

VISION

Learning with Purpose

Striving for Excellence

Growing through Community



November 2021 Term 2 Newsletter



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

Principal's Message

As a school leader, I am increasingly concerned about the negative impacts of Smart Phones on students. There is increasing consensus in recent research linking a decline in [Adolescent mental health](#) with [smart phone addiction](#).

In my opinion, it is imperative for those of us in the field of education to discuss the topic of when [digital devices](#), particularly phones, should or shouldn't be used in classrooms. From what we (*staff*) observe at NDSS, most students are completely addicted to their phones and as adults, we aren't fairing much better.

Addiction is the inability to stop pursuing an activity even though it's causing harm. Humans get addicted to things that trigger our brains to produce the ultimate reward:

[Dopamine](#).

The Smart Phone facilitates many aspects of our lives in ways that are positive. Technological innovation undoubtedly has the potential to allow future generations to solve big problems and function in ways that are smarter, faster, and stronger. The net benefit of technology has not been without consequence. The digital world has created an insatiable 'attention span driven economy' and [moves faster than our natural instincts](#). Historically, humans have engaged in activities with natural cues of when to stop — the end of a chapter, the end credits. Social Media platforms like Facebook, Instagram, Tiktok and streaming platforms such as Netflix have systematically [eradicated](#) these cues.

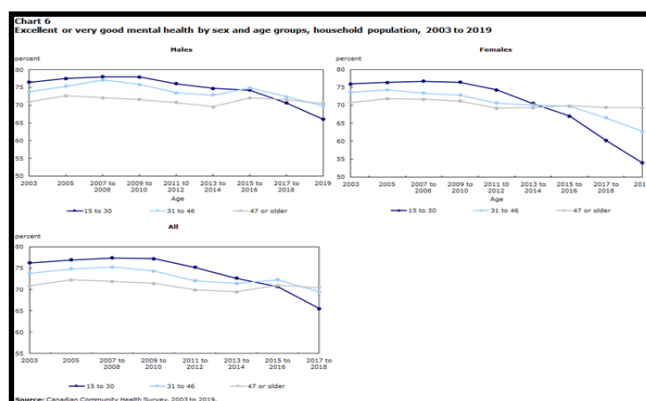
Technological change is vastly outpacing our species' ability to adapt to an endless barrage of stimuli. This discrepancy in modulation has exploded rates of reported [depression](#) and [anxiety](#) for Canadian teens. Social media algorithms fueled on emotion vs. impartiality are intentionally designed to capture our attention spans without factoring cost of the negative emotional wake that so often follows. The charts below illustrate the decline in mental health here [in Canada](#) for those aged 15-30.

Smart Phones are particularly insidious as they lap up the calibration of our instincts which culminates in an endless scroll. We are unable to find the off switch. Unlike our parents and grandparents, our dopamine release no longer depends on sacrifice, engagement, or grit, but rather on sitting still....*as in for 10, 9, 8 seconds* before another Netflix episode begins. There are more filtered photos, more anonymous posts, more stuff to buy, more dopamine hits — more time without the nuisance of needing to engage in ... life.

Where to turn? The bulk of the pressure to protect kids from device addiction falls on parents — we (schools) need to start the conversations about how to limit the use of Smart Phones in classrooms and work to get parents on board so they can confidently set limits at home. Yes, this is difficult. Yes, it needs to be addressed.

The need for adults to intervene is urgent. The youth suicide rate in the US has increased [56%](#) in a decade. Girls between 10 and 14 had a [tripling](#) of self-harm episodes between 2009 and 2015. Teens who are on social media for 5+ hrs a day are [twice](#) as likely to be [depressed](#) than those who are on for less than an hour. I have started this conversation with my NLPS Secondary Principal colleagues and our NDSS PAC. My goal is to operationalize these discussions into an updated '*electronic device policy*' that would be consistent between all secondary schools in the district. Next steps are to reach out to you, our NDSS parents, via a survey to gather thoughts and ideas. The survey link will be sent via one of my Wednesday Weekly emails in early December. In the meantime, I encourage you to explore the resources and information available on this topic for parents, educators, and community members at: <https://www.awayfortheday.org/>

Liana Appelt –Principal NDSS



Administration

Ms. Liana Appelt	Principal Grade 12's
Mr. Shawn Shahi	Vice Principal Grades 8-12, A-Lei
Mr. Stephen Epp	Vice Principal Grades 8-12, Len-Z

Counsellors

Ms. Al-Hajj	A-Desilets & (Francophone)
Mr. Giske	Desmarais—Feischner
Ms. Tolsma	Leneuve—Ruff
Ms. Smith	Ross—Z
Ms. Pyne	International Students

YOUTH WELLNESS CENTRE

Nanaimo Aquatic Centre
741 Third St
Nanaimo, BC
V9R 7B2

Phone: 250-755-3333
Cell: 250-619-0651
Tuesday and Thursday
10 –4
Wednesday 3-6



LOOKING FOR AN ACTIVITY TO JOIN? WHY NOT TRY ONE OF THESE CLUBS?

