



WELLINGTON SECONDARY SCHOOL

3135 Mexicana Road Nanaimo, BC V9T 2W8

We.schools.sd68.bc.ca

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

SEPTEMBER/
OCTOBER 2017



PRINCIPAL

Mr. Chad Lintott

VICE PRINCIPALS

Mr. Scott Christianson

Mrs. Nicol Suhr

Important Dates

October 2017

Pro-D Day (no classes)	October 6
Thanksgiving Day	October 9
Parent/Teacher Meetings	October 12 -3-5pm
PAC Meeting	October 16—7pm
Pro-D Day	October 20
Photo retakes	October 25

Principal's Message

Hello Wellington Parents and Community,

A very warm welcome to both our new and our returning families! The 2017-18 school year will be filled with opportunities as we continue to implement new curriculum, new assessment and new reporting strategies. I would like to thank those of you who were able to attend our Open House in September, and engage in a discussion regarding those numerous and significant changes. I will share that information throughout the year with all our parents and students as it is released by the Ministry of Education, and I encourage you to ask questions of myself or any of the Wellington staff to ensure that we are best supporting your child(ren)

We have also welcomed a number of new staff members this year:

Heather Arnold, mathematics; Holly Olsen-Leaf, art; Wes Cathcart, English; Kaitlyn Knezevich, Foods; Dawn Holdom, science, Nicole Wedholm, Aboriginal Education; Tamara Stewart, teacher-librarian; Curtis Reich, math; Sandra Fox, student records; Tanya Dean, secretary/records; Chris Jones, EA; Mary Maxwell, EA.

If you have an opportunity, please visit the Wellington school website at: We.schools.sd68.bc.ca

Sincerely,

Mr. Chad Lintott, Principal



What's Happening at Wellington...

ATHLETICS



The fall season is up and running with many different sporting events already in action. The senior girls volleyball team have hosted a tournament, had a fundraiser, and is playing at VIU this upcoming weekend already! The junior girls volleyball team just competed in their first tournament last weekend and the grade 8 girls volleyball teams start league play this week! The junior boys volleyball team and the grade 8 boys volleyball team also start their league play this week. Senior boys soccer hits the field on Thursday and the cross country runners have already been to Powell River for a meet. The swim team is practicing twice each week preparing for their meet coming up in October. We are lucky to have so many coaches stepping in to coach our many teams at Wellington. We would like to thank: Mrs. Johnson, Mr. Cathcart, Mr. Busche, Mrs. Goertzen, Mrs. Gannon, Ms. S. McRae, Kenzie Macdonald, Melinda Franklin and our many athletes for making Wellington Athletics the great program it is!

N. McRae and S. Robertson

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



Modern Languages Field Trip

Cirque du Soleil “Kurios” and Fly Over Canada

Friday, October 27th, 2017 – Vancouver, BC

**Contact Mme Winchell for details:
lwinchell@sd68.bc.ca**



MENTAL HEALTH TALKS FOR PARENTS WITH JERRY BOYCHUK

The third Thursday of Every Month at Wellington Presentation Room

Session 1: Overcoming Anxiety Thursday October 19th 6:15pm

This session will provide parents/caregivers with understanding, skills, and interventions help their children to stand up to and overcome anxiety.

We will discuss:

Promoting mental health in your home

What is anxiety? – determining what is normal

When does anxiety become a problem?

What can parents/caregivers do to help?

Helpful vs Unhelpful parental responses to anxiety

Avoiding avoidance



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

Grade 12 students can now sign up for the Scholarships and Post Secondary google classroom. This is how students will get all information regarding scholarships and visits from post secondary institutions. Students, please see Ms. Gustafson for more information.

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

PUBLIC HEALTH NURSE SCHEDULE

September 27, 2017
October 18, 2017
November 1, 2017
November 22, 2017
December 6, 2017
December 13, 2017

School District Calendar:

Pro D Days: October 6 & 20, 2017
February 19 & 20, 2018
May 11, 2018

Christmas Break: December 25, 2017 - January 7, 2018
Spring Break: March 19-April 2, 2018

January 10, 2018
January 31, 2018
February 14, 2018
March 7, 2018
March 14, 2018
April 11, 2018
April 25, 2018
May 16, 2018
May 30, 2018
June 20, 2018



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

Welcome to many new faces in our International program this year. We have over 80 students at Wellington in the International Program and we are heading to the Corn Maze as our first field trip this year. We have students from Germany, Brazil, Spain, Mexico, Switzerland, Italy, Thailand, China, Japan, Belgium, Vietnam, and Turkey. There are many more field trips coming, as well as many of our international students graduating this year. Welcome to Wellington!!!

