



DOVER BAY SECONDARY

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December 14, 2023

Principal: Mr. Geoff Steel

Vice-Principals: Ms. Kim Hart & Ms. Michelle Smith



ERASE Bullying

A confidential and anonymous, online reporting tool for students.

Online parent resources at:

www.erasebullying.ca



The School Newsletter is available to students and parents to view on-line, on the Dover Bay website: www.doverbay.ca
It will also be emailed to parents/guardians through MyEdBC. If you would like a paper copy, please have your child pick it up from the office.

UPCOMING IMPORTANT DATES

- Dec 13-15** "Little Women" the musical
Multipurpose Room @ 7 pm
- Dec 16** "Little Women" the musical
Multipurpose Room @ 2 pm
- Dec 18** Band Concert - starts @ 6 pm in MPR
Candy Cane Day (red and white)
- Dec 19** Elf Day (red and green)
- Dec 20** Ugly Christmas Sweater Day
- Dec 21** Christmas Character Day
- Dec 22** School Wide Kahoot & Locker Cleanout
Christmas Accessories Day
- Dec 22** Last day of classes before Winter Vacation
!!! Merry Christmas and Happy New Year!!!
- Jan 8** First day back after Winter Break
- Jan 9-18** Course Selection for 2024-25 school year
- Jan 23** Double Blocks: **CC & AA**
- Jan 24** Double Blocks: **DD & BB**
- Jan 25** Last Day of Semester 1
- Jan 26** Turnaround Day
- Jan 29** Start of Semester 2
- Jan 30 & 31** Grade 9 Immunizations

PRINCIPAL'S MESSAGE

Hello Dover Bay Community, just prior to our upcoming Winter break I wanted to address some issues connected to our Dover Bay school culture. Our school goal survey has provided us with a lot of valuable feedback from our students, families, and staff. Much of the feedback was positive, but ***some of the feedback was concerning and these concerns need to be addressed.***

We are currently working on a number of interventions to bring concerns around behaviour to the forefront with our students and staff. The three key issues that came to light through the surveys were litter/cleanliness in the school, excessive numbers of students in the hallways, and ***the most common concern was student behaviour in the washroom.*** In the New Year we have students and staff preparing to speak to our students about these issues, as well as other topics. The washroom issue is the most pressing. We have feedback from students who do not use the washroom because they do not feel safe. Safety issues are related to students congregating in the washroom, eating in the washroom, and most commonly vaping in the

washroom. Supervision of these spaces is difficult, and the ongoing issues are challenging to address.

Educating our students and families is an important step to drawing these issues into the light. **Vaping is an absolute disaster for youth today.** The number of students vaping with electronic cigarettes is clearly on the rise. These devices appear easy for students to get and the vape companies are making a fortune off of our children. **If you know your child is vaping, or suspect they are vaping keep in mind that they are vaping nicotine.** The delivery mechanism of a vape is much more efficient than a cigarette. The vape “juice” comes in a variety of kid friendly flavours like blueberry, bubble gum, banana, pink lemonade etc. When queried our students can tell you the “nic” level that they are using. This is highly addictive and our students seem to need to vape to get through the day. The sad fact is, when dealing with the washroom issue we cannot ignore the fact that we have a growing number of students addicted to nicotine. **Child friendly flavoured nicotine.** Nicotine addiction changes how the brain functions which impacts behaviour and learning.

Along with our educative work (please see a link to resources and upcoming parent night), we are in the process of getting new signage for our washrooms, along with other measures. Our **Dover Bay Administration and Staff are taking the feedback from our surveys very seriously.** Along with revising our school goals, we are also looking at addressing the issues described above in a thoughtful way.

