



## DOVER BAY SECONDARY

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WEBSITE: [www.doverbay.ca](http://www.doverbay.ca)

**February 15, 2024**

Principal: Mr. Geoff Steel

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

**E-R-A-S-E**  
**BULLYING**

### **ERASE Bullying**

A confidential and anonymous, online reporting tool for students.

Online parent resources at:

<https://bit.ly/EraseReport>



### UPCOMING IMPORTANT DATES

- Feb 19** Family Day (STAT) – No classes for Students
- Feb 23** Nanaimo Ladysmith Foundation Scholarships  
Deadline at noon this day!
- Feb 28** Pink Shirt Day
- Mar 5** Fire Drill @ 10:05 am
- Mar 7** Early dismissal @ 2 pm  
3:30 – 6:30 pm Parent Teacher conferences
- Mar 8** (Friday) Last day before Spring Break
- Mar 25** (Monday) First day back after Spring Break

### FROM THE PRINCIPAL

#### **Hello Dover Bay Community,**

Our school is off and running into second semester and the transition between semesters has gone relatively smoothly. I appreciate the support of our grade eight families and the resilience of their children through the changes to our pods for semester two. We recognize that this has been a tough transition for many of our grade eights.

You will notice a **student wellness** theme to this newsletter. We have a variety of **In Person and Virtual family information sessions** on a variety of topics coming up soon. We know that we have students that

are actively involved in substance use on a regular basis. This substance use can happen at home, in the community, or at school. We are seeing a variety of issues connected to substance use with some new trends that are quite alarming. Connected to substance use is Vaping which previous newsletters have discussed. We have a large number of students that are struggling with their nicotine addiction. We have seen student use of vapes steadily climb at our school. We have also seen nicotine pouches being used by students while at school. The connection between vaping and substance use is real. We have students reportedly using Dab Pens that contain THC, as well as vaping THC with a regular vape. Students involved in these activities at school, are subject to the code of conduct and any use of drugs or alcohol comes with a mandatory suspension and referral to Discovery Youth and Family Substance Use Services. Depending on the issue the RCMP may also become involved and fines can be issued through the Cannabis Act. Dover Bay is not immune to the current opioid crisis and we have had students requiring first aid or ambulance calls due to distress that substance use has created. The **March 4<sup>th</sup> session in our MPR will focus exclusively on substance use.** We hope to see a good turnout for this session and the other three sessions that are being offered in person: **March 4: Substance Use, March 5: Trauma, March 25: Mental Health, March 26 Safety.** Along with the in person meetings we have four virtual parent sessions that are outlined in this newsletter.

**Bullying and Harassment** – Recently there has been conversation about Bullying at Dover Bay on the PAC Facebook page. Bullying and Harassment is an issue at Dover Bay as it is at all schools. These issues are being addressed on a daily basis at our school and often involve administrators, counsellors, CYFSW's, as well as other staff. That being said, I am certain that there are incidents happening on a regular basis that do not go reported. Reporting bullying incidents is critical. Our students can report issues to any staff member, directly to a counsellor administrator or indirectly through a conversation with a parent. We also have the ERASE Bullying

<https://erasereportit.gov.bc.ca/add/report-it>

help line where these situations can be reported anonymously. We always work discreetly to ensure that the individual reporting is not targeted for retribution. Our approach does not illuminate who reported the situation. We have successfully addressed a variety of bullying situations this school year. Often these situations are complicated and are not as simple as they may first appear. The important element is that we need to know. Having the courage to report when a bullying situation is observed or experienced is so important. Our Code of Conduct is Educative: Preventive or Restorative. When addressing issues we always look at the issue through those three lenses. Of course, bullying comes in a variety of forms and can often be experienced through social media. Any student that is experiencing bullying or harassment, even if the antagonist is not at Dover Bay, should report it to a trusted adult. Often the RCMP are involved in serious situations that may have a criminal element to the bullying. We work closely with Constable Staniforth who has a good way with our students.

