

G.P. VANIER MAY NEWSLETTER



Important Dates

May 5 - 9	Voting for Valedictorians
May 3	Explore Garage Sale
May 8	Grad BBQ 5:00 – 7:30
May 12	Grad Song Request Deadline (Library)
May 14	FLEX DAY
May 19	Victoria Day (no school)
May 20	PAC Meeting
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June 3	Year-End Concert 6:30 pm in the Gym
June 4	Grad Softball Game at Lunch
June 11	FLEX DAY (En/Ma 10 classes writing assessments)
June 12	Celebration of Excellence/Bursary Reception
June 16	Grad Pancake Breakfast 7:30 am Grad Rehearsal to follow
June 19	Athletics BBQ 5:30 pm in the Gym
June 20	Last Day of Classes
June 23 – 26	I Days
June 25	GRAD 2025 (Location to be announced weather dependent)
June 26	Q4 Ends/ Semester 2 Ends Report cards sent home through MyEd

NEWSLETTER CONTENT



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News From SD71

Gender-Based Violence Committee Anonymous Survey

Comox Valley Schools is committed to fostering a safe and supportive learning environment for all. The Gender-Based Violence Committee is seeking input to help improve how our schools prevent and respond to sexual harassment, sexual assault, and other forms of gender-based violence.

We invite students, staff, and families to share their thoughts through an anonymous survey. Your feedback will help shape the policies, support systems, and culture of safety in our schools.

Take the survey [HERE](#)

This survey is completely confidential and provides an opportunity for your voice to be heard. Together, we can build a safer, more inclusive school community.

Student Learning Survey

The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers, and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

Early in 2025, the Student Learning Survey was administered to students in grades 10 - 12, their parents/guardians/caregivers, and all school staff. We encourage parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province – in addition, questions from the school and/or district that focus on local conditions or issues may be included.

The survey can be completed electronically and can be accessed on the Internet [Here](#). Any computer or mobile device with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link and by clicking on Take the Survey. On the login page, click on the Parents icon, and then select the school district and school name where your child attends school. Provincial, District and School Reports for previous years can be viewed at the same site under the *Results* section.

The e-survey site will be open until May 2, 2025.

If you have any questions, please contact the school at 250-338-9262.



National Child & Youth Mental Health Day is May 7th and we are sharing ways for you to show kids and youth that you care.

Whether you're a parent, caregiver, teacher, or community member, there are so many ways to get involved:



Join our free online events

Download conversation guides for your classroom or home

Share about National Child & Youth Mental Health Day on social media and use the hashtag #may7icare to spread awareness

Explore all the ways to participate at [may7icare.ca](https://www.may7icare.ca)

National Child & Youth Mental Health Day Online Events

A Conversation With Parents

Jagdeep Hayre, Kim
Robinson, and Tammy
Music

Tuesday, May 6, 2025
6:30pm – 7:30pm (PST)

FINDING & CREATING CONNECTION WITH KIDS

Connecting with kids can feel challenging, especially when they are struggling with their mental health. Whether we are a parent or a caring adult in a young person's life, what we say and do matters. Simple, caring conversations and shared moments—no matter how small—can have a meaningful impact.

Join us online for a candid conversation with parents who have navigated these challenges firsthand. They'll share their experiences, struggles, and the ways they've found to stay connected—even when it feels impossible. These parents are also Family Peer Support workers, offering guidance to other families facing similar journeys.

[Register For Free](#)

Substance use Prevention Webinars

The Ministry of Education and Child Care, in partnership with Dr. Hayley Watson, adolescent Clinical Psychologist and Founder of [Open Parachute](#) is hosting three free webinars focused in helping you create a personalized step-by-step plan for implementing substance use prevention skills in your home. Dr. Watson will focus on specific steps you can take to ensure that you and your family are supported as you teach substance use prevention skills to your child/youth.