Take care and have a restful holiday season,

Hay ch q’u /Thank -You,



Geoff Steel (He, Him, His)
Principal
Dover Bay Secondary School

VAPING EDUCATION AT GRADE 8 LEVEL

All of our grade 8 students participate in a vaping presentation put on by a group of VIU nurses. The presentation is part of an initiative through the VIU nursing program that focuses on connecting with the community and informing our youth with up to date and relevant health topics. The presentation is interactive and covers health related topics connected to vaping. The presentation goes through the health risks of vaping, the substances that are in vape oils, the addictive properties of nicotine, the cost of the habit, and strategies to refrain and/or avoid vaping altogether. Students are allowed to ask questions, test their knowledge, and demonstrate what they’ve learned at the conclusion of the presentation.

COURSE SELECTION 2024-25

Students are practicing to log onto their MYED accounts, in preparation for course selections. Planned dates for course selections are:

Grade 8’s	January 10, 11, 16, 17
Grade 9’s	January 18, 23, 24, 25
Grade 10’s	January 16, 17, and 18 th in block B
Grade 11’s	January 16, 17, and 18 th in block C



YOUTH WELLNESS VAN

FREE CONFIDENTIAL YOUTH CLINIC FOR DOVER BAY STUDENTS YOUTH WELLNESS VAN	Birth Control
	Free Condoms & Lube
	Plan B
	Naloxone Kits
	STI Testing/Treatment
	Pregnancy Testing
	Immunizations

Upcoming visits from the Your Wellness Van:

January 25
February 15
March 7
April 18
May 16
June 13



STUDENT COUNCIL

Our Community Christmas fundraiser for Loaves and Fishes is almost over! This Friday (the 15th) is the last day for classes to donate to their C block class for a chance to be one of the top 3 donating classes. Thank you to everyone who donated and participated this year!

Next week, starting Monday December 18th, is Christmas week! There will be holiday activities in the atrium and spirit days each day. Please encourage spirit day participation from your classes!

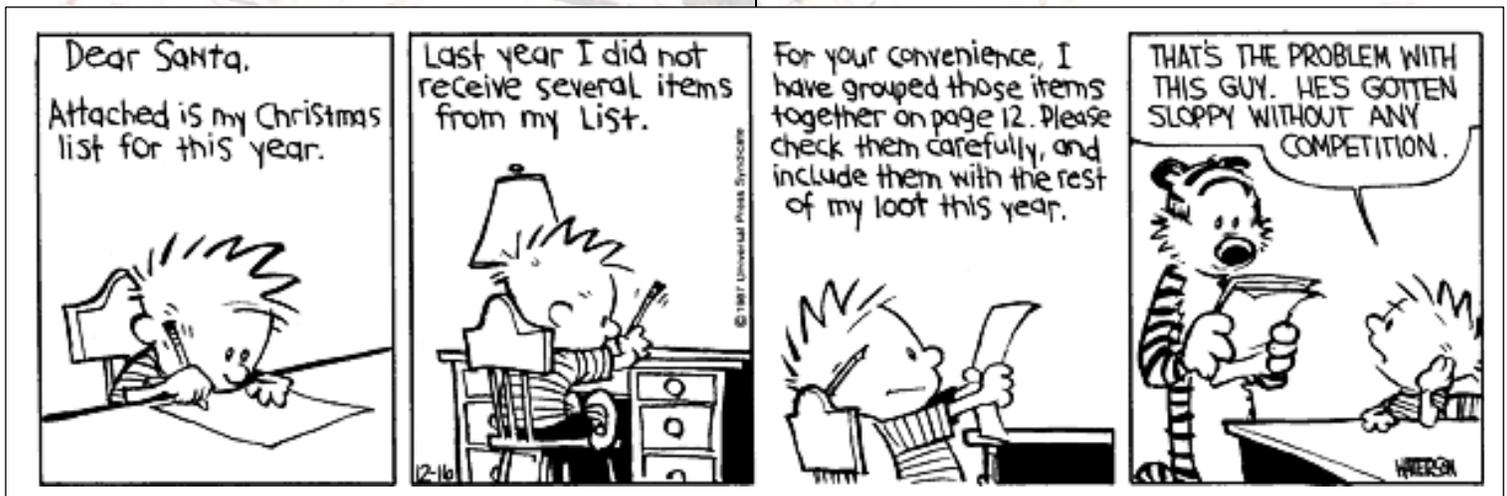
Monday, December 18th is candy cane day. Wear red and white! Candy guessing jars will be in the atrium in front of the office all week.

