



BALLENAS BULLETIN

#6 FEBRUARY 10, 2025

School Website: <http://www.sd69.bc.ca/school/BSS>

We would like to acknowledge that École Ballenas Secondary exists on the shared traditional territory of the Snaw'naw'as and Qualicum First Nations.

MESSAGE FROM THE ADMIN TEAM

A wintery greeting to you all! While the days are getting noticeably longer, Winter reminded us this week that it is still very much here. Please take time to review Qualicum School District's information on [Inclement Weather](#), and note that the websites (both [District](#) and [School](#)) are great sources of information.

Ballenas students received a Semester One Learning Update (formerly Report Card) last Friday that summarized learning from Semester One. Please be on the lookout for these as we often have many that do not get picked up or brought home.

Semester Two has officially begun and is off to a great start. Communication home from Semester Two teachers will happen by *February 14th* in the form of a "Connect Home" or Course Outline which provides information to families such as:

- Overview/summary of the course and assessment practice(s)
- Information about your online platform
- Teacher contact: The best way to communicate with you
- Information for parents on how to best find information about student learning: (e-classroom, portfolio, gradebook, e-mail, telephone, etc.)

We encourage regular, ongoing communication between family and home. While contact information for teachers is provided on this "Connect Home", you can also find all staff contact information on our [Staff Directory](#) on the website. We will have Parent/Teacher conferences on March 5th and 6th, which will provide another opportunity to connect in person. Booking information for these opportunities will come out later in February.

Ballenas students will be meeting with counselors throughout the month of February to begin the course selection process for next year. We are starting with grade-based assemblies in mid-February and will move into the selection process following that. Please talk with your child(ren) about this. **We will upload our revised course guide to the website next week** – please check it out for more information including course descriptions and grad requirements. Each class will meet with our counselors to receive all the required information and review how to complete the course selection process. If you or your child(ren) have any questions about this after the presentations, please reach out to our counselling team here at the school:

Shannon Confortin: Grades 8 – 12 Last Names A – K sconfortin@sd69.bc.ca

Konrad Langenmaier: Grades 8 – 12 Last Names L – N klangenmaier@sd69.bc.ca

Norberta Heinrichs: Grades 8 – 12 Last Names O – Z nheinrichs@sd69.bc.ca

FLEX LEARNING continues each Wednesday morning. This is a time for all students to connect with teachers to receive additional support and connection with teachers available to support **all curricular areas**. It is also a time for students to connect with one another through other areas set up such as:

- Gym
- Yoga
- Tabletop Games/Role Playing (D&D, etc.)
- Theatre
- Library Learning Commons
- MPR Board Games and Chess Club
- Electronics, Wood, and Metal Shops
- Guitar
- Career Centre

During FLEX Learning each Wednesday, half of the Ballenas staff are engaged in collaborative, professional learning together connected to our school plans around Learner Engagement, while the other half is supporting students in spaces throughout the school. Here are some examples of the topics staff explored last semester during this time:

- Universal Design and Blended Learning Strategies
- Social Thinking and Self-Advocacy
- Belonging in the Classroom
- Engaging Learning Strategies
- Optimal Conditions for Self-Advocacy
- Increasing Choice in Math 8/9
- Engagement and Enthusiasm: Humanities Week
- Choice and PE Engagement
- Circle of Courage and Self-Advocacy
- Universal Supports for All

We'd like to end on a final note with a supportive reminder to all about Code of Conduct. This is a common set of expectations for all of us here at Ballenas. Specifically, we'd like to draw attention to "Respect of Place" and:

- Keeping our classrooms, shared spaces, playground, and community clean and free from litter and vandalism
- Being aware that we are members of the community and need to contribute positively to our neighbourhood and town

From time to time, we receive feedback from community members about the conduct of BSS students. We'd like to remind all students that they are representing BSS wherever they may be, and to be very mindful of their actions and interactions. We'd ask that all students be mindful of garbage/litter on school grounds and within the community and help to keep our school and surrounding areas clean.

