



Georges P. Vanier
Secondary School

ANNOUNCEMENTS

Tuesday, May 13th, 2025

C D A B

Courtenay
British Columbia



NEW ANNOUNCEMENTS

* **This week is Mental Health Awareness Week here at Vanier**

- Stop by the counselling office to pick up a Self Care Bingo card!
- Tuesday there will be a Speak out, Reach out, Help out presentation in the MPR for Gr 9/10's
- Wednesday (flex) there will be yummy Mood Boost Yogurt Bowls in café Vanier in the morning provided by our amazing counsellors
- Thursday we will have Interagency Community Booths in the foyer at lunch
- Friday we will draw for the winners of Mental Health Bingo! (10 x \$20 gift cards) and we'll also be handing out crisis cards with lifesavers.



* **Self-Care Bingo- Stop by the counselling office to pick up a Self-Care Bingo card**, complete a minimum of 10 self-care activities, and have your name entered into a draw for a chance to win one of 10 \$20 Starbucks gift cards. Completed bingo cards must be returned to the counselling office by 3pm on Friday, May 16th .

* **The Comox Valley Volleyball Camp is July 7th-10th this summer.** Please contact Brian at bdstevens@hotmail.com for more information.

* **Minerva BC wanted to share an exciting opportunity for youth to cultivate and enhance their emotional and mental wellness** while staying connected to a network of peers and mentors over their Summer Break. Minerva will be offering a cohort of our Rise and Shine program! This program will help youth develop essential tools to nurture their mental and emotional health.

Rise and Shine is a virtual program containing seven sessions developed by mental health experts that give participants the opportunity to connect with supportive peers and mentors in a safe and non-judgmental space while navigating the journey of emotional and mental wellness and discovering their resilience. Every session will include a workshop with interactive activities that allow participants to practice valuable tools for wellness while building supportive connections with other youth. Participants will walk away with essential skills to boost their mental and emotional health in a fun and encouraging environment.

Dates: August 11 - 14, 19 - 21 between 10 - 11:30 AM PT. Attendance of the full program is strongly encouraged.
Location: Zoom.

Age Group: All girls and gender-diverse youth ages 15 through 24

Cost: FREE!

Application Link: <https://www.surveymonkey.com/r/CLXQKF5>

* **Check out this summer camp at Comox Lake – Land-care, Self-care.** For ages 13-15. August 26-29 10 am-3 pm. This camp is only \$10 thanks to Island Health financial help!!!

Paddle, hike, connect with mentors and explore how caring for the environment can support your own well-being.

Full details at www.cumberlandlakepark.ca

CLUBS/MEETINGS/PRACTICES/TRYOUTS TODAY

Group/Activity/Event	Time	Where
QSA Activism	Lunch	Rm 111
Mountain Bike Club	Lunch	Port 806
Debate Team	Lunch	Rm 117
Weightlifting	3:10 pm	Weightroom
Ultimate	3:15 pm	Field
Track and Field	3:30 pm	Track
Tennis Club	3:30 pm	Lewis Courts

VOLUNTEER/CAREERS

- * **The Children's Health Foundation of Vancouver Island is looking for volunteers** for the 'When Pigs Fly Radiothon' on Friday, June 13th. Various shifts available between 8am and 7pm. Duties include: event support, interacting with public, helping take donations, running prize wheel, assisting with lunch. If interested, please email: volunteer@islandkidsfirst.com
- * **Wild Craft Play is hosting a Live Action Role Play (LARP) skills training opportunity in leadership and digital marketing.** They are seeking volunteers for both online and in-person non-player and player character roles. Pre-event training in marketing provided. During the event duties include: photography and videography, journalism, set-up and take down. Students require a cell phone, laptop, writing ability, good communication skills and a commitment of 5 hrs/week. Possible honorarium and future employment at \$20 - \$25/hr available. For more information please contact: jamieblack@wildcraftplay.com
- * **It is that time of the year where Providence Living at The Views is preparing our Summer 2025 Youth Volunteer program!** See the Careers office for more information and an application, there is application form, and reference forms for those who are interested in joining the program! The application deadline is Friday, June 20th, and the program runs from July 7th, 2025 - August 22nd, 2025, with the orientation being on Friday, July 4th. If there are any questions that come up, don't hesitate to reach out! See the Careers office. ☺
- * **The Union Bay Historical Society is looking to hire a summer student to work at their museum.** 35 hrs/week Wednesday to Sunday. The student must be able to work independently, have strong communication skills and work well with the public. Duties include greeting visitors, posting on social media, becoming familiar with local history watering the garden and light housekeeping. For more information please contact Linda McKay at lindadawn@shaw.ca or 250-757-9499.
- * **GP Vanier will be hosting a Guess My Job in Health Care presentation!**
Are you in Grade 11 or 12, interested in the health field but don't know where to start? Then this presentation is for you! 9 panelists who work in our local hospital in different departments will answer questions and give your ideas of different careers within Island Health. **May 27, 2025, 10:40 – 11:50 am** GP Vanier MPR Room. Sign up in the Careers office.