Key Takeaways:

- *Learn the skills that will help prevent your child and youth from using substances**
- *Navigate the challenges that arise while teaching these skills to your child and youth**
- *Create a step-by-step plan for implementing substance use prevention strategies**
- *Increase your ability to effectively support yourself and your child/youth at the same time**

Time: 6:00-7:30pm PST (includes Q&A!)

Please register in advance by selecting the session which you would like to attend:

[May 7th – 6:00-7:30pm PST](#)

[May 8th – 6:00-7:30pm PST](#)

If you have any questions, please reach out to the Mental Health and Substance Use Team: EDUC.MentalHealth@gov.bc.ca



FINANCE 101: PERSONAL FINANCE FOR STUDENTS PREPARING FOR COLLEGE & UNIVERSITY

A Zoom-based financial literacy workshop for grade 9 to 12 students from UVIC's Gustavson School of Business

Are you worried about money? Surveys routinely show Canadians struggle with their finances—over half are within \$200 of not being able to cover their bills and debt payments.

High school and university students particularly face struggles. Rising student debt, increasing housing costs, and surging inflation are barriers to success. *Generation Z and Alpha* are not only faces the burdens of climate change, the pandemic, and global uncertainty—but costs alone are a barrier to progress in careers and life.

So, how can students prepare for the costs of “adulting” and identify opportunities while at university?

The Gustavson School of Business at UVic invites students to join a free financial literacy workshop. Dr. Michael King leads this interactive session for students to strengthen and prepare their financial footing to enter university life. This workshop will give you an inside look at how Gustavson approaches personal finance through an engaging, interactive session.

This workshop is a good fit if one or more of these apply to you:

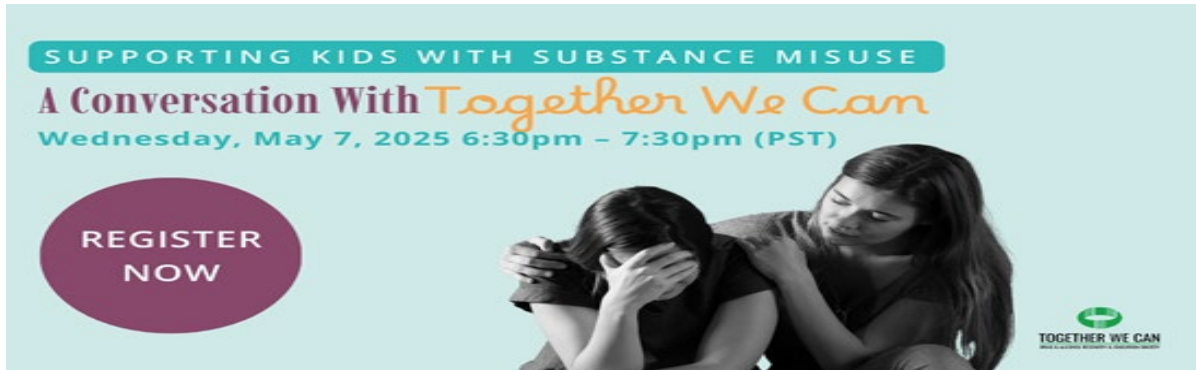
- You are in grade 9 to 12, and/or are an international student hoping to study in Canada.
- You want to take responsibility for your financial life, starting with mobile banking and day-to-day spending, and are curious about where to start.
- You have questions about your credit score and how it is used to evaluate you for: mobile phone, credit card, apartment rental, summer job, car loan, and much more.
- You want to build up savings and start investing in stocks, bonds, ETFs...
- You are interested in what a university class might be like



Fear is often the loudest emotion when our kids are involved in substance use—but what if we led with care instead? Join us online for an important conversation with Guy Felicella, a renowned advocate and speaker, as he shares how connection and relationship can make a difference in substance use and addiction. Learn how we can show care not just for our kids, but for the broader community impacted by substance use disorder.

