



WELLINGTON SECONDARY SCHOOL

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

March 2021

Principal

Ms. Andrea Davidson
(Grade 12)

Vice Principals

Mr. Stacy Marusic
(Grades 8 and 10)

Mrs. Nicol Suhr
(Grades 9 and 11)



We acknowledge that Wellington Secondary School is located on the unceded, ancestral, and traditional territory of the Snuneymuxw Coast Salish people

Uy Skweyul and Happy Spring Wellington Families,

On behalf of the Wellington staff, we hope this newsletter finds you happy and healthy. As we approach the one-year anniversary of our new normal, I took the opportunity to look back at the March 2020 newsletter to see what we were celebrating one year ago. From basketball season to jazz festivals to robotics competitions, there was a lot happening leading up to spring break. Some of you may have been looking forward to a spring break adventure on a sandy beach, or visiting friends and family that included hugs and sharing a meal at the same table.

Despite the restrictions that are in place this year due to COVID, there is still so much to celebrate at Wellington. We are grateful to Ms. McRae, our Athletic Director, for finding a way to bring back extra-curricular, skill-building activities for our grade 8s. She continues to explore ways we can safely expand extra-curricular activities for all students while working within the provincial guidelines.

The Jazz Academy students were able to participate virtually in the Lionel Hampton Jazz Festival at the end of February. Traditionally, the trip to Idaho was a highlight of the year for our student musicians and this year they made the most of the situation by showcasing their talents in the virtual world.

Our Student Leadership Team, with the support of Mr. Dang, has been very busy with keeping school spirit alive and well. Our senior student leaders have been mentoring our junior student leaders, and collectively they have kept important Wellington traditions running during this unusual year.

On February 24th, we brightened Wellington's hallways and classrooms on Pink Shirt Day. Students spent time reflecting on how to lift each other up, the theme of this year's day, and then recorded their thoughts which were shared on giant, pink sticky-note t-shirts, all organized by our students. We continue to work with our students on living and acting with kindness every day and we are so fortunate in schools to be able to witness the beauty that comes from youth leading with their hearts.

On March 8th, we will rotate blocks, with B block running in the morning and A block in the afternoon for the remainder of the quarter. Student/Parent/Teacher Conferences are scheduled for March 11th, and Spring Break begins on March 15th with a return to school on March 29th. I hope you all find some time over the break to dig your toes into the sand at a local beach or enjoy a hike on one of the Island's spectacular trails. There is so much to do here, why would we want to go anywhere else?

Wishing you all a pleasant month of March and, as always, please feel free to reach out to your teachers, counsellors and/or the admin team if you have something you want to share with us. Take care and stay safe.

Hay ch q'a / Thank you / Merci

Ms. Andrea Davidson - Principal

UPCOMING DATES

March 8th	Block flip (B block in AM/A Block in PM)
March 11th	Early Dismissal at 1:50 for Parent-Teacher Interviews
March 12th	Last day of classes before Spring Break
March 15-26th	Spring Break
March 29th	School Re-opens after break
April 2nd	Good Friday—Classes not in session
April 5th	Easter Monday—Classes not in session
April 22nd	Last Day of Classes for Quarter 3
April 23rd	Transition Day—Classes not in session
April 26th	Start of Quarter 4
May 3rd	Report Cards published
May 7th	Pro-D Day—Classes not in session
May 24th	Victoria Day—Classes not in session
June 2nd	Grade 8 <i>Passion Project</i>
June 25rd	Last day of classes

LINK TO DISTRICT 68 2020/2021 CALENDAR:

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



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

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

Upcoming Information Sessions:

[VIU Engineering Programs Information Session](#) – Thursday, March 11th 6:30-7:30 pm
[VIU Baking and Culinary Information Session](#) – Tuesday, March 9th 5:30-7:00 pm
[VIU Child and Youth Care Information Session](#) – Wednesday, March 17th 4:00-5:00 pm

Activities and program information sessions are happening on an ongoing basis. Bookmark the [VIU Events page](#) to make sure you don't miss out.

Recruitment Updates:

It's not too late to register for VIU Recruitment's remaining information session!

Future Student Parent Night – Monday, March 15, 2021 at 6:00 pm. [Register here.](#)

NEW – Zoom Drop-in stop by Wednesdays between 10:00 am – 2:00 pm and get your questions answered one-on-one by a VIU Recruiter.

