



BALLENAS BULLETIN

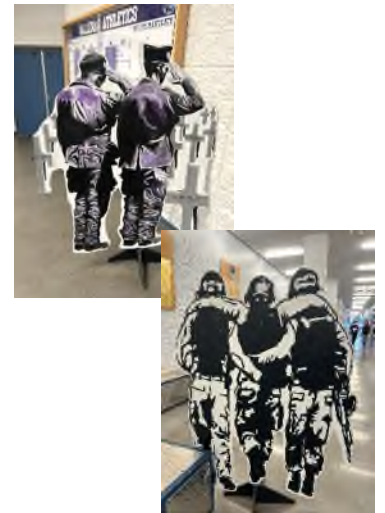
#3 NOVEMBER 8, 2024

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 PRINCIPAL

A big thank you to our student leaders and speakers for making this year's Remembrance Day assembly so special. Your thoughtful contributions were truly appreciated. We'd also like to recognize the school band and choir for their moving performance and thank all the students whose artwork enhanced the presentation and the hallways. Our student audience was thoughtful and reflective. The entire school community's efforts helped make this a memorable and meaningful day. We hope that you all take time this Remembrance Day to pause in reflection and remembrance of all veterans.



As we move into fall, we welcome the crisp air and changing leaves. This is a great time for students to reflect on their progress and stay focused as we head into the second half of the semester. Learning Updates (formerly known as Report Cards) will come home at the end of the month. We encourage everyone to enjoy the season while continuing to work hard and support one another. We are here for all of you.

Regular attendance in high school is essential for student success. Being present in class ensures students receive direct instruction and personalized support from teachers. It also helps build strong connections with peers and adults, fostering a sense of belonging within the school community. Attending school consistently opens up more opportunities for learning, growth, and involvement in extracurricular activities, giving students the best chance to thrive both academically and personally. You may have noticed an increase in connection home from teachers if your child has been away – this is one of support and care, and to help remove any barriers that may be in the way of regular, consistent attendance. Please reach out to the school (teachers, counsellors, or admin) if your child is struggling to attend. We want them here at school, and we want to help.

We greatly appreciate the continued support from our families in helping manage cellphone use at school. As we've shared with students, our goal is to minimize distractions and support focused learning and engagement. "By removing the distractions from digital devices, students can focus on their education. This leads to better learning outcomes and helps support their mental health and social connections." (Government of British Columbia [Publication](#)). We certainly can see the impact this is having, and are, as a school, working collectively on replacement strategies and supports as I think we all know that it can be too easy (and a habit) to reach for that phone or device. At school, we expect phones to be put away during instructional time, and we ask families to reinforce these expectations at home. By working together, we can help students stay engaged and make the most of their time in class – and with each other. Thank you for your ongoing support in helping us create a focused, safe, and productive school environment.

IMPORTANT DOCUMENTS REQUIRED

Students have been given a lot of information during the first week of school, including several very important forms that need to be completed and signed by the legal parent/guardian. If you haven't already done so, please complete and return the following forms to the office as soon as possible:

1. Student Information Verification Printout (Yellow Paper)
2. Annual Update – Emergency Release and Health Information (Pink Paper)

To ensure that we are compliant with Ministry of Education and Child Care procedures, we are requesting that you submit proof of British Columbia residency to ensure our files are up to date. Please email the school at ballenas@sd69.bc.ca or drop off a copy of one of the following documents to demonstrate BC residency:

- driver's license
- utility bill
- tenancy agreement/purchase agreement
- automobile insurance
- current income tax return

The document that you submit must include your current home address. This process is not related to, nor will it affect cross-boundary enrollment. It is a requirement for student funding by the British Columbia Ministry of Education and Child Care. A separate request may follow for proof of BC MSP if we do not have this on file for your child. Please disregard this request if you have recently registered (within the last 2 years) and have already provided this to us.

FOIPPA - FREEDOM OF INFORMATION & PROTECTION OF PRIVACY and GOOGLE WORKSPACE FOR EDUCATION CONSENT

Notifications have been sent via Permission Click from QSD (Qualicum School District) and BSS to parents/guardians. Please complete each of these online forms. Contact the office if you have any questions.

MUSIC DEPARTMENT INFO

Winter Evening of Music: Our Ballenas Winter Evening of Music concert will take place on **Tuesday, December 10th at 7:00pm** this year. This is our first concert of the year where ALL of our groups perform. The Band 8, Band 9, Sr. Concert Band, Jazz Band, and Choir students will all be taking part in this concert, so please write it on your calendars.

FOOD DRIVE

The food drive is an annual competition with KSS. The high school that collects the most donations will receive a trophy, and the losing school must hang a banner that says "We Love the other school" for a one week period. We've had two back to back humiliating losses to KSS and this year we want to win! **The food drive is the best way to gain house colour points.** Bring your food to your homeroom, or any of your colour boxes to gain a HUGE amount of points.

Additionally, we will be having a bottle drive to raise money for the food drive donations. Saturday, Nov 16th we'll be in the BSS parking lot from 10-12 for bottle drop off, so bring us your empties!!

