

ANNOUNCEMENTS

Monday, Nov 29th, 2021 A B C D

Courtenay British Columbia



NEW ANNOUNCEMENTS!

- * Grad photos today through next Monday, Dec 6th. Book your appt online! You can scan the QR code by the counselling office for booking details.
- * All Music Students performing in Tree Band/Parade Band please meet with Mrs. Livingstone at the beginning of Lunch today for an important meeting!
- * Grade 8, 9 and 10 Open Gym Volleyball at the Lake Trail Gym every week until Christmas Break. Girls on Tuesdays from 5 until 7 pm and Co-ed on Wednesdays from 5 until 7 pm. All skill levels welcome!
- * Christmas Bake Sale today at lunch!
- * Grade 12 Study Block application forms for second semester are now available just outside the counselling office. Please return them to Ms. Collinge when they are complete!
- * Grade 10-12 students interested in taking an online course in the ILC or becoming a Peer Tutor in second semester, please make an appointment with your school counsellor.
- * A reminder to all Grade 11 and 12 students that their CANVAS Careers assignments are due at the end of semester one! Careers 11 & 12 is a graduation requirement.
- * A reminder to all Grade 12 students, please ensure you have completed your 30 hours of paid/volunteer work for graduation. Please see the Careers office (room 130) for the appropriate paperwork.

MEETINGS/PRACTICES TODAY

Group/Activity/Event	Time	Where
JR Girls Basketball	7:00 am	Gym
Interact Club	Lunch	RM 121
Indigenous Leadership	Lunch	RM 133
Improv	3:20 pm	RM 181
Weight Training Club	3:20 pm	Weight RM
GR Boys/Girls Basketball	3:20 pm	Gym
SR Boys Basketball	4:00 pm	Tsolumn
JR Boys Basketball	5:15 pm	Gym
SR Girls Basketball	7:00 pm	Gym

OLDER NEWS

* Want to know how to feel happier, more confident and worry less right now? Would you like to learn new ways of dealing with what life throws at you? Living Life to the Full is a fun and interactive virtual course for youth between 13 and 18 that will help you understand your feelings, thoughts and behaviours, and what to do about them!

The course is led by a certified facilitator and is based on Cognitive-Behavioural Therapy principles. You'll learn practical tools and you will feel equipped to respond to events you can't control.

Each week, you will meet with other participants facing similar challenges. The course is a space of discussion while each week focusing on learning a specific set of skills such as controlling unhelpful thoughts, boosting your confidence, managing your anger, or solving problems. To attend the online course, you just need to have a computer, laptop or tablet with audio and a reliable internet connection. Course material is included for free and will be accessible in E-Book format.

SESSION DATES: every Tuesday, starting January 18th, from 4:30 pm to 6:00 pm for 9 weeks. Register here: https://www.eventbrite.ca/e/213974863577. If you have questions about this program, please see your school counsellor.

* Saint Mary's University of Halifax will be hosting an online information session aimed at British Columbia students on Wednesday December 1st at 5:00 pm (pst).

We will be going over academic programs, student life and supports, as well as admissions and scholarship requirements here at Saint Mary's as well as setting time aside at the end of the session to answer any specific questions students or parents might have. Register here.

- * Anyone interested in attending a "Women in Trades" virtual meet and greet, please register at the following link. https://hipaa.jotform.com/BCCWITT/Dec6WITMeet The event takes place on Dec 6th and space is limited.
- * Danielle Hoogland, a **Student Recruiter Advisor from NIC**, will be here on Tuesday, **December 7th, and December 13th** if you would like to learn more about transfer partnerships (dual admission and transfer)
 between NIC and post-secondary institutions on the island or discuss post-secondary programs offered at
 NIC. Appointments can be made with Danielle using the following link:

https://outlook.office365.com/owa/calendar/GPVanierCounselling@learn71.onmicrosoft.com/bookings/

EXTRA CURRICULAR/CLUBS

* McCreary Centre Society is looking to recruit Youth Ambassadors from Grades 8-11 to host conversations with peers in their community about the health issues that are important to them. They are looking for youth immediately and the time frame runs until March 2022. The rate is \$16.50/hour with approx. 4 hours per month of commitment.

No experience necessary, all training provided (online). Please see Flyer for more information and links.

https://mcs.bc.ca/pdf/youth_health_ambassadors_flyer_2021.pdf

- * John Howard Society is hosting a LGBTQIA2s+ Youth Group! Come along for fun activities like movies, crafts, social discussions, games, and so much more. The age range is 14-19. For how to join, or more information, please text or call Sheila Awai at 250-218-1741 or email sheila.awai@jhsni.bc.ca
- * The King's Essay Writing Contest is open to grade 12 students! The winner will receive all their Foundation Year Program books for free at the King's Co-op Bookstore, and the winning essay will be published on the King's website. The deadline is Dec 1st. Find out more here!

INDIGENOUS EDUCATION

* Indigenous Leadership every Monday at Lunch in Room 133. Everyone Welcome.

CAREERS/WORK EXPERIENCE OFFICE

* First Aid Course Anyone interested in taking First Aid, it will be offered on January 13, 2022, see the Careers office for forms and payment.

* Volunteer Opportunities:

- Lewis Centre
- **Christmas parade** is back in downtown Courtenay on December 5th. They need volunteers to help with marshalling.