| Expectation Matrix | | |
|--|--|---|
| We Respect Others by: | We Respect Ourselves by: | We Respect this Place by: |
| <ul style="list-style-type: none"> ✓ Treating others with respect and dignity ✓ Respecting others' privacy Communicating respectfully and using kind words ✓ Following the guidance and direction of school staff ✓ Being an upstander vs a bystander ✓ Understanding that any form of discrimination will not be tolerated | <ul style="list-style-type: none"> ✓ Striving to get adequate sleep and proper nutrition ✓ Prioritizing our mental health and learning ✓ Prioritizing attendance and engagement in class ✓ Staying home when we are sick ✓ Recognizing that vaping, smoking and substance use is harmful our growing brain and body ✓ Accepting policies that are in place to keep everyone safe | <ul style="list-style-type: none"> ✓ Using school materials, library books and devices with care. ✓ Keeping our classrooms, shared spaces, playground and community clean and free from litter and vandalism. ✓ Moving safely around the campus and respecting the personal space of others ✓ Being aware that we are members of the community and need to contribute positively to our neighbourhood and town. |
| <p>When we make mistakes we: Take responsibility for our actions and the impacts they have. We work to make amends to whomever was harmed and we solve conflicts peacefully. We move forward and learn from our mistakes</p> | | |

DATES TO REMEMBER

FEBRUARY

| | |
|-------|--|
| 7 | Grad Fee Payment 1 Due \$100 |
| 7 | Learning Updates go Home |
| 11 | Grade 9, and catch-up for grade 10s, Immunizations |
| 12 | Staff/Public Budget Info Session 6:00 PM |
| 17 | Family Day, No schools in session |
| 18-20 | Whalebone Theatre's "Grease"! |
| 25-27 | Whalebone Theatre's "Grease"! |

MARCH

| | |
|-------|--|
| 5-6 | Parent/Teacher Conferences |
| 7 | Pro-D Day – Students do not attend |
| 13 | PAC Meeting 6:30 PM |
| 14 | S2 x 4 Ends Grade 8's |
| 14 | Last day of classes prior to Spring Vacation |
| 17-28 | Spring Vacation |
| 31 | Schools Reopen after Spring Vacation |
| 31 | S2 x 5 Starts Grade 8's |

WEDNESDAY SCHEDULE

| | |
|---------------------------|-------|
| February 12 th | Day 2 |
| February 19 th | Day 1 |
| February 26 th | Day 2 |

GRADE 9 IMMUNIZATIONS – TUESDAY, FEBRUARY 11TH

Recently immunization consent packages were sent home through the school for all grade 9 students. If you have not already done so, discuss the information in the consent package with your child and include them in the decision to provide consent for immunization. Please return the completed consent form to the school in the sealed envelope provided as soon as possible.

Students in grade 9 will be offered immunizations in school-based clinics. Grade 9 students can make an informed decision about immunization regardless of their parent/guardian/representative decision to consent or refuse immunization. For more information visit HealthLinkBC: [The Infants Act, Mature Minor Consent and Immunization.](#)

Contact Oceanside Public Health Services at (250)947-8242 if you have any questions or did not receive a package.

GRADE 12 STUDENTS CAN NOW APPLY FOR LOCAL SCHOLARSHIPS

The application is open until March 1 at 3:00pm. For more information

<https://sites.google.com/sd69qualicum.ca/confortins-post-secondary-info/scholarship-info>



GRADE 11/12 HEALTH FAIR

Island Health is excited to host an all-day **Grade 11/12 Health Fair** in the MPR on Tuesday, Feb 25th to share health and wellness information that pertains to our senior students now and as they embark on their exciting journeys after high school. A variety of community partners will be there, offering information on teen health topics and community resources. Our Public Health Nurses will be available for vaccine questions and information, as well as to offer catch-up vaccinations to any eligible students wishing to update their records prior to graduation. All Grade 11 and 12 students are encouraged to come check out the fair! Hope to see you there for some snacks, swag, and the opportunity for some great draw prizes!

STUDENT LEARNING SURVEYS

Every year, students in Grades 10 and 12 complete a Student Learning Survey from the Ministry of Education and Childcare. This survey helps to provide a more comprehensive understanding of the student experience in secondary schools. This year, students in Grade 11 will also be completing the survey too. We will be supporting our Grades 10, 11, and 12 students with this survey during the first week of March. The survey is also open to parents. No login is required, and the link can be found on our website.

SD69 COMMUNITY PAGE

<https://www.sd69.bc.ca/Community69/Pages/default.aspx#/>



QUALICUM SCHOOL DISTRICT

Inclement Weather Procedures Reminder for Parents/Caregivers:

During this time of season, inclement weather may affect the safety and welfare of students. When snowfall or power outages have the potential to cause school closures, classes to be postponed, or School District bus services to be disrupted, alerts will be posted as quickly as possible on the district website (as power permits). The information will also be forwarded to local media outlets and conveyed through School Messenger*.

