

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.

January 2022 Term 3 Newsletter



Principals Message: Social Media & Sleep Deprivation

Many of us describe ourselves as “tired” day in and day out. Aside from the understandable weariness caused by this pandemic, the number of students who show up at school looking visibly exhausted is of concern. Equally alarming is the proportion of teens who get less than 6 hours of sleep on weeknights. The National Sleep Foundation recommends that teenagers get between 8 to 10 hours of sleep per night.

It's no big revelation that arriving at school rested and ready to learn is directly related to achievement. What is contributing to this lack of rest? What might help our students get more sleep? I have some ideas and further down propose a 6-week challenge, for you to do at home, from the start of 2nd semester until spring break.

A 2021 on-line article written by Nir Eyal and Jonathan Haidt, “3 Things Parents Need To Know Now About Kids and Tech” connects the issue of phones and sleep:

“External triggers like the pings, dings, and rings from smartphones can interrupt sleep and damage mental health. Moreover, even if they turn off all notifications, some kids will use their digital devices under the covers after the lights are out or when they wake up during the night.” (Eyal & Haidt, 2021).

Back in 1996, it was estimated that somewhere between 15-20% of North Americans could access the Internet. In 1996 there was No Wi-Fi, No Smart Phones, No Social Media. 1996 is the year I graduated from High School.

Statistics Canada reports that in 2018, 88.1% of people aged 15+ had a smart phone. This same social outcome data set found that 47.3% of people experienced adverse effects from using social networking, 45.5% check their phone every 30 min and 56.1% report that before they go to sleep, the last thing they do is check their smartphone. DOI: <https://doi.org/10.25318/2210011501-eng>

This data, which most likely has only become more dire, has done little to damp our collective click-bait behavior. If social media can be so harmful, which most of us know, then why are we compelled to keep clicking?

Because it makes money. Lots of money.

Because it's addictive. Very addictive.

Social Media is now used by 58% of the worlds population with an estimate worth of \$2 trillion. Facebooks own data claims that they had almost 3 billion users in 2021. These platforms have made shareholders rich at the cost of putting generations of user at seemingly ever increasing risk.

And nobody is more in harms way that our teenagers

US Suicide rates of girls ages 15-19 began to increase at alarming rates in 2009 which is the same year social media was available on smartphones. Teen suicide continues to rise in tandem with each successive social media platform. Instagram turns 12 this year with over 1 billion users. It's not just suicide rates that have risen with each added social media company. The next table image from a 2019 study shows the increase in major depressive episodes in youth. One reason teens can't seem to stop their self-sabotaging addiction to social media can be summarized in two words:

Algorithmic Amplification

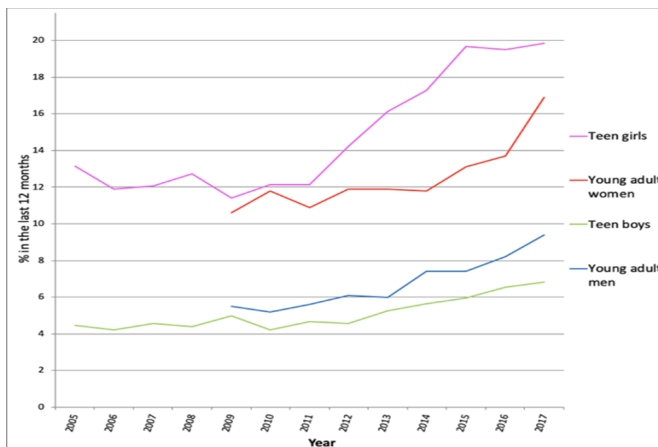


Figure 2: Major depressive episode in the last 12 months, by age group and sex, 2005-2017, NS-DUH [Note that 2011 is the last year of normal rates. Beginning around 2012, rates begin to rise.]

The 2020 documentary ‘The Social Dilemma’ shed a grim light on how Algorithmic amplification works and why it's so deadly to the developing mind of teenagers.

It's Algorithmic amplification that makes social media companies such monster money makers at the cost of potentially devouring the mental health of our teens.

Jeff Bewkes, a former executive of HBO, Time Warner, CNN, Warner Bros., and AOL, articulately expressed this risk in a Nov 5th, 2021 conversation with best-selling author and NYU Marketing Professor, Scott Galloway:

“It's the algorithmic amplification....personalized feeds. That's the harm, and that's what should be exposed to liability.

Personalized content feeds are not mere bulletin boards. Any single video promoting extreme dieting might not pose serious risk to a viewer. But when YouTube draws a teenage girl into a never-ending spiral of ever more extreme dieting videos, the result is a loss of autonomy and an increased risk of self-harm. The personalized feed, churning day and night, linked and echoing, is a new thing altogether, a new threat beyond anything we've witnessed. “

These highly addictive personalized feeds all too easily lead to endless scrolling at bedtime and are creating cohorts of chronically sleep deprived kids. So what can we do? What can be done?

Let's start with no phones at bedtime.

