



WELLINGTON

SECONDARY SCHOOL

Volume 1, Issue 1

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Principal

Mr. Chad Lintott

Vice Principals

Mr. Shawn Shahi

Mrs. Nicol Suhr

Greetings Wildcats:

We are now securely into the second half of our 2018/19 school year, congratulations to our early graduates, and good luck to those students who have moved along to the Career & Technical Centre for semester two and beyond. This is a very important month for our students, and indeed a busy one for our office staff, as all students have received report cards for first semester, and have recently completed course selection for next year. If you are a returning student in 2019, or you are entrusting us with the education of your child, please be sure you have completed the course selection forms and submitted them to the school, as well as completed the online course selection process. Next year will offer a number of new course selection options, as the Ministry of Education continues to adapt and enhance the curriculum to meet the needs and interests of our students. As an engaged student, or parent, I hope you were able to take the time to read through the course selection booklet on our website for information related to the new curriculum, new careers programs and new graduation requirements. If not, I encourage you to do so, and as always, feel free to ask questions of the Wellington administrative team.

I believe we are due for another discussion about an activity which has become an increasingly concerning social issue, in the community and on-campus. Vaping by students has become even more prevalent this year, and the level to which it seems to be accepted as a “common activity” is concerning. You may see the very large white exhalations when you drive by or near public areas, including our school and neighboring properties. Despite our efforts to educate our students on the potential dangers of vaping, it appears to be gaining traction as a preferred social activity. While this activity was once limited and restricted to areas out of sight and mind, the more common-place attitude towards vaping has led to students feeling emboldened to vape in parking lots of the school, occasionally in low-traffic areas of our building, and recently with more regularity, in the student washrooms. I bring this to your attention because I know that it requires teamwork on our part to instill the significance of vaping to our students. As it becomes more and more commercial, variances in the quality, quantity and potency of the contents of the vaping devices becomes questionable. As our admin team speaks with parents on an individual basis regarding the use of the device by their respective child, many are surprised or even defiant to learn that their child is in possession of, and uses, a vaping device. I am encouraged by the support we have received from those parents in committing to eliminate the use of these devices on school property, and I ask that you have a conversation with your child regarding the issue as well. We really need your continued support in keeping our students safe from the potentially harmful effects of the contents of these devices. I thank you in advance for that support.

On a much more positive note, I would like to personally thank and congratulate all of our staff and community coaches and volunteers for another very successful winter season of clubs, musical festivals and athletics! Wellington has been represented with great pride and success again throughout our winter season, including an amazing basketball season, wrestling provincials, the Lionel Hampton Jazz Festival and many others. Please continue to read through our newsletter for new on our successes.

I wish you a good start to what we hope is an early Spring season, we have all certainly earned it!

Sincerely,

Chad Lintott,



Important Dates

March 1st	JazzFest 2019 @ Port Theatre
March 15th	Last day of classes before Spring Break
April 1st	School re-opens after Spring Break
April 9th	Vancouver Island Concert Band Festival
April 16th	PAC meeting at 7pm
April 18th	Last Day Term 1
April 19th	Good Friday. Schools not in session
April 22nd	Easter Monday. Schools not in session
April 23rd	Jazz Combo Night. St. Andrews @ 7pm
April 25th	English 12 Provincial <u>E-Exam</u> @ 8:30am English First Peoples 12 Provincial <u>E-Exam</u> @12:30pm
April 26th	Communications 12 <u>E-Exam</u> @ 8:30

STUDENT FEES

It's not too late to pay your student fees! These fees are important for all students to pay as they help to support a variety of school-based events.

Payment envelopes are available in the school office. If you have not already submitted your fees please do so as soon as possible.

Grades 8-11

- Student activity fee: \$15
- Yearbook: \$50
- Package (student fee and yearbook): \$65

Grads

- Student activity fee: \$15
- Yearbook: \$50
- Grad: \$55
- Dry Grad: \$65
- Total Grad Package: \$185

Thank you!

