



BALLENAS BULLETIN

#2 OCTOBER 15, 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

It was great to see so many parents/caregivers here last week for conferences. We appreciate the connection and involvement and know that ongoing communication between school and home about student learning is key - staff contact information is on our website (under Staff Directory) to keep the communication going.

If you were here in the school over the past days, you may have seen a few projects that were completed over the summer and that have wrapped up recently. Both ideas were fueled by the voices of students here at Ballenas and many project decisions guided by their input. We are grateful for the district teams and contractors that made these projects happen. For students who have PE right now, staff have been reminding students not to leave valuables in the changerooms. As we do not have lockers for the changerooms yet, students are asked to leave their belongings in school lockers for the time being. Your support in reiterating this message at home is appreciated.

We would also like to share that Vice-Principal Mr. Andrew Lee will be shifting over to KSS for a few weeks to work at that site. In his absence, we welcome Mr.

Greg Muirhead (who is currently at Ballenas in the role of District Career Coordinator) who will take on the role of acting Vice-Principal in his absence.

We've included many updates about life at Ballenas and recent happenings in the newsletter this month – thanks for subscribing and reading! Please reach out if you have any questions, and, as always, our website remains the best site and source for information.

With darker mornings and afternoons upon us, we want to ensure that students are taking extra care when coming to and from school. We have received an increase in the number of calls from the community regarding bicycle and scooter (motorized and not) safety around the building and on neighbouring streets. To keep everyone safe, we would like to remind everyone of the rules of the road – especially about using crosswalks and being visible. We ask that students who are riding bikes or scooters please walk these when on school property (parking lots, bus loop, etc.) for the safety of all and that everyone (driving, on foot, etc.) take extra care as we know it gets busy in the mornings and afternoons.

WHALER NATION



Thank you to all our staff coaches, teacher sponsors, and community coaches for making Athletics possible at Ballenas. We want to recognize ALL of our Volleyball teams, Boys’ Soccer team, and our Senior and Junior Football teams as they continue in their season of play.

CLUB FAIR

Ballenas hosted a CLUB FAIR to share opportunities with all our students. Students were able to see what Clubs are available, learn more about them, and find out where and when they meet. We will soon be updating our “CLUBS” tab on our website with more information - be sure to check this out!

COMMUNITY CLEAN UP

The Interact Club and Eco Club recently joined forces for a neighborhood clean up – with future events planned. Thank you for your leadership, involvement and community connection!



OUR CALLS TO ACTION

We acknowledge our role in listening and will engage in several lessons throughout the year as a whole school to continue to build our understanding of the truth and begin to answer the TRC's Calls to Action on the path towards Reconciliation. We want to extend our gratitude to a group of students for their leadership around this. They came together to create a lesson for our whole school and also worked to organize a march for the school community. We ask our school community: what can YOU do? What is one action, no matter how small, you can take?



CEAP

A reminder that we now have CEAP teachers in the building Monday – Thursday in room 201. If you are taking a CEAP class (online) and need to connect with a teacher, please plan to connect with them on one of these days. They are also available out of Room 201 during FLEX.

PROVINCIAL ASSESSMENTS

To graduate, students need to complete three Provincial Assessments (4 if they are in French Immersion). These are written at various points throughout the year:

- Literacy 10 (January and April)
- Numeracy 10 (January and April)
- Literacy 12 (January and April)
- Évaluation de littératie de la 12e année – Français langue seconde – immersion (LTF12) (January only)

We will be running a session during the last week of October for the following:

- Literacy 12 for students who are meeting grad requirements and finishing up in January, or who are going to a Dual Credit program in second semester
- Numeracy 10 and Literacy 10 for students in Grade 12 who have not yet written this assessment

Students will need to sign up for these assessments in the counselling office. A schedule will be prepared and sign up available later this week. A reminder that students can access practice assessments online – there is a link found on our [website](#).

