



WELLINGTON SECONDARY SCHOOL

3135 Mexicana Road, Nanaimo BC V9T 2W8 Phone (250) 758-9191 Fax (250) 758-3352

**DECEMBER
2020**

Principal

Ms. Andrea Davidson
(Grade 12)

Vice Principals

Mr. Stacy Marusic
(Grades 8 and 10)

Mrs. Nicol Suhr
(Grades 9 and 11)



'Uy' skweyul and Greetings,

'Tis the season already! I hope December's newsletter finds you well and looking forward to all that the month of December has in store, albeit on a smaller scale than usual this year.

Quarter 2 is underway and we look forward to communicating student learning at the midterm point during the week of December 14th to 18th. We will be holding virtual parent/student/teacher conferences on the afternoon of December 17th from 3:00-4:15 for those who wish to connect in person (virtually) with classroom teachers. Classes will run on a Friday bell schedule on the 17th, with dismissal at 1:50 pm, to allow for conferencing.

Holiday traditions continue at Wellington. Ms. Luvisotto and the Wellington Jazz Academy will be live streaming the Winter Concert on Tuesday, December 8th starting at 6:30 pm. Ms. Anton is running a two-week food drive for our Holiday Hampers and we welcome donations of non-perishable food items and toiletries to help fill the hampers if you are in a position to donate. We will be holding a virtual holiday assembly on December 18th and we will once again have our 'Elf on the Shelf' contest when our sneaky staff elf posts himself in different locations around the school.

When we return to school in January, we will be getting to work on programming for the next school year and planning for celebrating our Graduating Class of 2021. We sincerely hope that 2021 brings the beginnings of global health and wellness so that we can once again be together again in celebration.

December 18th will be the last day of classes before the Winter Break. We look forward to seeing our students in the New Year when school reopens on January 4th. Please remember we will be moving to a B/A block rotation upon our return.

On behalf of all the Wellington staff, we wish you all a very restful holiday break and a joyous new year. Stay safe and healthy while you enjoy the company of those closest to you.

Hay ch q'a
Thank you
Merci

Andrea Davidson - Principal



UPCOMING EVENTS

December 8th	Winter Band Concert @ 6:30
December 17th	Virtual Parent-Teacher Interviews
December 18th	Last day before Winter Break
January 4th	School reopens
	Blocks Flip (B in AM, A in PM)
January 18-22nd	Grad Photos
January 28th	Last Day of Classes for Quarter 2
January 29th	Transition Day—Classes not in session
February 1st	First Day of Quarter 3
February 11th	Pro-D Day—Classes not in session
February 12th	Pro-D Day—Classes not in session
February 15th	BC Family Day
February 17-18th	Grad Photo Retakes

Link to District calendar <https://www.sd68.bc.ca/>



**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/>



GATHERING OUR MEDICINE

Join us for an 8-week online parent program!

Gathering Our Medicine is a unique program for caregivers of Indigenous youth.

This program honors Indigenous ways of knowing and being while looking at how this naturally provides for our youth's relationship needs, develops resilience and ensures emotional health. The program runs once per week and covers a range of topics as follows:

Week 1 A Warm Welcome and The Journey Ahead

Week 2 The Dance of Relationship – Staying in The Lead

Week 3 Stages of Development and Getting Unstuck

Week 4 Resilience – Fostering the Capacity to Bounce Back

Week 5 Responding to Emotions – In Our Youth and In Ourselves

Week 6 Aggression, Anxiety and Other Challenges with Youth

Week 7 Our Natural Village of Relationships

Week 8 Honouring Our Youth - Celebration Ceremony

Dates: January 26 - March 9, 2021 **Time:** 1:00 - 2:30pm (90 minutes)

Dates: April 14 - June 2, 2021 **Time:** 10:00 - 11:30am (90 minutes)

Dates: July 8 - August 26, 2021 **Time:** 10:00 - 11:30am (90 minutes)

Dates: October 7 - November 25, 2021 **Time:** 1:00 - 2:30pm (90 minutes)

Location: Zoom or Microsoft Team Meeting

For more information or to register please email, text or call:

Trishia Unrau 250-268-4716

Rick Geddes 250-716-6745

trishia.unrau@gov.bc.ca

richard.geddes@gov.bc.ca

Jemma Cerson 250-616-9147

Jemma.Cerson@gov.bc.ca

WELLINGTON'S HOLIDAY HAMPERS!

