



NANAIMO DISTRICT SECONDARY SCHOOL
355 WAKESIAH AVENUE, NANAIMO, BC V9R 3K5
TELEPHONE: 250-740-2000 FAX: 250-740-2020

October 2020

VISION

Learning with Purpose
Striving for Excellence
Growing through Community

At NDSS, our mission is to inspire all to be curious, have confidence, use imagination, and persevere in their learning journey.



NDSS OCTOBER NEWSLETTER

Subsequent newsletters and important information will be sent electronically.

Please ensure that we have your correct email address.



PRINCIPAL'S MESSAGE

Hello NDSS Community, welcome to October!

I can say with confidence that we have reached a feeling of calm and developed a sense of routine within our building. We continue to be impressed with our students' ability to adapt to change and the unbelievable resilience in our staff here at NDSS. Everyone is going above and beyond and we are so proud of our educational community.

October holds many things for staff, students and families such as; school picture day, Thanksgiving weekend, two non-instructional days for staff development, Halloween activities and, for the grade 8 and 9 students, the NLPS Reading Assessment. On October 15th and 16th all grade 8 and 9 students will participate in the reading assessment, which helps us create a school-wide plan to support student literacy. We have had many exciting things happening in the classrooms and beyond this past month. Many teachers are taking advantage of the longer classes by taking students out into the community for learning opportunities! Mr. La Forest took students house shopping around the neighbourhood as part of a financial budgeting unit. Ms. Tolsma had students write opinion pieces about public art and then as a class they walked down to view the "LURK" mural on Cavan Street, which was commissioned by the city as part of the Harbour City Murals festival. The artist, Russ Morland (who is also an NDSS parent) met the students there and talked to them about his creative process and the public reaction to his piece. It is so rewarding to see teachers offer opportunities to students that are not only engaging and meaningful, but that also get students into this beautiful community in which we live.

Have a great October everyone!!

Sincerely,

Ms. Ricki Bartlett

Principal, Nanaimo District Secondary School

NDSS Staff and Students participated in the Terry Fox Run on Sept 29th & 30th. Students ran in their cohort groups, to show support for cancer research and in memory of Terry's Marathon of Hope.

WE RAISED \$1105.55!!



ADMINISTRATION

Ms. Ricki Bartlett	Principal, Grade 12s
Mr. Shawn Shahi	Vice-Principal, Grades 8-11, A-Jack
Mr. Stephen Epp	Vice-Principal, Grades 8-11, Jacklin-Z

COUNSELLOR STUDENT ALLOCATION

Ms. Al-Hajj:	A—CHAPMAN
(FRANCOPHONE AND INTERNATIONAL)	
Jim Kral:	Charleson—Heyes
Graham Giske	Heywood—Loree
(Work Experience, Peer Tutor Career Connection)	
Joanne Tomiyama:	Loretan—Rose

Mental Wellness During COVID-19

These are uncertain times. Every week, almost every hour, we are changing and adapting our new reality. Below are some ideas about how to stay well in the face of constant change:

- Daily structure – set up a routine in your house that provides predictable events. Everyone does better when they know what to expect next.
- Family meals – whenever possible, eat together and connect over food.
- Limited media – set up times to hear the news, then disconnect from it.
- Exercise – take a class off YouTube, try something new, return to what used to bring you joy.
- Reach out – stay connected to family and friends while maintaining social distancing.
- Go Outside – breathe the air and appreciate the environment.
- Practice good sleep hygiene – keep to a regular sleep/wake schedule, limit screens before bed and take a relaxing shower or bath prior to sleep time.
- Read books together.
- Keep future focused and positive – this is our reality for now, but it will not be forever!

Community Resources Available for You and Your Family

• **Child & Youth Mental Health and Indigenous Child & Youth Mental Health** Call 250-741-5701 to arrange an intake session by phone
Nanaimo Family Life Call 250 754-3331 to arrange services by phone
Youth Safe House Call 250 753-8266 to determine if a bed is free; MCFD social workers are meeting clients and arranging support
Discovery Youth & Family Substance Use Service Call 250 75307255 for telephone intake. Services will be offered by phone. They will talk to parents of students younger than 12 and will attempt to engage with any family in crisis where substances are a part.

Nanaimo & Area Resources for Families (NARSF)
Call 250 754-2773 for services including SAIP, LIFT and Eating Disorders



SCHOOL PHOTOS

October 26, 2020

- ♦ Students will be photographed at the school. Please don't bring money to the camera.
- ♦ Proofs will be sent home after photo day. Sign up for notifications at "edgeimaging.ca/photoday", so you know when to expect them.
- ♦ Review your images and make your purchase online.

Questions? Visit "edgeimaging.ca/FAQ"

For anything else, please contact our customer care team at 1-888-4163343 or customercare@edgeimaging.ca

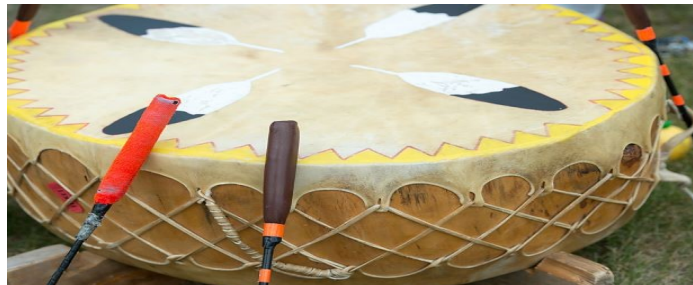
Mid-Term and Parent/Teacher Conferences

Please read important information below.

