



WELLINGTON SECONDARY SCHOOL

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

**December
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 / Greetings Wildcat Families,

I hope that this month's newsletter finds you happy and healthy. I also hope that you've been able to stay dry during these unusually rainy days. As somebody who has a great deal of respect for the natural world, I've tried to maintain healthy environmental practices. However, given this past year with the heat domes and forest fires, the atmospheric rivers and devastating flooding, my family has made commitments to do even more to protect our natural environment. More so than before, wherever and whenever I can do my part, I will. I am buoyed with hope when I see the young people in our community taking action against climate change. Wellington's Climate Action Club continues to lead the charge in our school around finding ways to do better for our environment. They will be meeting with city councillors and school trustees in January to talk about collective responsibilities and I am confident that there will be actionable items that come from this meeting that will further the important work we all must do.

Something else that gives me joy and hope is knowing that we are moving toward a normal way of being. When space allows, there will be limited numbers of spectators at our sporting events. We are able to hold grade assemblies again and will be doing so on December 13th; for the first time since 2019, our grade groupings will be together again in one space and it will be wonderful! Our band program and jazz academy are able to perform live, with limited numbers of proud family members and friends in the audience. Our performing arts crew is looking forward to a spring production. And we remain hopeful that grad will be more grand this year. We are going to start the return to grad traditions with a grad pancake breakfast this Friday...it's time to let grads be celebrated for all of their accomplishments over the last 13 years. We'll start with pancakes!

Please remember that starting second semester, we will be extending lunch hour on Mondays by 15 minutes and dismissing at 2:05 pm. This is following a request from students and staff to return to the old Monday bell schedule to allow for more time to eat and meet with friends. When we return to school in January, we will be getting to work on programming for the 2022/23 school year. We encourage students to explore their elective choices at the school and ask questions about how they can access learning opportunities that are connected to their interests and passions. We will begin course selection in mid-February.

Leading up to the break, we will be holding our annual toy and food drive, our door decorating contest, and our school-wide virtual assembly. December 17th 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, 2022. On behalf of the Wellington staff, we wish you the happiest of holidays. In whatever way you choose to celebrate the holiday season, we wish you good rest, good food, and the good company of friends and family.

Hay ch q'a / Thank you / Merci

Ms. Andrea Davidson – Principal

UPCOMING DATES

December

- December 13-14 Winter Band Concerts in Gym
- December 17 Last day of classes before Winter Break

January

- January 4 (Tues) Schools Reopen
- January 6-8 SuperBall
- January 17-21 Grad photos
- January 18 PAC Meeting 7pm
- January 24-29 Grad assessments
- January 28 Semester turnaround day
- January 31 Start of Semester 2

February

- February 7-8 Pro D Days. School not in session
- February 15 Lockdown Drill 9am
PAC Meeting 7pm
- February 21 BC Family Day
School not in session

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



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

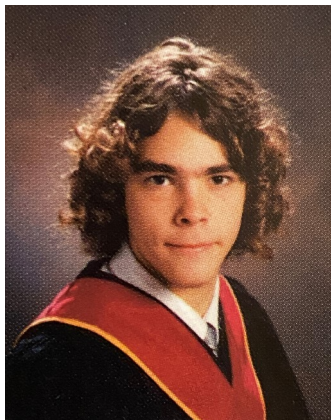
<https://we.schools.sd68.bc.ca/>

Blast from the Past

These beautiful people were once Wellington grads!

Now they're teachers!

First student to the office with the correct answer will win a prize!



International News by Nicole McRae

We finally went on our first field trip to Victoria and it was a wonderful day.

We stopped at the Malahat Skywalk and the views there were so fabulous. It was a great cultural experience.

From there we went to the Imax and watched a great video on the humpback whale. It was so beautiful seeing our oceans and the wildlife in it.

After that, we had some free time to wander through the downtown area, and it was a wonderful day.

The kids are going to Vancouver soon, and will be able to see the sights of the Capilano suspension bridge at night.



Athletic News by Scott Robertson

We had such a great season of fall sports here at Wellington this year.

