



WELLINGTON SECONDARY SCHOOL

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October 2020

Principal

Ms. Andrea Davidson
(Grade 12's)

Vice Principals

Mr. Stacy Marusic
(Grades 8 and 10)

Mrs. Nicol Suhr
(Grades 9 and 11)



Dear Wildcat Parents/Guardians and Students,

I hope this newsletter finds you happy and healthy despite these challenging times. At the risk of sounding like a broken record, it is so great to have our students back in the building. Once we all got past seeing everyone in masks rather than seeing the smiles on their faces, we have settled into the school year in a way that feels somewhat normal.

Speaking of masks, I want to apologize for the delay in getting the reusable masks out to our students. As of today, September 30, we are still awaiting our shipment of masks. We continue to provide disposable masks to all students who need one, and we will always have some on hand once we do get our shipment of reusable masks in the event that a student forgets his/her/their mask at home. Students have been great about wearing masks when they are required to do so, and they are receptive and responsive to reminders when they forget. Please reinforce the importance of mask wearing and physical distancing, even when with close friends. Our community will continue to remain healthy and strong as long as we are looking after each other by following COVID safety protocols.

After spending a few weeks immersed in our new quarter system, we are experiencing some challenges as well as some benefits. One of the benefits is that there are fewer disruptions in the day while operating without multiple class changes. Teachers and students are getting outside more often for breaks when needed and there is a general calm in the building brought on by fewer transitions. We are also finding that students are able to dive deeply into their learning with the extended time in class. One of the challenges we are finding is that some learners' brains operate better in the morning while others do well in the afternoon. To honour the learning style of all of our students, we will be flipping blocks on October 13th for the remainder of the quarter so that B Block will be in the morning and A Block will follow lunch. When we begin Quarter 2 on November 16th, we will go back to an AB schedule and then flip blocks halfway through 2nd Quarter, and so on.

We are reaching the midway point of our first quarter. Please expect communication in the form of emails/letters/phone calls and/or Teams meetings from your child(ren)'s teachers regarding midterm progress. We will be having an early dismissal on Thursday, October 15th (with the Friday bell schedule) in order to accommodate parent/teacher communication on the afternoon of October 15th. More information to come soon. In addition to this scheduled time, Wellington's teachers are always available by email to communicate about your child(ren)'s progress. We value the partnership between the school and the home and we look forward to working with you this year.

Hay ch q'a
Thank you
Merci
Andrea Davidson - Principal

UPCOMING EVENTS

October 9th	Non-Instructional Day (school not in session)
October 12th	Thanksgiving Day
October 13th	Photo Retakes
October 13th	Block Schedule Flips (B in AM and A in PM)
October 15th	Early Dismissal @ 1:50 for parent-teachers conferences
October 20th	PAC Meeting @ 7pm
October 23rd	Pro-D Day (school not in session)
November 11th	Remembrance Day
November 23rd	Report Cards published to MyEd
November 24th	PAC Meeting @ 7pm
December 15th	Winter Band Concert @ 7pm in Gym
December 18th	Last day before Winter Break
January 4th	School reopens

LINK TO DISTRICT 68 2020/2021 CALENDAR:

<https://www.sd68.bc.ca/about/calendar/>



WELLINGTON SECONDARY IS ON
TWITTER!

Follow us at @WellSecondary



Please visit our Wellington Secondary School web page for information on current events, important dates, teacher contact information...

<https://we.schools.sd68.bc.ca/>

IMPORTANT

IMPORTANT OFFICE REMINDERS

Attendance Issues

If you have questions or concerns regarding attendance please contact teachers directly. The office cannot make changes without teacher approval.

Homework Requests

Please make any homework requests directly to teachers – all staff emails are on the Wellington Secondary School website as well as in each newsletter <https://we.schools.sd68.bc.ca/our-school/staff-directory/>

Signing Out Students

We are no longer accepting texts. Please send students with a note, or call or email the school info.WE@sd68.bc.ca

Leaving Due to Illness

District protocol requires students leaving due to any form of illness to be seen by First Aid to be documented.

SchoolCashOnline

Please be sure to create an account online at <https://www.sd68.bc.ca/schoolcashonline/>. This is an easy way to pay fees and fill out consent forms all in one place!

