or all parent sessions by calling Child and Youth Mental Health at 250-741-5701.

## GRAD 2018 INFORMATION



- May 7<sup>th</sup> Grad Fees Due to the Office
- May 10<sup>th</sup> Valedictorian nominations due
- May 24<sup>th</sup> Valedictorian Speeches and Vote MPR Lunch
- June 22<sup>nd</sup> Dry Grad 7:00 PM Beban Park
- June 26<sup>th</sup> Grad Rehearsal Port Theatre 12:00 PM (students please arrive at 11:30 AM – Band students please arrive at 11:15 AM) Group Grad photo will be taken directly after the rehearsal
- June 27<sup>th</sup> Grad BBQ & Softball Game 1:30 PM
- June 28<sup>th</sup> Grad Ceremony Port Theatre 10:00 AM, Grads arrive by 9:15 AM.

### 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 23<sup>rd</sup>.
- Ensure that the office has your most up to date address – transcripts & diplomas are mailed to you and without the correct information you will not receive them.
- 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 (cost is \$65)**



### SEATING FOR GRADUATION

- Each student will be allocated **four (4)** seats family or friends. 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 and asking for Patricia.
- 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 Tuesday June 26<sup>th</sup>. You may wish to plan a family activity later on Tuesday or Wednesday for those family members who will not be able to attend the actual graduation ceremony.



**Dry Grad Friday June 22<sup>nd</sup>, 2018**

**7:00 PM**

**Beban Park**



**Tickets for the event are available at your school's Office. They are \$65 each as of March 1<sup>st</sup>.**

The Nanaimo Dry Grad Society is organizing a fun-filled party for this year's grads: loads of activities, mounds of food, music, great prizes and more! "A Night to Remember" is about graduates enjoying themselves without the influence of alcohol or drugs.

**Here are some hints to help everyone enjoy the night:**

- Pay your entry fee at your school well ahead of time.
- Admission is from 7:00 p.m. to 9:00 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 9:00 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.
- Many great prizes are given away during the night, plus cash prizes at the end of the night (about 1:00 - 1:30am.)

**YOU MUST BE IN ATTENDANCE to win!!**

We hope you enjoy your 'Night to Remember' and remember you cannot carry any bags around with you, but you can visit your bag in the bag check as many times as you wish

**CONGRATULATIONS  
CLASS OF 2018**







[Island Connect Ed](#) (formerly Learn@Home) is gearing up for its summer season!

Some important information:

### **Grade 10 Courses**

Due to the changing BC Curriculum for Grade 10 courses, all current Grade 10 courses **MUST** be completed by June 15, 2018. Students who have not completed their Grade 10 courses by then will need to take the new course when it becomes available in the 2018-19 school year. Please make a plan to ensure your timely completion!

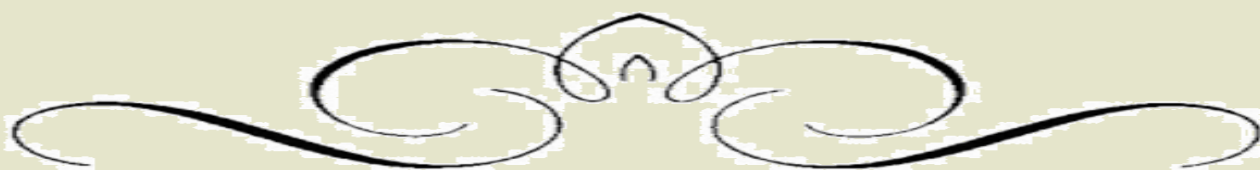
### **Summer Hours**

Island ConnectEd (located at 4355 Jingle Pot Road) will be open July 9<sup>th</sup> through August 3<sup>rd</sup> 2018 for students to come in and work on their courses. Some staff will be onsite as well on August 28<sup>th</sup> and 29<sup>th</sup>.

Students who have not completed their Grade 11 and 12 courses by the end of June should be sure to connect with their teacher to let them know when they do plan to complete the course.

### **New Course Requests – Thinking of Summer School?**

Students hoping to begin courses this summer should request course enrolment two to three weeks before the end of the school year to allow for setup in the course prior to the beginning of summer. Call our main Island Connect Ed office at 250-756-9901 or see the friendly Island Connect Ed Staff in Room B114 in Wellington Secondary if you have questions!



# HELLO SPRING

Craft & Artisan Market

Saturday

Sunday

*May 5th* *May 6th*  
*10-4* *10-2*

Nanaimo District  
Secondary School  
355 Wakesiah Ave.

