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Newsletter

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Mr. Don Balcombe
Principal

Mr. Scott Christianson
Vice-Principal

Ms. Theresa Kraeker
Vice-Principal

OCTOBER 18, 2018

DOVER BAY SECONDARY

The School Newsletters will be available to students and parents on-line. They are posted on the Dover Bay website: www.doverbay.ca
If you do not have access to a computer, there will be paper copies available in the school office for you or your child to pick up.

PRINCIPAL'S COMMENTS:

Dear Parents and Guardians,

October is one of my favorite months, for many reasons. I celebrate my birthday in October, I enjoy the Fall colors, the weather is often surprisingly nice, and the school calendar usually includes professional learning opportunities that reinforce best practices and ignite new learning. So far, October has delivered on all fronts (except the birthday celebration, which will happen closer to the end of the month).

On October 4th our school-based Professional Development Committee organized activities that allowed us to explore ways to develop a stronger "sense of belonging", through the Circle of Courage model. Throughout the day, we dove deep into the topic. We gathered information about when we, as adults, feel like we belong, as well as some of the obstacles and barriers that we have experienced in settings where we did not feel that sense of belonging. We brainstormed and collected ideas about ways to increase student and staff sense of belonging here at Dover Bay. Our next steps will be to mine the rich voices of our students on the topic and then implement strategies to build stronger connections and sense of belonging for each member of our community.

October 5th was our Curriculum Implementation Day. This day allowed us to focus on the revised curriculum. We spent the morning learning about how best to align our student learning activities with the curricular competencies. Teachers worked in their Professional Learning Communities (PLC's) groups on specific assignments. One of the challenges that teachers across the province are working through is how to align projects, quizzes, tests, and other opportunities to

demonstrate student learning with the learning standards and curricular competencies. The shift from content-driven assessment to competency-based assessments in both challenging and exciting. Some of our teachers spent the afternoon learning more about the MyEd BC gradebook with the guidance of our district MyEd team.

We will continue our work with the revised curriculum each Monday during our PLC time.

October 19th is a provincial professional development day, meaning all school districts in the province have placed this PRO-D on the same day. This allows teachers to attend workshops around the province with their Professional Specialist's Association (PSA's). Our administration team is fortunate to have our provincial association (BCPVPA) host our annual conference here in Nanaimo this year.

Change is the one constant in education and I am thankful that the month of October has so many professional learning opportunities for us to learn and develop our professional practice. It helps us to stay current, share our best practices, and collectively plan for the future.

Kind Regards,
Don Balcombe

GRADE 9 IMMUNIZATIONS

The Grade 9 Immunization forms were distributed to students on Monday, October 15 due to be returned by Thursday October 18. If your child has not already done so, please have the forms dropped off in the office as soon as possible.

IMPORTANT DATES

Oct 19	Provincial PSA ProD Day (students do not attend school)
Oct 19	On Line Booking for Parent/Teacher appointments is open
Oct 25	Early Dismissal at 1:50 pm Parent Teacher Conferences 3-6 pm
Nov 9	Remembrance Day Assemblies in the Gym Grade 10-12 at 8:40 am & Grade 8-9 at 9:55 am End of Semester 1 Term 1
Nov 11	Remembrance Day (STAT)
Nov 12	Remembrance Day observed (students do not attend school)
Nov 15	November Newsletter
Nov 20	PAC meeting at 6:30 in the Library
Nov 21	Lockdown Drill – 12:30 pm
Nov 23	Report card Distribution
Dec 21	Last day of classes before Winter Vacation
Dec 24	Christmas Eve
Dec 25	Christmas Day
Dec 31	New Year's Eve
Jan 1	New Year's Day
Jan 7	First day back after Winter Vacation

DOVER BAY PAC NEWS

Thank you to all the parents who joined us for the October PAC meeting. Our new Executive was elected with the following positions filled: Chairperson: Ines Alvarado, Vice-Chairperson: Ali Davies, Secretary: Debbie Rapanos, Treasurer: Leanne Lee.

PAC's November meeting is Tuesday, November 20th at 6:30 pm, in the school library. Connect directly with the Principal and find out what is happening at Dover. All parents and guardians are welcome. Join us on Facebook at Dover Bay PAC.

Cob's Bread Bakery

A reminder that when you are shopping at either of Cob's Nanaimo locations, mention Dover Bay and Cobs will donate 5% of your purchase back to the school. This will help with supporting our clubs, scholarships, athletics and so much more at Dover Bay.

PARENT/TEACHER CONFERENCES

Over the course of the Communication Week, teachers will be communicating progress of student learning for all students and is meant to ensure that you have some indication of your child's progress prior to our Parent-Teacher conferences on Thursday, October 25th.