Guy Felicella is an international public speaker and advocate for drug policy reform. Overcoming a two-decade substance use disorder, he has turned his life around after years of homelessness, gang involvement, and surviving overdoses in Vancouver’s Downtown Eastside. Now, Guy passionately promotes harm reduction, trauma therapy, and faster access to treatment, using his story of resilience and recovery to inspire others and push for compassionate drug policies and addiction support.

[REGISTER FOR THIS FREE EVENT HERE](#)



As parents and caregivers, how we talk about substance use shapes how young people see it. This session explores insights from those with lived experience, offering ways to support without judgment.

Alex Lekei is a Canadian Certified Addictions Counsellor with over 15 years of experience in healthcare. They currently serve as a Family Educator with Together We Can, a Peer Leader with Vancouver Coastal Health, and operates his own private practice, Guiding Solutions Counselling. Drawing from his own lived experience with substance use as a youth and young adult, combined with academic training and community involvement, they bring a unique and empathetic perspective.

Steven Hall is the Public Relations Manager at Together We Can Drug & Alcohol Recovery & Education Society (TWC). A graduate of TWC's 12-step-based program, Steven draws on his own lived experience with addiction and mental health to support others. Now part of TWC's Community Relations and Family Support Team, he is passionate about creating safe spaces and believes recovery is possible—and everyone is worthy of it.

[REGISTER FOR THIS FREE EVENT HERE](#)



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[REGISTER FOR THIS FREE EVEN HERE](#)

Want More Resources?

[CLICK HERE](#)





Comox Valley Schools

Careers Program Survey

It's vital that we prepare students for their careers. Please share your thoughts with us about how schools are accomplishing this important work.



To complete the survey scan here:



- Dual Credit programs
- Trades programs
- Careers events
- Careers/work experience
- K to 12 learning resources and programming

Learn more

www.comoxvalleyschools.ca/career-programs/

ONLINE EVENT

Circle of Security Parenting Program for Parents and Caregivers

For families whose kids are starting Kindergarten in the Fall of 2025 .

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child is really asking from you.

The Circle of Security Parenting® program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Using the Circle of Security Parenting™ Model, this program helps families to:

- Understand your child's emotional world by learning to read emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure



DATE: Weekly on Wednesdays between April 30 - June 19 (7 weeks)

TIME: 6:30pm - 8:00pm

LOCATION: Online via Zoom

REGISTRATION DEADLINE: April 11, 2025*

** Free, and registration is required.*

FACILITATOR: Carolyn McCarthy, COSP Facilitator and Family Peer Support Worker, ICY Comox

QUESTIONS: carolyn.mccarthy@familysmart.ca or call: 250-890-2391

FOR MORE INFORMATION OR TO REGISTER, SCAN THE QR CODE.



With gratitude, FamilySmart would like to acknowledge that this event is being offered by the Integrated Child & Youth Team in the Comox Valley





Establishing Safe, Caring, & Respectful Digital Communities

Everyone Welcome!

Family Session May 7, 2025
Remote – via Zoom

[Click Here](#)

Family Sessions

These sessions were designed to support families and caregivers in navigating the digital world.

Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. (60 minute session)

This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sexortion.

Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.

Families will learn:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behaviour as well as possession and distribution of intimate images (sexting and sextortion)
- An anonymous student reporting tool that can help you and your friends stay safe both online and offline

erase | **EXPECT RESPECT &
A SAFE EDUCATION**

Course Selection

Course selection has now been completed. Please direct any questions or changes to your student's counsellor.



Our goal is to empower students toward positive change and to help them to have the most successful high school experience possible!