Take care everyone,  
Geoff Steel  
Principal



**Deadline for the Nanaimo Ladysmith Foundation Scholarships is at noon on February 23, 2024.**

**Help with completing the application forms is available in room D201.**

#### IN-PERSON PARENT AND CAREGIVER WORKSHOPS

##### VIU & SD68 Parent & Caregiver Workshops (in-person)

Parents, please see the in-person sessions that are being offered at Dover Bay in March. Each evening will have a distinct focus. See the poster at the end of this newsletter for more information. Dinner will be provided.

**Location:** DOVER BAY MPR

**Time:** 5:30-7:00pm

- March 4: Substance Use
- March 5: Trauma
- March 25: Mental Health
- March 26: Safety

#### VIRTUAL PARENT SESSIONS ON YOUTH SUBSTANCE USE

The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, Developer of Open Parachute, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Key Takeaways for Participants:

~Learn why children/teenagers are drawn to substances.

~Understand what causes and maintains substance use disorder and needs.

~Increase your child's ability to make positive choices about substances.

~Acquire practical conversation tools for discussing substances in the home.

Participants must register in advance due to limited capacity. Session dates are:

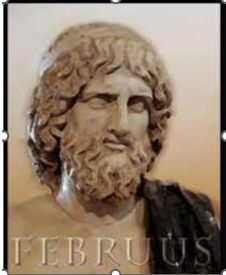
**February 20, 6:00 – 7:30 pm PST** [Click here to Register](#)

**February 22, 6:00 – 7:30 pm PST** [Click here to Register](#)

**February 28, 6:00 – 7:30 pm PST** [Click here to Register](#)

If you have any questions, please talk to your teacher, counsellor or vice-principal. Or you may come to the office or go to:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/curriculum-and-assessment/assessments/graduation>



**February** is the second month of the year, usually considered the last month of winter, named after the Roman god Februus.

## FAMILY SESSIONS

**erase** EXPECT RESPECT & A SAFE EDUCATION

### Establishing Safe, Caring, & Respectful Digital Communities – Upcoming training February 28

Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. (60 minute session) This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sextortion. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.

#### Families will learn:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behaviour as well as possession and distribution of intimate images (sexting and sextortion)
- An anonymous student reporting tool that can help you and your friends stay safe both online and offline

Registration Link:

<https://pages.saferschoolstogether.com/erase-family-session>

## Safer Schools Together: Ensuring Your Digital Privacy

This session provides an overview of privacy settings in social media applications and guidelines for how to prevent personal information from being exploited. Participants will leave this session with a better understanding of the steps to take to ensure a safe and private digital tattoo. With proper knowledge and prevention strategies, individuals can reduce the potential risk of becoming a target of doxxing, swatting, phishing scams, grooming and other online threats.

**Location:** Livestreamed to your location (via Zoom)\*

**Time:** 9:00 a.m.-11:00 a.m. - Pacific Standard Time

[REGISTER NOW](#)

## CAPSTONES

### Dear Dover Bay Grade 12 Students and Families,

It's that time of year again, grade 12 Capstone Presentations! As part of the Career Life Connections course, grade 12 students are required to present their final capstone project to a teacher between Tuesday, February 27<sup>th</sup> - Thursday, February 29<sup>th</sup>. Presentations will be in the library. The sign up link for students is:

<https://doverbay.schoolappointments.com/>.

