



# WELLINGTON SECONDARY SCHOOL

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**November  
2021**

Principal

Ms. Andrea Davidson  
(Grade 12)

Vice Principals

Mr. Stacy Marusic  
(Grades 9 and 11)

Mrs. Nicol Suhr  
(Grades 8 and 10)



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

'Uy' skweyul (good day) Wildcat community,

I hope this November newsletter finds you well. I would like to start by expressing school-wide gratitude for our Leadership students and Mr. Dang who put together an amazing day of virtual spooky celebrations to showcase the costume creativity on display on October 29<sup>th</sup>. Wellington students continue to find ways to connect using technology while we are still required, for everyone's health and safety, to keep our gatherings small.

I would also like to thank Ms. N. McRae and Mr. S. Robertson for their dedication to school sports by making sure that students have the opportunity to play while managing the shifting sands of spectator rules and COVID guidelines. Thank you to our volunteer coaches (community members and teachers) for your commitment to supporting students in extra-curricular activities. Thank you to the parent drivers who are transporting students to and from games, matches, and meets, and thank you to the parent community for your patience and understanding around limits to spectators during game play.

For our students in Grades 9-12, you are very aware that we've had three different bell schedules in as many years. This is due in part to COVID and also in part to working with elements of the quarter system timetable that worked for our learning environment. We are going to make one more minor adjustment to this year's timetable starting January 31<sup>st</sup>, 2022 for Semester 2. Recognizing that having two short lunch breaks (Monday and Friday) is a challenge for our students and for our staff, we are going to return to a 2:05 dismissal on Mondays which will allow for an extension of the lunch break. This does not change the time that students are spending in class but it does give an extra 15 minutes of time to enjoy the lunch break and the important social aspects of the school day. We will continue to keep the 1:50 dismissal on Fridays as getting out early on a Friday works for everyone. We will publish the revised Monday schedule closer to the end of the semester so as not to create any confusion now. This is just advanced notice that there will be a 2:05 dismissal on Mondays for Semester 2.

On November 10<sup>th</sup>, we will be recognizing Remembrance Day with a school-wide virtual assembly. A collection of students are busy putting together a video presentation, to be shared in each classroom, that will also include performances from our talented student musicians. At 11:00 we will pause for a moment of silence to remember those who served and those who gave their lives so that we may enjoy the freedoms we are so privileged to hold today, and to pay tribute to those who continue to preserve peace and protect humanity in countries across the globe. I am forever grateful to be living in a country that upholds the values of peace, kindness, tolerance and respect.

Report cards will be published on November 22<sup>nd</sup>, marking the midway point of Semester 1. Teachers are looking forward to connecting with parents during Parent-Teacher Conferences on November 25<sup>th</sup>. Please remember that you are always welcome to contact your child(ren)'s teachers and/or counsellor via email if you have questions about progress at any point throughout the year.

Wishing you all a pleasant month of November and, as always, please feel free to reach out to us if you have questions/concerns, or if you have something you would like to share with us. Take care and stay safe.

Hay ch q'a / Thank you / Merci

Ms. Andrea Davidson - Principal

## UPCOMING IMPORTANT DATES



### NOVEMBER

November 1-5	Grad Assessments
November 11	Remembrance Day
November 12	Last Day of Term 1
November 15	Start of Term 2
November 16	PAC Meeting 7pm
November 22	Report Cards Published to MyEd BC Portals
November 24	Lockdown Drill in C block
November 24	Early Dismissal 1:50pm
November 25	Parent Teacher Conferences 4-6pm

### DECEMBER

December 14	Winter Band Concert in the gym (tbd)
December 17	Last day of classes before Winter Vacation

### JANUARY

January 4 (Tues)	Schools Reopen
January 24-28	Graduation Assessments
January 28	Semester turnaround day
January 31	Start of Semester 2

⇒ Full 2021-2022 school district calendar  
<https://www.sd68.bc.ca/document/2021-2022-school-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/>

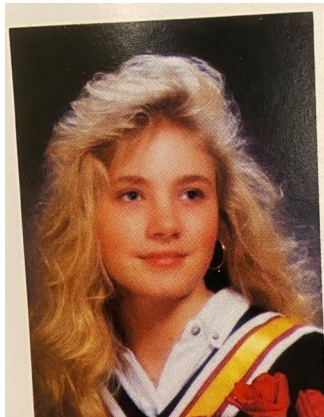
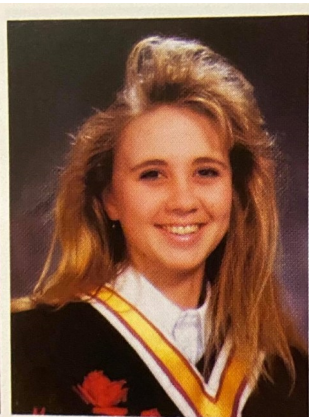
Let's try this again...

