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Newsletter

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for breaking news follow us on twitter @dover_bay

Mr. Don Balcombe
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Ms. Theresa Kraeker
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JANUARY 31, 2019

DOVER BAY SECONDARY

The School Newsletters will be e-mailed to parents/guardians and can be viewed through MYED. Our newsletter is also available to students and parents on-line. Newsletters are posted on the Dover Bay website: www.doverbay.ca
Paper copies are also available in the school office for you or your child to pick up.

PRINCIPAL'S COMMENTS:

Dear Parents and Guardians,

Welcome to 2019! And welcome to semester two! With a new year, and a new semester just getting underway, it is fairly reasonable to expect that many of our students, staff, and parents have made some resolutions. New Year's resolutions, filled with hopes and wishes for improved fitness, nutrition, or happiness. Academic resolutions for better attendance, more effort, more success. If the statistics on following through on New Year's resolutions are to be believed, less than twenty-five percent of us at the end of January are still committed to our resolutions, and only eight percent of us will actually achieve our resolution. With numbers so poor, one wonders "why even bother?" Personally, I don't think resolutions are a bad thing, I just think the effort put into resolutions is misplaced.

Most people spend too much time thinking about a worthy resolution and not enough time on their resolve. Finding things that we'd like to improve in our life are easy. Get fit, spend more time with family and friends, learn another language, or get better grades. Each is a simple target. They are easy to identify, easy to define, and easy to write down, tweet out, post or share. Unfortunately, making a resolution is a bit like thinking about baking a cake. It gets your attention, makes you feel excited for the future, and makes you hungry. Sadly, thinking about

baking a cake and actually having cake to eat are very different. Anyone can think about cake. Only those with resolve actually make cake. They research recipes, shop for the ingredients, measure carefully, follow instructions, preheat the oven, and wait patiently for the cake to bake.

Are you invested enough to do the work or are you merely hoping someone else will do it for you? Do you have the resolve to make it happen? The difference between success and failure, between joy and disappointment, between reaching your goals and falling short of them can often be traced to one's resolve.

Resolve, to decide firmly on a course of action. That is what I want for each of our students. Yes, set goals (resolutions) that align with your hopes and dreams for your future. But more importantly, work on your resolve, your ability to decide on the course of action required to achieve those goals. Determine the recipe for your own success, do the prep work, find all of the ingredients, and have the patience and perseverance to see it through to completion. In the end, you will appreciate not only the savory experience of your fine cooking but also the sense of accomplishment as others recognize, celebrate, and share in your achievements.

Kind Regards, Don Balcombe

IMPORTANT DATES

- Feb 7 Report Cards distributed electronically
through MYED
- Feb 18 Family Day (STAT)
- Feb 19 Parent Information Session for Course
Selection 2019/20 at **6 pm in the Library**
- Feb 19 PAC meeting in **Library at 6:45 pm**
- Feb 20 – 28 Course Selections for 2019/20
through MYED
- Feb 25 ProD Day (district)
students do not attend school
- Feb 26 ProD Day (school)
students do not attend school
- Mar 15 last day of classes before Spring Vacation
(March 18 – 29 Spring Vacation)
- Apr 1 first day back after Spring Vacation
- Apr 19 Good Friday (STAT)
- Apr 22 Easter Monday (STAT)

COUNSELLING CENTER

Course Selection for 2019/20

Course selection for 2019/20 will take place on February 20 and 21. This is the initial step in the course selection process. Students will have an opportunity in the spring to make adjustments to their selections once they have experienced their second semester courses.

Parent Information Session for Course Selection 2019/20 will be on February 19 at 6:00 pm in the Dover Bay Library. Come and learn about graduation requirements and opportunities to personalize learning for students.

BC Dogwood Planner

The Student Certification Branch has published the [BC Dogwood Planner](#), an annual document published for students in Grade 12. The BC Dogwood Planner is a companion document to the BC Grad Planner addressing the top questions from students in their graduation year. These can be found by googling: BC Dogwood Planner and BC Grad Planner.

Post-Secondary Applications

Grade 12 students who are planning to attend a post-secondary program next year are encouraged to submit their applications now. Some universities have an application deadline as early as the end of January. Others, like VIU, base registration dates for course selection on the date when applications are received. Check out the university websites for more information.

Distance Learning Course Due Dates for Post-Secondary Applicants

Grade 12 students completing Distance Learning Courses that are required for admission to post-secondary programs need to check the due dates for these courses at the university they are applying to. Distance Learning Courses often have a due date several months before regular course marks are due.

Career Pathways

Our district Career Pathways Program offers many unique district programs for grades 10-12, including trades programs, apprenticeships, VIU courses and certification training.