Welly Wear!



Show your school pride on Wednesdays at Wellington! Clothing order forms are available in the office!

HOODIES \$45

T-SHIRTS \$20

CREW NECK \$40

SWEATPANTS \$35

PAC Meetings!

The PAC meets on the third Tuesday of each month. Please see the calendar above for upcoming dates. Everyone is welcome! For more info contact wellingtonpacchair@gmail.com



Please visit our Wellington Secondary School web page for information on current events, important dates, teacher contact information...we.schools.sd68.bc.ca

Band News by Carmella Luvisotto

These are a very busy few months for the band program! The majority of the jazz band students travelled to the *Lionel Hampton Jazz Festival* in Moscow, Idaho from February 20-24th.

Four of our Wellington individual students received the highest honours when they won their solo competition! Those students were invited to perform on the festival's main stage on Saturday night along with four other students from across the US. The students were Grade 12 students Peter Kang on bari sax and Mico Valmonte on trombone, Grade 11 student Daniel Mottahedeh on drums, and Grade 10 student Petra Dobek on piano

The Grade 11/12 Quartet, consisting of Peter Kang on bari sax, Jacob Horwood on guitar, Devin Uslu on bass and Daniel Mottahedeh on drums was one of two winning jazz combos to be selected to perform on the festival's main stage as well.

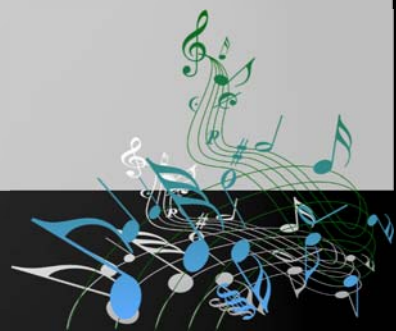
On Friday at the festival, the Wellington Grade 9 Jazz Combo won their division and was also invited to perform on the main stage. Members of this group are Carys Menard and Billy Whelan on alto sax, Katie Apland and Audra Moore on trumpet, Sumeir Guinn on drums, Ellie Crawford on guitar and Philip Morosan on bass.

Two other Wellington musicians were also recognized. Grade 10 student Philip Morosan was awarded an Outstanding Soloist Award on bari sax, as well as Grade 9 student Carys Menard on alto sax.

Congratulations for Mrs. Luvisotto and our band students!

In April, the Senior Jazz Band students will be featured guest artists at the Powell River Jazz Festival and the Concert Band students will be performing/competing at the Vancouver Island Concert Band Festival in Port Alberni.

On March 8th, all jazz band students will be involved in Jazz Fest at the Port Theatre. Tickets for this event at \$12 each and can be purchased from the band or the Port Theatre Box Office. Be sure to quote WELL if purchasing from the Port Theatre.



Managing Stress with Apps for Teens!

At Wellington we are trying to grow a kind and compassionate community through the practice of mindfulness. Two of our counsellors visit classrooms on a daily basis to spread the word through Mindful Moments with Shannon McRae and Mindset Reset with Kate Gustafson.

Coming back from Christmas holidays can be a stressful time as the semester changes over and report cards are released. There are some really great resources out there to help your teens manage stress outside of what we are offering in the classrooms.

If you haven't already checked these out, have a look at the following apps with your teen(s)!

Apps for Teens



As a teen, there are moments in your life when you're really stressed and just need to "Take a Chill." This app is full of tools to help manage that stress, and bring mindful practices into a daily routine.



The basic meditation app includes our classic Taher0 program and animations, which are free for everyone.



A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.



The Mindfulness App helps you to reduce stress and increase wellbeing. Scientific research proves that regular practice for 20 minutes a day brings desired effects. Try it out for yourself!

Vancouver Island University Connections

Grade 12's

Michelle Steel, VIU Educational Advisor will be visiting Wellington Secondary to support students in their transition to VIU for fall 2019. Sign Up in the Counselling area.