Before a decision is made about whether buses will be running, or schools will remain open or be closed, the Superintendent consults with the Director of Operations. These administrators take the current and forecasted weather into consideration, and are in communication with Highways Maintenance, our own crews, and other community members who can verify local conditions. District staff will be considering current road and weather conditions, and also whether schools have power. Freezing weather overnight may mean that conditions are hazardous for travel.

It is our intention to make decisions on whether or not buses or schools are operating by 6:15 am, and to have these decisions communicated to local media outlets by 6:30 am wherever possible.

Parents/Caregivers should continue to monitor their local media for any weather-related updates and the potential impact on school district operations (i.e. bus operations or school closures).

Parents/Caregivers are also reminded to keep battery-operated radios handy and land line telephones plugged in to prepare for power outages. Since weather conditions can be very different in the various communities that make up our school district, we recommend parents/caregivers exercise their judgement based on their own local circumstance when making the decision whether to send or drive their children to school. If a decision is made by the District to keep schools open but parents/caregivers are concerned about safety issues, they are welcome to keep their children home.

***SchoolMessenger - Opt In/Out/Set Preferences**

Sign up for SchoolMessenger at <https://go.schoolmessenger.ca/#/home>

or download one of the following apps on your phone:

Apple App Store: <https://apps.apple.com/us/app/schoolmessenger-infocenter/id978894818>

Google Play: <https://play.google.com/store/apps/details?id=com.schoolmessenger.recipient>

See also Administrative Procedure: Emergency Closure of Schools (Student) under Board Policy 708: Emergency Preparedness and Closures

<https://www.sd69.bc.ca/Board/Policies-and-Bylaws/Bylaws-Policies-and-Administrative-Procedures/708%20Student%20Services/708%20Emergency%20Preparedness%20and%20Closures.pdf>

PO Box 430, 100 Jensen Ave. East, Parksville, B.C. V9P 2G5
Phone (250) 248-4241 Fax (250) 248-5767 www.sd69.bc.ca

BALLENAS SECONDARY

PRESENTS



FEB 18, 19, 20

25, 26, 27

7 PM

Tickets \$15 @

“Ballenas Online Store”



Enter to win
a **STANLEY!**

BSS Grade 11/12 Health Fair!

When: February 25th, 2025

9-3pm

Where: MPR

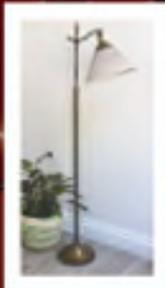


**HPV
VACCINATION
IS
CANCER
PREVENTION**

YOUR FURNITURE DESERVES A NIGHT ON THE

RED CARPET

JUNE 13-15



Vintage / Antique & Outdoor Furniture we are Looking to Borrow:

Couches, Loveseats, Armchairs (ideally in velvet, dusty/jewel tones or neutrals),
Coffee/End Tables (wood) , Mirrors, Standing Lamps (vintage inspired OK)

**Furniture will be set up inside Arbutus Meadows and add to the "Old Hollywood" theme of Prom*

HELP US FURNISH PROM!

To step into the spotlight and lend us some key pieces the kids can lounge on, please email a picture of your item to jessylee.spence@gmail.com

Thanks! ~ Prom Committee 2025

SOS GradWear

Shop for new and gently used dresses, suits, shoes and accessories — all for \$10



Call, text or email for a weekday appointment.

Also open during March 17-28 (Spring Break) and May 1-7 (Youth Week).

Saturdays and evenings available upon request.

SOS Community Services Centre

250.248.2093 ext. 232 | Text: 250.954.9035

245 Hirst Ave. W., Parksville | www.sosd69.com

childandyouth@sosd69.com |     



Society of
Organized
Services

blueseas
FOUNDATION



oceanside feb. 22, 2025

ICCS Oceanside



The Coldest Night of the Year is a winterrific family-friendly fundraising walk in support of local charities. Let's **change the tune** for people experiencing hurt, hunger, and homelessness... because it's cold out there.



walk | fundraise
donate | volunteer
team up with friends
cnoy.org | #cnoy

RAISING
FUNDS
FOR



toll free 1-877-743-3413
oceanside@cnoy.org



SUBSTANCE USE PREVENTION: MENTAL HEALTH & DECISION-MAKING

A **COMPLIMENTARY WEBINAR** FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading **adolescent Clinical Psychologist Dr. Hayley Watson** for an online event that aims to help parents, guardians and caregivers gain a **deeper understanding** of substance use prevention and learn **practical tools** for supporting youth mental health.