Volleyball has just wrapped up, and both of our senior boys and girls represented Wellington at the Island Championships. The boys tournament was hosted here at Wellington, and the girls were in Victoria at Stelly's. The girls finished in 5th place, and the boys lost their game going into the semi finals. The coaches were very proud of the sportsmanship and hard work shown by both of these teams.

As we move into basketball season, we have 2 grade 8 boys and 1 grade 8 girls team. We have one junior girls, one grade 9 boys, and one junior boys team as well as a senior boys and a senior girls team. There will be a lot of basketball in our gym in the upcoming weeks. Our season is supposed to start on Wednesday, December 1st and we can't wait!!! Go Cats!!!



CHRISTMAS HAMPERS



Wellington provides Christmas Hampers to a number of families each year. We welcome any monetary donations, gift cards, or turkey certificates. Donations can be dropped off at the office.

Band News by Carmella Luvisotto

Winter Concert

Band Members are very excited to be performing for a small audience on Tuesday!

December 13 (Jazz Bands) and December 14 (Concert Bands) at 7 PM. These will be our first live performances in almost two years!

Fundraising

The Wellington Band will be providing **Gift Wrap Services** at Country Club Mall through the month of December. Please come out and get your gift wrapped. Gift Wrap is by donation.

Dates for the New Year

January	Various grade 8 students possible elementary performances
January 11 th	Clinic with artists from Vancouver/NY
February 15 th	Clinic with the Benny Benack III Quartet from NY
February 23rd	Lionel Hampton Jazz Festival Virtual
February 24/25th	Surrey Jazz Festival – Various Jazz Groups
April 12, 2020	Vancouver Island Concert Band Festival – Port Alberni – Grade 8 Bands/Sr Concert Band
April 26/27th	West Coast Jazz Festival – VIU
May 16-21	MusicFest Canada
May 27	Jazz Affair - Place TBA





Holiday Gift Wrapping

DECEMBER 7 - 24

CENTRE COURT - COUNTRY CLUB CENTRE

by donation

\$2 small
\$3 medium
\$5 large

exact cash only

Proceeds from this event directly benefit the students of the Wellington Secondary Jazz Academy as they raise funds for travel to festivals and competitions.

This fundraiser would not be possible without the generous support of Country Club Centre and its vendors. Thank you!



FUNDRAISING

The Learning Commons is raising money through the company TruEarth. Click on the link below to see how you can support Wellington!

<https://fundraising.tru.earth/wellingtonsecondaryschool>



Firefox has encountered



an unexpected problem with Windows

Wellington Wellness

December:
compassion

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

If you want to be happy, practice compassion." Dalai Lama.

1. Please watch this video: Brené Brown on Empathy
<https://www.youtube.com/watch?v=1Ewvgu369Jw&t=49s> (2:53)

2. 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!

3. The good news is that compassion is like a muscle that can be strengthened with practice. And more good news: it has proven mental health benefits. "Compassion reduces our fear, boosts our confidence, and opens us to inner strength."



Giving Tuesday

November 30th

This Giving Tuesday,
our fundraiser will earn
25% on every order
through our link
when you enter
code **GIVING**
at checkout

TRUEARTH

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.



It's Not Too Late To Shop for Christmas Gifts!

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/schoolcashionline/>





VANCOUVER ISLAND UNIVERSITY
EXPLORE. DISCOVER. EXCEL.

WHAT'S HAPPENING AT VIU—December 2021

Upcoming Information Sessions:

- Child and Youth Care Information Session – [Thursday, December 9](#) from 4-5 PM
- Resource Management Officer Technology Information Session – [Thursday, December 9](#) from 5-6 PM
- Information Session for high school students – [Tuesday, January 11](#) from 6-7 PM
- Information Session for parents of future students – [Thursday, January 20](#) 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.

Recruitment Updates:

Thinking about University? [Connect with a Recruiter](#) to learn more about becoming a student at VIU and our different programs! Recruiters are available in-person, by email, Zoom or phone.

Advising Updates:

Have you applied to VIU? We would love to meet with you! We encourage students who have applied to VIU to connect with [Advising](#) at 250.740.6410 or email advising@viu.ca.