School Counsellor:

Katherine Brach (A-G) katherine.brach@sd71.bc.ca

Stephanie Morris (H-N) stephanie.morris@sd71.bc.ca

Jocelyn Schultz (O-Z) jocelyn.schultz@sd71.bc.ca

Youth and Family Support Worker:

Sherry Patterson – sherry.patterson@sd71.bc.ca

To book an appointment, click [HERE](#)



This spring, Vanier proudly introduced three new athletic teams and clubs that weren't available last year. Alongside our established spring programs in rugby, track and field, golf, soccer, and mountain biking, we've added an Ultimate Frisbee team, as well as Badminton and Tennis clubs.

These new opportunities are open to all grade levels and have sparked tremendous interest, with roughly 200 students actively involved in spring athletics and extracurriculars. It's been inspiring to see so many students stepping outside their comfort zones, trying something new, and strengthening our school community through sport.





This season our mountain bike team participated in the first regional high school enduro race in Cumberland. In the junior boys event, Nolan Weiss placed 1st and Finn Amar placed 3rd. In the senior boys event, Ethan Jamieson placed 1st, Davi Schettino 2nd and Jack Thompson came 5th. Our senior boys Rugby 7s completed a successful tour in Florida earlier this month. All of our teams will be preparing for playoffs in the coming weeks in hopes of qualifying for provincials in late May.

Best of luck!





IMPORTANT DATES

- * **Grad BBQ – 5 pm May 8th**
- * **Grad vs Staff Softball Game – lunch June 4th**
- * **Grad Pancake Breakfast June 16th**
Grad Rehearsal to follow – same day
- * **Grad set up/clean up – June 23rd – 25th**
- * **Grad Ceremony – 4 pm Wed, June 25th**

School Photos for 2025-2026 – we are taking a risk and going to do a “full try” (student photos, grad photos, grad handshake photos) with Island Life Photography out of Campbell River – their prices are comparable to Lifetouch, and their quality/parent feedback from other schools who use them is positive.