- ◆ Thursday, April 4th-Counselling Offices-Individual Advisor Appointments for Course Planning
- ◆ Tuesday, April 30th-8:30-10:00-Library Computer Lab-Web (Course) Registration for fall 2019 and spring 2020.

How to connect with VIU:

- ◆ Students ready to plan for September 2019 connect with Advising at 250-740-6410 or contact Educational Advisor Michelle Steel at 250-740-6566
- ◆ Application status and documentation questions connect with the Registration Centre at 250-740-6400 or registration@viu.ca

INTERNATIONAL NEWS

by Nicole McRae



Wellington welcomes 7 new students to Canada this semester.

Hopefully all of the snow is exciting for our international students! We sure have had a lot of it.

Some of our students are heading up snowshoeing on Tuesday February 19th. It should be a beautiful day up on Mount Washington. As we move into the spring the Rocky Mountains trip will be coming, which is a favourite for many of our students.

Enjoy the snow and study hard in semester 2!

T-Shirt Logo Contest

Design this year's **Dry Grad T-shirt!**

Contest is open to all students in
Grades 10, 11 & 12

**Winner to receive a
\$100 Woodgrove Gift Card!**

Deadline: March 5, 2019

Please see the office for more information

This years theme is
"BEACH"



2019 *Class of*

GRAD PAGE



*Believe
in yourself
— & —
you will be
Unstoppable*



If you have not been measured for your grad gown please see Ms. Lindsay in the office!

Nanaimo Prom Closet

The Nanaimo Prom Closet offers free formal wear to any graduation student, male or female in the central island area.

The event this year will be held March 7th, 8th and 9th at the Nanaimo Alliance Church. There will be appointments available in the afternoon/evening on March 7th, and all day March 8th and 9th.



Appointment request forms are on the website <http://promclosetnanaimo.ca>

IMPORTANT DATES

April 26 th	Grad Transitions Packages Due	Office
May 3 rd	Grad Fees Due	Office
May 7 th	Valedictorian Nominations Available	Office
May 15 th	Valedictorian Nominations Due	Mr. Shahi
May 22 nd	Valedictorian Speeches and vote	F101 Lunch
June 3 rd	Grad Tickets Available	Office
June 11 th	District Honours Night	Port Theatre 6:00 PM
June 13 th	Wellington Awards Night	Gym 6:00 PM
June 21 st	Dry Grad	7:00 PM Beban Park
June 24 th	English 12 Provincial Exam	MPR check in 8:10 AM
June 25 th	Grad Rehearsal	Port Theatre 1:15 PM
June 25 th	Grad Class Photo	Port Theatre 3:15 PM
June 26 th	Communications 12 Exam	MPR check in 8:10 AM
June 26 th	Grad/Teacher BBQ/Softball Game	1:00 PM Wellington Field
June 27 th	Graduation Ceremony	Port Theatre 1:30 PM

Dry Grad 2019

Dry Grad is a great community event that takes months of planning and it simply cannot happen without your support!

Future meeting dates are:

March 11

April 15

May 13

June 3

June 17

All meetings are on Mondays at 7pm in the Wellington School Library

All are welcome!

Please check out our website nanaimodrygrad.com



School Registration 2019-2020

To register your child in Nanaimo-Ladysmith Public Schools, the online, centralized registration will begin on **January 9, 2019 at 8 a.m.** Pacific Standard Time. The following information will help determine if this process will apply to you.

Take a moment and ask yourself the following questions:

1. Is my child new to Nanaimo-Ladysmith Public Schools?
2. Do I have a child that will be turning five years old on or before December 31, 2019 that will be entering Kindergarten? **Applications must be received by June 15, 2019 to ensure a placement in your child's catchment-area school.**
3. Do I want to register my child in Late French Immersion?
4. Do I want to register my child in Early French Immersion? **Applications will be received until January 31, 2019, at which time student selection will be determined by lottery. Parents will be notified in early February 2019. Late French Immersion Students are placed as space permits.**

5. Do I want to register my child in secondary academies?

Lottery



Hockey



Soccer



Beach Volleyball



Baseball

Try-outs/ Audition



Lacrosse



Performing Arts



Jazz

Applications will be received until March 15, 2019, at which time student selection will be determined either by lottery or tryout/audition. Parents will be notified in May 2019.