FLEX LEARNING

This is flexible time for students to receive additional support, or to explore an area of interest and passion. Grade 8s and 9s will sign up for spaces via their homerooms, and Grade 10s - 12s can self-select a learning area of their choice. Flex learning takes place each Wednesday from 8:38 – 9:48 and **learning spaces will be posted in the front foyer**. Teachers are also able to sign students up or assign students to specific spaces for support during this time.

HALLOWEEN

Halloween will soon be upon us, and we know there will be many fun filled events at Ballenas, including a costume contest. We are always amazed at the creativity that goes into costume planning and creation, and we want to take this opportunity to remind students to be thoughtful when planning their costume choices. We ask that costumes do not include masks that cover faces completely or realistic weapons. We also ask that costumes are respectful of our diverse community. We know it will be a fun day!

CAREER CENTRE CORNER

STUDENTS - are you a student looking for employment within our area? Be sure to check out our job board (located outside room 801) loaded with lots of opportunities in both Parksville and its surrounding areas. Did you know about what other opportunities are available via the Career Centre?

- Head Start Dual Credit Programming
- Work Experience Credits
- Certification Programs
- Employment Readiness
- Local Industry Field Trips

VOLUNTEERS NEEDED – BREAKFAST PROGRAM

Are you an early riser? Do you have some free time in the morning? Our amazing (and busy) meals program is looking for volunteers for breakfast each morning from 8:00 am– 8:40 am. Volunteers must have a Criminal Record Check on file with the school as well as a Food Safe (or equivalent) Course. If you are interested in this, please come by the office, or email the school – ballenas@sd69.bc.ca

ATTENDANCE PROCEDURES

If your student is absent for the day, please call the attendance line to let us know. If they need to leave for the day, or have an appointment, we do require a phone call to the office or attendance line, otherwise your student will be marked absent/unexcused. We do expect students to sign in/out of the office so in an emergency situation we can look at the clipboard and clarify if a student has left the building. To support students and families, Staff have been asked to call home when students reach 5 unexcused absences as we know there may be many factors behind this. When students reach 10 unexcused absences, they will be connected with their grade counsellor to further support connection to classes and school.

MY SCHOOL DAY APP

We are excited to announce that BSS has officially launched the “My School Day” app. Students were given the opportunity to download, explore and troubleshoot the new app during CLC/HR. This is an informative communication app that will help students (and staff) know what day/block rotation it is, what their timetable is, and eventually, what is happening in the school. This is part of our **BSS GOAL** of effective communication for this year. For more information on how to download the app see attached poster at the bottom of the newsletter.

DATES TO REMEMBER

OCTOBER

- | | |
|----|---|
| 16 | Photo Retake Day |
| 18 | S1 X2 Ends – Grade 8’s |
| 21 | S1 X2 Starts – Grade 8’s |
| 24 | BC Post-Secondary Visit |
| 25 | Provincial Pro D Day – Students Not in Attendance |

NOVEMBER

- | | |
|----|---|
| 1 | District Pro D – Students Not in Attendance |
| 11 | Remembrance Day Statutory Holiday |
| 12 | Conferencing Adjustment Day – School Not in Session |
| 14 | PAC Meeting – Library 6:30 p.m. |
| 28 | Learning Updates Home |
| 28 | S1 x2 Ends – Grade 8’s |
| 29 | Pro D Day – Students Not in Attendance |

WEDNESDAY SCHEDULE

Wednesday, October 16 th	Day 1
Friday, October 23 rd	Day 2
Friday, October 30 th	Day 1

Friday, November 6 th	Day 2
Friday, November 13 th	Day 1
Friday, November 20 th	Day 2
Friday, November 27 th	Day 1

GRAD PARENTS

We are in the beginning stages of planning our 2025 Prom and want to ensure that you are kept in the loop. We have a couple of places for you to keep connected and informed. The Ballenas website is a great place to get information regarding dates, important events, graduation resources etc. The Grad Parent page can be easily accessed through this link:
<https://www.sd69.bc.ca/school/BSS/students/graduation/gradparents/Pages/default.aspx#/=>
The school plans commencement and the grad parents are responsible for planning prom. We want to keep everyone in the loop as to what is happening so please check the website with ongoing information from both the school and the grad parent group.