Bookings for students will open on Friday, February 16<sup>th</sup> at 9 AM and stay open until Thursday, February 29<sup>th</sup> at 2:45 PM. If you have any questions, please contact your CLC teachers:

Mr. McWhinnie ([bmcwhinnie@sd68.bc.ca](mailto:bmcwhinnie@sd68.bc.ca))

or Mrs. Webb ([jwebb@sd68.bc.ca](mailto:jwebb@sd68.bc.ca))

## BREAKFAST PROGRAM

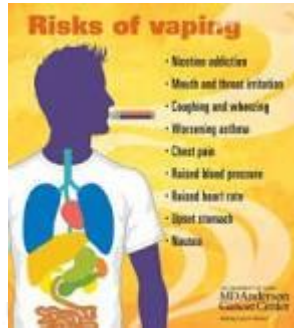


Thanks to our staff, the Dover Bay Breakfast Program is up and running! Students can come to the Multi Purpose Room in the mornings (7:50 to 8:20 am) and choose from a variety of nutritious breakfast snacks and meals.



## ACTIVE VAPE SENSORS

Concerns around vaping in our student washrooms was a top concern in our recent Dover Bay School Goals Survey. Students have been feeling unsafe to use the washrooms for various reasons and encountering vaping students was the primary concern.



As of Monday, Dover Bay has active Vape sensors in our washrooms. These sensors will send a message to administration if vape is detected in a washroom. Vaping is a health issue for those who vape as well as for students and staff who experience the vapors second hand. Vaping or smoking at school (Building and Campus) are breaking the Code of Conduct and students may receive a fine (Smoking Regulation Bylaw #7268) (Please see the December Newsletter for more information about the hazards of vaping.)

## NATIONAL YOUTH CLIMATE ACTIVISM AWARD

The National Youth Climate Activism Award is open to students from any grade who demonstrate devotion to taking meaningful steps towards improving the outlook for our planet.

The submission must take the form of a film of up to 5 minutes, or a 500 word essay (or combination of text and photo essay) that shares the applicant's passion and commitment to their climate activism. Submissions are received online through:

<https://youthclimateactivismaward.org/>

During the application period which begins on Valentine's Day, February 14, 2024 and closes on Earth Day, April 22, 2024.

Cash awards are as follows:

\$1000 for students 14 to 19 years of age.

\$500 for students under 14 years of age.

If you were born in February, your birthstone is amethyst.



# SHOW CANADA YOUR ACTIVISM


The National Youth Climate Activism Award honours students under the age of 20 and comes with a prize of up to \$1000.

Make UP-TO a 5 minute video or write a short story of 500 words and tell us how you are taking meaningful steps toward improving the outlook for our planet with respect to climate change.

SUCCESSFUL NOMINEES WILL BE SELECTED BY THE YOUTH CLIMATE CABINET OF I-SEA. FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE OR DROP US A LINE.

APPLICATION PORTAL OPENS: Valentines Day Feb 14, 2024  
& CLOSES: Earth Day April 22, 2024

WINNERS ANNOUNCED: Victoria Day May 20, 2024

 NATIONAL  
YOUTH CLIMATE ACTIVISM AWARD.ORG



## VIU CONNECTIONS

### Advice from the Advisors

A few updates from the VIU Advising team.

- We have harmonized our domestic and international academic advisors into one team! Students can connect with an advisor via email at [advising@viu.ca](mailto:advising@viu.ca)
- We have recently launched a new platform, called [Experience Hub](#), to support VIU students in accessing a variety of different supports, including appointments with academic advisors and job postings for students.

The Advising Team is here to support you and your students. Michael, Leah, Michelle, Angela and Jamie (250) 740-6410 | [advising@viu.ca](mailto:advising@viu.ca)

### Upcoming Events

In these community events, future students and their supports can connect with us to learn all about VIU

- [Meet VIU in Nanaimo](#) | February 21, 6:30pm
- [Meet VIU in the South Island](#) | March 7, 6:30pm
- [Meet VIU in Cowichan](#) | March 13, 6:30pm



#### Upcoming Information Sessions:

##### [Information Technology and Applied Systems \(ITAS\) Information Session](#)

**February 28, 7 to 8 pm PST**

**Online/virtual**

Have you ever thought about a career in Information Technology Systems and Networking Administration or Web and Mobile Development? Join us online for an information session to learn more about VIU's diploma programs through the ITAS program that will help you build your career in these fields!