Tuesday, December 19th is elf day. Wear green and red, or anything elf-related! Song trivia in the atrium at lunch!

Wednesday, December 20th is ugly Christmas sweater day! Snowflake crafts in the atrium at lunch.

Thursday, December 21st is Christmas character day! Dress as your favorite holiday character. Snowball (powdered donuts) eating contest in the atrium at lunch!

Friday, December 22nd is Christmas accessory day! Pictures with Santa and his elf at lunch in the atrium, and the school-wide kahoot!



FROM COUNSELLING

Post-Secondary Applications

Grade 12 students who are planning to attend a post-secondary program next year are reminded to submit their application now. Some universities, like UBC and UVic, have an application deadline as early as January. Others, like VIU and Capilano University, have a rolling application date until the seats are filled. Check out university websites for more information.

Students need to confirm that they have the prerequisite courses for the program that they are applying to. Students also need to be aware of Post-Secondary school due dates for prerequisite courses they are completing through distance learning such as Island Connect Ed. These due dates are often well before the end of second semester.

Sending Transcripts to Post-Secondary Schools

Any grade 12 students who have applied for a post-secondary program will need to order and send transcripts using BC's [Student Transcript Services portal](#). Students will need to create a [BCeID](#) as well as attaching the BCeID to the [Student Transcript Services](#) account if they haven't already done so. Many post-secondary institutions in BC, Alberta, and Ontario (via OUAC) require applicants to release electronic (XML) transcripts to them using Student Transcript Services. Check out our ["how-to" page on the Dover Counselling Website](#) for detailed instructions.

Or watch these [instructional videos](#) to help you navigate the process.

Career Technical Centre (CTC)

Nanaimo's Career Technical Centre (CTC) offers many programs to help youth transition from secondary school to post-secondary training programs and the workplace. The programs include (but not limited to): Students Explore in Trades (Trades Sampler), Students Train in Trades, Students Work in Trades (Apprenticeship), Dual Credit Enrichment, and Career Certification Programs. Students interested in one of the programs should review the program requirements with a parent,

consult with a school counselor, and complete the online application form. After an application form has been submitted a Career Transition Coordinator will contact the student to arrange an interview. Check out the CTC website at: www.ctc-careerpaths.ca

Accessing

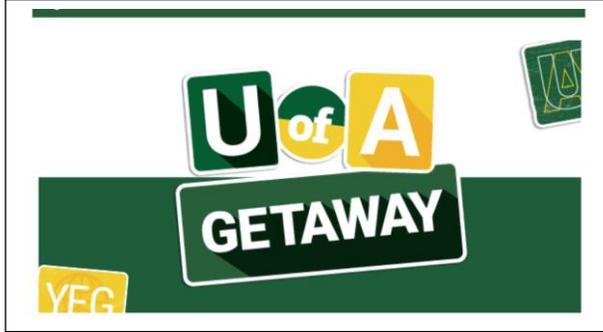
Community

Support

Dover Bay Secondary will be closed for two weeks during Winter Break. If needs arrive, please access the following community-based support agencies:

- Food Security - [Loaves and Fishes](#) - Click on the following link to see the locations for food pickup <https://www.nanaimoloavesandfishes.org/get-food/free-food-markets/>
- Suicide Prevention and Mental Health Crisis: Call or Text **9-8-8** Whoever you are, wherever you are located in Canada, by calling or texting 9-8-8 you can connect with a trained responder who's ready to listen without judgment.
 - In the face of increased demand for crisis services, 9-8-8 provides:
 - A number that's easy to remember in a crisis situation.
 - Support in English and in French, by phone and text.
 - Quick access to support from trained responders, available 24/7/365.
 - High quality, evidence-based, equitable suicide prevention and crisis support for everyone in Canada.
 - For more information about 9-8-8: Suicide Crisis Helpline, visit <https://988.ca>
- Domestic Violence - [Haven Society Crisis Line](#) - 1-888-756-0616
- Crisis Prevention - [Vancouver Island Crisis Line](#) - 1-888-494-3888
- Mental Health Support & Virtual Counselling for Youth - [Foundry BC](#) - <https://foundrybc.ca/virtual/>
- Parents and Caregivers Resources - [Kelty Mental Health](#) - <https://keltymentalhealth.ca/parents-caregivers>

UNIVERSITY OF CALGARY GATAWAY 2024



U of A is now accepting applications for 20 lucky students to spend a weekend away at the U of A.

Their adventure will include transportation reimbursement*, accommodations, meals and a jam-packed schedule of events. They will stay in residence, visit state-of-the-art facilities, uncover hidden gems on campus and experience U of A student life first-hand. We'll also take them around our city, including our breathtaking river valley and iconic West Edmonton Mall.

Who: 20 Grade 11 Students From Across Canada

What: U of A Getaway

When: May 24 - 26, 2024

Where: University of Alberta, Edmonton, Alberta

Students can learn more and apply at:

uab.ca/getaway.

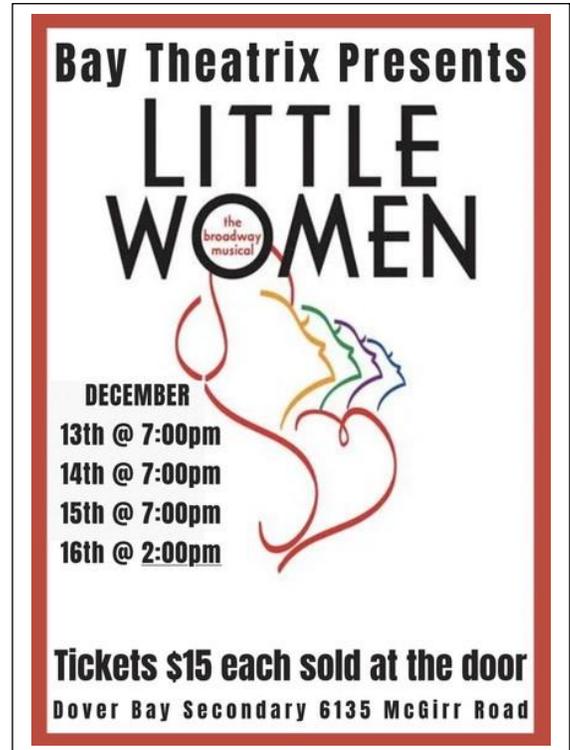
The application deadline is **January 31, 2024**.

COME OUT AND SUPPORT OUR PAA

"LITTLE WOMEN" The musical is running Thursday, December 14, Friday December 15 at 7:00 pm and Saturday December 16 at 2:00.

Tickets are \$15 at the door.

Bring your cash and support this amazing production.



Canadian Celebrities born in December:



Brendan Fraser



Katheryn Winnick



Eugene Levy



Nelly Furtado



Blue Topaz



Turquoise



Zircon

December birth stone:

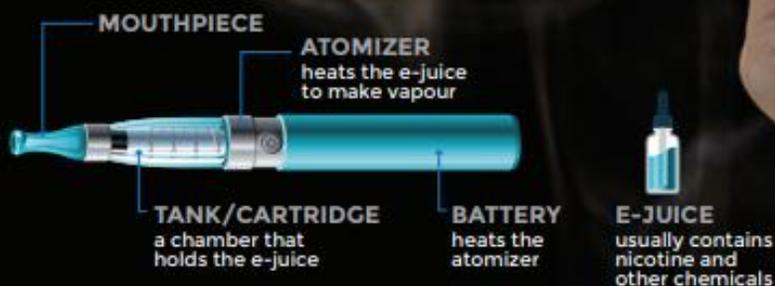
VAPING

AN OVERVIEW

VAPING PRODUCTS

E-cigarettes, vapes, vape pens, mods (box or pod), tanks, e-hookahs

PARTS OF A VAPING DEVICE



WHAT'S IN THE VAPOUR?