The food drive runs from Wednesday Nov 13 to Thursday Nov 28th, so please consider donating whatever you can!

DATES TO REMEMBER

NOVEMBER

- 11 Remembrance Day Statutory Holiday
- 12 Conferencing Adjustment Day – School Not in Session
- 13-28 Food Drive
- 14 PAC Meeting – Library 6:30 p.m.
- 16 Bottle Drive 10:00 am – 12:00 pm
- 22 Jr Social 5:30 – 7:30 pm
- 28 Learning Updates Home
- 28 S1 x2 Ends – Grade 8's
- 29 District Planning Day – Students Not in Attendance

DECEMBER

- 2 S1 x 3 Starts – Grade 8's
- 10 Winter Evening of Music, 7:00 pm
- 12 PAC Meeting – Library 6:30 p.m.
- 20 Last day of classes prior to Winter Vacation

JANUARY

- 6 Schools reopen after Winter Vacation

WEDNESDAY SCHEDULE

Wednesday, November 13 th	Day 1
Wednesday, November 20 th	Day 2
Wednesday, November 27 th	Day 1

Wednesday, December 4 th	Day 2
Wednesday, December 11 th	Day 1
Wednesday, December 18 th	Day 2

SD69 COMMUNITY PAGE

There is lots going on in the community! Too much in fact that we cannot post all of it in our newsletter. Did you know that the School District has a community page on their website? Please see the link below for events and workshops happening in the community.

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



The graphic is a blue-themed poster for Prom 2025. It features a central vertical line with four circular icons: a group of people dancing, a school crest, a globe with 'www', and an email icon. Lines connect these icons to text boxes on the right. On the left, there are two large text blocks for 'Volunteer Grad Parents/Caregivers Plan PROM June 14' and 'The School Plans COMMENCEMENT June 26'. The title 'Prom 2025 Stay Connected & Informed' is at the top in a mix of bold sans-serif and cursive fonts.

Prom 2025

Stay Connected & Informed



Volunteer Grad Parents/Caregivers Plan
PROM
June 14

The School Plans
COMMENCEMENT
June 26

Ballenas Website

BSS Calendar
Banner - with Important Notes
Daily Announcements

BSS Grad Parents Website

Presentations
Prom Meeting Agendas & Minutes
Detailed Notes about Prom

BSS Grad Info Email

All parents/caregivers, with a student graduating in 2025, are invited to send an email to bssgradinfo@gmail.com and say:

"Please add me to your Prom email list"

Emails Contain:

- Prom Details: pictures, dinner, dancing...
- Committee Updates: decor, entertainment, event coordination, food/drinks, fundraising/prizes
- Volunteer Call Outs: fundraising, decorating, day of volunteers, security, cleanup...
- Meeting Dates
- Questions...Send us your questions about Prom!

BOTTLE DRIVE NOVEMBER 16TH

Please bring bottles to Ballenas
Secondary School on November 16th in
the front (main) parking lot between the
hours of 10am-12pm

All money collected from the
bottle drive will go towards the
food drive that is given to the
Parksville Food Bank to support
them



FOOD DRIVE

**NOVEMBER
13TH TO 28TH**



This food drive serves many families who are facing food insecurity. Please bring non-perishable food and money donations to BSS from November 13th- 28th so we can beat our rivals KSS in our battle to collect the most money and non-perishable food items for our local food bank.

ITEM IDEAS

- ▶ Canned Food
- ▶ Noodles
- ▶ Canned Vegetable
- ▶ Dry Cereals

For more information talk to Mrs. Spence in room 913



NOVEMBER 22
5:30PM-7:30PM

For grade 8 & 9

- Concession
- bouncy houses
- gym games and more!

SOCIAL



Come have some fun
for FREE! interact
with your peers, play
games and make
some long lasting
memories!



Get your tickets in advance in the
Foyer at lunch starting Nov 18!

Oceanside Volleyball Club

14U Girls Club Team Tryouts

Mon Nov 18 and Wed Nov 20

Exact time TBA (Between 5 - 9 pm)

Location: Qualicum Beach Elementary



15U Girls Club Team Tryouts

Mon Nov 25 and Wed Nov 27

Exact time TBA (Between 5 - 9 pm)

Location: Qualicum Beach Elementary

OVC welcomes
athletes from
all over
Vancouver
Island

16U Girls Club Team Tryouts

Mon Dec 2 and Wed Dec 4

Exact time TBA (Between 5 - 9 pm)

Location: Qualicum Beach Elementary

Cost:
\$35.00

For more information or to register
for tryouts, visit our website:
oceansidevolleyballclub.com

f **@** OVCEagles

2024

Celebrate with the City at Cookies, Carols and More!



Get ready for a magical afternoon filled with holiday cheer at the City of Parksville's annual *Cookies, Carols and More!* event. Mark your calendars for **Saturday, December 7 from 2 to 4.30 pm** and gather your kids, families, friends, and neighbours to join in the festivities and fun at the Jensen Centre (132 Jensen Avenue East, Parksville).