6. Do I want to apply for a school transfer request (out-of-catchment)? **Applications are due March 31, 2019.**

FOR MORE INFORMATION PLEASE VISIT THE DISTRICT
WEBSITE SD68.BC.CA OR BY EMAILING EREG@SD68.BC.CA



**NANAIMO LADYSMITH
PUBLIC SCHOOLS**

"IT'S SHOW TIME!!!!"

Wildcat Theatre Company is preparing **"Follow That Rabbit, A Wonderland Story"** for our musical theatre class production this year. We have cast the show (a list is posted outside by the stage doors) and we are working hard to bring this musical to life! Follow the White rabbit down into the dream world of Wonderland. Journey with Alice as she encounters some very interesting characters and narrowly avoids losing her head. Fun for the whole family!!

Our production/directing team consists of Ronda Thornett, Peter Spencer and Wes Cathcart, with musical direction from Josh Holloway, costume design and creation by Sherry Blake, and set and prop construction by Norm Boulet and the art classes. Big thank you to everyone in advance for their help.

T-shirt orders will be placed before Spring Break. We have a great design, so check it out and support the 50 students involved in this fabulous production.

Shows times are **May 22-25th at 7:00pm** (Wed-Sat), plus we are inviting Elementary schools to come watch our preview show matinees Tuesday and Wednesday May 21st & 22nd.

Tickets will be on sale at the end of April beginning of May. Stay tuned for more information as it comes along.



SPORTS NEWS by Scott Robertson

Basketball season is coming to a conclusion with 6 teams beginning playoff tournaments in early February. Good luck Wildcats!

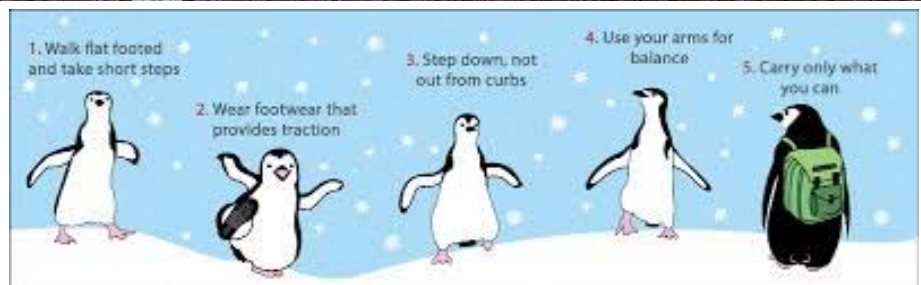
Thanks to all of our coaches: Bruce Harvey, Wes Cathcart, Neil Grigoletto, Craig Horncastle, Scott Robertson, Craig Hoover, Yvan St. Onge, Steve Elwood, Brian Lennox, Luke Letham, Colin Murphy, Nicole McRae, and Dave Brown for your countless hours coaching.

Thank-you to all of the parents and students who have volunteered to drive, scorekeep, and fundraise. We couldn't have had such a smooth basketball season without you.

Wildcat wrestling is also wrapping up soon. Emmitt Giesbrecht is competing in the Island Championships Feb. 8/9 looking for a berth in the Provincials. Good luck Emmitt!!!

The spring season is just around the corner. Students who are interested in playing Soccer, Badminton, or Track and Field should listen to announcements as sign-up and practices will be in late February or early March.

**WALK LIKE A PENGUIN TO
PREVENT WINTER SLIPS,
TRIPS AND FALLS!**



Wellington Teaching Staff Emails 2018-2019

Aitken, Ms. A	amanda.aitken@sd68.bc.ca	Linn, Ms. C	crystal.linn@sd68.bc.ca
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