



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

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.



Subsequent newsletters and important information will be sent electronically. Please ensure that we have your correct email address.

PRINCIPAL'S MESSAGE

Dear NDSS Community,

Welcome to the month of December! It's been a bit of a roller-coaster around here with our focus on Celebrations of Teaching and Learning and then with our recent COVID-19 exposure. Just going through the school exposure process with the district and Medical Health Officer, Dr. Benusic, I can assure you that there are a multitude of processes and protocols in place that protect transmission within the school setting. The process that we underwent was professional, efficient, timely, and reaffirmed for me that schools truly are a safe place for students and staff during these times. I know many of you have expressed concern with sending your children to school right now, and although it is a personal choice for all, I promise that we will continue to provide students with a safe and caring place to learn within the walls of NDSS.

With the anticipation of Winter Break, holiday excitement is all around the school! Our annual door decorating competition is getting intense. Ms. Kruse, Mrs. Crnkovic, and Ms. Companion's doors are looking good! But Ms. Kloppenburg's students are using an artistic method that could put them in the lead. The ARROW program has a very entertaining theme planned, but Kellie and the office crew are certain it's in the bag for them this year – we will let Student Council determine the winner! Next week we have Santa Hat and Christmas Sock Day, Tacky Sweater Day, Candy Cane Day and Fuzzy Friday.

This year we will miss the Pancake Breakfast, the annual Staff Skit, and the many in-person celebrations and gatherings that bring us together going into the holiday season. But we need to remember that this is temporary... we are almost there... and we will get through it together.

Stay safe, stay warm and take care of one another.

Sincerely,

Ms. Ricki Bartlett

Principal, Nanaimo District Secondary School

Congratulations to the Global Committee and to all the students who collected non-perishable food items on Halloween for our **Cans Over Candy** event! In total, 403 food items were collected and donated to Loaves and Fishes! Way to go students and thank you for supporting our community!



COVID-19 News

There has been an increase in questions and concerns since the recent school exposures around our district. With an intent to share important and relevant information, Nanaimo Ladysmith Public Schools created a video featuring NLPs Superintendent, Scott Saywell and Dr. Sandra Allison, Medical Health Officer for the Central Vancouver Island area. Together they answer many frequently asked questions surrounding COVID-19 within our community, and what it means for our schools. Below is the link that will take you directly to this informative interview.

<https://youtu.be/olFaS6qrL1o>

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

Holiday Week is coming up! Please participate in these fun spirit days as we get ready for our winter break!

Mon., Dec. 14 – **Santa hat and Christmas socks day**

Tues., Dec. 15 – **Tacky sweater day**

Wed., Dec. 16 – **Candy cane day (red and white)**

Thurs., Dec. 17 – **Holiday PJ day**

Fri., Dec. 18 – **Fuzzy Friday** (warmest, fuzziest clothes)



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 & 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 & friends while maintaining social distancing.
- Go Outside – breathe the air & 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

FOLLOW US ON TWITTER: @NDSSIslanders



Stay current with the **MY NDSS WEBSITE: myndss.ca**

Early Dismissal Tuesday, December 15 @1:46pm

Parent Teacher Night Thursday, December 17 through School Appointments. These will be 5 minute meetings like last time.

Discovery Youth & Family Substance Use Services

Navigating the teen years is challenging! We offer free support, consultation and counselling to parents, caregivers and/or youth involved with drugs and alcohol.

Discovery provides:

- Support and counselling to parents/caregivers of teenagers who are using/experimenting with drugs and alcohol.
- Counselling to teenagers ages 13-19.
- Support and counselling to parents and/or caregivers who are using drugs and alcohol.
- Groups and workshops for parents and caregivers of teens using drugs and alcohol.
- Referrals to youth detox, treatment centers & stabilization programs, as needed.