This information will come to you in a variety of ways, Google Classroom, MyED, FreshGrades, Jupiter Grades,

or via email, phone or paper – and to help support teachers in this work, a quick reminder of our early dismissal on Thursday October 18.

Timeline of Events:

October 18th early dismissal at 1:50 pm to allow teachers time for communicating student learning or contacting parents.

October 19th by this date, all parents will have received some communication regarding student progress

October 19 – 23 Online booking system opens to book appointments with teachers – more information on this will follow in a subsequent email.

October 25th early dismissal at 1:50 pm, Parent/Student/Teacher conferences from 3 – 6 pm.

ISLAND CONNECT EDUCATION - ICE

Gr. 11 & 12 Curriculum Change and Online Courses

As a result of the upcoming curriculum change for grade 11 and 12 courses, all Island ConnectEd grade 11 and 12 courses will end at marks cut-off in June. We want to ensure students are not surprised by this firm deadline for Grade 11 and 12 course completions. It does mean that any grade 11 or 12 courses that are not completed by marks cut-off in June will be given a final grade of "Withdrawn". Students requiring their courses for graduation should make certain that their courses are completed on time. Any student still requiring the course, may enroll in the new version of the course the following year."

Patrick Young
Principal (ICE)

ABORIGINAL EDUCATION

'Uy'skweyul' (Good Day)

The Aboriginal team is very excited about this school year and look forward to supporting our aboriginal learners and providing cultural activities for all students. We plan to continue our Wednesday lunches which were successful last year. We invite all students to come to our room for some lunch on Wednesdays prepared by Hammumu, our Aboriginal Education Assistant. We also plan to offer some cultural activities this year (beading, moccasins making and more) as well as a couple of field trips related to graduation and future endeavours. If you have any questions please contact me at: naomi.bailey@sd68.bc.ca

Huy ch q'u

Naomi Bailey & Hammumu

COUNSELLING

BC Dogwood Planner 2018

This Planner, produced by the Ministry of Education, answers questions about the Graduation Program. The document explains what's required to graduate and where there are choices. It also covers exams, scholarships, funding, and links to web sites with helpful information. It's your guide to three of the most important years of your education.

Check it by searching Grad Planner online

Post-Secondary Institutes of BC (PSIBC) Day

Colleges and Universities from across BC will be at Dover Bay on Friday, November 9 from 9:00-11:00. All grade 12 students and all interested grade 11 students will have the opportunity to attend an educational fair and two information sessions from the schools of their choice. This is an excellent opportunity for students to collect information about programs, tuition, residences and to plan for post-secondary life. The colleges and universities that are coming include: Vancouver Island University, University of BC, University of Victoria, Royal Military College, Thompson River University, Triinity Western University, Quest, Capilano University, Camosun College, BC Institute of Technology and Coast Mountain College

University Information Sessions (at Dover)

The following universities will be holding information sessions at Dover Bay this fall. Grade 10, 11 and 12 students are invited to attend. Sign-up in the Counselling Center.

October 30	Simon Fraser University
11:25-12:00,	E103
November 9	Post-Secondary Institutes of BC
9:00-11:00	
November 14	University of Alberta
11:25-12:00,	E103
November 15	Brock University
11:25-12:00,	E103
November 16	McGill University
10:55-11:25,	E103

University Information Sessions (at VIU)

October 25	Dental Hygiene Program
6:00-7:00	Nanaimo Campus
October 25	Heavy Mechanical Trades
6:30-8:00	Nanaimo Campus
October 30	Fundamentals of Forestry
7:00-9:00	Nanaimo Campus
November 6	Automotive Program
6:30-8:00	Nanaimo Campus
November 13	Esthetics
6:00-8:00	Parksville Campus

November 21 Administrative Assistant
6:00-7:00 Cowichan Campus

More information and locations available at:
<https://campusevents.viu.ca/information-sessions>

December 3 Discover UVic (programs, admissions,
student life) 6:30-9:00 uvic.ca/discover

University Admissions

Universities are now accepting applications for September 2019. Students apply online through each university's website. Deadlines for applications vary by institution and range from early January to March. Also watch out for scholarship and residence deadlines. For some universities the earlier you apply, the earlier your registration date will be to choose your classes.

Education and Career Fair

The Education and Career Fair is at the Beban Park Social Centre, Wednesday December 5, 9:00-2:00 pm. More information about this event and the list of exhibitors and features can be found on the Education and Career Fair

website: <http://www.educationcareerfairs.com>. Bussing has been arranged; permission forms will be available, November 19, at the Career Corner.

Interested in free tuition?

Our school district's Career Technical Center is Accepting Applications for September 2019. Apply early!