Advisors can also be reached in [Zoom drop-in](#) (Monday and Friday from 11:00 – 1:00 and Tuesday, Wednesday, and Thursday from 12:00-3:00).

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 or call 250.740.6510.

Campus Tours:

Did you know you can book a private tour for potential students? Visit our Nanaimo campus and see first-hand what it's like to be a student.

Book your [campus tour here](#).

Consider booking an appointment with a recruiter after your tour to discuss your options.



Wellington Parent Advisory Committee (PAC)

December 2021 Information

PAC meetings are held the third Tuesday of the month at 7pm. Everyone welcome! The next meeting is January 18th and will be held in person and virtually via Teams. Link posted to the Wellington Secondary PAC facebook page.

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:



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 will go to support extracurricular activities for Wellington Students! Use this code at Papa John's anytime, any day!



We are looking for a PAC executive, Vice Chair and Secretary. Also looking for Members at Large. Anyone interested can email wellingtonsecondarypac@gmail.com

We need more parents on the Wellington Secondary PAC Facebook page! Here is the link

<https://www.facebook.com/groups/962032747865328>



2021/2022 PAC Executive:

Chair- Brianne P.

Treasurer-Tricia S.

Secretary-Erin R.

Thank you for your continued support!



WELLINGTON TEACHER EMAILS 2021/2022

Aitken, Ms. A amanda.aitken@sd68.bc.ca
 Allison, Mr. W william.allison@sd68.bc.ca
 Arnold, Ms. H heather.arnold@sd68.bc.ca
 Austin, Ms. S sarah.austin@sd68.bc.ca
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 Brooker, Ms. K kbrooker@sd68.bc.ca
 Busche, Mr. M mbusche@sd68.bc.ca
 Campbell, Ms. M marijke.campbell@sd68.bc.ca
 Cathcart, Mr. W wesley.cathcart@sd68.bc.ca
 Connolly, Ms. J jana.connolly@sd68.bc.ca
 Crocker, Ms. K katiejo.crocker@sd68.bc.ca
 Curran, Ms. L. lindsay.curran@sd68.bc.ca
 Dang, Mr. M mike.dang@sd68.bc.ca
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 Egglestone, Mr. G gegglesstone@sd68.bc.ca
 Elwood, Mr. S selwood1@sd68.bc.ca
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 Grigoletto, Mr. N ngrigoletto@sd68.bc.ca
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 Horncastle, Mr. C craig.horncastle@sd68.bc.ca
 Johnson, Mrs. L lmjohnson@sd68.bc.ca
 Knezevich, Ms. K kaitlyn.knezevich@sd68.bc.ca
 Lennox, Mr. B blennox@sd68.bc.ca
 Linn, Ms. C crystal.linn@sd68.bc.ca
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 Luvisotto, Ms. C cluvisotto@sd68.bc.ca
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 Oldham, Ms. C coldham@sd68.bc.ca
 Olsen-Leaf, Ms. H holsen-leaf@sd68.bc.ca
 Ovcharov, Ms. K kaitlin.ovcharov@sd68.bc.ca
 Padow, Mr. N nicholas.padow@sd68.bc.ca
 Patrick, Mr. C colin.patrick@sd68.bc.ca
 Pedersen, Ms. T tpedersen@sd68.bc.ca
 Poulin, Mr. F fpoulin@sd68.bc.ca
 Pronk, Ms. M melanie.pronk@sd68.bc.ca
 Pye, Mr. D dpye@sd68.bc.ca
 Robertson, Mr. S srobertson@sd68.bc.ca
 Seward, Ms. G gseward-wilson@sd68.bc.ca
 Spencer, Mr. P pspencer@sd68.bc.ca
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 Thomas, Ms. K kristin.thomas@sd68.bc.ca
 Wedholm, Ms. N nicole.wedholm@sd68.bc.ca
 Winchell, Mrs. L lwinchell@sd68.bc.ca
 Wood, Ms. D danica.wood@sd68.bc.ca
 Zeeman, Mr. A aubrey.zeeman@sd68.bc.ca



Celebrating Diversity!

Wellington families come from many different cultures. We would like to wish everyone a wonderful holiday season!