## Blast from the Past

These ladies were rockin' the 90's look!

Who are they? Hint...they are Welby staff members!

First student to the office with the correct answer will win a prize! No winners from the last newsletter:(



### International News by Nicole McRae

Our international students are looking forward to our upcoming field trips this month. We are going to Victoria to visit the Malahat Skywalk and also going to Vancouver to the Capilano suspension bridge and Fly Over Canada. In early December, the students are going to Whistler for skiing and snowboarding. It's going to be a fun month.

Many of our students have been very lucky to have attended the Outdoor Education class's trips. They have had some wonderful weather, hiked, camped and canoed. I have heard from many students in the past couple of days, "THIS IS A LOT OF RAIN!" We also have international students playing junior and senior girls volleyball, senior boy's volleyball and soccer.

Many of our Japanese students went on a field trip to the museum downtown with Ms. Rose and had a wonderful time. It's a great group of students this year and everyone is having a blast!



# November

### Athletic News by Scott Robertson

The fall season of play is coming to an end soon. Good luck to our soccer, volleyball, cross-country, and swimming teams in their upcoming play-offs. Go Wildcats!

Thanks to all of our coaches: Mike Busche, Jonathan McKenzie, Shannon McRae, Meghan Carver, Coach Lisa, Ronda Thornett, Camryn Baglo, Hannah Green, Ryleigh Handby, Alex Wong, Melinda Franklin, Louise Kenning, Brooklyn Johnstone, Madelin Boas, Courtney Branchi, Noah Horst, J.J. Horst, Phillip Treitel, Kaitlin Ovcharov, Ethan Mack, Cory Bowater, Leah Johnson and Wes Cathcart for your countless hours coaching. You are greatly appreciated!

Thank-you to parents and students who have volunteered to drive, score keep, and referee. We couldn't have had such a smooth season without you.

The winter season is just around the corner. Students who are interested in playing basketball this year make sure to listen to announcements as sign-up and practices will be in early November.



### 2021-2022 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 question, or comments please contact me at [sbhatti@sd68.bc.ca](mailto:sbhatti@sd68.bc.ca).

### Band News by Carmella Luvisotto

Music students will have several opportunities to participate in festivals this year and band parents are busy with fundraising once again.

At the moment, band students are collecting **orders for poinsettias & holiday planters** beautifully arranged by Hilltop Greenhouses in Victoria.

Forms can be obtained from students or email [wellband3135@gmail.com](mailto:wellband3135@gmail.com) to ask for a brochure.

Orders are due by November 5th and plants will be ready by December 3rd. They make great gifts!



A reminder that Wellington Band Parents and students will be providing Gift Wrap Services at *Country Club Mall* this December. Stop by and get your present wrapped!

# COUNSELLING NEWS

## TAKING CARE OF OUR WELLNESS

It is November and we've hit the ground running! It's around this time that we often see students about managing their stress levels and workload at school. With report cards coming out this month, course content well underway, and the weather changing, it's important to have strategies for managing stress and creating balance in our lives. Here are some easy "to do" tips!

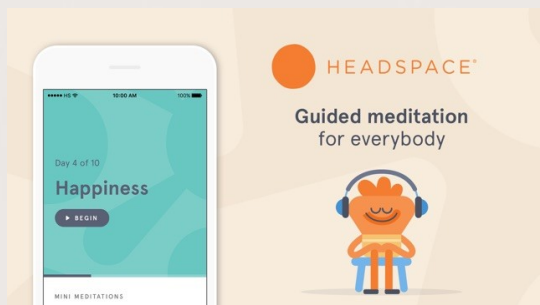
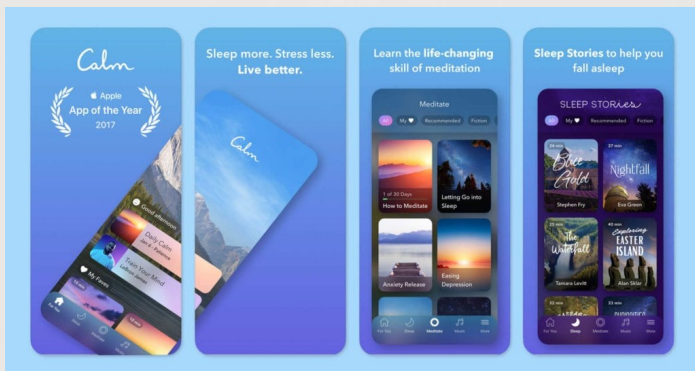
### Effective Strategies for Managing Stress