The CTC sponsors students for trades training and university dual credit courses. Contact Rob Gowan-Smith at 250-754-2447 and check out the CTC website at: www.ctc-careerpaths.ca

There are also a few spots remaining in the Culinary Program and the Carpentry program starting in February 2019. See your counsellor immediately if you are interested.

Language Challenge Exams

Delta School District is once again offering Language Challenge Exams for Grade 11 and 12 language courses. This year they are offering Language Challenge Exams for the following: French 11/12, Japanese 11/12, Korean 11/12, Mandarin 11/12, Punjabi 11/12 and Spanish 11/12. The exam dates are January 26 and 27, 2019, in Delta.

If you are interested, please see Ms. Sunde in the Counselling Center for more information; the application is due on Friday, November 2. To apply to write a challenge exam, complete the application, attach a 'passport-type' photo, attach a \$50 deposit cheque (which is refundable when you write the exam), and hand it in to Ms. Sunde.

Interested in Working on Parliament Hill? And Studying in Ottawa?

Each year, 40 students graduating from high schools are selected from across Canada to participate in the Page Program. Pages are first-year undergraduate students who work in the House of Commons for one year. See: ourcommons.ca/page for more information. Applications are due December 3, 2018

Interested in Decision-making and Politics?

Check out The Forum Experience; a week that could change your life

Would you like to contribute to the future of your community and your country? Are you interested in decision-making and politics? Do you want to create relationships with people from different places? Forum is for you! Be a part of an incredible week behind the scenes of the world of federal politics on Parliament Hill. Make your voice heard during parliamentary simulations and develop unbreakable links with peers that share the same ideas and passions as you. Apply now: <http://forum.ca/the-program/for-students/?lang=en>

Interested in Science, Technology, Engineering, Arts and Math? In grade 10, 11 or 12?

The SHAD program provides the opportunity for exceptional students from across Canada to attend a month-long summer program at one of sixteen Canadian host universities. SHAD exposes students to advanced topics and supports students to discover new ways to learn, engage, experiment and excel within a university environment. Applications are due November 19. Tuition and accommodation is \$5700; bursaries are available. More information is available at www.shad.ca

Interested in Art?

Emily Carr University is inviting students age 16-18 to apply to their Summer Institute for Teens. Join a community of young artists and designers for a one-month intensive where you can elevate your skills and expand your portfolio. Choose one of 10 studio disciplines for in-depth study as you explore contemporary art and design. Register early at: teens.ecuad.ca

Interested in the Navy?

The Achieve Anything Foundation is providing an opportunity for students who identify as female to participate in a day sail with the Royal Canadian Navy. This day sail should be particularly exciting as we'll be getting the debut SAR demo from the Royal Canadian Air Force's brand new Sikorsky CH-148 Cyclone helicopter. Activities include tours of ship duty stations, crew quarters and operational equipment; RCAF joint search and rescue demonstration, ship firefighting

simulation, and demonstration of the warship's impressive manoeuvring capabilities. Lunch will be provided. This event is on Saturday, October 20, 2018.

Apply Now: www.achieveyouranything.ca/thisisyou.html

VIU CONNECTIONS

Vancouver Island University Connections

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. <https://www.viu.ca/events/>

Highlights:

Experience VIU – Grade 11, 12 and mature students along with their families are invited to join us at VIU's Nanaimo campus on Saturday, **October 13, 2018 from 9 am -2 pm** to check out the campus, and get information about our programs and all the services we have to support student success.

October 1st – First day to submit applications for Academic Programs beginning September 2019.

Webinars are lead by Recruitment Officers who will be able to answer any questions students have about their transition to VIU. Topics such as navigating the student record, finding helpful resources & student services, getting involved on campus, and residence are covered.

<https://connect.viu.ca/future-students/webinars>

How to connect with VIU:

a. General inquiries connect with a Recruitment Officer at 250.740-6672 or viuconnect@viu.ca
b. Visit our campus and take a tour to get a current student prospective on why VIU is for you. For registration and options: viu.ca/visit

b. Students ready to plan for September 2019 connect with Advising at 250-740-6410 or advising@viu.ca The Educational Advisor assigned to Dover Bay is Jennifer.merner@viu.ca

Office hours: Monday 8:30-3:30pm, **Tuesday 8:30-6:00pm**, Wednesday 10:30am-3:30pm, Thursday 8:30-3:30pm, Friday 8:30-3:00pm

c. Application status and documentation questions connect with the Registration Centre at 250.740.6400 or registration@viu.ca

Cannabis

What you need to know:

When marijuana is smoked or vaporized, THC quickly passes from the lungs into the bloodstream, which carries it to organs throughout the body, including the brain. Its effects begin almost immediately and can last from 1 to 3 hours.