Key Takeaways:

- ✔ Learn the factors that contribute to youth mental health/substance use
- 🧠 Understand the skills that youth need to overcome these needs
- 🛠️ Acquire practical tools for empowering your child and youth to make positive choices
- 🧘 Increase your ability to support your own mental health

Time: 6-7:30pm PST

Date: 20th, 25th, 26th Feb 2025

REGISTER NOW

Scan the QR
Code to Register



We acknowledge the financial support of the Province of British Columbia through the Ministry of Education and Child Care



WEDNESDAYS
JAN 15 - MAR 5, 2025
11:00am - 12:30pm

Family Move + Connect



with Sandra Poelzer

All-Ages!

Join Sandra, experienced facilitator, gymnastics coach, and devoted home-schooling parent, as we get moving and learning together! Try crafts, sports and boardgames. There will be leadership opportunities for older youth. Designed to burn energy, learn new games and strengthen family and community ties!

\$125/Family for Eight Sessions

COOMBS FAIRGROUNDS - ACTIVITY CENTRE
1014 Ford Rd., Coombs, BC
arrowsmithrecreation.ca/classes

Kristine Stephenson: stephenson@live.ca or 250-927-3985
Tracy Cargo-White: tracy.cargo@outlook.com or 250-947-5272



THURSDAYS
JAN 23 - MAR 27, 2025
7:00pm - 9:00pm



FREE DROP-IN YOUTH BASKETBALL

**AGES
16+**

Everyone welcome! Engage in friendly games and improve your skills in a welcoming atmosphere.

More Information

<https://arrowsmithrecreation.ca/classes>

COOMBS FAIRGROUNDS GYMNASIUM
1014 FORD ROAD, COOMBS, BC

Funding support provided by:



**REGIONAL
DISTRICT
OF NANAIMO**

Kristine Stephenson: stephenson@live.ca or 250-927-3985
Tracy Cargo-White: tracy.cargo@outlook.com or 250-947-5272



TUESDAYS
JAN 21 - MAR 25, 2025
6:30pm - 8:00pm



**FREE
DROP-IN
YOUTH
BASKETBALL**

**AGES
11-15**

All levels welcome! Come build skills, shoot hoops, play games and have fun!

More information

<https://arrowsmithrecreation.ca/classes>

**COOMBS FAIRGROUNDS GYMNASIUM
1014 FORD ROAD, COOMBS, BC**

Funding support provided by:



**REGIONAL
DISTRICT
OF NANAIMO**

**Kristine Stephenson: stephenson@live.ca or 250-927-3985
Tracy Cargo-White: tracy.cargo@outlook.com or 250-947-5272**



WEDNESDAYS
JAN 22 - MAR 12, 2025
5:00pm - 6:00pm

Adult
Beginner Guitar

**\$120 for Eight Sessions
\$30 Guitar Rental**

Join Sterling to learn acoustic guitar basics in a fun, relaxed and supportive environment. This class will touch on theory, basic chords, strumming patterns and rhythm. This class is for total beginners. Ages 16+

Registration:

arrowsmithrecreation.ca/classes

**Musically Inclined Guitar Studio
1290 Ruffels Rd, Errington**

Sandra Poelzer: sandrapoelzer@yahoo.com or 250-802-1308
Kristine Stephenson: stephenson@live.ca or 250-927-3985



SUNDAYS
JAN 19 - MAR 16, 2025*
6:45pm - 8:15pm



ADULT FLOOR HOCKEY

AGES
16+

Drop ins
welcome
\$12 per
class

All levels welcome! Engage in friendly games and improve your skills in a welcoming atmosphere.

*No class Feb 16

\$90 per eight sessions

Limited spaces available. Register today:
arrowsmithrecreation.ca/classes

COOMBS FAIRGROUNDS GYMNASIUM, 1014 FORD ROAD, COOMBS, BC

Kristine Stephenson: stephenson@live.ca or 250-927-3985

Tracy Cargo-White: tracy.cargo@outlook.com or 250-947-5272

ARROWSMITH AGRICULTURAL ASSOCIATION



COOMBS FAIR

MONDAY
February 17, 2025
1:00pm - 4:00pm

Bringing Baaack FUN!