Flavours + Nicotine (none to very high amounts) + Volatile Organic Compounds (VOCs) + Many toxic heavy metals =

E-juice

- Carbonyls
- Tiny particles

Cr Ni Pb
Chromium, Nickel, Lead



HEALTH EFFECTS OF NICOTINE

Alters brain development



Negatively affects memory, concentration, and mood



Increases anxiety and stress



Increases heart rate and blood pressure



Highly addictive



VAPING LAWS: WHAT YOU NEED TO KNOW

All schools in BC are tobacco* and vape-free

24 hours a day, 7 days a week

THE LAWS

In BC, the sale and use of tobacco and vapour products is governed by the **Tobacco and Vapour Products Control Act, Tobacco and Vapour Products Control Regulation and E-Substances Regulation**. Vapour products are regulated the same way as tobacco products.

The legal age to buy and sell vapour products in BC is 19.

Just like tobacco products, vapour products cannot be used in public buildings and workplaces, near doorways, or air intakes or on school property.

When someone under the age of 16 is inside your vehicle, it is illegal to smoke or vape. Some municipalities have increased the age to 19.

All K-12 schools in BC are tobacco and vape-free, 24 hours a day, 7 days a week, even when schools are closed.

The ban includes parking lots, sports fields, driveways, courtyards and vehicles parked on school property.

WHAT HAPPENS IF I'M FOUND VAPING?

There may be consequences. They could include:

- Contacting your adult or guardian
- Meeting with the Principal and/or School Administrators
- Confiscation of the vapour product
- Restrictions on participating in extra-curricular school activities, events or field trips

Each school in BC may approach it differently.

gov.bc.ca/vaping



*This resource is referring to commercial tobacco products which is not to be confused with traditional tobacco used by some Indigenous communities in BC.

WHERE TO GET HELP

VISIT QUITNOW.CA

or call 1-877-455-2233 to get support from a Quit Coach. QuitNow is a free service for those looking to cut back or quit. It is judgement-free, confidential and personalized to you.



VISIT TALKTOBACCO.CA

or call 1-833-998-TALK or text **CHANGE** to 123456. Talk Tobacco offers free, confidential, culturally appropriate support and information to First Nations, Inuit, Métis and urban Indigenous communities.



VAPING PRODUCTS

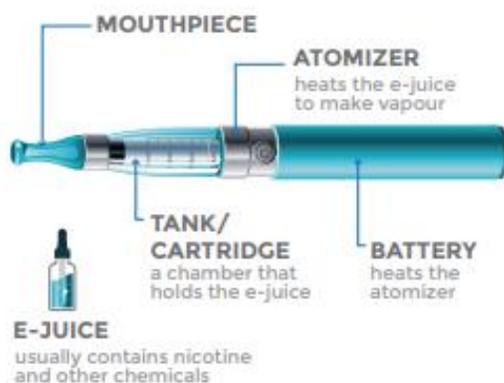
FREQUENTLY ASKED QUESTIONS



1 WHAT ARE VAPING PRODUCTS?

Vaping products are battery-powered devices that heat a liquid solution to create an aerosol (vapour/cloud).

Vaping products have many names such as: e-cigarettes, vapes, vape pens, mods (box or pod), tanks, e-hookahs and are also known by various brand names. These devices do not contain tobacco and do not involve burning. Most contain nicotine. They consist of the following:



- Atomizer is also known as cartomizer or clearomizer
- E-juice is also known as e-liquid or vaping liquid.