Wednesday Oct. 7th—An email will be going out to families to inform them of the early dismissal, parent teacher conferences and how to register for a timeslot through the School Appointment online system.

Tuesday Oct. 13th—Early dismissal @ 1:46

Thursday Oct. 15th—Parent/Teacher conferences from 4-5:30 PM



NDSS Drumming Group

The NDSS Drumming group will be starting up this month! For more information to come - please pay attention to the morning announcements or follow us on Instagram @mrsmagyar_recalma_ab_ed

or on our Facebook page - Nanaimo District Secondary School Indigenous Education

Language Lunches

Our NDSS Hul'q'umi'num Language Lunches are back! Starting Wednesday, October 14th, we invite students and staff to the Indigenous Support Room to have lunch and learn the language of our land.

See Ms. Seward-Wilson
OR

Follow us on Instagram @mrsmagyar_recalma_ab_ed
or on our Facebook page - Nanaimo District Secondary School Indigenous Education for more information!

NIC/NAC - GOOD NEIGHBOURS

Due to COVID safety protocols NAC will not be open to students before or after school or at lunch time until further notice.

STUDENT PARKING

Student parking is ONLY available in the nearest half of the gravel parking lot at Serauxmen stadium, by the Aquatic Center. VIU students will be using the far half of the lot. This parking lot is monitored by the City of Nanaimo and vehicles parking without a parking pass will be subject to towing at owner's expense. All students must apply for a parking pass through the NDSS office. Staff, RCMP and visitor parking are located in the front of NDSS and are clearly labeled as such. If you park in these areas, you risk being towed.

PARENTS: Staff parking is monitored, so guests should park in one of the four clearly marked spots in front of the school by the office, to avoid getting a ticket. Should these be occupied, please check in with the office for a temporary parking pass.

NAC PARKING: The Nanaimo Aquatic Center does monitor their parking lot as well. Tickets received while parked at NAC are not the responsibility of NDSS.

Unauthorized vehicles WILL be ticketed.

CONTACT INFORMATION IS CRITICAL.

Make certain that the office has your correct address, phone number and email address.

Please ensure STUDENT MEDICAL CONCERNS and EMERGENCY CONTACTS are current.

NDSS communicates primarily via email. Do not miss a newsletter or other information!

VOLUNTEER AND CRIMINAL RECORD CHECKS

When volunteering to help support a team or function or activity school related, you must complete a **new** volunteer form annually. These forms can be found at www.sd68.bc.ca. Your **Criminal Record Check** must be done on-line as School District #68 will no longer accept a paper copy. The link for this is <https://justice.gov.bc.ca/eCRC/home.htm> use access code UQ4T7XXBHE

COVID 19 MASK REMINDER:

IT IS MANDATORY TO WEAR MASKS AT ALL TIMES WHILE RIDING THE BUS.

Please encourage your children to bring their masks to school everyday

NDSS CALENDAR FOR THE 2020-2021 SCHOOL YEAR

October—

9th—Non-instructional Day
23rd—Non-instructional Day
26th Photo Day



November

11th—Remembrance Day
30th—Grad Photos

December

1st—4th Grad Photos
3rd—Winter Concert @ 7PM
18th—Last Day Before Winter Break



January

4—School Re-Opens
22—Dance Extravaganza @ 7PM

February

11th—12th—Non-instructional Days
14th—Valentine's Day
15th—Family Day

March

12th—Last day of classes before Spring Break
29th—First Day back after Spring Break

April

2—Good Friday
5—Easter Monday
22nd Earth Day
28th—Administrative Assistant Day

May

7—Non-instructional Day
9th Mother's Day
24th—Victoria Day

June

3rd—Fine Arts Gala @ 6:30 PM
30th—Year-End Administrative Day

Canadian Parents for French (CPF) Nanaimo-Ladysmith Chapter has **2 incredible opportunities for French Immersion, Francophone and Core French students** during this unusual time. Here is a quick summary with specific info for each opportunity below:

1. The CPF membership drive is happening until Oct 31 where 1 year membership is free and with each new member our chapter signs up, \$10 will be donated to the Vancouver Island Regional libraries (VIRL) for French content.

Got a creative idea for French learning opportunities for Nanaimo-Ladysmith students? Grant funds are available. Deadline is Oct 20.

1. CPF membership drive details:

Please share immediately with your families. If possible, please put the following information in your school emails/newsletters to parents:

This September and October, CPF is having an unprecedented membership drive that allows one individual/family per household to sign up for a free one year membership! (Value of \$25) For each new member that joins our local chapter, the provincial branch of CPF will give our chapter \$10, which we will donate to the VIRL (public library) for purchasing French materials.

By filling out a simple form by **October 31st** at <https://bc-yk.cpf.ca/membership-drive/>, you can join CPF at no cost and help add more French content to our libraries!

2. Grant fund details:

For school PACs, administrators and interested parents:

Every year, our CPF chapter has the opportunity to help fund (up to 50%) opportunities/events to learn and use French through socio-cultural grants that are funded by the Ministry of Education/Canadian Heritage. Deadline for putting in an application is **October 20**. If you have any creative ideas for French learning opportunities for French students in Nanaimo-Ladysmith, please contact our chapter so that we can put in an application. Some requirements to consider: Funds cannot cover costs of alcohol, tobacco or resources, ie. books; Events MUST take place within BC.

If you have any questions or would like more information, please contact our chapter as soon as possible! Any and all ideas are welcome!

Stay safe,

Paula Ng

FOLLOW US ON TWITTER: @NDSSIslanders



Stay current with the MY NDSS WEBSITE: myndss.ca