BC POST SECONDARY EVENT

On Thursday, Oct 24, we will have two dozen Post-Secondary institutions at Ballenas during the morning blocks. All grade 11 and 12 students will be expected to attend 2 workshops from any of the 24 institutions and then they have the opportunity to talk to the reps from all the institutions during the mini fair in the MPR. There is something for everyone from certificate training, trades training, the military, coast guard to full time degree programs. Discovering what is available at what institution is an important step in transitioning to life beyond high school.

MUSIC DEPARTMENT INFO

Remembrance Day: The first thing to put on your calendars is the Remembrance Day Assembly for the Sr. Concert Band students (grades 10, 11, and 12 only) and the Choir students. We will be performing at the school assembly on **Friday, November 8th** during the morning. Students in Sr. Concert Band and Choir will need to wear their uniforms for this performance. This is a whole-school assembly, but for the music program we will just have the Sr. Concert Band and the Choir students perform.

- Uniforms:** The uniform that our students wear for performances includes:
- Black dress pants (or black skirt with black leggings)
 - Black dress shirt with a collar
 - Black shoes (dress shoes please!)
 - Black socks

These items will be used at every performance for Band and Choir students throughout their time at Ballenas, and they can be found at Walmart, Mark's Work Warehouse, The Bay, and other similar stores. You may also find these items at the SOS, Value Village, and other second-hand shops.

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.

YEARBOOKS

The creation of the yearbook is in full swing and we are looking at producing another award-winning edition of the Ballenas Yearbook. Time is running out to pre-order your copy of the 2025 edition, the 46th in the school's history! There are limited copies still available for purchase. You can do so at two online sale sites:

The School Cash Online System <https://qualicum.schoolcashonline.com/>

OR

The Ballenas Online Store <https://ybstore.friesens.com/302050>

OR

you can bring cash or cheque for \$50 to the main office at Ballenas or to Mr. Seidel in room 305.

PS: Yearbooks make great gifts.

SCHOOL PHOTOS

We're excited to be working with Concept Photography for our school photos! Photos taken on September 24th are available online now at <http://www.conceptphoto.ca> and retakes are scheduled for October 16th.

- Photos will be online within 72 hours of photo day
- Online codes will be your student ID Number
- All ordering will be online, and will be shipped directly to your home

SCHOOL PHOTOS ARE ONLINE

[www](http://www.conceptphoto.ca) **CONCEPTPHOTO.CA**

Your Online Code Will Be Your
Student Number

Questions? Reach out to Concept Photography
directly at conceptphoto.ca



SAFER SCHOOLS TOGETHER

As part of Safer Schools Togethers' on-going work through the Ministry of Education and Childcare's *erase* strategy, we are pleased to announce COMPLIMENTARY family session coming up this school year.

Our family sessions on "Establishing Safe, caring and respectful Digital Communities" can be found [here](#).

These sessions are recommended for Parents/Caregivers/Grandparents and youth aged 10 and up.



BSS PAC NEWS

Meetings are scheduled for the 2nd Thursday of the Month. Next one is scheduled for Thursday, October 14th.

As noted in the Infographic, "*High School PAC is different*" but we are still important Key Players in our kids' education journey. Here's a great pic showing our role as parents/guardians being key to "**Building Successful Students**" as BSS says. (Reminder: ALL parents/guardians with students at BSS are already part of the PAC!)

PARKSVILLE VOLUNTEER FIRE DEPARTMENT

Is hosting their annual open house on Sunday, October 27 from 10 am to 2 pm at the Parksville Fire Hall, 160 Jensen Avenue West. Residents are invited to learn about fire safety including home fire sprinklers, smoke alarms and home escape plans. There will be educational displays and activities where you will learn how to use a fire extinguisher, how to perform CPR, try hose and target practice, bunker gear challenge for kids, and so much more.