Big Brothers, Big Sisters located at 2030 Northfield Road in Nanaimo is offering free gently used coats to families, no questions asked. They can also be reached at 250 756 2447



Experience VIU Virtually: Jan 16, 20, & 21

You're invited to our LIVE virtual Experience VIU event! Join us online to learn more about Vancouver Island University in this informative and fun open house-style event. While things may be different this year, we're committed to helping you choose a program, discover the many services and supports available to you as a student, and get your questions answered. This year we'll be hosting the 3 online events so that you can attend at school, on the weekend or in the evening:

January 16, 2021 from 9:00 am – 2:00 pm

January 20, 2021 from 1:00 pm – 6:30 pm

January 21, 2021 from 1:00 pm – 6:30 pm

For more information and to register, visit:
<https://info.viu.ca/experienceviu-register/>



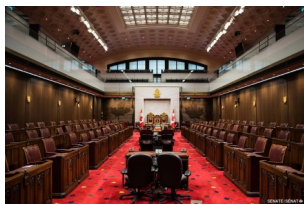
The Senate is now recruiting Pages for the academic year starting in September 2021!

Senate pages are responsible for providing a range of services to ensure the Upper Chamber & its committees operate effectively. You are eligible to apply to the Senate Page Program if you're:

- a full-time student pursuing your first undergraduate degree, or a high school student starting undergraduate studies next year,
- willing to live in Ottawa or Gatineau for the duration of your contract while pursuing your studies at one of the region's four universities,
- able to communicate in both official languages,
- a Canadian citizen or permanent resident with no previous experience as a page on Parliament Hill.

Learn more and apply here before January 17, 2021.

Know someone who fits the bill? Share this job posting with them!



Congratulations to Bonnie Lemmon on her retirement from SD 68. Bonnie has been an Educational Assistant in our district for just under 30 years & worked at Waterloo, Coal Tyee, Woodlands & NDSS. She has supported both staff & students in a variety of settings & her natural ability to develop a positive rapport with students will be missed. She has been a team player at NDSS & our staff & students wish her all the best in her retirement. Thank you for all of your support Bonnie!



NDSS CALENDAR FOR THE 2020-2021

December

- 1 — 4 Grad Photos
- 18 — Last Day Before Winter Break

January

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

February

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

March

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

April

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

May

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



NDSS Youth & Philanthropy Initiative results 2020

Amid the chaos of the school Covid-19 shut-down in March, the **Grade 10 Career Life Education** 10 students forged forward to complete the **Youth Philanthropy Initiative** for the second year. Top groups created multimedia presentations to share with their peers online. Because of them, **5 local charities were awarded \$1000 each to help provide services to Nanaimo individuals and families.** Thank you to all of last year's grade 10 students for participating in this valuable project. Congratulations to:



Kate Findlay, Aia Segal & Jane Sadler-Reid whose presentation on Mental Health won for the Canadian Mental Health Association Mid-Island Branch

Paige McNaughton and Paige Plested talked about Youth Housing & Homelessness and won for the Nanaimo Youth Services association

Makenna Smith and Aksel Schroeder whose first semester presentation on Disability / Accessibility won for the Nanaimo Brain Injury Society Charity

Spencer Brown, Evan Loudon, Matthew Boas, Adam King, Brady Doyle discussed Poverty/Hunger In youth & won for Nanaimo Foodshare

Brayden Bastarache, Grace Jones, Graham Wigmore & Carson Gaetz presented on the current Housing & Homelessness crisis and won for the Unitarian Foundation of Nanaimo

We are excited that once again CLE 10 classes have the privilege of participating in YPI 2020/21.



With everyone's help we have raised \$436 for the Movember campaign!

Mr. Halsall's A and B block Math class contributed \$50....a big thank you to Mr. H and the students!



GRAD PHOTOS RETAKES

January 20 & 21

Questions?

customer@edgeimaging.ca

Or

1-888-416-3343

West Coast Wilderness Studies

The West Coast Wilderness Studies class would like to thank Mr. Colin Dixon, Manager of Country Club Save-On Foods, for his kind donation of a roast beef and cheese. With this donation, students were able to prepare and smoke the beef into jerky and they will be soon learning how to smoke cheese. We would also like to thank Mr. Kenny Causton of Port Alberni for donating salmon to our program. Students have learned recipes of various brines and were able to smoke and vacuum pack smoked salmon to take home. Our program is deeply appreciative of the donations that help enhance our students' learning at NDSS.