And – please don't tell me your kid ‘needs’ their phone beside their bed as an alarm – *Come on*. I can count on one hand the number times in 1996 I slept in during grade 12 year – and I bet you can to.

Start by getting old-school, plug-in, alarm clocks, the kind with battery back up, and see if you can do 6 weeks of plugging in *all* phones in the kitchen just before bed.

Simple, yet hard to do. It's the right thing to do. Social media won't do the right thing for our teens. *Will we?*

NDSS staff will work hard to make sure that our upcoming second semester is full of rich and engaging learning experiences. You can partner with us by ensuring your teen gets a good night's sleep before school.

Thanks for your help.

Liana Appelt, Principal NDSS

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!



Calendar

| | |
|----------------|--|
| January 31 | Semester 2 Begins |
| February 7 | No school (District Pro D Day) |
| February 8 | No school (District Pro D Day) |
| February 21 | Family Day |
| February 24-26 | NIRD Festival (TBD) |
| March 1 | Early Dismissal 1:50 |
| March 3 | Parent/Teacher Conference 3:30 –6:30 pm |
| March 11 | Last Day before Spring Break |
| March 28 | School Reopens |

MYED STUDENT PORTAL ACCOUNTS

Students will require their login and unique password to access their MyEdBC accounts for course selection. If your student does not have this information, please inquire at the office, they will not be able to complete course selections for next year without the ability to log in to MyEDBC

MYED PARENT PORTAL ACCOUNTS

Report cards will be available for viewing Friday, February 4, 2022. Keep up with your student's grades, attendance and notifications. NDSS communicates primarily via email. If you know of parents that may not be aware of this, or who are not receiving school emails, please share this newsletter and information with them, to ensure they do not miss important notifications. For assistance, or to have an account created, please email ND-FamilyPortalQuestions@sd68.bc.ca or contact the office at 250-740-2000.



Registration

To register your child in Nanaimo Ladysmith Public Schools, for the 2022-2023 school year, please click [Register Now](#)



NLPS Academies

Academy Applications for the 2022-2023 school year will be accepted between January 5 and March 1, 2022. NDSS houses the following academies;

Beach Volleyball
Lacrosse
Hockey
Soccer



Be sure to complete and attach the District Secondary Academy Player and/or Performer Statement Form to your online application.

An online application is required, even if your child is/will be attending an academy school.

Should you have additional questions, please email ereg@sd68.bc.ca.

Covid Information and Updates

Please visit our NLPS website at <https://www.sd68.bc.ca/covid-19/> for current information including Government of Canada Travel Advisory, Health and Safety and Frequently Asked Questions.

At this time masks are mandatory. Please ensure your child has a mask upon entry. Not sure whether you are well enough to attend school? Please follow [Daily Health Check & What to Do When Sick](#) to self assess before



BRITISH
COLUMBIA

**Do more things
that make you
forget to check
your phone.**



Scholarships & Bursaries

NLSF district awards are Due: Thursday, February 24th The application must be completed through the "Online Awards system"

Please also submit a paper copy to the box in the library for the school scholarship committee or submit a digital pdf to the google classroom.

<https://www.nlsf.ca/scholarships-bursaries/>

Average First Year Budget at Vancouver Island University \$ 4,763 – Tuition & Student Fees \$ 1,890 – Text Books \$ 6,400 – Living Costs (\$800/month for 8 months) \$ 2,000 – Miscellaneous (\$250/month)*

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 our [online cashless system](#) if you have not already done so!

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

DON'T MISS OUT ON A YEARBOOK!
Do not wait until the last minute to purchase your yearbook, they must be ordered early so we can anticipate demand!

MINI MED SCHOOL 2022
VANCOUVER ISLAND:
NANAIMO & VICTORIA



LEARN. ENGAGE. BE INSPIRED

Are you a grade 10-12 student with a passion for science and health research?

Join BC Children's Hospital Research Institute for a day of presentations and hands-on activities that explore the newest discoveries and innovations in health research.

At Mini Med School, you'll have the opportunity to:

- Engage with world-class researchers and health professionals
- Learn about the latest medical research happening in BC
- Explore the diverse careers available in science and medicine
- Network with like-minded students from across Vancouver Island

WWW.MINIMEDSCHOOLBC.CA

Admission is free but space is limited!



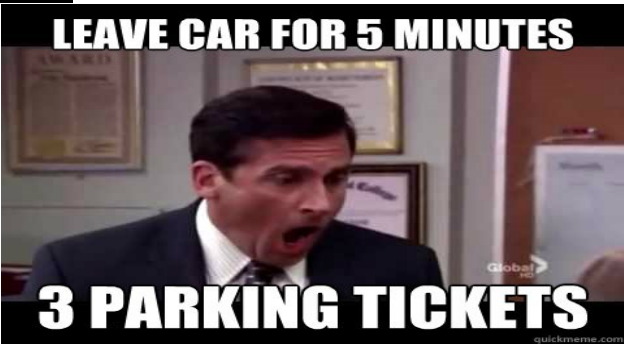
NANAIMO
Thursday, April 28, 2022
8:30 am - 3:30 pm
Coast Bastion Hotel
11 Bastion Street

VICTORIA
Friday, April 29, 2022
8:30 am - 3:30 pm
Coast Victoria Hotel & Marina
146 Kingston Street

Proof of vaccination is required to attend.