SchoolCashOnline

Make online payments with
SchoolCashOnline



- ✓ Field Trips
- ✓ Sports Events
- ✓ Activity Fees

KEVGROUP
School Cash Simplified

Student Activities

We are getting ready to have a few socially distant clubs starting up here at Wellington. More information will be coming in the next couple of weeks, but some examples of clubs starting soon are:

Running Club,
Robotics Club,
Outdoor Adventure Club,
Climate Action Club,
Leadership,
Art Studio,
HUB Study Buddies.



Please see the Student Activities Board between the Learning Commons and room D101 for more information.



WELLINGTON TEACHER EMAILS 2020/2021

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Suhr, Ms. N	nicol.suhr@sd68.bc.ca



YEARBOOK ADVERTISING!

In order to promote public awareness of local businesses we are committing approximately 4-6 pages devoted specifically to local entrepreneurs.

Place
your ad
here

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 question, or comments please contact me at sbhatti@sd68.bc.ca.

COUNSELLING AREA

Welcome back to Wellington! We are certainly experiencing a much different start up than usual and we want to thank our students and families for their patience as we all navigate things together.

Who are we?

Our team remains the same from last spring. We each take a portion of the alphabet to work with. If your child's last name starts with:

A to Go - Crystal Linn - crystal.linn@sd68.bc.ca

Gr to Pi - Heather Arnold - heather.arnold@sd68.bc.ca

Pe to Z - Shannon McRae - shannon.mcrae@sd68.bc.ca

Please feel free to contact us at the school to say hello or ask questions. Also know that you can contact teachers directly with questions related to their courses and how your child is doing! You will find all of our staff emails on the website.

How can we help?

We work with students on a variety of things including, but not limited to:

Career counselling – post secondary research and info

Personal counselling – check ins and emotional and well-being support being support

Academic counselling – student schedules and support with academics

Typically, we also run a variety of activities in our school from classroom presentation, online wellness videos, wellness newsletter, and group offerings on topics like anxiety and grief. There will be more to come on this as we discover what and how we can offer these opportunities.

Check out the following resources online today!

If your child is in grade 11 or 12, please visit the website below. This will be a very important resource for grade 12 families as scholarships are **already under way!**

Scholarship website

<https://sites.google.com/learn68.ca/scholarships/home>

Career Life Connections (CLC) for grade 11 and 12

Counsellors will be visiting classrooms to share details with our grade 11 and 12 students on how to access the google classrooms and begin working on assignments.

For CLC A (grade 11) classroom code Jgs3orn

For CLC B (grade 12) classroom code jtkyx7t

It's All About Nutrition...

Wellington Wellness



September/October 2020

FOOD FOR THOUGHT

Think about it. Your brain is always "on." It takes care of your thoughts and movements, your breathing and heartbeat, your senses — it works hard 24/7, even while you're asleep. This means your brain requires a constant supply of fuel. That "fuel" comes from the foods you eat — and what's in that fuel makes all the difference.

Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood. —Eva Selhub MD, Harvard Health Publishing 2018.

Center for Parent and Teen Communication- This website has many resources, articles and up to date information- have a look today!

<https://parentandteen.com/understand-the-adolescent-brain-to-support-and-protect-teens/>

Mindful eating- Simply put **mindful eating** is learning to **pay attention**. Instead of **eating** mindlessly, putting food into your mouth almost unconsciously, not really tasting the food you're **eating** ... you notice your thoughts, feelings, and sensations. ... The look, smell, taste, feel of the food you're **eating**. **Try it today!**

Ted Talks: How the food you eat affects your brain- Mia Nacamulli <https://www.youtube.com/watch?v=xyQY8a-nq6g>

VIU CONNECTIONS

Activities and program information sessions are happening on an ongoing basis.

Bookmark the [VIU Events page](https://www.viu.ca/events/) to make sure you don't miss out. <https://www.viu.ca/events/>

Highlights: Mark your calendar....

Applications open **October 1st**. VIU is now accepting applications for September 2021.

We invite you to [connect](#) with a Recruiter to learn more about VIU.

[Bachelor of Science degree programs](#), Nov 3, 7:00-8:00pm

[Science & Technology Diplomas](#), Nov 4, 7:00-8:00pm

[Engineering Programs](#), Nov 5, 7:00-8:00pm

[Child and Youth Care program](#): September 30, Oct. 28 and November 25

Check the Counselling area of your school for other upcoming virtual events.