##### [Child & Youth Care Information Session](#)

**March 6, 4 to 5 pm PST - Online/virtual**

With a Child and Youth Care degree or diploma you can become a professional who supports and advocates for children, youth and families. VIU graduates work in schools, substance use, mental health and early intervention programs. They find roles in family support and child protection. And they work in recreational and outdoor programs. Join us at an upcoming (Zoom) CYC Information Session to find out more about the Child and Youth Care Profession and the diploma and degree options available to you.

##### [Future Student Session](#)

**March 6 | 7 to 8 pm PST - Nanaimo Campus**

At this in-person event on the Nanaimo campus, we'll cover all the basics and answer your questions about attending VIU.

##### [Student Life Session](#)

**March 27 | 7 to 8 pm PST - Nanaimo Campus**

At this in-person event on the Nanaimo campus, we'll cover all the basics about student activities and resources. We'll also answer your questions about what it's like to be a student at VIU.

##### **Meet VIU in Nanaimo**

Connect with a recruiter from the Office of Future Students at Meet VIU. Whether you're interested in VIU or have already applied, here you'll get all the details you need and answers to all your questions.

When: February 21, 2024 | 6:30 - 8 pm PST

Where: Beban Park Social Centre, Nanaimo

Sign up to join us!

<https://campaign.viu.ca/nanaimo-event>

##### **Parent Sessions on Youth Substance Use**

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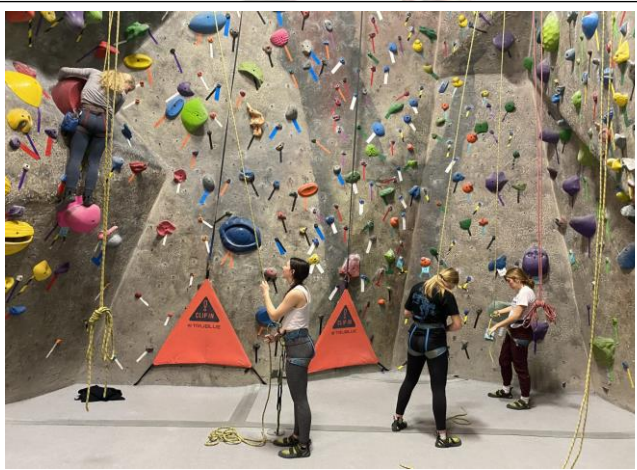


## DOVER BAY OUTDOOR EDUCATION

Semester 1 was an absolute blast with our outdoor education students! Since our last update in November students have been busy strengthening their leadership skills by working together to orienteer, fish, rock climb, and ski/snowboard safely.



Our senior students learnt how to belay their peers safely with 32 students attempting and successfully obtaining a belay certificate from the Romper Room!



Our senior students also celebrated their semester with either a day or an overnight trip to Mt. Washington skiing and snowboarding, focusing on group management and safety. The snow was fantastic in early January, and we had beautiful conditions every day we were there! Lastly, we finished the semester off with emergency response and first aid. 15 senior students successfully obtained a Canadian Red Cross – Standard First Aid & CPR/AED level C certification. We are looking forward to what Semester 2 brings in the outdoors with our new students!

We would love your support to help students experience outdoor pursuits! We have donation opportunities available to reduce student barriers and increase the accessibility of outdoor activities. We would like to thank our Dover Bay PAC and the International Student Education Program for their continued support helping students experience the outdoors. If you are interested in sup



## 2024 IS A LEAP YEAR

### History

To better understand the true origins of leap year we will need to turn back time, way, way back, a couple thousand years!