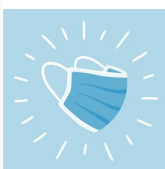
Student Council - Tuesdays at lunch in room 207
Yearbook Club - Tuesdays/Wednesday room 300 from 3:00 - 4:00
Sexuality and Gender Awareness (SAGA) - Wednesdays at lunch in room 165
Global Committee - Wednesday at lunch room 128
D & D Club - Fridays in the library 2:00
Audio/Visual (AV) Club - Thursday's at lunch in room 168
Environmental Club - Thursday's at lunch in room 135

MY SCHOOL DAY APP

Stay current on this FREE school app. Enter in your schedule, appointments, sporting events, etc. Add contacts, teachers and color code important reminders. Stay connected with NDSS!



MASKS



NDSS is filtering through over 250 disposable masks daily. These end up littered throughout the hallways, dropped outdoors and fill the garbage cans. Please be sure to send your child to school with a clean mask from home and help ND reduce the number handed out daily.

Simon Fraser University - Regional Webinars

I would like to invite you and your students to a regional SFU admissions webinar, "See Yourself at SFU." The webinar will focus on SFU's program options, admission requirements, student life, and more. They are being offered from November 15th-18th, and occur from 12pm-1pm and 4pm-5pm. The hour includes a presentation and a Q&A session. As they are approaching, I would like to share with you the links to register for these events.

Monday, November 15th 12pm-1pm—Vancouver Island and Sunshine Coast:

<https://sfu.zoom.us/j/9tGtM7mFu3301N0yot6bAfAt>

Monday, November 15th 4pm-5pm—Vancouver Island and Sunshine Coast:

<https://sfu.zoom.us/j/9tGtM7mFu3301N0yot6bAfAt>

NDSS Dance Company is thrilled to announce that we're back on stage as a member of MTI's *All Together Now* Mid Island Edition hosted by Schmooze Productions.

The Mid-Island Edition performances are scheduled for Friday, November 12, 7:30pm, Saturday, November 13th, 2pm and 7:30pm, and Sunday, November 14th, 2pm and 7:30pm.

All General Admission tickets are **PAY WHAT YOU CAN** per ticket for our Broadway Musical Revue. We are also keeping everyone's safety in to account by strictly adhering to all Covid-19 Requirements. All attendees aged 12 and older will be required to show proof of full vaccination in order to attend performances. Individuals are considered fully vaccinated seven days after their second dose. People under 12 can attend performances with a fully vaccinated adult. There are no other exceptions to the Public Health Order. At Malaspina Theatre, only 50% of the seats will be available for each performance totaling 150 seats.



Click here for purchasing tickets to join us in person at Malaspina Theatre at VIU:

<https://www.eventbrite.ca/e/all-together-now-the-mid-island-edition-tickets-178923303417>

Click here to purchase the live streaming virtual ticket:

<https://www.eventbrite.ca/e/all-together-now-the-mid-island-edition-live-stream-only-tickets-180450471217>



**REDUCE
REUSE
RECYCLE**



Halloween – Thank you to everyone who came dressed up to school and especially to those who participated in our costume contest!



STUDENT FEES

It is not too late to take care of your school fees. Student activity fees are essential for all students to pay, as the funds are used to support a variety of school-based events. Please pay fees as soon as possible on the [online cashless system](#) if you have not already done so!

\$20.00 Student activity fee
\$85.00 Grad
\$60.00 Yearbook

Parent Advisory Committee (PAC)

ndsspacchair@gmail.com

Stay involved! The NDSS PAC meets the first Wednesday of the month from 7:00-8:30 pm in the NDSS Library. Parents should park in the rear of the building behind the band shell.

Masks are mandatory.

Your input and creative ideas are welcomed. We look forward to seeing you there.



Pancake Breakfast

Our famous annual pancake breakfast is back hosted by NDSS Staff!



Monday December 13 Grade 8
Tuesday December 14 Grade 9/10
Wednesday December 15 Grade 11/12

(Times and Blocks TBD/please look for updates in the Wednesday Weekly Emails)

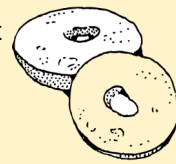
Gluten Free and Vegan options available.

Please bring a non-perishable food item to help support the Christmas Food Drive.