MORE INFO: Contact Parksville Fire Rescue at 250 248-3242 for info about Parksville activities. For more general information about fire prevention week and fire prevention in general, visit nfpa.org/fpw, sparky.org and parkvillefirerescue.ca.

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#/>

"LET'S TALK EMAILS!"

DID YOU KNOW?

PACs and Schools need to maintain their own separate email lists.

BSS PAC invites you to sign up for BOTH!

THIS IS A GREAT WAY TO STAY CONNECTED WITH THE PARENT/CAREGIVER COMMUNITY AT BALLENAS!



Sign up for the **SCHOOL** newsletter by adding your email on the BSS homepage

Sign up for our newsletter & keep in touch

Your Email

GO



Sign up for the **PAC** newsletter by emailing **ballenaspac@gmail.com** and say

"Please add me to your PAC Newsletter List" 

Informative & entertaining emails from PAC can contain:

- PAC newsletters
- Parent/Teacher Conference reminders
- Notes on school activities & FUNdraisers
- Reminders of dates & deadlines not to miss
- Parent/Caregiver education opportunities offered by the District
- Shoutouts for volunteers
- Public QSD Board meeting invites/agendas/minutes/reminders
- PAC polls & links to Google Docs
- Opportunities to let PAC know what is important to your family

"ALL BSS PARENTS & CAREGIVERS ARE MEMBERS OF THE PAC!"



My School Day

Quick Start for Students and Parents

Fall 2023

1. Download the app

You can find the app - **it's free to download!** - on the App Store (iOS) or Google Play (Android) by

- Searching in the store for "My School Day"
- Going to <https://myschoolday.app/download> in the browser on your phone
- Using the QR code at right.



Make sure to allow it to receive notifications when asked - the school will use them to send out important reminders, information and alerts.



2. Select your school

The first time you start the app you will need to select your school. Choose a province, school district, and finally your school from the lists provided, and tap "confirm". *This only needs to be done once.*

3. Follow channels.

Channels let the school administration and teachers send out information specific to your classes and activities, so you get only those notifications for your classes and those of interest to the entire school. To subscribe to channels:

- Tap on the "Classes" icon
- Tap "Follow Channels" in the menu
- Tap the checkboxes for the channels you are interested in
- Tap on the "Done" button.

Remember to check back regularly for new channels that your teachers may have added.



4. Enter your classes

Tapping on the classes icon also gives you an option to set up your timetable. Select that option and enter your class names and select colours and icons. You can also enter morning, lunch, and after school activities. When you tap on "Done", the app will fill in your timetable.

5. Access school information, links and files

The school and teachers will add links and files that provide resources to the school community such as course materials for remote learning, health advisories, and other school, district, and provincial information. To access these school-wide and channel-specific resources:

- Tap the info icon at the right hand side of the tab bar:

Remember to check back regularly for new resources that your teachers may have added.



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

  OVCEagles

2024

OCT 31, 2024, 6 - 8PM

Entrance by Donation

55TH ANNUAL **COOMBS CANDY WALK**

NIGHT AT THE MOVIES

Haunted House Fundraiser
Admission paid separately.



**FUN FOR ALL AGES:
FIREWORKS (8PM) *
INDOOR TRICK-OR-TREATING
PHOTO BOOTH
CAKE WALK
CONCESSION**

***NO PETS**

Coombs Fairgrounds, 1014 Ford Rd., Coombs, BC

C.H.R.C.O.

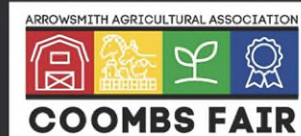


**Far Out
FIREWORKS**

Funding support provided by:



**REGIONAL
DISTRICT
OF NANAIMO**



CANADIAN DENTAL CARE PLAN

As you may know, the Government of Canada announced the implementation of the new **Canadian Dental Care Plan**, as of December 18, 2023. The Canadian Dental Care Plan (CDCP) aims at reducing the costs of dental care for Canadian residents who have a family net income of less than \$90,000.