2 WHAT VAPING DEVICES ARE MOST COMMONLY USED?

Original vaping devices were made to look like traditional cigarettes. However, newer generations of vaping products are more advanced and come in many shapes, sizes and styles. "JUUL" and "Aspire Breeze" are examples of vaping products that are now becoming very popular. They contain high amounts of nicotine, which are readily absorbed; thus providing a greater nicotine "hit".



3 WHAT IS IN THE E-JUICE?

Most e-juice typically contain:

- Propylene glycol (PG)
- Vegetable glycerin (VG)
- Flavourings
- Nicotine (none to very high amounts)



4 WHAT IS IN THE AEROSOL ?

A misconception among youth and adults is that the aerosol is only water vapour. However, once the e-juice is heated, a number of toxic chemicals are created such as:

TOXIC CHEMICALS	ALSO FOUND IN
Heavy metals	Lead-based paint
Carbonyls	Embalming liquid
Tobacco-specific nitrosamines	Cigarettes
Volatile organic compounds (VOCs)	Gasoline
Polycyclic aromatic hydrocarbons (PAHs)	Vehicle exhaust
Tiny particles	Wildfire smoke

These toxicants may cause cancer, lung disease and heart disease.

5 CAN CANNABIS BE VAPED?

Cannabis can also be vaped as dried flower or in concentrate forms such as wax and hash oil.

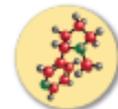


6 WHAT ARE THE HEALTH EFFECTS OF USING VAPING PRODUCTS?

Vaping products **DO HAVE** an impact on health. The toxic chemicals in the aerosol lead to short-term respiratory and cardiovascular health effects and may cause cancer.

The long-term health effects of using vaping products are currently unknown and continue to be studied.

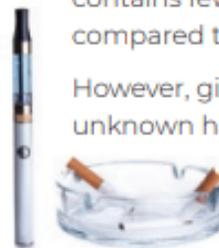
Vaping products that contain nicotine can lead to nicotine addiction and physical dependence. The immediate response to nicotine includes increased heart rate and blood pressure. Youth are particularly susceptible to the negative effects of nicotine. It can alter brain development, affect memory, concentration and mood.



7 ARE VAPING PRODUCTS LESS HARMFUL THAN CIGARETTES?

For people who smoke, vaping products may be considered a less harmful alternative. This is because the aerosol contains fewer toxic chemicals compared to cigarettes.

However, given the potential and unknown harms of vaping products, people who do not smoke, should **NOT** vape.



8 IS IT HARMFUL TO BREATHE IN SECOND-HAND VAPOUR?

Nicotine, heavy metals, and tiny particles have been found in secondhand vapour. Bystanders, including children and infants, can breathe in the vapour. People who use vaping products should therefore be cautious around non-users.



9 WHAT ARE THE OTHER RISKS OF USING VAPING PRODUCTS?

Children and adults have been poisoned by swallowing or absorbing the e-juice through skin.

Vaping products can explode and cause fires that may result in burns and injuries. The lithium-ion batteries in vaping devices can be dangerous if they're not properly used, stored, carried or charged.



10 ARE VAPING PRODUCTS LEGAL IN CANADA?

Vaping products are legal in Canada. However, there are both federal and provincial laws that govern how they are produced, labelled, promoted and sold.

11 WHAT IS THE LEGAL AGE TO BUY VAPING PRODUCTS?

In BC, you must be 19 years or older to purchase vaping products.



12 IS VAPING ALLOWED ON SCHOOL PROPERTY?

The BC Tobacco and Vapour Products Control Act bans vaping in all places where smoking is not allowed. This also applies to inside schools and school property. According to the Act, the responsibility of the administrators (boards, superintendents, and principals) are accountable if there is a violation. They must do their best to ensure students' compliance and provide a safe and healthy learning environment.