- The first traces of a 365 day calendar with a leap year was in the Egyptian Empire. The goal of the Egyptians was to create a calendar that mimicked the Solar Calendar allowing them to keep their seasons on track
- Fast forward about 3,000 years and Julius Caesar, Ruler of the Roman Empire became the modern day Father of Leap Year
- Caesar felt it was time to recognize that winter truly existed and created a 12 month 365 day calendar based off that of the Egyptians
- This new calendar was fabulous for a few years but it was slowly realized that the earth actually has 365.24 days per year as opposed to 365. To correct this, Caesar instituted a Leap Year once every four years to ensure the man-made and solar calendars stayed aligned
- Some cultures didn't have leap year on Feb 29<sup>th</sup> -- instead February 24<sup>th</sup> occurred twice

### Fun Facts

There are all kinds of leap day traditions and fun facts around this special day that comes every four years.

- 4 million people in the world are leap day babies
- Leap day babies are called leapers or leaplings
- There is a one in 1,461 chance of being a leap day baby
- Quite a few famous people were born on February 29<sup>th</sup>
- Every year divisible by 4 is a leap year
- But every year divisible by 100 is NOT a leap year
- Unless the year is also divisible by 400, then it is still a leap year.
- There will be 8 years between leap years 2096 and 2104
- Women often choose this day to propose marriage to men
- Getting married in a leap year is considered bad luck in Greece, so one in five engaged couples try to avoid it

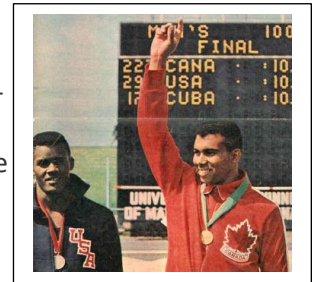
## FEBRUARY IS BLACK HISTORY MONTH

**Portia White** was the first Black Canadian concert singer to win international acclaim.



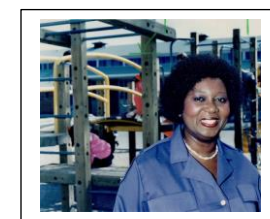
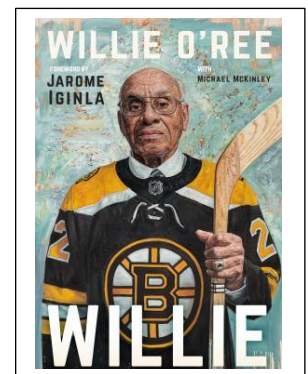
**William Hall** was the first Black Canadian to receive the Victoria Cross.

**Harry Jerome** was a Black Canadian athlete, who overcame a terrible injury, as well as racist attitudes in the Canadian Press to become an Olympic Champion.



**Mary Ann Shadd Cary** was a writer, educator, lawyer, abolitionist and the first Black newspaperwoman in North America. She founded her newspaper in Canada.

**Willie O'Ree** is the first Black Hockey Player in the National Hockey League.



**Jean Augustine** is the first Black Woman to be elected to the House of Commons.

**Oscar Peterson** was one of the greatest pianists. Eight Grammy awards for Jazz pianist and composer.





Upcoming sessions for our parent community that will be held at Dover Bay in the MPR.  
These sessions will be a partnership between VIU, Island Health and SD 68.



# Parent & Caregiver Workshops

Vancouver Island University, 4th Year Child and Youth Care students are pleased to collaborate with SD 68 Nanaimo Ladysmith School District to provide a **series** of parent workshops for caregivers of children and youth ages 6-18. Join us at Dover Bay Secondary on any of the dates below. Workshops will run from 5:30 pm to 7:00 pm

**MARCH 4: SUBSTANCE USE**  
**MARCH 5: TRAUMA**  
**MARCH 25: MENTAL HEALTH**  
**MARCH 26: SAFETY**

Dinner provided and ready any time after 5:00.  
Childcare available on site.

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Please register through Eventbrite at:  
<https://www.eventbrite.ca/e/north-nanaimo-parent-and-caregiver-workshop-series-tickets-837711025227>