[Click here to join!](#) Password: 441587 | Meeting ID: 666 0802 0912

Check out our [digital viewbook](#) to learn more about all the programs available at VIU.

New full-time domestic students can enter to win one \$2,500 credit towards Falls 2021 tuition through [VIU's What's Next Campaign](#)

Advising Updates:

Students who have applied to VIU for September 2021 are invited to join the Advising team at one of our upcoming What's Next information session! Register for the dates below:

[Thursday, February 25th at 4:00 pm](#)

[Thursday, March 11th at 6:00 pm](#)

Course Planning – NEW beginning in April, applicants and new students [can book a one-on-one](#) Zoom appointment with an advisor to discuss timetable options and course planning.

Or, as always, students can stop by the [Advising Zoom drop-in](#) or email advising@viu.ca or call 250.740.6410 to request a call back.

Services for Aboriginal Students (SAS):

Did you know that SAS also offers a Zoom drop-in? New and prospective Aboriginal students are encouraged to pop-in to connect with an Educational Advisor to get their questions answered. Alternatively, they can email SAS@viu.ca or call 250.740.6510.

Student Learning Survey 2020/2021



The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

Early in **2021** the Student Learning Survey will be administered to students in grades 10 and 12, their parents/guardians/caregivers, and all school staff. We encourage parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province – in addition, questions from the school and/or district that focus on local conditions or issues may be included.

The survey can be completed electronically and can be accessed on the Internet at http://www.bced.gov.bc.ca/sat_survey. Any computer with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link with or without an anonymous logon code by selecting the school district and school name where your child attends school. Provincial, District and School Reports for previous years can be viewed at the same site under the *Results* section.

The e-survey site will be open until Friday, April 30th, 2021.

If you have any questions, please contact the school at (250) 758-9191.

ATHLETIC NEWS from Ms. McRae

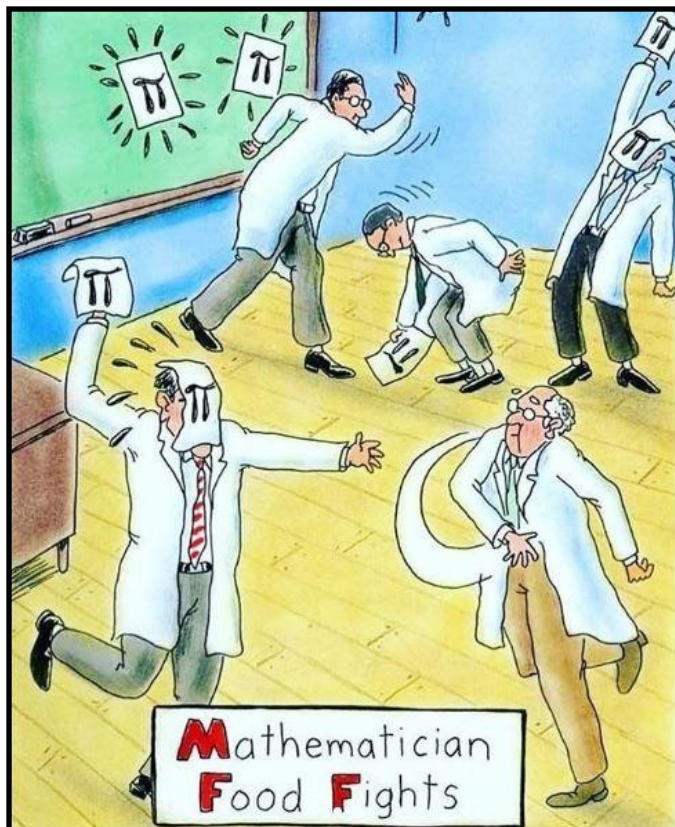


We are happy to announce that we are now able to have some students participate in extra curricular activities. We have our grade 8's alternating in the gym from a week of volleyball to a week of basketball. Each cohort has the opportunity to participate one day each week. It is much more difficult with our older grades as we cannot mix cohorts, and are very limited to what we can do. The great thing we can offer is the ability to check out some different sports for our grade 8 athletes.

From Mrs. Johnson...