For more information:

- visit the website www.ctc-careerpaths.ca
- pick up an info sheet in the Career Corner
- book an appointment in the Career Corner with the CTC advisor

Dual Credit Programs

Youth Train in Trades:

Grade 11 students who would like to attend a trades or applied skills program at VIU in their grade 12 year should submit their application now. These programs enable high school students to earn high school credit and complete trade/technical post-secondary programs at the same time. Successful applicants benefit from having the tuition costs covered. Application is on-line at ctc-careerpaths.ca. These are popular programs and fill quickly.

Academic Enrichment:

Grade 11 students who have three A's and one B in their foundation courses can apply to start their university career early while earning credit toward graduation. Dual Credit enrichment is a partnership program with Vancouver Island University that

allows students to take University courses in their grade 12 year and have tuition costs covered. Pre-Registration is now open and is due by Friday, March 16. See the website for more details:

<https://www.ctc-careerpaths.ca/programs/dual-credit-enrichment/>

Information session will be held at VIU on Monday February 11 at 6:30pm in VIU Bldg 356 (room 109).

Vancouver Island University Connections

Various activities are happening over the next few months. Keep this list handy!

Grade 12 students who will be attending VIU in September

- An Educational Advisor will be at Dover on April 16, 16 and 23 to offer individual appointments for students who have questions about VIU programs and courses. We recommend that all VIU bound students meet with the advisor to complete their course selection for September. Sign up in the Counselling Center.
- A group session on the VIU Application Process, for all students hoping to attend in September, will be held on March 6 at 1:40 in the Library. Sign up in the Counselling Center.
- A tutorial for registering for classes and building your VIU timetable will be held at Dover on May 7 in blocks C and D. Sign up in the Counselling Center.

Fundamentals of Engineering Transfer Program – Wednesday, February 13, 7:00-8:30 pm, Bldg 200/Rm 203 – VIU Nanaimo Campus

The VIU Fundamentals of Engineering certificate program invites students and interested parents to an information night to provide details and answer questions. With successful completion of this program, students have the required credentials to transfer into either the 2nd year Engineering program at the University of British Columbia, the University of Victoria, Simon Fraser University (Burnaby), Thompson Rivers University, the University of Northern British Columbia, or the University of Alberta. Students are also qualified for transfer into the 2nd year of the Bachelor of Applied Science in Wood Products Processing at the University of British Columbia (Vancouver). All

students, regardless of transfer pathway, have the opportunity to take part in our growing co-operative education program after their first year of study as well as participate in a number of tours, seminars, and events.

Starting engineering studies at Vancouver Island University is a great option for students who wish to stay closer to home, as well as giving them more opportunities to connect with engineering professionals in their local community.

Biology Night- Mark your calendar for January 17, 2019, 6:00pm Building 355, Room 203 Featuring Biology B.Sc. degree graduates representing diverse careers: Health professionals, environmental professionals, graduate Research, K-12 education

Webinars - led by Recruitment Officers, will be able to answer 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. More information is available at <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
- c. Students ready to plan for September 2019 connect with Advising at 250-740-6410 or contact Educational Advisor jennifer.merner@viu.ca
- d. Application status and documentation questions connect with the Registration Centre at 250.740.6400 or registration@viu.ca

VIU Discovery Days

ALL grades 11's will be participating in the **2019 VIU Discovery Days, Wednesday, Feb. 27, 8:30 am – 2:30 pm.** **Discovery Days** is an opportunity for students to explore the VIU Campus, learn about Post-Secondary Programs, and see the diversity of programs offered at VIU. Students will join other students from the central island in a Pep Rally and attend a variety of sessions. Sessions will include

active elements that will give students first-hand experience of what to expect when they enroll at Vancouver Island University.

Certification Training

Dover Bay Secondary Careers is pleased to announce that certification training courses are being offered at Dover Bay! Our Careers Department want to support and help youth prepare for the transition from high school to post-secondary, volunteer or career opportunities. Also, due to grant funding, the cost of most of these courses have been subsidized. Please register and bring exact payment to the main office.

Construction Safety Training

(CSTS) - \$20 (deposit) Dover + Online, February 5, 3-4 pm, Orientation/Info

First Aid & CPR

\$100, Feb 25/26, 8:00 am – 4:00 pm

Food Safe

\$40, Feb. 26, 8:30 am – 3:00 pm

Food Safe

\$40, May 10, 8:30 am – 3:00 pm

Occupational First Aid – Level 1

\$50, May 10, 8:00 am – 4:00 pm

Babysitting Course

\$45, May 10, 9:00 am – 3:00 pm

PAC NEWS

Thank you to all the Parents who joined us for the January PAC Meeting. Our next meeting will be on:

Tuesday, Feb. 19th, 2019 in the School Library.