Parksville Council is pleased to host this free event for a second year and look forward to seeing you there, spreading joy and holiday cheer! This event is a wonderful opportunity to celebrate the season with your community, forge new friendships, and create lasting memories. Everyone welcome!

Here are some of the activities we have planned:

- **Live music and entertainment:** Delight in the music of Easy Street Duo and local song leader, Sylvia Humble, for a carol singalong.
- **Crafts and games for kids and parents:** Unleash your creativity with an array of holiday-themed crafts. Kids and parents can collaborate to create beautiful decorations, charming ornaments and other delightful projects to take home and treasure. We've added some fun games to keep little ones entertained.
- **Visit from Santa:** Santa Claus himself will make a special appearance! Bring your cameras for a magical photo opportunity with Santa and share your wish lists with the jolly old man. We will have everything needed to write a letter to Santa, mailed just in time.
- **Christmas cookies and hot chocolate bar:** Savour a delectable assortment of cookies and warm up with a cup of hot chocolate from our hot chocolate bar, customized with marshmallows, whipped cream and other scrumptious toppings.
- **Facepainting:** Add a touch of festive flair with holiday-themed facepainting. Whether you want to transform into a reindeer, a sparkling snowflake, or a twinkling Christmas tree, our talented face painters will bring your holiday spirit to life.

We look forward to welcoming you to *Cookies, Carols and More!* on December 7. Should you wish, donations of non-perishable items will be accepted for the Salvation Army foodbank. Everyone is welcome at this free holiday event.

After November 20, the **North Pole mailbox** will be at 100 Jensen Avenue East ready to collect letters for Santa. Once again, kids can bring letters or write one here, envelopes ready and no postage necessary!

For more information:

Deb Tardiff, Manager of Communications
communications@parksville.ca; 250 954-3073

The City of Parksville is located on the traditional territory of the Coast Salish Nations, home to the Snaw-Naw-As First Nation and the Qualicum First Nation.

Kids Anxiety Group

**With Child and Youth Mental Health: Supporting
Children ages 8-10 struggling with anxiety**

KIDS AND ANXIETY



***CHILDREN WILL ENGAGE
IN A SAFE ENVIRONMENT
TO:***

- Explore anxiety and understand anxiety in the body
- Learn coping strategies to manage anxiety through a variety of activities

Thursdays, November 6-December 4

After school, 3:30 - 4:30 p.m.

Family Place (494 Bay Avenue, Parksville)

For registration, please email

Stella.C.Forbes@gov.bc.ca



Various Topics presented by:

Child and Youth Mental Health

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

October 30, 2024: Emotion Coaching

November 27, 2024: Solutions for Difficult Behaviours

January 29, 2025: Children with ADHD

February, 2025: Children and Depression

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

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

SOS Youth Programs



For Grades 6-12



School Night Out **Grades 7 & 8**

Field trips, games and activities allow youth to develop friendships and have fun.

Drop-in. **Parksville** Mondays, 3-6:30 pm **Qualicum** Tuesdays, 3-6:30 pm

Youth Open Space **Grades 9-12**

Connect with other youth, shoot pool, play music and games, and eat good food.

Drop-in. **Parksville** Wednesdays, 3-6:30 pm **Qualicum** Thursdays, 3-6:30 pm

Tutoring Program **Grades 6-12**

One-on-one tutoring services for students who need extra support in Math and English.

Parksville & Qualicum Mon-Thurs, 3:30-4:30 pm or 4:30-5:30 pm (September - June).

GradWear Program

Find new or gently used grad outfits for \$5, including shoes and accessories.

Open January to July, 2025. Donations accepted year round.

Recreation Assistance for Children & Youth

Helps low-income families with costs to register local children and youth in recreation activities. Call 250.248.2093 ext. 241 for an appointment.

Volunteer with SOS!

Learn new things, enhance your resume, meet interesting people and stay active while having fun! Call 250.248.2093 ext. 230 for more information.

SOS programs rely on SOS Thrift Shop support, volunteers and financial donations from the community.

SOS Community Services Centres

Youth Programs contact:

Parksville 250.248.2093 ext. 232 | 245 Hirst Ave. W.

Qualicum 250.752.2040 ext. 204 | 744 Primrose St.

Cell 250.954.9035 | childandyouth@sosd69.com

www.sosd69.com @sotyouthgroup



Society of
Organized
Services

KEEPING KIDS SAFE online

Keeping Kids Safe Online is a 60-minute presentation **designed for parents** to learn how to help children stay safe online while using apps, social media, and gaming platforms.

Join us for a presentation and follow up information specific for Oceanside from Oceanside RCMP and Sources Mid-Island Sexual Assault Services.

Wednesday, November 27, 2024
6:30-8pm
at Ballenas Theatre

Part 1: Overview – discusses and defines different forms of online sexual exploitation, including sextortion and intimate image sharing, as well as red flags of luring and grooming.

Part 2: App Literacy – a review of today's most popular apps used by children and youth.

Part 3: Practical Conversations - how to talk children and youth about online safety and sexual exploitation.



Children of the Street

childrenofthestreet.ca