Complete details for the Canadian Dental Care Plan can be found online at Canada.ca/dental or by clicking [HERE](#).

The implementation has been following a phased-in approach. Applications are currently open for:

- children under 18
- persons with disabilities with a valid Disability Tax Credit on file with CRA
- seniors 65+

Note: The program will expand to all eligible Canadian residents as of 2025.

Eligibility criteria – [complete details](#)

To qualify for the CDCP, you must:

- have an adjusted family net income of less than \$90,000.
- be a Canadian resident for tax purposes.
- have filed your tax return for the previous year (and received Notice of Assessment).
- not have access to dental insurance.
- NOTE: You need to meet **ALL** the eligibility criteria to qualify for the CDCP.

Applications – applications can be done online at Canada.ca/dental or over the phone with a live CDCP agent by calling 1-833-537-4342.

Coverage – [complete details](#)

- The proportion covered by the CDCP will depend on the adjusted family net income threshold. This is called a co-payment. The portion of the total amount that is not covered by the CDCP remains at the client's expense.

Adjusted family net income	How much will the CDCP cover	How much you will cover
Lower than \$70,000	100% of eligible oral health care service costs will be covered at the CDCP established fees.	0% of the CDCP established fees. You may face additional charges as described below.
Between \$70,000 and \$79,999	60% of eligible oral health care service costs will be covered at the CDCP established fees.	40% of the CDCP established fees. You may face additional fees as described below.
Between \$80,000 and \$89,999	40% of eligible oral health care service costs will be covered at the CDCP established fees.	60% of the CDCP established fees. You may face additional fees as described below.

Figure 1- Co-payments based on adjusted family net income



The Canadian Dental Care Plan

Accessible. Affordable. Essential.

Find out if you qualify and how it can help you access oral health care services.

Canada.ca/dental
 1-833-537-4342
 TTY: 1-833-677-6262



Canadian Dental Care Plan: How to Apply Online

- You can apply for yourself or for someone else. If you're applying for someone else, you'll need to call in and speak to an agent.
- Before applying, make sure you and your spouse or common-law partner (if applicable) have filed your 2023 tax return and received your Notice of Assessment.

1 Gather your information

To complete the application, you will need to provide:



Social Insurance Number (SIN)



Date of birth



Full name



Home and mailing address



List of any dental coverage you currently have

2 Visit Canada.ca/dental and follow the steps

2.1

First name
Jane

Last name
Smith

Social Insurance Number (SIN)
000 000 000

Marital status
☒ Single

You will be asked for your **personal information**. If you have a spouse or common-law partner, you will need to provide their information as well.

2.2

Phone number (optional)
Alternate phone number (optional)

Mailing address
Address

Provide your phone number, alternate phone number, mailing and home address(es).

2.3

☒ English
☐ French

☒ Email
Email address

☐ Mail

Tell us your preferred language and how you'd like to communicate with Sun Life.

2.4

☒ Yes, I have access to dental insurance or coverage
☐ No, I do not have access to dental insurance or coverage

Tell us if you're already covered by any other dental insurance plans.

2.5

Federal benefits
☒ No, I do not have federal benefits
☐ Yes, I have federal benefits

Provincial or territorial benefits
☐ No, I do not have provincial or territorial benefits
☐ Yes, I have provincial or territorial benefits

Tell us if you have any other government dental benefits. This will **not** affect your eligibility.

2.6

Review your information

Applicant information

Full name
Date of birth

Submit application

Review your information, then click the "Submit application" button.

2.7

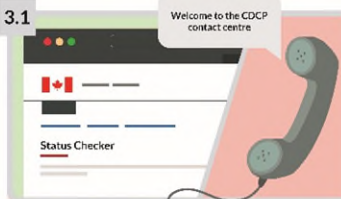
Application successfully submitted

☒ Your application code is:
XXX XXX XXX XXX

Keep a copy of your application.
You will **not** receive a confirmation email.