We will be running **Charlie Brown Holiday Hampers** from **December 1st to December 14th**. We are collecting items to support those in need in the Wellington community so that they can have a safe and fulfilling holiday season. Each **B block** class is part of a Peanuts squad. For each item brought in, students will win a certain number of points for their squad. The top class per grade will receive a holiday treat!

Items needed include:

Cranberry Sauce and Stuffing Mix (3 pts)

Canned Vegetables (2 pts)

Canned Protein (4 pts)

Rice/Pasta (3 pts)

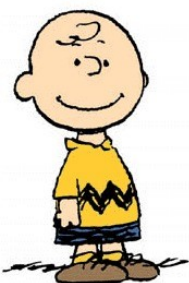
Spaghetti Sauce (3 pts)

Tea/Coffee (4 pts)

Soups/Chili (3 pts)

Toiletries (4 pts)

Miscellaneous (2 pts)



THANK YOU FOR YOUR SUPPORT!



The White Hatter's safety resource app is a collection of helpful tools and sources for students, teens, teachers, and parents who need help from a variety of challenges such as bullying, mental illness, substance abuse, sexuality, and various emergencies. Some of these resources offer 24/7 assistance in times of crisis. We offer dedicated Canadian and United States resources pages. Connect with The White Hatter team directly through our social media and website—all accessible within the app!

<https://www.thewhitehatter.ca/mobileapp>



FROM THE OFFICE...

Attendance Issues

If you have questions or concerns regarding attendance please contact teachers directly. The office cannot make changes without teacher approval. Contact the office only to excuse an absence.

Signing Out Students

If your student needs to leave school early please send them with a note, or call or email the school info.WE@sd68.bc.ca. We cannot excuse an absence without parent/guardian notification.

Leaving Due to Illness

District protocol requires students leaving due to any form of illness to stop at the office to be assessed by First Aid.

THANK YOU!

Learning Commons is OPEN!

STUDENTS! Please come check out our new books! Online reading options are also available from our catalog and Teen Book Cloud via this link:



<https://www.wellingtonsecondaryschoollearningcommons.com/>



Christmas Hamper
registration is now
open at all Loaves &
Fishes Nanaimo
Depots

Please note if you are unable to come to a depot to register or collect your Christmas Hamper you may give your ID to another person to register and collect for you. That person will need to show their ID as well.

The LAST day for regular hamper and Christmas hamper registration is Saturday, December 12th at Generations Church Depot 11am-12pm. For those who miss Christmas hamper registration or pickup there is a LAST CHANCE Christmas hamper registration and pickup option on Wednesday, December 23rd from 12pm-3pm at Farquhar Depot.

December 13th, 2020 - January 3rd, 2021 regular depots are closed as we are distributing Christmas Hampers during that time.

Last chance Christmas Hamper collection for those who missed registration or scheduled pickup is December 23rd (12pm-3pm) at Farquhar Depot.

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 has 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

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

9:00 a.m. to 2:30 p.m.

A nurse is available all-day

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

Wednesdays

3:00 p.m. - 6:00 p.m.

A nurse and doctor are available.

Counsellors available by phone.

<https://www.islandhealth.ca/our-locations/children-youth-locations/nanaimo-youth-wellness-centre>

Wellington Wellness

December: Compassion



"If you want others to be happy, practice compassion.

If you want to be happy, practice compassion."

Dalai Lama.

Brené Brown on Empathy <https://www.youtube.com/watch?v=1Evvwgu369Jw&t=49s> (2:53)

Compassion and self-compassion are defined in the same way. The only difference is **the focus**—others or ourselves. Unfortunately, when it comes to our own suffering we seem to raise the bar much higher. Instead of responding to difficulties with **kindness and acceptance** we become self-critical. Or we hide our feelings because we think others will think we're weak and incompetent.