***** Employment Opportunities:

- **Pita Pit -** hand in resume at their location on 8th Street.
- **Plates** is looking for a bus person, apply at their location on Cliffe & 26th Ave.
- **The Black Fin Pub** is looking for cooks to help in their kitchen. Starting pay is above minimum wage, a free meal each shift, and a great team environment. Contact Lisa Moyes at lisa@blackfinpub.com.
- Pizza Hut. Competitive wages and flexible hours.
- Winners

Please see the Careers Office for more information/applications on these great opportunities!

BURSARY/SCHOLARSHIP & GRADE 12 INFO

- * Unlock Your Future Tuesday, December 7th at 6:30 PM Grade 11/12 students and parents are invited to join this seminar for a step-by-step program for navigating the scholarship process. Online via TEAMS Live Event here: https://bit.ly/3qJIViZ
- * The Chinese University of Hong Kong is now inviting undergraduate applications for 2022 entry from international students. Top students may be offered University Admission Scholarships, including tuition fee grant and living allowance. International students are guaranteed three-year on campus accommodations and are provided with ample exchange and internship opportunities. For more information see Mrs. Morris in the Counselling Centre.
- * Beedie Luminaries Scholarship Program Now accepting 2022 applications. Any Grade 12 students who are facing financial barriers are encouraged to apply for one of 100+ scholarships available in 2022. Recipients will each receive up to \$40,000 towards their post-secondary studies at any public university, college or trade school in B.C. Application deadline is Jan. 13, 2022. Visit beedieluminaries.ca for more details.
- * Grad "Class" Special Attire welcomes grade 12 students to have the opportunity to wear a gown or suit on graduation day without the burden of any financial challenges associated with purchasing a brand-new outfit or having one made for their milestone event. The Grad "Class" Special Attire project operates out of Vanier Secondary Room 510 (back portable near shops). Appointments are available on Wednesday, December 8th. Students can make an appointment here: https://outlook.office365.com/owa/calendar/GradClassAttire@learn71.onmicrosoft.com/bookings/
 - nttps://outlook.omecsos.com/owd/calendar/orduclassAttire@icarm.ishimerosoft.com/bookings/
- * Grad Photo sign up is now open. You can find the link through the GP Vanier Website under Quick Links.
- * Grade 12s Scholarships are a great way to help cover the costs of education, but they are difficult to find.

 There is a new website called ScholarTree.ca that helps students find all of the scholarships they qualify for in minutes. It's super easy to get started:

- 1. Create an account at https://ScholarTree.ca
- 2. Fill out your information and get matched to a list of scholarships you're eligible for
- 3. Start applying!
- * Grade 11 and 12 Students: Choosing a post-secondary school is a big decision. Fortunately, the PSBC Virtual Fair has some great tools to help students navigate this process.
 - Live presentations from 29 post-secondary schools across BC
 - Connect with institutional representatives through text and video chat
 - Download program information and watch additional video content
 - View social media channels (Instagram, Facebook, YouTube and more)
 - Door Prizes: Every student who visits the fair will be automatically entered into a draw for one of twenty-five \$100 Amazon gift cards

The Post-Secondary BC (PSBC) Virtual Fair will be open from 9:00am - 7:00pm on the following dates:

- December 1st and 7th. Register Now: https://www.postsecondarybc.ca/virtual-fair/
- * The Schulich Leader Scholarship and the Cmolik Foundation Scholarship applications for nominations are now open. See the Schulich website and the Cmolik Foundation website for more information.
- * Quest for Excellence 2022 bursary applications are now open. This year, Remax is offering 16 \$1,000 bursaries to grade 12 students. Please enter online at https://www.remax-western.ca/blog/charities/. Submissions are open from September 13th until midnight, March 14th, 2022.
- ***** Vancouver Island University:

Upcoming Information Sessions:

Future Student Parent Session – <u>Thursday, November 25</u> from 6-7 PM

Various activities and program information sessions are happening over the next few months. Bookmark the VIU Events page to make sure you don't miss out. https://www.viu.ca/events/

Recruitment Updates:

We invite you to connect with a Recruiter to learn more about VIU.

Check out our events page for upcoming webinars.

Advising Updates:

<u>Educational Advisors</u> are available to meet with new applicants in person, by phone or email, or virtually. **Information for new applicants:**

- If you missed the **Next Steps Presentation**, watch it now
- Visit Ready, Set, Go Launchpad to Success at VIU!
- After you have applied to Vancouver Island University

Services for Aboriginal Students (SAS):

New Indigenous students are encouraged to join the SAS virtual drop in. <u>Details can be found on the website</u>. Alternatively, they can email <u>SAS@viu.ca</u> or call 250.740.6510.

How to connect with VIU:

- a. General inquiries connect with a Recruitment Officer at 250.740-6672 or connect@viu.ca
- b. Students who have applied and are ready to plan for September 2022 contact Advising at 250-740-6410 or email advising@viu.ca
- c. Application status and documentation questions contact Registration 250.740.6400 or registration@viu.ca

UNIVERSITY OPEN HOUSES

All events are virtual, and you must pre-register

University	Date	Time	Link to register
U. of Waterloo	On-going	Time @ registration	https://uwaterloo.ca/
BCIT	On-going	Time @ registration	https://www.bcit.ca/infosessions/
U. of Guelph	On-going	Time @ registration	https://admission.uoguelph.ca/tours