Mini Med School is a special event held outside the classroom. Students will be expected to make their own arrangements to miss a day of classes and transportation.

Parking



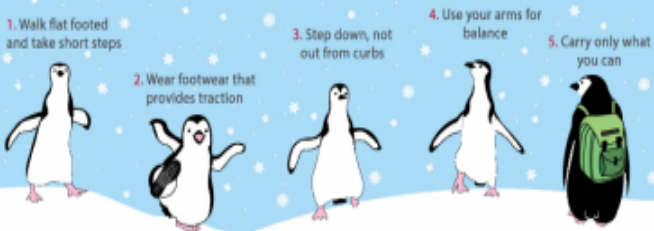
REMINDER: Student parking is monitored by the City of Nanaimo. Students driving to school must apply for student parking, and only park in the gravel lot by Serauxman stadium. Students without a parking pass will most likely receive a ticket. Please see the office for a valid parking form.

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. Should these be occupied, please check in with the office for a temporary parking pass.

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.



NDSS Library Learning Commons

This semester by the numbers:

- 4814 books and textbooks checked out of the library since Sept 2021
- 366 new books purchased this year
- 13 citation and research workshops given to NDSS classes
- 1 new and exciting digital collection

This fall NDSS acquired a new and exciting digital tool. **Sora** is an eBook and audio book collection that students can now access through either the app or website. Each NDSS student has an individual account where they can borrow books. This digital collection allows NDSS to support the students to develop their literacy skills and grow their love of reading. For user-ID and password information, please see Mrs. Kullman in the library.



Research and Citations

This fall the library has been bus supporting students by helping them improve their researching skills and teaching students proper citation formatting. Below are two great links to help students with their research when working from home. If students are needing assistance with researching a topic or with their citation, they are encouraged to see Mrs. Kullman in the library for support.

[Research Resources](#)
[Citation Tools](#)

Library Hours:
M & F— 8:00 am — 2:00 pm
T/W/TH— 8:00 am— 4:00 pm

Upcoming Spirit Days

- February 14 - Valentine's Day Wear pink, purple or red
- February 23 - Pink Shirt/Anti-bullying Day
- March 8 - International Women's Day
- March 11 - Twin Day – Wear the same thing as a friend



Please listen for announcements on our school Instagram @ndssislanders

BLACK HISTORY MONTH

February NDSS recognizes Black History Month

Black History Month is an annual observance originating in the United States, where it is also known as African-American History Month. It has received official recognition from governments in the United States and Canada, and more recently has been observed in Ireland, and the United Kingdom

More info to come as Student Council will be arranging events and activities throughout the month.



NDSS DANCE

A few of our performers from **Fall from Innocence** which premiered at VIU in early January. This was a sell out!



Administration

| | |
|---------------------|------------------------------------|
| Ms. Liana Appelt | Principal Grade 12's, Francophone |
| Mr. Shawn Shahi | Vice Principal Grades 8-11, A-K |
| Mr. Stephen Epp | Vice Principal Grades 8-11, Rum-Z |
| Ms. Shelley Gvojich | Vice Principal Grades 8-11, L-Ruff |

Counsellors

| | |
|-------------|-------------------------------------|
| Ms. Al-Hajj | A-Desilets & (Francophone) |
| Mr. Giske | Desmarais—Leischner |
| Ms. Tolsma | Leneveu—Ruff |
| Ms. Smith | Ross—Z |
| Ms. Pyne | International Students/Scholarships |

Looking for a Transcript?

Visit [The Ministry of Education](https://www2.gov.bc.ca/gov2/ministry_of_education) online for the most up to date information.

Madame Morgan's French Immersion Social Studies 8 class

has recently completed a hands-on inquiry project, looking into everyday life during the Middle Ages and the Renaissance. Students used experimental archaeology to figure out how people would have made everyday objects from what they had on hand. They began by researching how the objects were made. Then they recreated the household objects, such as, bowls, cloths, paints, rushlights, bread, and other items, using only the methods and tools of the time period they researched.



In doing so, they were able to gain a deeper understanding of what it must have been like to live during a pre-industrial era. They have all gained an appreciation for how difficult and time consuming it is to make just one everyday item instead of buying it at the store. Another interesting insight that some students shared was that a lot of the items were more biodegradable and better for the environment. Perhaps these projects will inspire future environmental

YOUTH WELLNESS CENTRE

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



Mental Health Support

Birth Control
Emergency contraception (Plan B)
STI testing and treatment
Pregnancy testing and referrals

Gender Identity Support
Relationship support

Substance Use

Physical Health
Healthy lifestyle

Phone: 250-755-3333
Cell: 250-619-0651

Tuesday and Thursday
10 –4

Wednesday 3-6

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!



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 on TEAMS

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