- ◆ Get enough sleep and drink lots of water
- ◆ Stay on top of things – attend your classes and be aware of due dates
- ◆ Practice mindfulness – take time for yourself, learn to breathe deeply, download the Head Space app for some mindful meditations
- ◆ Change your thought patterns – when we speak negatively to ourselves we are actually making things harder for ourselves. Be kind to yourself!
- ◆ Get outside - Go for a walk with a friend or family member, spend some time near the ocean or hiking in the forest. Fresh air is medicine for the body!

There are some great resources out there to help your teens (and you!) manage stress. If you haven't already, check out these apps!

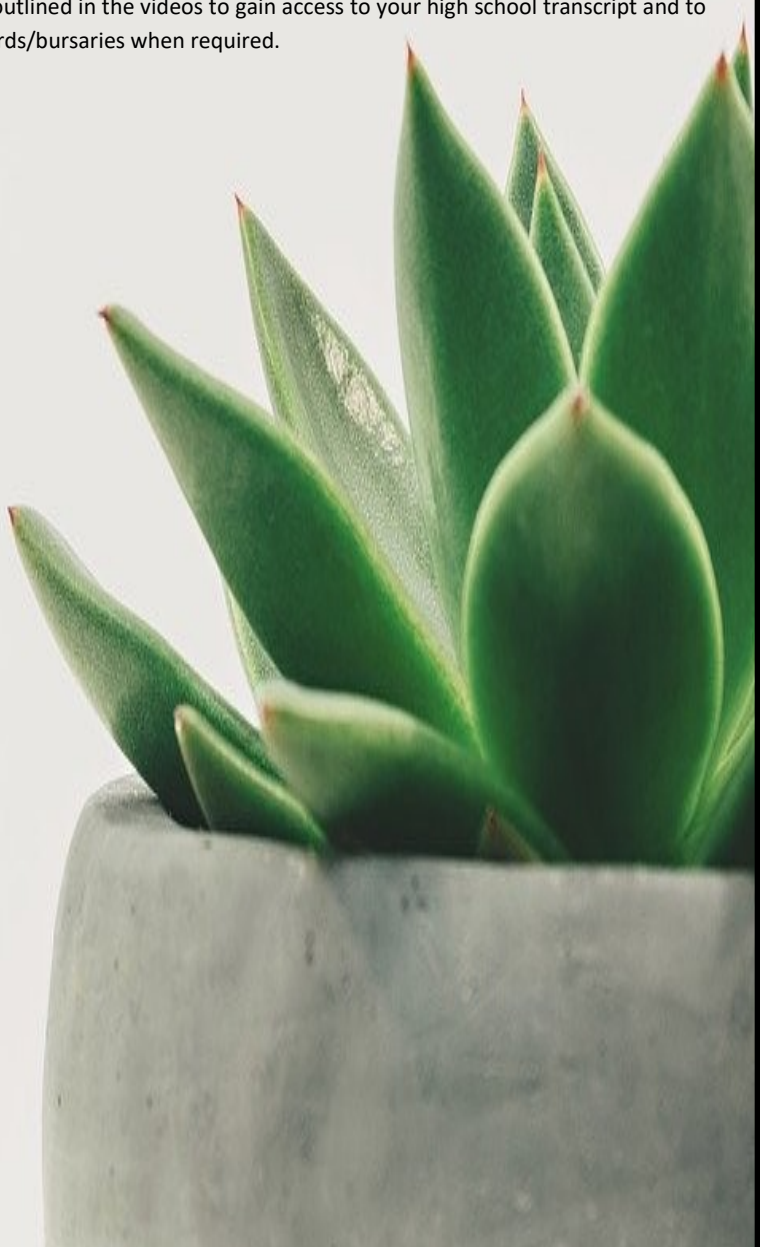
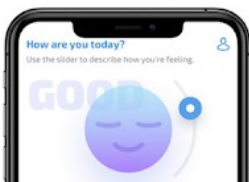
## SCHOLARSHIPS

Grade 12's, and the parents/guardians of grade 12's, please remember to check out the scholarship website (<https://sites.google.com/learn68.ca/scholarships/home>) for a list of scholarships and other resources in planning for post graduation. Many students are asking about transcripts right now. Please see the tab entitled **Transcripts & BcEID** and follow the steps outlined in the videos to gain access to your high school transcript and to order transcripts to any post-secondary institutions or for scholarships/awards/bursaries when required.