Win 2 tickets  
to anywhere

**WEST  
JET**

flies

or

a \$500  
gift card




*All  
handmade  
vendors*

**Nanaimo - Ladysmith  
Schools Foundation**

*'Together - Empowering Students'*







## Xanax Use Among Teens: What We Need to Know

Over the past 12 months, an increasing number of education, police and health care professionals on Vancouver Island have expressed concern about the use of Alprazolam (Xanax<sup>®</sup>) among teens in their communities, including Victoria, Cowichan Valley, Nanaimo, Parksville, Port Alberni, Comox Valley and Campbell River. These concerns are supported by reports from teens themselves. There have also been incidents reported of acute intoxications of teens at school, suspected overdose incidents involving emergency response and seizures by local police.

### What is Xanax?

Xanax is a medication from the benzodiazepine family that functions as a central nervous system depressant. It is commonly used to treat various forms of anxiety and panic disorders, as well as insomnia, by decreasing abnormal excitement in the brain.

### What are the effects and risks?

Xanax, like other prescription tranquilizers, is intended to slow normal brain activity and function, which may result in slowed breathing (respiratory depression), slurred speech, dilated pupils, disorientation, fatigue and decreased coordination. In high dosages, Xanax can, "...cause impaired memory, judgment and coordination; irritability; paranoia; and thoughts of suicide. Some people can become agitated or aggressive." ([Parent Drug Guide: Know the Facts about Xanax](#))

Repeated use of Xanax can lead to dependence, which can result in withdrawal symptoms when use is reduced or stopped. Talk to a medical professional to develop a safe strategy for reducing use. Tolerance to Xanax can develop quickly, causing an individual to consume higher dosages to achieve the same result, increasing the risk of harming themselves. This includes the potential for overdose, particularly when taken with other depressants such as alcohol, benzodiazepines and/or opioids (i.e. fentanyl, heroin and morphine).

### What are the sources of Xanax?

There is no sure way to confirm how teens are getting Xanax. It appears that access to Xanax, and other prescription medications, are likely from a prescription by physicians and/or psychiatrists (which could include misuse of another person's prescription like a sibling or parent); purchased from a friend or dealer; or purchased from the internet or dark web.

Information from local police departments suggests there are likely two streams of Xanax in circulation: legitimate and illicit versions. A legitimate form of Xanax would include pills obtained through a direct prescription, used by the individual they've been prescribed to, or diverted from another person's prescription. These pills are regulated pharmaceutical quality.

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There is also an illicit stream of unregulated Xanax, which has been made from a combination of chemical agents to produce something intended to resemble the appearance and effect of the pharmaceutical version. This poses further significant risk to the person using Xanax outside of prescribed use, as it is very difficult to distinguish a legitimate pill from a fake pill, and the effects from each are likely to vary from pill to pill, including the dosage and interactions with other drugs.

### Signs and Symptoms of Acute Toxicity (Overdose):

- Extreme drowsiness
- Fainting; loss of consciousness
- Difficulty breathing; respiratory depression
- Loss coordination; muscle weakness
- Confusion
- Light headedness

If someone has signs and symptoms of acute toxicity they need urgent medical assistance.

### Suggestions and Tips for Talking to a Teen:

- It's important to keep lines of communication open and to have honest and non-judgemental conversations with your teen—this will create trust and encourage openness
- Approach the conversation with curiosity and interest
- Ask for their opinions
- Focus on your concerns for their safety
- Know the facts about the drug
- Understand and address your own fears before starting the conversation

### Supportive Resources for Youth & Families on Vancouver Island:

- **South Island:** call 250-519-5313 or email [discovery.southisland@viha.ca](mailto:discovery.southisland@viha.ca)
- **Central/North Island:** call 250-739-5790 or email [discovery@viha.ca](mailto:discovery@viha.ca)

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### For more information:

- [www.canada.ca/en/health-canada/services/substance-abuse/prescription-drug-abuse/benzodiazepines](http://www.canada.ca/en/health-canada/services/substance-abuse/prescription-drug-abuse/benzodiazepines)
- [bodyandhealth.canada.com/drug/getdrug/xanax](http://bodyandhealth.canada.com/drug/getdrug/xanax)
- [drugfree.org/drug/xanax](http://drugfree.org/drug/xanax) (Parent Drug Guide: Know the Facts about Xanax)
- [www.uvic.ca/research/centres/cisur/assets/docs/hs-parents-list.pdf](http://www.uvic.ca/research/centres/cisur/assets/docs/hs-parents-list.pdf)