2025

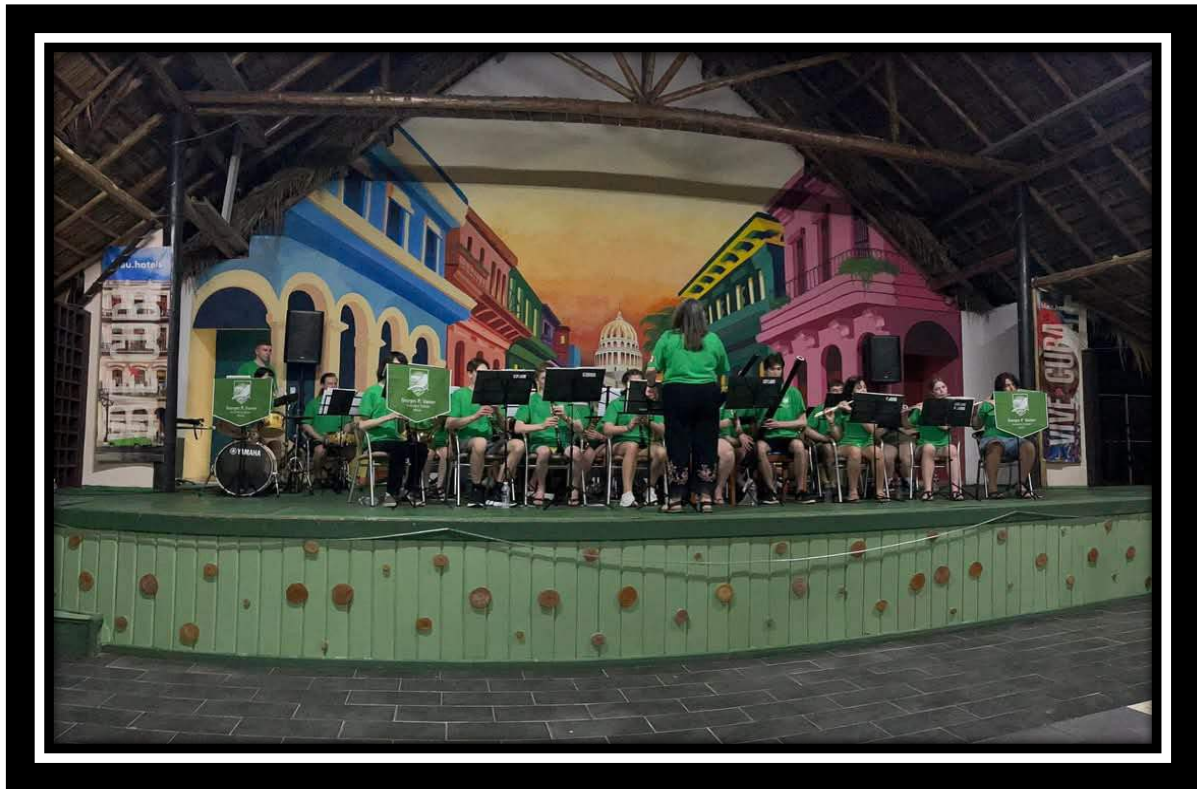




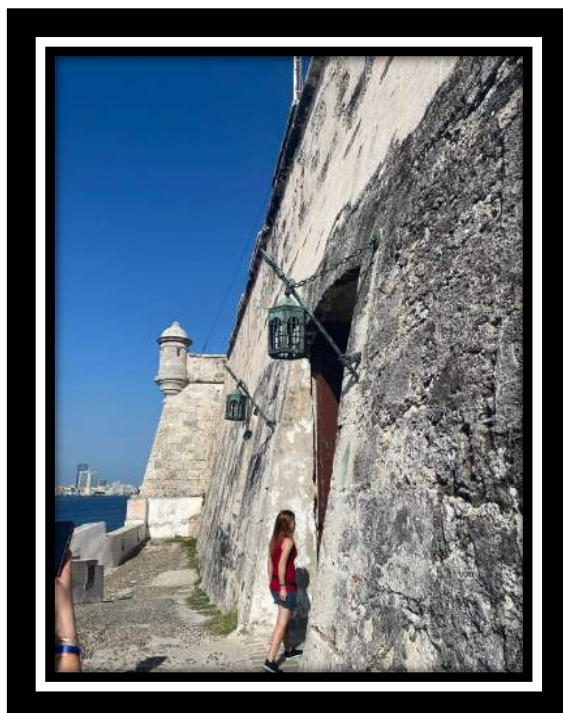
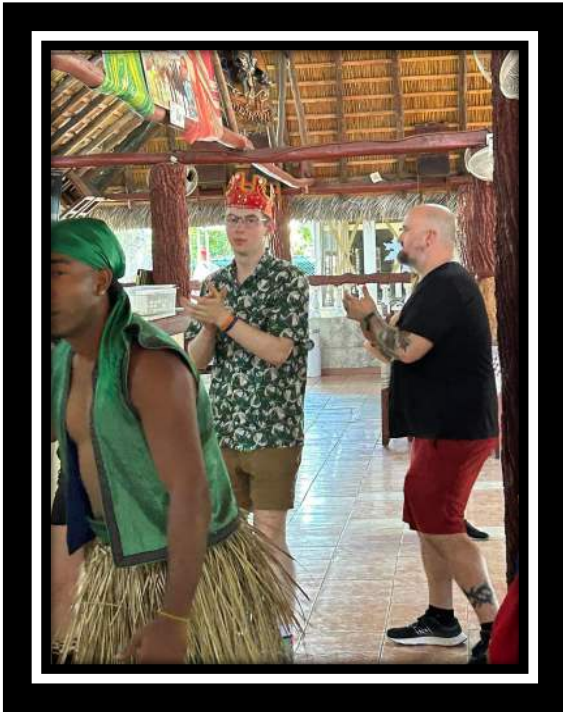




Sr. Music









SCHOOL SUPPLIES



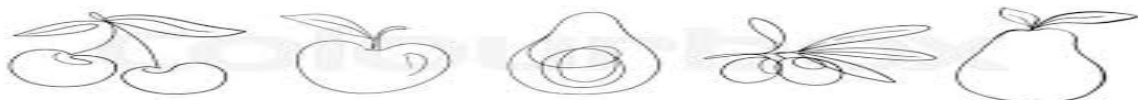
The school has extra supplies available for students now and for second semester. Please have your student talk to any of their teachers, or check in with the main office to see if they have the item(s) you need. Available items include, paper, pens rulers and file dividers.