Decision making, concentration, and memory can be affected for days after use, especially in regular users. If marijuana is consumed in foods or beverages, the effects of THC appear later—usually in 30 minutes to 1 hour—and may last for many hours. Overdosing can occur from edibles because the effects take longer to be felt.

Cannabis is legal in Canada, but not for anyone under age 19. Edibles are not legal as the dosage continues to be an issue.

Test Your Knowledge

True or False?

1. Cannabis is often the first drug a teen is offered.
2. Marijuana is safe because it's a plant.
3. Marijuana is the same strength as it ever was.
4. Marijuana can bring about psychosis if you have the genes for it.
5. If you used a drug one time without harm, it is safe to do again.

Answers

1. TRUE. Marijuana is commonly present at many social events that youth attend.
2. FALSE. The fact that marijuana is grown does not mean it is safe.
3. FALSE. It is often 3 times more potent these days.
4. TRUE. If you are genetically predisposed to psychosis, smoking marijuana can bring it on sooner in life.
5. FALSE. Your tolerance to a drug can go up and down based on many factors. Marijuana comes from a variety of sources -meaning that you don't always know what you are taking or how strong it is.

Regular use of cannabis can lead to:

- ▶ Lack of motivation
- ▶ Weight gain
- ▶ Paranoia or anxiety
- ▶ Slowed reaction time
- ▶ Loss of memory
- ▶ Irritability

Where to go for help:

- ▶ Talk to your counsellor, CYFSW, teacher
- ▶ Call, Text, Chat – Kids Help Phone 1-800-668-6868
- ▶ Discovery Youth & Family Substance Use Services 250-739-5790

Cannabis can be a very strong substance that may lead to addiction or be combined with other substances.



NANAIMO LADYSMITH
PUBLIC SCHOOLS

What marijuana does to your body and brain

It can mess with your memory by changing the way your brain **processes information**.

It can make you feel **euphoric**, since THC causes brain cells to release the feel-good chemical dopamine.

Since weed makes blood vessels expand, it can **turn your eyes red**.

Since it affects brain areas that process what we see and hear, pot can make you **hallucinate**.

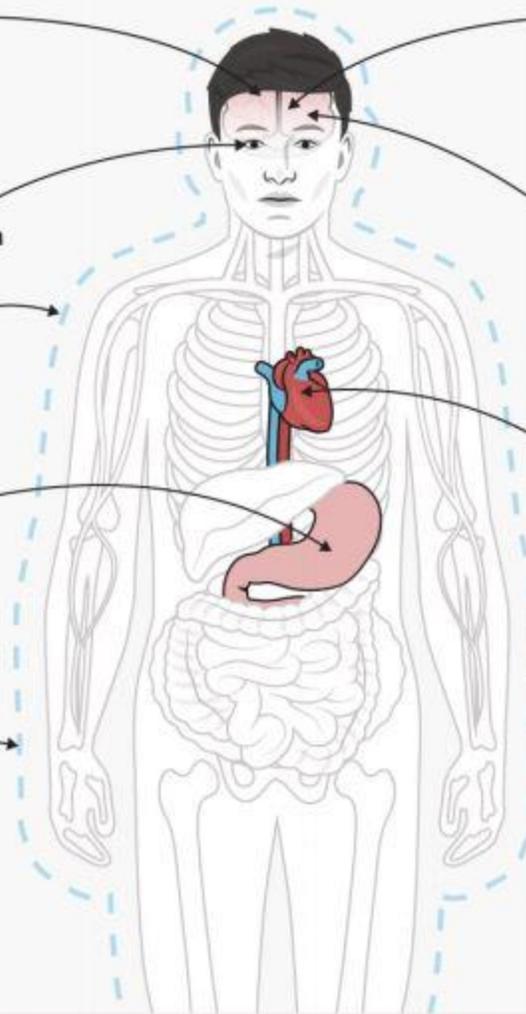
Extended, **heavy use can be addictive** or cause dependence.

It may give you the munchies. A study in mice suggests that pot effectively **flips a circuit** in the brain that controls the appetite.

Within minutes of inhaling marijuana, your heart rate can **increase** by 20–50 beats per minute. It can last from 20 minutes to 3 hours.

It may **throw off your balance**, since it influences activity in two brain areas which **help regulate** balance, coordination, reaction time, and posture.

You may feel **anxious or panicky**, a common side-effect of taking too much.



Sources: Journal of Cell Science (2012); Nature (2015); Neuropharmacology (2002); Physiological Reviews (2013); Psychopharmacology (2015); LiveScience

BUSINESS INSIDER



Bottom Line

Marijuana is legalized today BUT only for people over the age of 19. Edibles continue to be illegal because knowing how much THC is in them is difficult.

CALL OR VISIT US ONLINE FOR MORE INFORMATION
(250) 754-5521 | sd68.bc.ca



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