Challenge: #1 Do something nice for someone- and Keep it a Secret!

Challenge #2 Do something nice for yourself!

How compassionate are you? Take the Quiz <https://self-compassion.org/test-how-self-compassionate-you-are/>



Snowy Road Conditions!

As we move into winter it's important to be prepared for icy road conditions!

Check out <https://shiftintowinter.ca/> for helpful tips to keep you and your family safe!



PARKING PASSES

A reminder to all students that parking a vehicle on school property requires that you have a parking pass displayed in your vehicle. The permission form is available in the office and it requires a \$20 refundable deposit (when you return your parking pass) and a parent/guardian signature. There is also information on specific areas where students can park.

Please be advised that all students parking on school property MUST have the permit displayed at all times. Thank you for your support.



IMPORTANT REMINDER:

Wellington Secondary is a **CLOSED CAMPUS** during this phase of Covid-19 restrictions.

Staff and current students only on site

Please call the office if you need assistance 250-758-9191



GRADUATION INFORMATION!

INFORMATION FROM VANCOUVER ISLAND UNIVERSITY...

Future Student Information Sessions

Sign up for a session to learn more about VIU and our 120+ programs, and all that's involved in becoming a student here. These events are open to students considering courses in January, applying for September 2021, and everyone who's thinking about studying at VIU in the future.

Wednesday, January 13, 2021 at 6:30 p.m. - https://viu.zoom.us/webinar/register/WN_uto0E65ESuOeB7Q3i0iFYQ

Tuesday, February 9, 2021 at 6:30 p.m. -

https://viu.zoom.us/webinar/register/WN_g900i2Z5Qfyq1D_MtT4rZA

Future Student Parent Nights

Are you a parent or guardian of a high school student or young adult interested in attending VIU? Join us at one of our Parent Nights -- and bring along your student if you like. We'll share information that will help you guide and support your student, including admission requirements for our programs, scholarships and upcoming application deadlines. We'll also offer advice on helping your children successfully transition to life at university.

Tuesday, January 26, 2021 at 6:00 p.m. - https://viu.zoom.us/webinar/register/WN_Qi6TQQxFQ1C6AKTA4Sv4og

Wednesday, March 15 at 6:00 p.m. - https://viu.zoom.us/webinar/register/WN_V7yQeRDOS-qaARjxukYAdA

Student Experience Panels

Meet VIU's student ambassadors -- they're current students who love to help people learn more about the student experience and navigate the steps to balancing studies and student life. Join us and bring your questions!

Tuesday, January 19, 2021 at 6:30 p.m. Q&A with Community Leaders (Residence) and Students Union - https://viu.zoom.us/webinar/register/WN_Us4SdDb6RoCv7D_a4_UMhg

Monday, February 22, 2021 at 6:30 p.m. Q&A with Community Cousins and Peer Supported Learning - https://viu.zoom.us/webinar/register/WN_EYRuZ7eiS-2PxohNBbDSSw



VANCOUVER ISLAND
UNIVERSITY

GRAD PHOTOS

Grad Class of 2021 you are now able to sign up for your GRAD PORTRAIT Session with Lifetouch Photography!

All grad photos will be on location at the school.

To schedule your appointment please go to:

[Lifetouch Prestige Grad Photo session](#)

Note: You won't have an appointment code until you have signed up for an appointment.

Enter the Province, City and then your school to start the scheduling process.

Then enter your name and choose your appointment day and time.

For more information on what to expect from your grad photo session and some tips please go to:

[Grad Session tips and information](#)

****Covid-19 Safety Protocols: To keep everyone as safe as possible Lifetouch has implemented numerous safety protocols. Our photographers will wear masks the entire time and the session will be completely contactless.

- At this time we will not be including pets, friends or family members in portrait sittings. Please come to your photo session by yourself.
- We will only be accepting debit and credit for payment of sitting fees.
- The use of props provided by Lifetouch is voluntary, we have implemented safety protocols for sanitizing props or will provide one time use props for each sitting. Graduates may bring appropriate props to be included in their sitting.
- We suggest males bring a SHIRT AND TIE for formal photos and females wear V-NECK or SCOOP NECK top for formal photos. We will not have shirts and ties for graduates to use.
- Our staff will not be tying ties so please ensure you can tie your own or have it pre tied
- If graduates are bringing a change of outfits please limit it to one change.