Friday Food Bags 2025



We have a Friday Food Bag Program where student/families can get a small bag of groceries each week.

We are committed to having this available for all students and families who need it. If you are interested, please call the office to sign up.



Student Drop-Off and Pick-Up

Student drop-off and pick-up continues to be a problem on Vanier Drive, Glacier Drive and surrounding areas. Please be mindful of students crossing the road, vehicles pulled over dropping off students and bike traffic. A reminder that the speed limit near schools is 30 km/hr.





Parents, are you on MYED?

Our student system, MyEducation BC, is a great resource for parents.

You can access:

- **Your child's schedule**
- **Your child's assignments, completed and outstanding**
- **Your child's attendance**
- **Teacher email addresses**

If you have not accessed your account before, please contact susan.quinton@sd71.bc.ca to help set up your account.

If you have an account but have not used it for more than three months, you will need to request a new password.

Please note, as this is a Ministry of Education website containing confidential information, passwords need to be changed every 3 months.



If you have any concerns, please contact your child's Administrator. Administrators work on the last name alpha system:

Principal – Julie Shields julie.shields@sd71.bc.ca

Dave Mayert (A-G) david.mayert@sd71.bc.ca

Jennifer Fritzsche (H-N) jennifer.fritzsche@sd71.bc.ca

Erica Black (O-N) erica.black@sd71.bc.ca

School Counsellor:

Katherine Brach (A-G) katherine.brach@sd71.bc.ca

Stephanie Morris (H-N) stephanie.morris@sd71.bc.ca

Jocelyn Schultz (O-Z) jocelyn.schultz@sd71.bc.ca

Youth and Family Support Worker:

Sherry Patterson – sherry.patterson@sd71.bc.ca

To Book an Appointment Click [Here](#)



If you are planning on volunteering for field trips or sporting events, drivers MUST complete the following:

Volunteer Driver Form

Click [Here](#)

Criminal Record Check

Please contact:

susan.quinton@sd71.bc.ca

Code of Conduct Form

Click [Here](#)

Driver's Abstract

Copy of Driver's License

Proof of Insurance (1 million 3rd party liability)

If you are planning on volunteering as a coach or chaperone, you MUST complete a Criminal Records Check

***Code of Conduct forms must be signed before participating in any sport.**

***Criminal Record Checks are held for 5 years in our database and may be accessed by other schools in the district.**



Georges P. Vanier School Calendar

Asian Heritage Month
Mental Health Awareness Month

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
4	5 Day 1 - ABCD Red Dress Day MFRU Info Booth @ Lunch Homework Club PISA - 41 Gr 10s 11 - 3 Block Library	6 Day 2 - CDAB School Nurse 11:30 - 1:30	7 Day 3 - BADC Lockdown Drill 10:15 am	8 Day 4 - DCBA Homework Club 3:15 - 4:15 Late Bus 4:45 Grad BBQ 5:00 pm	9 Day 4 - DCBA	10 Apply Car Wash																																																																																																		
11	12 Day 1 - ABCD Homework Club 3:15 - 4:15 Late Bus 4:45	13 Day 2 - CDAB Speak Out Reach Out Help Out Presentation: NPR	14 Day 3 - BADC FLEX DAY	15 Day 4 - DCBA Homework Club 3:15 - 4:15 Late Bus 4:45	16 Day 1 - ABCD Jr. Band Sun Peaks	17																																																																																																		
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