



Georges P. Vanier  
Secondary School

**ANNOUNCEMENTS**  
**Monday Mar 20<sup>th</sup>, 2023**  
**A B C D**

Courtenay  
British Columbia



**NEW ANNOUNCEMENTS!**

- \* Student Government is hosting a clothing swap on April 19<sup>th</sup>- FLEX DAY. Donations accepted between 3:15 pm and 5:30 pm Tuesday the 18<sup>th</sup>. Each donation will receive a ticket and those with tickets will get first dibbs on clothing from 9-12. 12 -2 the swap is open to all Vanier students. We will accept lightly worn and clean clothing as donations.
- \* Comox Valley Chamber of Commerce is looking for volunteers for the Chamber Awards Gala Event on May 11, 2023 see the careers office for sign up.
- \* Anyone interested in a cooking summer job please see the careers office for more information – great pay great opportunity.
- \* **Student Government** challenges you to search for the **Golden Egg** on March 24<sup>th</sup>. To obtain your prize, bring the egg to Ms. Haut's class/Room 160 at 3:15 pm. March 24th
- \* **Want to learn to cope with stress, anxiety, and low mood? Foundry Comox Valley is offering the YMind program for youth 13-18 years.**  
This **free** 7-week group program uses Acceptance and Commitment Therapy (ACT) and mindfulness techniques to teach effective coping strategies for managing worries and anxiety in a safe, supportive environment led by Foundry counsellors. Program results show that Y Mind participants experience reduced symptoms, increased overall well-being, and an increased ability to cope with difficult emotions.  
**Registration is required** for one of the two information sessions and attending an information session is a pre-requisite for participation in the program. Here are the dates:  
Information Session 1: Wed April 12 from 4-5pm  
or  
Information Session 2: Wed April 19 from 4-5pm  
Program Dates: May 3 – June 14 every Wed from 4-5:30pm at Foundry Comox Valley (575 10th St, Courtenay).  
**Call Foundry at 250-338-7341 or email [mail@jhsni.bc.ca](mailto:mail@jhsni.bc.ca) to register.**
- \* **Yearbook**  
Have you ordered your 2022-23 yearbook yet? At this point we're down to 30 books left and once those are gone, we will be officially sold out! \$55 at the office or on-line.
- \* Grade 10 students interested in applying for the **Explore Program** next year - applications are due next Wednesday, March 22. Hand your completed forms in to the office. Interviews will be taking place the week after spring break.

\* **Volunteer Opportunity for Students needing Hours.**

Kitty Coleman Park is doing its annual clean up.

**Saturday April 1, 2023**

**Start time 10:00 am**

Lunch will be provided

Meet at in the parking lot

Bring Gloves, boots, warm jacket

We will be raking and collecting debris, pulling branches, moving rocks, collecting garbage.

\* **Run and Gun Spring Basketball League**

For grade 8 and 9 Boys start Tuesday, April 11<sup>th</sup> at 6 pm. Sign-up that night in the Vanier Gym.

- \* **NIC Fest 2023** will be taking place at the Comox Valley campus on Wednesday, March 22<sup>nd</sup> from 3:30-7pm. This is your opportunity to explore your options, check out career pathways, and visit NIC's campus to discover the possibilities of post-secondary education.

**What to Expect**

- **Enter to WIN \$1000 tuition credit and #YourNorth prize pack**
- Explore Campus
- Self-guided Tours
- Visit Classrooms
- View Labs
- Tour Studios
- Meet Faculty
- Career Conversations With Employers
- Guided Tours
- Information Sessions
- Student Support Services Information Fair
- & more

For more information, please contact [questions@nic.bc.ca](mailto:questions@nic.bc.ca)

- \* The Grad Class Attire project welcomes all grade 12 students in Comox Valley Schools to have the opportunity to wear a gown or suit on graduation day without the financial burden of purchasing a brand-new outfit for their milestone event.

The Grad Class Attire project will operate out of Comox Valley Dodge at 278 North Island Highway (Old Canadian Tire building) on the following dates from 10:00am-3:00pm:

- **Saturday, April 15<sup>th</sup> \*NEW DATE\***

You can book a fitting appointment using the following [link](#).

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## MEETINGS/PRACTICES TODAY

Group/Activity/Event	Time	Where
GSA	Lunch	Room 111
Rotary Interact	Lunch	Room 121
Weightlifting Club	3:20 pm – 5:15 pm	Weight Room
Girls Rugby	3:30 pm – 4:45 pm	Field

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## EXTRA CURRICULAR/CLUBS

- \* **Indigenous Leadership** meeting every Wednesday at lunch in the In Ed room.
- \* **Book Club**  
Book Club will be meeting on Tuesdays at lunch in Room 160.
- \* **Vanier Weightlifting Club**, Monday, Wednesday, Thursday after school, 3:20 pm to 5:00 pm and Tuesdays from 3:20 pm to 7:00 pm. If you want to learn Olympic Lifting, power lifting, or just want a workout, all are welcome.
- \* **Vanier Peer Support Club** every Tuesday at lunch in the counselling office.