ATTENDANCE

Please contact the office by phone 250-758-9191 or email info.WE@sd68.bc.ca if your student will be absent from classes.

This will allow us to excuse the absence so that the automated system doesn't send you the absence email.

MASKS

As we head into the winter months, we are reminding everyone that there is a requirement for anyone on campus to be wearing a mask. Masks need to be worn over the nose and mouth at all times when in the building and outside when 2 meter physical distancing cannot be maintained.

Please remind your student(s) to bring a mask from home. If it is forgotten, there is a small supply available at the main office for student use.



Thank for your continued support with this provincial order.

Winter Safety Tips

S A F E T Y N O T I C E



Occupational Safety & Wellness Department
395 Wakesiah Avenue, Nanaimo, BC V9R 3K6
Office: (250) 741-5276
Fax: (250) 741-5259
Email: safety@sd68.bc.ca

WATCH FOR THE ICE

- In icy conditions, approach with caution and assume that all wet, dark areas on pavement are slippery and icy.
- During bad weather, avoid boots or shoes with smooth soles and heels. Wear footwear that provides traction on snow and ice.
- Keep hands free and out of pockets, and use arms for balance.



WINTER HAZARDS

- Use special care when entering and exiting vehicles; use the vehicle for support.
- Walk in designated walkways as much as possible.
- Avoid taking shortcuts over snow piles and other frozen areas.
- Point your feet out slightly like a penguin! Spreading your feet out slightly while walking on ice increases your center of gravity.
- Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.

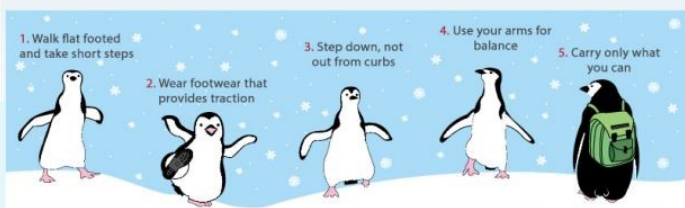
NLPS Safety Statistics
22% of Injuries from Slips Trips and Falls
(22% of lost time injuries were from falls from same level, 2011-2016)

March 2018

Walk like a penguin to prevent Winter Slips, Trips and Falls

Over half of all reported slips, trips and falls occur during the winter months of November through February. Please take care to tread safely and walk like a penguin to prevent snow and ice-related injuries:

- Keep hands free and out of pockets and use arms for balance.
- Go slow, being in a hurry increases your chances falling.
- Use special care when entering and exiting vehicles; use the vehicle for support.
- Avoid taking shortcuts over snow piles and other frozen areas.
- During bad weather, avoid boots or shoes with smooth soles. Wear footwear that provides traction on snow and ice.
- Point your feet out slightly like a penguin! Spreading your feet out slightly while walking on ice increases your center of gravity.
- Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.
- Remember to use proper body mechanics and ergonomic tools when removing snow.



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Driving Safely In School Laneways

Slowly Drive Through the School Laneways

- Focus on the road. Do not use your phone or any other hand-held electronic device while you're driving.
- Be ready to yield to pedestrians, especially when turning in intersections and near bus loading areas.
- Look twice for pedestrians crossing the road particularly when visibility is poor.
- Give yourself extra time and space to stop in case a pedestrian suddenly crosses the street. Expect the unexpected.
- Come to full stop at stop signs.



About 1 in 5 people
killed in car crashes in
B.C. are pedestrians.



Tips for safe walking

- Be careful at intersections and watch for drivers turning left or right through the crosswalk. Drivers may be focused on oncoming traffic instead of scanning for you.
- Always cross at designated crosswalks. Follow pedestrian signs and traffic signals and never cross once the signal has turned yellow or red.
- Always make eye contact with drivers and never assume that a driver sees you.
- Remove your headphones and take a break from your phone while crossing the road.
- Wear reflective clothing or gear and flashlights to make it easier for drivers to see you in wet weather, at dusk and at night.
- Areas without sidewalks- make yourself visible and always walk facing traffic so you can see oncoming drivers.
- When allowing vehicles to pass- move to a safe distance, well back from harms way.