Our **Run Club** will resume its running **after Spring Break** on **Mondays and Wednesdays at 3:15**. All are welcome from any grade and any level of running ability. We have quite a few teachers who run with the students and are excited to start up again. We follow strict running guidelines and follow the social distancing recommendations.

Meet Mondays and Wednesdays by the gym doors at 3:15!



PARENT TEACHER INTERVIEWS



Online interviews will occur on Thursday, March 11th. Please watch for your sign up email on March 1st!

Enhanced COVID-19 Safety Protocols in Schools

School Medical officers noted that most school exposures in fall 2020 did not result in transmission within the school. However, some school exposures did result in additional cases, including clusters and a limited number of outbreaks. While each case was unique, a common recommended action from school medical officers was to review existing COVID-19 safety plans to ensure required measures were in place and were being consistently implemented.

Additional Steps Taken

1. Prevent crowding and gathering.
2. Avoid close face-to-face contact whenever possible.
3. Students are always required to wear a mask in the classroom with the exceptions of:
 - Sitting in (or standing at) their desk/workstation in a classroom or learning space
 - There is a barrier in place
 - Eating and drinking
 - Outdoors
4. When eating or drinking in the building, maintain a 2m distance from others and once finished, put a mask back on.
5. Continue to wash hands and/or use hand sanitizer before and after classes and breaks.
6. High intensity physical activity should occur outside whenever possible.

PLEASE AVOID LARGE GATHERINGS AFTER SCHOOL HOURS

Students are strongly encouraged to leave the school grounds and return home as soon as school is out for the day.

Thank you!



IMPORTANT REMINDER:

Wellington Secondary remains a **CLOSED CAMPUS**

Staff and current students in the building only

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



WELLINGTON WELLNESS

March/April

Best recipe for your brain

1. Do **one** thing at a time
(big secret you can't study and text at the same time)
2. Finish Projects
3. Breath

Brain Boosters:

1. Get moving- be active, walk
2. Water- drink plenty everyday
3. LAUGH
4. Novelty. change is good for your brain, mix it up!
5. Grateful.
-name 3 things you are grateful for...
-what are you looking forward to?
6. Simplify
7. Be Social
8. Nature. Go outside
9. SLEEP



YouTube:

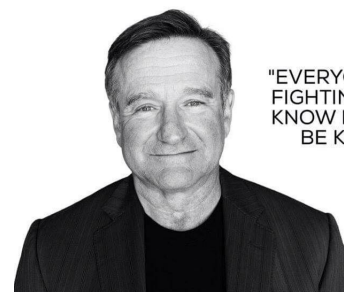
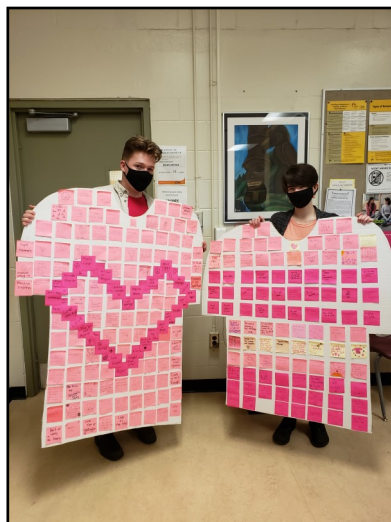
Dan Siegel - "The Adolescent Brain"

<https://www.youtube.com/watch?v=001uSOEc5eY> 4.36

PINK SHIRT DAY 2021 !

Many thanks to our Student Leadership Team and Mr. Dang for all of their hard work creating these "pink shirts". Positive messages from staff and students adorned each note.

Kindness... It Costs Nothing, But Means Everything



"EVERYONE YOU MEET IS FIGHTING A BATTLE YOU KNOW NOTHING ABOUT.
BE KIND. ALWAYS."

- Robin Williams

PROTECTING OUR CHILDREN FROM GANG-ASSOCIATED INVOLVEMENT

TUESDAY, MARCH 2 (ONLINE EVENT)
6:30 - 8:00 PM

Gangs are recruiting youth at a younger age in ways that our communities have never seen before. Parents will leave this FREE presentation with a greater understanding of what they can do to prevent their child from getting involved in gangs and other harmful activities.