## MindShift CBT

Free Evidence-Based Anxiety Relief







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## WHAT'S HAPPENING AT VIU—NOVEMBER 2021

October 1<sup>st</sup> – Applications open. VIU is now accepting applications for September 2022

### Upcoming Information Sessions:

Science and Technology at VIU Virtual Event – [Wednesday, November 3](#) from 7-8:30 PM

Future Student Parent Session – [Thursday, November 25](#) from 6-7 PM

Child and Youth Care Program – [Thursday, November 18](#) from 4-5 PM

Dental Hygiene Program – [Thursday, November 18](#) from 6-7 PM

Various activities and program information sessions 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/>

### Recruitment Updates:

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

Check out our [events page](#) for upcoming webinars.

### Advising Updates:

[Educational Advisors](#) are available to meet with new applicants in person, by phone or email, or virtually.

### **Information for new applicants:**

If you missed the **Next Steps Presentation**, [watch it now](#)

Visit [Ready, Set, Go - Launchpad to Success at VIU!](#)

[After you have applied to Vancouver Island University](#)

### Services for Aboriginal Students (SAS):

New Indigenous students are encouraged to join the SAS virtual drop in. [Details can be found on the website](#). Alternatively, they can email [SAS@viu.ca](mailto:SAS@viu.ca) or call 250.740.6510.

### **How to connect with VIU:**

- ♦ General inquiries connect with a Recruitment Officer at 250.740-6672 or [connect@viu.ca](mailto:connect@viu.ca)
- ♦ Students who have applied and are ready to plan for September 2022 contact Advising at 250-740-6410 or email [advising@viu.ca](mailto:advising@viu.ca)
- ♦ Application status and documentation questions contact Registration 250.740.6400 or [registration@viu.ca](mailto:registration@viu.ca)



## Wellington Parent Advisory Committee (PAC) November 2021 Newsletter

Wellington PAC executive is excited to be supporting students, families and the school community!

**Join the Wellington Secondary PAC Facebook page to stay connected.**

PAC meetings are held the third Tuesday of the month at 7pm. Everyone welcome! The next meeting is November 16th and will be held in person and virtually via Teams. Link posted to the Wellington Secondary PAC Facebook page.

Special Guests for November: Elder Auntie Joan Brown, Superintendent Scott Saywell, and Trustee Bill Robinson.

**Papa John's Pizza Lunch is every Thursday—2 slices for \$5!! Looking for volunteers to help over lunch break.**

### HOW TO SUPPORT THE PAC:



**Bee's Knees Café** at Country Club Mall is offering students handmade sandwiches for \$8.50 with a portion coming back to PAC. Thank you Behzad!

Donate your bottles at the two local bottle depot locations; let the staff know you want to donate to Wellington Secondary School PAC.



Shop at the two **COBS Bakery** locations and the Nanaimo Soap Exchange; let them know you would like to donate to Wellington Secondary School and they will give a % back to PAC.

Save your **Country Grocer** receipts: PAC receives \$10 in gift cards for every \$1000 in receipts. Please have your student drop off in the school office not at the store directly.



Save yourself cooking time and enjoy a Family Fun Night! Use code **wsfund** at **Papa John's** and 20% of every order is returned to Wellington Students! Use this code at Papa John's anytime, any day!

### 2021/2022 PAC Executive:

**Chair- Brianne P.**

**Treasurer-Tricia S.**

**Secretary-Erin R.**

Executive positions open- Vice Chair and DPAC Rep. We are always looking for Members at Large as well to volunteer with projects.

If you are interested please email PAC at: [wellingtonsecondarypac@gmail.com](mailto:wellingtonsecondarypac@gmail.com)

**Thank you for your continued support!**

## WELLINGTON TEACHER EMAILS 2021/2022

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## Student Parking On-Site

Students are reminded that if they are bringing a vehicle to school that they need to park in the back parking lot.

All student's bringing a vehicle must have a parking pass displayed when on-site. Forms are available in the office.

A deposit of \$20 will be refunded at the end of the school year upon return of the parking pass.



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**Wellington Spirit Wear** can also be purchased through **SchoolCashOnline!**

Great idea for Christmas or Birthday gifts!  
If you would like to purchase clothing as a surprise for a gift please email  
patricia.lindsay@sd68.bc.ca and she will arrange that for you

<https://www.sd68.bc.ca/schoolcashonline/>



## HOMEWORK CLUB

Need homework help?

Join Ms. Balcombe in B105  
Tuesdays through Fridays  
from dismissal until 4:30pm!