13TH ANNUAL
COOMBS
FAMILY DAY



**All
Ages!**

- Heritage Demos
- Educational Displays
- Games & Crafts
- Face Painting
- Garden Railway
- Live Animals
- Sandbox Treasure Hunt
- Cookie Decorating
- Photo Booth

FREE Hotdogs, Popcorn, Coffee, & Tea
while supplies last.

*Please leave your pets at home.

Coombs Fairgrounds
1014 Ford Road
Coombs, BC



Funding support provided by:



REGIONAL
DISTRICT
OF NANAIMO

Connect with us!



100kidsoceaside.ca



@100kidsoceaside



BE 1 IN OUR 100!

100 KIDS FOR CHANGE

Hey Changemaker, you belong in 100 Kids! We're a group of Oceanside youth who meet 4 times a year to donate money to local charities, and we'd love to see you at our next meeting.



Tuesday,
Feb. 11, 2025
7:00-8:00 pm



Yates Memorial,
1000 Allsbrook
Rd, Parksville



Bring a cash
donation to
the meeting



Various Topics presented by:

Child and Youth Mental Health

WHEN: last Wednesday of the month; 6:00–7:30 pm

...

January 29, 2025: → → Parenting Children with ADHD

February 26, 2025: → → Depression in Teens

March 26, 2025: → → Anxiety in Your Child

April 30, 2025: → → Emotion Coaching

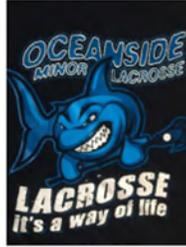
May 28, 2025: → → Solutions to Difficult Behaviours

¶

WHERE: → FAMILY PLACE, (494 Bay Avenue, Parksville)

HOW: → to register contact Stella.C.Forbes@gov.bc.ca

Team Practices Start Late March!



www.oceansidelacrosse.com

Preseason "Bring a Friend" Drop In Lacrosse Sessions

Let's Get Ready for the SPRING 2025 Season!!

Registered and Non-Registered participants welcome

MONDAYS at Arrowview Elementary 2025

February 3, 10 and 24

March 3, 7, and 31



U7-11 6-6:45pm U13-17 6:45-7:30pm

Helmet, Stick and Gloves

****Please inquire if you need gear****

Email: laxmom0204@gmail.com





PARENT PROGRAM

Helping Parents of Teens and Preteens



- Maintain strong relationships
- Understand your adolescent's behaviour
- Stay connected in challenging times

•¶
Wednesdays, April 2 to June 4, 2025¶
6:00 p.m. to 7:30 p.m.¶

¶
Pre-Registration Required¶

¶
Facilitators: Sarah Berry 250-213-3824¶
and Jean Paetkau 250-951-5869¶



Red Cross First Aid Training **13yrs+**

Emergency First Aid Sa Feb 1

9:00am-5:00pm, \$99

Oceanside Place Arena



Register today at rdn.bc.ca/recreation

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on



Sports First Aid Athletic Taping Courses



Saturday Feb 8:
Sports First Aid Course \$160

Sunday Feb 9:
Athletic Taping \$195.50

Nanoose Place



Register today at rdn.bc.ca/recreation

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on



Mindfulness in May

“Have Your Say” 2025 Art Exhibit

Open Call to Youth for Submissions

Grades 5-12 in SD 69 & surrounding areas,
including home learners



Early Submissions by **March 21st** for a chance to be featured on the exhibit posters and win extra prizes!

All Media - Digital (non-AI), Fabric arts, Mixed Media, textiles, Sculpture etc.

3 Categories: Visual Arts, Photography, Literary Art

All works due by April 4th

Submit online here:

<https://mindfulmay.artistquarter.com/>

Sponsored by:



Exhibition: May 1st-11th at the Qualicum Beach Library
660 Primrose Street, Qualicum Beach

OPENING EVENT MAY 1ST 6:00-7:00PM
SHOW RUNS APRIL 30TH-MAY 10TH DURING LIBRARY HOURS



For questions or more info, contact Diane at moraninthemoon@gmail.com