LEARNING OUTCOMES:

- Identifying if an individual is on the pathway to engaging in gang-associated behaviour
- Warning signs to look for
- Understanding why youth are attracted to the gang lifestyle
- What to do if you think your child is involved in gang-related activity
- Gang exit strategies
- Digital Trends in your community



KEY SPEAKER: JORDAN BUNA

Jordan Buna has presented both provincially and nationally on the topic of youth gangs. He works with Safer Schools Together, delivering training sessions with Gang Reduction through Informed Practice (GRIP). Jordan's presentation focuses both on his journey into gangs as a young person as well as his successful exit as an adult.

TO REGISTER, PLEASE VISIT:

<https://forms.gle/jTbzWq2wVRp3j6yv7>



NANAIMO LADYSMITH
PUBLIC SCHOOLS



erase

**EXPECT RESPECT &
A SAFE EDUCATION**

Gang
Reduction
through
informed
Practice

GRIP

SST

SAFER
SCHOOLS
TOGETHER



Navigating the Adolescent Brain & Behaviours

Open to caregivers of teens (ages 11-18)

PART 1: *Changes in the teen brain* – Tuesday, March 9, 6:30-8pm

- How the teenage brain differs from the adult brain.
- How these changes influence teen behaviours, moods and decision making.
- The purpose of these changes.

Zoom Meeting ID: 895 8848 3385 (get the Zoom app at: zoom.us/download)
Passcode: 014899

PART 2: *Ways to respond* – Thursday, March 11, 6:30-8pm

- Examine challenging behaviours
- Tips for parents to navigate through the teen years
- How to lessen the emotional intensity

Zoom Meeting ID: 811 0470 9993 (get the Zoom app at: zoom.us/download)
Passcode: 090938

Brought to you by:

LIFT Living in Families with Teens



Learn | Laugh | Live
NARSF PROGRAMS LTD.

118-170 Wallace Street, Nanaimo, BC V9R 5B1
Tel: 250-754-2773 www.narsf.org

LIFT offers counselling for parents & youth experiencing difficulties in their family relationships. We support caregivers as they navigate parenting through the teen years.

NEWS FROM THE COUNSELLING DEPARTMENT!

With March comes Spring Break but it also brings the home stretch for our students, particularly our grade 12 students. As we enter this stretch, there are some important things to keep in mind for grade 12 students:

- Have you checked in with your counsellor to ensure you are fully on track to graduate with all credits and requirements in place?
- Have you been watching the scholarship website to ensure you are handing in applications on time?
- Have you or are you completing your CLC requirements as per the Google Classroom?
- Have you completed the online Student Transcript Services to ensure your transcripts get sent to your post-secondary institute of choice?
- Have you completed the Numeracy assessment?

Upcoming Events – see a counsellor for more information!

VIU Applicant “Next Steps” Session with a VIU Advisor – Thursday, March 11th at 6pm via Zoom

VIU President’s Full Tuition Scholarships application due to Ms. Gustafson – Thursday, April 15th

VIU Chancellor’s Entrance Scholarships application due to Ms. Gustafson – Friday, April 30th



If you have questions about any of these points or events, please contact a counsellor!

Last name A to Go – Ms. Crystal Linn crystal.linn@sd68.bc.ca

Last name Gr to Pa – Ms. Kate Gustafson kate.gustafson@sd68.bc.ca

Last name Pe to Z – Ms. Shannon McRae Shannon.mcrae@sd68.bc.ca

WELLINGTON TEACHER EMAILS

2020/2021



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Suhr, Ms. N	nicol.suhr@sd68.bc.ca
Winchell, Mrs. L	lwinchell@sd68.bc.ca

YEARBOOK NEWS!

Yes, there will be a yearbook this year!

The 2020-2021 yearbooks are now available for purchase. Students can purchase their yearbooks at the office for a cost of \$50. Parents can also purchase the books through the NLPS website <https://nlps.schoolcashonline.com/>

Copies are limited! We do not have the ability to order extras later in the year. Guarantee your copy today!

Students Leaving School Because of Illness

If your student comes to school and then needs to leave early due to illness, they will need to be checked out by First Aid. This is a requirement due to Covid protocols.



Please ensure that your student is aware of this and checks in at the office prior to leaving.

Parents: Please call the office at 250-758-9191 to give permission for your child to leave.

Place
your ad
here

Have a Business to Advertise ? ? ?

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.

DEADLINE FOR ADS IS MARCH 13TH!