We would like to **CELEBRATE** Gr. 12 student, **KATE CAMERON** for her leadership down in the gym! Kate is a **Peer Tutor** and has been recognized as an exceptional role model for NDSS students. The relationships made by students-leading-students in school can be one of the most inspirational ways for youth to build positive self-confidence, a strong sense of belonging within the school and to develop resilience throughout their educational experience.



Below is an interview with Sierra Chew, a grade 9 student in the class Kate peer tutors.

How has the peer tutor Kate made you feel in PHE class?

Sierra: Kate is really nice.

What sorts of things does she do that make you think she's nice?

Sierra: She talks to me and she is curious about what I like. We read the same books.

Has this helped you to feel more comfortable to participate in class?

Sierra: Yes

What would you say to students if they have a Peer Tutor in their class?

Sierra: They can be really helpful to just talk to.

Social Studies 8 immersion, Art & Science Renaissance

Ms. Morgan has been doing some fun learning activities with her Social Studies 8 immersion class. Instead of learning about Renaissance art by reading about it or just looking at it, students had different centres set up where they could try drawing using perspective & proportion, two innovations that made Renaissance art look more realistic than Medieval art. They also got to experiment with convex & concave lenses to see how early telescopes & microscopes worked.



Megan Thompson developed her

unit project where two students research differing perspectives on an issue, take on personas of people who held these different perspectives & debate the new idea in front of the class in character. The students in the picture went above & beyond by making masks for their debate.

SCHOLARSHIP MEETINGS

Ms. Pyne will hold a Scholarship info meeting through MS Teams on Thurs., Dec. 10 at 7pm and a repeat session on Sun., Dec 13 at 7pm. Check your learn68 email for an invitation.



NLSF Scholarships will open from Mon., Jan. 18 to midnight on Sun., Feb. 14, 2021

Additional information sessions will be held in January to help you with this application.

Career Education at NDSS

Below is a snapshot of how Career Education is implemented at NDSS.

Grade 8, 9, 11 and 12 is completed outside the timetable with support from Career Education teachers. With the course being outside the timetable students are encouraged to be proactive to complete the course requirements. Each grade requires the use of technology. You can reach out to the course teacher for more guidance.

CLE 10 and CLC 11/12 is a graduation requirement.

Career Education 8:

Course requirements are covered in the skills elective package in grade 8.

Career Education 8 teachers: Jim Kral: jkral@sd68.bc.ca

Career Education 9:

Course requirements are covered in English 9 and on a Google Classroom. Students will have an invitation sent to their @learn68 Gmail accounts. Once they have accepted the invitation, they will have access to the Career Education 9 Assignments.

Career Education 9 teachers: Mr. Kral: jkral@sd68.bc.ca & Mrs. Kemp: kari.kemp@sd68.bc.ca

Career Life Education 10:

This course is conducted inside the timetable in a traditional format.

Career Life Connections 11 and 12

Course requirements are completed on Google Classroom and My Blueprint. Students will have an invitation sent to their @learn68 Gmail accounts. Once they have accepted the invitation, they will have access to the course requirements.

There are information sessions every Wednesday at lunch in the library. Students can sign up in the counselling area.

Students can also make one on one appointments with their CLC instructor for guidance.

CLC 11 and 12 teachers:

Mr. Giske: graham.giske@learn68.ca

Mrs. Al-Hajj: talhajj@sd68.bc.ca

Mrs. Smith: MSmith@sd68.bc.ca

Mrs. Kemp: kari.kemp@sd68.bc.ca

Dance Program

The NDSS dance program has seen some challenges this fall due to the pandemic, but the students are working hard to create this year's "dance play." Usually, we have more than two dozen students involved in this



production, but because of health & safety concerns, we decided to work with our six grade 12 girls so that the risk to all involved is reduced (they're all in the same cohort). This year, we are telling the story of six murdered/missing Indigenous women & girls in hopes of bringing to light this crisis in BC. As neither Ms. Barnum nor choreographer, Sarah Kielly, are Indigenous, we have been working closely with Emily Magyar, our Indigenous Education Teacher and our principal, Ricki Bartlett, to ensure that we are sharing these stories in an authentic and meaningful way. Stay tuned for further details on how you'll be able to witness this profound piece of theatre.



From all of us at NDSS
Have a safe and joyous holiday!