How to connect with VIU:

- For general enquiries, connect with a Recruitment Officer at 250.740.6672 or connect@viu.ca. We are here to assist future students as they explore the transition to post-secondary education.
- Students who have applied and are ready to plan for September 2021 should contact Advising at 250.740.6410 or email advising@viu.ca.
- Services for Aboriginal Students faculty provide advising and culturally appropriate services to Aboriginal students. Connect via email at sas@viu.ca or 250-740-6510.
- Questions regarding application status and necessary documentation will be directed to Registration: 250.740.6400 or registration@viu.ca. Staff continue to work from home and are able to connect with you and your students with a variety of communication options: **video chat** (using Microsoft Teams or Zoom), **email** or phone.

VIU Contacts for Wellington students: Rob @ Rob.Barcelos@viu.ca or Michelle @ Michelle.Steel@viu.ca



VANCOUVER ISLAND
UNIVERSITY

YOUTH WELLNESS CENTRE

The Nanaimo Youth Wellness Centre is located at the **Nanaimo Aquatic Centre** and is available for young people up to age 25 to access vital health and wellness services.



Youth have access to Physicians, Counsellors and Public Health Nurses

Confidential services include:

- Low Cost Birth Control
- Relationship Support
- Counselling
- Physical Health
- Healthy Lifestyle
- STI Screening
- Pregnancy Testing
- Mental Health Support
- Healthy Lifestyle
- Emergency Contraception Pill (ECP)
- Sexual Decision Making
- Gender Identity Support
- Family Support

ALL SERVICES CONFIDENTIAL

Entry to the Wellness Centre is through the outside door and we are only allowing one client in at a time

Please help us keep patients and staff safe. Do not come to the centre if you are feeling unwell, have a cough or fever.

Drop-in or appointments available:

Tuesdays and Thursdays 9am to 2:30 pm

A nurse is available all-day

A doctor is available 11:00 a.m. to 2:30 p.m.

Wednesdays 3 to 6pm

A nurse and doctor are available.

STUDENT VERIFICATION FORMS

Students were given forms to take home to parents/guardians at the beginning of the school year.

Please ensure that you look over, sign, and return these forms to the office so that we have current and correct contact information for your student.

Please contact the office if you didn't receive this form.



MyEd BC Portal Information

Parents new to Wellington will have MyEd portal accounts created in the next few weeks.

MyEducationBC (MyEdBC) is a web based portal for parents, students, and teachers to communicate student information. See <https://we.schools.sd68.bc.ca/students-parents/myed-bc-family-portal/> for more information.

Automated emails will go out to parents once these accounts have been created.

DID YOU KNOW ? ? ?

The Learning Commons now has a website! Check it out for info about new books, help for research, contests and events. Find us on the "Learning Commons" tab of the school website or at www.wellingtonsecondaryschoollearningcommons.com

SCHEDULE FOR SECOND HALF OF THE FIRST QUARTER—STARTING OCTOBER 13TH

BELLS		MONDAY		TUESDAY	WEDNESDAY	THURSDAY		FRIDAY
B	8:25AM	WARNING BELL	8:25AM	WARNING BELL	WARNING BELL	WARNING BELL	8:25AM	WARNING BELL
B	8:30AM	B	8:30AM	B	B	B	8:30AM	B
	10:55AM		11:20AM				10:55AM	
	5 Mins	Announcements	5 Mins	Announcements	Announcements	Announcements	5 Mins	Announcements
B	11:00AM	LUNCH ODD RM'S	11:25AM	LUNCH EVEN RM'S	LUNCH ODD RM'S	LUNCH EVEN RM'S	11:00AM	
B	11:05AM	LUNCH EVEN RM'S	11:30AM	LUNCH ODD RM'S	LUNCH EVEN RM'S	LUNCH ODD RM'S	11:05AM	
B	11:40AM	WARNING BELL	12:05PM	WARNING BELL	WARNING BELL	WARNING BELL	11:25AM	WARNING BELL
B	11:45AM	A	12:10PM	A	A	A	11:30AM	A
	2:00PM		2:55PM				1:45PM	
B	2:00PM	DISMISS ODD	2:55PM	DISMISS EVEN	DISMISS ODD	DISMISS EVEN	1:45PM	
B	2:05PM	DISMISS EVEN	3:00PM	DISMISS ODD	DISMISS EVEN	DISMISS ODD	1:50PM	