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## CAREERS

- \* **FREE TRIP TO VICTORIA (small fee, basically free, minimal cost)**  
Grade 12's interested in touring University of Victoria and Camosun College, come see us in the careers department to sign up.
  - \* **Volunteer Opportunity**  
The Courtenay Gem and Mineral Club are looking for volunteers  
**Friday April 14<sup>th</sup> 4 pm to 8 pm**  
**Saturday April 15<sup>th</sup> 9:15 am to 4:45 pm**  
**Sunday April 16<sup>th</sup> 9:15 am to 6 pm.**  
  
For more information come to the careers office.
  - \* **Attention Grade 10's! Trades Sampler Program 2024**  
Do you have a keen interest in the Trades? Construction? Auto Mechanics? Metal Work? You can apply for a Trades Sampler program for 2nd semester of your grade 11 year. Please come to the Careers Office (Room 130) to pick up an application. Limited interview spaces are available so apply ASAP!
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## OLDER NEWS

- \* Attention Grade 10 and Grade 11 students interested in the Aspire to Action Program for 2024! If you are interested in learning outside of a school classroom, making an impact both at Vanier and in the Comox Valley, maximizing your grad credits, and want to have fun as part of a student led team, Aspire could be for you! Please stop by room 116/117 and get an information form from Ms. Keyworth or Mr. Merrick!
- \* Are you a **Warhammer** fan and interested in connecting with like-minded individuals? Please join us in the Super Lab on Mondays after school to learn more about the game, play, and paint.
- \* Did you know that the cafeteria has free soup and a bun in the Express line every day? Everyone is welcome to order.
- \* Any students looking to learn and play disc golf see Mr. Horner (Room 162) or Mr. Barber (Room 109) for more information and forms.
- \* Do unhelpful thoughts or stress prevent you from enjoying school, hobbies, or time with your friends? You're not alone! Join the **Living Live to the Full virtual course** and learn together with other youth how to reduce stress and escape the cycle of negative emotions. In this 8-week virtual **free** course a trained facilitator will guide you and your group through the course to provide you with practical tools to help you understand your feelings, thoughts and behaviours, and what to do about them!  
The next course is starting on April 6<sup>th</sup> and will run every Thursday from 5:00pm to 6:30pm. For more information and to register visit:  
<https://www.eventbrite.ca/e/living-life-to-the-full-free-mental-health-course-bc-youth-13-18-registration-538110712627?aff=ebdsoporgprofile>
- \* **Vanier's Peer Support club** will be offering drop-in on Thursday's at lunch in the counselling office. The Peer supporters are Vanier students in grade 10-12 who have received training through the Vancouver Island Crisis Society. Peer supporters work closely with Vanier school counsellors. They are available Thursdays at lunch in the counselling office on a drop-in basis and are there to listen and support other students.
- \* **Indigenous Education** will be serving soup every **Tuesday at Lunch**.

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## BURSARY/SCHOLARSHIP & GRADE 12 INFO

- \* **Comox Valley Disc Golf Society Student Bursary**  
The Comox Valley Disc Golf Society is offering a bursary to members of the Comox Valley disc golf community who are graduating from valley secondary schools in 2023. There is a \$200 bursary available to a student from each of Highland Secondary, Mark R. Isfeld Secondary, and GP Vanier Secondary.  
**Qualification:**  
Applicant should be an active member in the local disc golf community, and someone who represents the CVDGS's values of integrity, inclusion, fair play, and stewardship of disc golf. Extra consideration will be given to students are members of their school's respective Disc Golf clubs or teams, as well as active CVDG members. ([Membership | CVDG Club \(cvdiscgolf.com\)](#))

**Submission:**

Submit application by email to [bursaries@cvgolf.com](mailto:bursaries@cvgolf.com) no later than end of day Friday, April 28, 2023. Applications available on the GP Vanier website under bursary and scholarship info.

**\* BCSS Scholarships**

BC School Sports is pleased to provide scholarships available to student-athletes this year. The application deadline is May 1st at 4PM. The scholarship package can be found on the website at the link below.

[2022-2023 BCSS Scholarship](#)

- \* BCIT is pleased to announce that the following Entrance Awards are available to students who are planning to attend our institute starting *May 1, 2023 to April 30, 2024*.

Up to 25 BCIT President's Entrance Awards, available only to current High School students

- Valued up to \$4,000 each.
- **Deadline: April 15, 2023**

Over 100 additional BCIT Entrance Awards

- Some valued up to \$18,000 each.
- **Deadlines: April 15 and/or October 1, 2023**

**More information about BCIT Entrance Awards and the application forms can be found at [bcit.ca/financial-aid](http://bcit.ca/financial-aid).**

**\* Financial Aid & Awards**

The VIU Financial Aid & Awards Office is committed to supporting students in their search for financial assistance including provincial and federal loans, grants, and internal and external Scholarships, Awards, and Bursaries. For more information <https://services.viu.ca/financial-aid-awards>

- \* **GRADE 12'S** - Scholarships are a great way to help cover the costs of education, but they are difficult to find. ScholarTree.ca is a website that helps students find all 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!