3 Sit back and relax

3.1



To check the status of your application, use the **CDCP Status Checker** at Canada.ca/mydentalapplication or call 1-833-537-4342 and choose "option 2".

3.2



You will get a letter by mail with details about your **eligibility** and **what to do next**. In the future you will be able to receive notifications through My Service Canada Account (MSCA). [Sign up for an account now.](#)

3.3



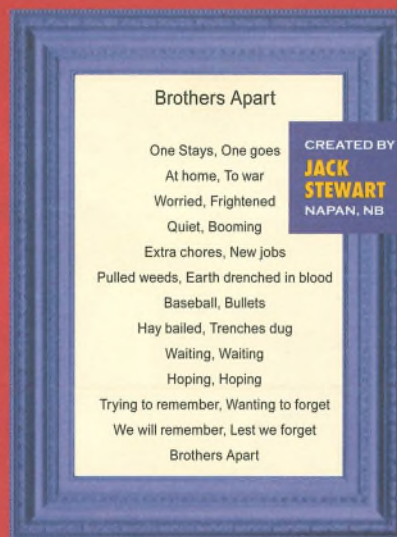
If eligible, Sun Life will mail you a **welcome package**. It will include your coverage start date, a member card and other details.

For more information, visit Canada.ca/dental.

NATIONAL YOUTH REMEMBRANCE



CREATED BY
**ISABELLE
BARNES**
CORNER BROOK, NL



Brothers Apart

One Stays, One goes
At home, To war
Worried, Frightened
Quiet, Booming
Extra chores, New jobs
Pulled weeds, Earth drenched in blood
Baseball, Bullets
Hay baled, Trenches dug
Waiting, Waiting
Hoping, Hoping
Trying to remember, Wanting to forget
We will remember, Lest we forget
Brothers Apart

CREATED BY
**JACK
STEWART**
NAPAN, NB

CONTESTS

POSTER LITERARY VIDEO

SHARING REMEMBRANCE THROUGH VISUAL ART. POSTER CONTEST PARTICIPANTS CREATE AND SUBMIT ORIGINAL ARTWORK IN COLOUR OR BLACK AND WHITE. EXPLORE THEMES OF REMEMBRANCE THROUGH DRAWING, PAINTING, OR ILLUSTRATION.

SHARING REMEMBRANCE THROUGH THE WRITTEN WORD. LITERARY CONTEST PARTICIPANTS CREATE AND SUBMIT ORIGINAL ESSAYS OR POEMS, ON THE THEME OF REMEMBRANCE. SUBMISSIONS CAN BE ENGLISH, FRENCH OR BILINGUAL.

SHARING REMEMBRANCE THROUGH MOTION PICTURE. VIDEO CONTEST PARTICIPANTS CREATE AND SUBMIT ORIGINAL VIDEOS ON THE THEME OF REMEMBRANCE. SUBMISSIONS CAN BE ENGLISH, FRENCH OR BILINGUAL.



FOR CONTEST GUIDELINES, PRIZES AND MORE VISIT REMEMBRANCECONTESTS.CA

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



**Information Topics presented by
Child and Youth Mental Health**

- ✓ **Your Child's Anxiety**
- ✓ **Emotional Regulation and How to Help**
- ✓ **Collaborative Solutions for Difficult Behaviours**

WHEN: 6:00 pm – 7:30 pm

Wednesday, September 25, 2024

Wednesday, October 30, 2024

Wednesday, November 27, 2024

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

How: Contact Stella.C.Forbes@gov.bc.ca

HILLTOP GREENHOUSES LTD WINTER POINSETTIA FUNDRAISER



CANADIAN
PARENTS
FOR FRENCH
BRITISH COLUMBIA
& YUKON

Scan the QR code to pre-order today!

Cash/debit
payments can
be made
at
Bumblebaby
Boutique



If QR code not working go to
www.bumblebabypv.com
CPF Fundraiser tab