All Parents & Guardians welcome.

The PAC is currently working on a "Parents Info Night" on topics that relate to Teens and mental health & well being. More info will follow soon.

Please remember, Dover Bay PAC does have a Face Book site and we welcome and encourage parents to view share and comment.

See you at our next PAC meeting on Feb. 19th !!

BASEBALL ACADEMY

Our academy's purpose is to prepare aspiring baseball student-athletes for collegiate level athletics and improve fundamental baseball skills and knowledge of the game. The Academy will focus on fostering a healthy balance between academics and athletics, preparing eager Academy players for college baseball.

Our program utilizes the Long Term Athlete Development (LTAD) model. Developed and adopted by Baseball Canada to maximize a participant's potential and involvement in the sport. Framework aims to define optimal training, competition, and recovery throughout an athlete's career to enable them to reach their full potential as an athlete. Tailoring a student's sports development programme to suit basic principles of growth and maturation, (especially during early years) increases their participation in baseball and other physical activities.

Email Kanderson@sd68.bc.ca with any questions.

SOFTBALL ACADEMY

Dover Bay is teaming with the ideals of Softball Canada who has taken [Sport for Life's](#) generic LTAD model and created a softball-specific version called Softball's Long-Term Player Development (LTPD) model using a combination of recent sport-science research and best practices. The eight stage LTPD model identifies the optimal training, competition and recovery principles and practices for our players through sequential stages from childhood through to adulthood. It recognizes there are two distinct streams in softball – the lifelong recreational sport and the elite competitive arena – and it is designed to promote and support players in both.

Promoting excellence alongside recreation is important. The model ensures players develop the physical literacy necessary to enjoy softball, and sport in general, for a lifetime as well as identifies the pathway and skills for players to reach their potential and excel at the international level through a systematic and logical development. It addresses the physical, technical/tactical, mental, emotional, cognitive and social needs of the player as they pass through each stage of development.

Email Kanderson@sd68.bc.ca with any questions.

DRY GRAD 2019 DATES

Dry Grad is on June 21st, 2019. All SD68 parents and volunteers welcome to join in at meetings and help on the day of Dry Grad.

Meeting dates for Dry Grad 2019 which take place @ Wellington Secondary at 7pm in Library are:

Feb. 11th Mar. 11th Apr. 15th May 13th
 June 3rd June 17th

There is a Facebook site for more info. Go to: "Nanaimo Dry Grad"

DRAMA NEWS

Bay Theatrix Productions, Ms.Schwarze:

After our successful run of the musical *Oliver!* in December, my Performing Arts 9/10 class hit the ground running by putting on four varied plays during the week of January 17th to appreciative audiences: ***Rumors of Polar Bears***, by Jonathan Dorf, and Lindsay Price's ***Ten Minutes, Ten Minutes, Ten Minutes; Time, What is It?***; and ***Bottle Baby***.

The Performing Arts Academy has three more shows to look forward to this year: one by Mr. Brennan's Grade 8 Academy class, and one each by my PAA 9/10 and PAA 11/12 classes. Look for those coming up in May and June. This is a busy theatre!

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:

Educational Advisor visits- will be happening regularly. We encourage you to check your counselling area for sign-up sheets so you don't miss out on these opportunities:

March 6 group session, April 17, 18 or 23 one on one sessions, May 7 Web Registration

Dual Credit Information session:

Monday February 11, 6:30pm at VIU Bldg 356 Room 109

Will you be in grade 12 next year? Do you want to learn more about earning University Credits while still in High School? This unique program enables university courses to be offered to current secondary students. Students successfully completing course(s) will receive dual credits: elective courses towards their Dogwood Diploma, as well as university credit course(s) with Vancouver Island University.

Discovery Days 2019 - February 26, 2019 and February 27, 2019

The days includes a pep rally, open house to explore our academic offerings, free pizza lunch, \$5 Starbucks card, Instagram contest with great tech prizes and several chances to win a VIU hoodie.

Discovery Night for Parents- Monday, March 4, 7-9 pm -Beban Park Auditorium

Get the resources and knowledge you need at your fingertips to support and empower your student as they plan for post-secondary. This event is for parents of high school students considering post-secondary. Have you ever asked yourself:

- Is a university education even necessary?
- If my student takes a gap year, does that decrease their chances of attending post-secondary?
- How am I going to pay for post-secondary, and what are ways to cut costs?
- How can I best support my student before and during their post-secondary journey?

Get answers to these questions and more!

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

c. Students ready to plan for September 2019 connect with Advising at 250-740-6410 or contact Educational Advisor jennifer.merner@vviu.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