BURSARIES / SCHOLARSHIPS

- * **The Rick and Amanda Hansen Scholarship for Youth with Disabilities is now accepting applications.**
This scholarship aims to make a profound impact on the lives of Canadian youth with disabilities by removing financial barriers and supporting career aspirations through post-secondary education.

Funding of up to \$10,000 per year (up to a maximum of \$40,000) is available for youth with disabilities looking to complete a 1- to 5-year post-secondary program at a publicly funded institution in Canada. To check on eligibility criteria and to find out more, see this link: <https://www.rickhansen.com/Scholarship>

- * **Horatio Alger BC Scholarship program is now open. This program is dedicated to supporting BC students who are pursuing post-secondary by awarding 120 scholarships up to \$9,000 each.**

To be eligible for the awards:

- You must be a 2025 graduate
- Planning to attend a vocational, technical or trades program
- Demonstrate financial need (\$100,000 or less annual net income per family)
- Be a Canadian citizen

Apply online by June 15th, 2025 at www.horatioalger.ca/vte-scholarships/

- * **Are you connected to someone in a trade — a family member, friend, or local business — who could apprentice you?** If so, you might be eligible for the Youth Work in Trades program! Start your apprenticeship while still in school, earn 16 high school credits (Just for working), gain paid work experience, and log hours toward your trade certification. Students who report 900+ hours may even qualify for a \$1000 award. Learn more: comoxvalleyschools.ca/career-programs/youth-work-in-trades Or contact Tammy Williamson at tammy.williamson@sd71.bc.ca
- * **Graduating students enrolling in Healthcare at NIC: The Auxiliary Society for Comox Valley Healthcare is now offering a \$2000 bursary.** See the Scholarships & Bursaries section of our website for the application form, or pop by the counselling office for a copy. **Applications are due May 31st.**
- * Scholarshipscanada.com is a free website with an extensive scholarship and bursary database. You will be matched to scholarships and bursaries that you are eligible to apply for once you create an account.
- * ScholarTree.ca is a website that helps students find all the scholarships they qualify for within 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.
- * **The Vanier Scholarship, Bursary & Student Loan Newsletter** is available on our school website for grade 12 students who are starting to research ways to pay for their post-secondary education.
<https://www.comoxvalleyschools.ca/gp-vanier-secondary/wp-content/uploads/sites/29/2023/09/Scholarship-and-Bursary-Newsletter-2023-2024.pdf>

OLDER NEWS

- * **The Foundry is running a 4-week workshop on Mental Health around sports injuries.**
About the Workshop:
Mental fitness is just as important as physical rehab to a successful recovery
Learn concrete skills to handle the emotions of recovery
Optimize your injury to come back a better and stronger person - within sport and beyond
Four sessions (**Mondays, May 26, June 2, June 9, June 16 from 3:30-5:00pm**) at Foundry Comox Valley
Space is limited so registration is required
Who Can Register? Anyone ages 16-24
Any athlete from any level of competition (rec to competitive)
Anyone with a sports-related injury
Anyone at any stage of recovery (from initial break/tear/sprain to medical clearance)
Parents and coaches are also welcomed to attend.
- * **Come on down to Towhee Treasures (outside rooms 116/117) and enjoy a thrifting experience at Vanier.**
Clothing items are free. Donations are welcome. The green donation box is located next to Towhee Treasures.
All donations need to be clean and in good condition. Thank you for keeping the area organized. 😊
- * **The Vanier late bus runs Mon/Thurs** leaving Vanier at 4:45 pm.

* **Homework Club** runs Mon/Thurs 3:15 – 4:15 pm weekly.