The Breakfast Program

This service began the beginning of October with the help from volunteer students and teachers. The program is located in the small cafeteria from 8:00 to 8:25 M-F.

Come and enjoy a warm bagel/muffin/fruit etc. Breakfast is the most important meal of the day!



Holiday Spirit Week—December 13-17

Mr. Claus **Monday 13th**– Wear a Santa Hat

Tacky **Tuesday 14th**– Wear your tackiest holiday clothing

Winter Wonderland **Wednesday 15th** – Wear blue and white

Red vs Green **Thursday 16th**– Wear all red or all green

Fuzzy **Friday 17th** – Wear your coziest holidays clothes or pjs



Have you got a My Ed Parent Portal Account?

Do we have your correct email address?

REPORT CARDS are available for parents on My Ed November 19th.

If you have not been able to log in, or have not seen your student's report card, please email info.nd@sd68.bc.ca and we will do our best to assist you.

NDSS communicates primarily via email. If you are aware of parents that may not be aware of this, or who are not receiving school emails, please share this newsletter and information with them, so we can ensure they do not miss important notifications.



Looking for a Transcript?

Visit [The Ministry of Education](#) online for the most up to date information.

Online Cashless System

Needing to pay for a school textbook, fee, clothing, etc.? Make it easy and visit our [online cashless system](#) for online payment.



Calendar

November 12	Semester 1 Term 1 Ends
November 15	Semester 1 Term 2 Begins
November 29-Dec 3	Grad Photos
December 2	Band Concert 7:00 PM
December 13-15	Pancake Breakfast
December 17	Last Day Before Winter Break
December 20-Jan 3	Schools Closed for Winter Break
January 4	School Re-opens
January 24-28	Numeracy/Literacy Assessments
January 20/21	Grad Photo Retakes
January 28	Semester 1 Ends
January 31	Semester 2 Begins

Band Concert

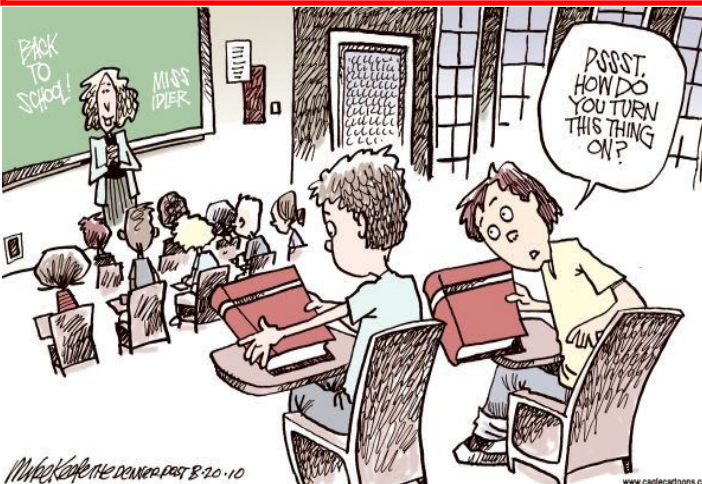
We are happy to announce that on Dec .7 at 7:00 PM, NDSS will host their first concert in the gym since school closures. **1 guest per musician** is invited to hear the band come together to preform an ensemble of instruments led by Mr. Rick Becker.



Guest must be carry a valid vaccine passport and will be required to sign in the contact tracing log book upon entry.

Remembrance Day Online Assembly

Thank you all to those who preformed and participated in our online assembly led by Ms. Brockley.



Stay Current by following out website @ [myndss.ca](#)

Winter Is Coming!

The Leadership class is collecting gently used coats and jackets to donate to those in need. Please send donations to room 207.



Grad Corner

Congratulations Class of 2022

- GRAD PHOTOS:** Monday, November 29 – Friday, December 3 – 9:00 AM – 4:00 PM in the small cafeteria. Book your grad photo session online at [bookmygrad.ca](#) using code **DPV**. Sitting fee is \$30 payable online at the time of booking via credit or debit card. Be creative and bring your own props.
- Please make sure the office has your most current information by contacting [info.ND@sd68.bc.ca](#)



Spirit Wear/Grad Wear

Spirit Wear can be picked up in room 207 at lunch or after school.

Missed out on NDSS Clothing?

We will place another order this Spring sometime in March. Please listen to the announcements.



Welcome to our environmentally friendly, paperless newsletter.

School Photos

School photos were taken this year by [Edge Imaging](#).

To access Photo Proofs, the [Edge Imaging](#) website generates a 'Portrait & Pass Code (DPV)' and asks for parent/guardian info as well as your child's 'Student Number' which refers to the 7- or 8-digit Pupil # (not their PEN) that can be found online in your [My Ed account](#).