If you need help scheduling your grad photo session DO NOT contact the school, Please call Lifetouch at 1-250-738-0983 ext.2 during office hours Monday to Friday 8am-3pm.





The Toy drive is attempting to have a Toy Drive in 2020 following the Covid-19 guidelines.

We will be providing gifts and books to over 1200 children this year. Parents will not have the same experience as previous years in picking out the gift for your child but that should return next year.

The Toy Drive board of directors is working to find a way to offer parents presents for their children this year.

This year volunteers will be filling Christmas 'stockings' for families, as we are unable to have parents select presents given the pandemic.

The directors need your help right now! We're looking for:

- Groups of people – pods- of 10 people, who are in each other's bubble who can volunteer 3 -4 hours to sort/select toys for families.
Again for two weeks in December.

Our volunteers will be filling a bag of appropriate aged toys for each child up to age 16 and the parent will be handed the bag at distribution

We must keep our volunteers and families safe so for this year parents will not be able to choose. Registration is from Monday, November 16th to Friday, December 4, 2020. **Weekdays only.**

Registration will be from 10AM to 4PM every weekday. Calls received out side this time will NOT be answered.

If busy please call again later.

This is a phone in registration only.

The number to call is 250-323-3076. Please have your care card ready.

WELLINGTON TEACHER EMAILS

2020/2021



Aitken, Ms. A	amanda.aitken@sd68.bc.ca
Allison, Mr. W	william.allison@sd68.bc.ca
Anton, Ms. S	sarah.anton@sd68.bc.ca
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Austin, Ms. S	sarah.austin@sd68.bc.ca
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Cathcart, Mr. W	wesley.cathcart@sd68.bc.ca
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Egglesstone, Mr. G	gegglesstone@sd68.bc.ca
Elwood, Mr. S	selwood1@sd68.bc.ca
Gannon, Ms. L	lgannon1@sd68.bc.ca
Grigoletto, Mr. N	ngrigoletto@sd68.bc.ca
Harvey, Mr. B	bharvey2@sd68.bc.ca
Henderson, Mrs. V	vhenderson@sd68.bc.ca
Holdom, Ms. D	dholdom@sd68.bc.ca
Horncastle, Mr. C	craig.horncastle@sd68.bc.ca
Johnson, Mrs. L	lmjohnson@sd68.bc.ca
Kenning, Ms. L	louise.kenning@sd68.bc.ca
Knezevich, Ms. K	kaitlyn.knezevich@sd68.bc.ca
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McRae, Ms. N	nmcrae@sd68.bc.ca
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Spencer, Mr. P	pspencer@sd68.bc.ca
Stewart, Ms. T	tamara.stewart@sd68.bc.ca
Suhr, Ms. N	nicol.suhr@sd68.bc.ca
Winchell, Mrs. L	lwinchell@sd68.bc.ca

WINTER BAND CONCERT



This year the Winter Concert will be sent out to parents by email. We would like to thank Marcus Morosan for helping record all the groups this year!

On Tuesday, December 8th at 6:30 PM the Wellington Jazz Combos will be performing live on the Wellington Jazz Academy Facebook Page.

INTERNATIONAL



Wellington is welcoming 9 more international students to our Quarter 2 schedule. We are excited to have some new faces around the school and are hoping for a white winter holiday this year. Welcome to Wellington: Chloe, Bruno, Annika, Phillip, Leo, Enya, Mila, Mamoru and a welcome back to Saya. You are now part of our Wildcat Community!



ATHLETICS

We have had to press pause on our Athletic after-school skill building sessions. This is hopefully a temporary pause, and we can get our students back into the gym in the new year. Our coaches are excited to get back to working with you, and the one week that we ran basketball was amazing. We all had a great time and were able to see some smiling faces. Don't worry, we will be back! Enjoy your winter holidays.



Yearbook Advertising!

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