Hello from Emily Collins (Mental Health Worker) and Sarah Hagar (School Counsellor), your Ucluelet Secondary Wellness Team!

As we move into the new semester, we are wanting to share what is going on around the school over the next month.

Hillary McLeod will be returning to the school this month to continue teaching sexual health education. In this section of the curriculum Hilary will be focusing on porn literacy and consent. Attached is a copy of Hilary’s focus topics with grade specific curriculum. If you have any questions regarding this, please contact myself, or Sarah.

As a school staff, fostering a sense of belonging for students at school is an important part of our wellness plan, engaging in school-based clubs, sports, and activities is one way in which this can be strengthened.

Listed below are the lunchtime and after-school events supervised and facilitated by both staff and volunteers. USS has a late bus and taxi running Monday until Thursday, it leaves the school at 5pm. Students accessing the late bus and taxi must have participated in one of these after-school, approved activities. It is our hope that you connect with your youth regarding the opportunities at USS to encourage them to join in and attend something that they are interested in.

**Lunchtime Events**

**Student Union Meeting**

Tuesday

* Come, volunteer, and plan our school events and activities with Ms. Cirella in the Foods room.

**Surfrider Club**

Wednesday

* Come and join the Surfrider club to explore and plan how as a school community we can protect our environment, oceans, and waves. Supervised by Mr. Anderson.

**Safe Club**

Thursdays

* An inclusive lunch time club for making new friendships and connection for those looking for a space to eat lunch facilitated by Sarah Hagar, Waylon McLeod, and Mr. Maxwell.

**Wellness Wednesdays**

Wednesday

* Varying weekly wellness activities at lunch facilitated by Emily and Sarah Hagar.

**Afterschool Events**

**Homework Hall**

Tuesday, Wednesday and, Thursday – Afterschool until 5pm

* Homework hall is a space for students to come and catch up on missed work, finish their homework or even continue learning about subjects they are interested in. Supervised by Angela Titian (Nuu-chah-nulth Education Worker)

**Girl Basketball**

Tuesday & Thursday – Afterschool until 5pm

* Supervised by Ms. Cirella and Emily Jr. and Sr. practices held together.

**Boy Basketball**

Monday & Wednesday **–** Afterschool until 5pm

* Check with Mr. Sylvester or Mr. Maxwell on wither it is a Jr. or Sr. practice day.

**Wrestling**

Monday & Wednesday - Afterschool until 5pm

* Wrestling practice is in the Multipurpose room coached by Mr. Rhodes.

**Creative Writing**

Wednesday - Afterschool until 5pm

* Come and explore your creative side and learn new techniques in writing and creativity supervised by Ms. Hendry in the Library.

**Improv Club**

Thursday - Afterschool until 5pm

* Come out and play games that help you think fast, and it might be funny…. Supervised by Sarah Hagar in the Band Room.

**Art Club**

Wednesday - Afterschool until 5pm

* Work on a piece of art, develop your creative drawing or painting skills. Supervised by Ms. McWhinney in the art room.

**USS Band**

Tuesday - Afterschool until 5pm

* Supervised by Mr. Henderson, come out and learn new instruments, new music, and jam out in the Band Room!

**Evening Volleyball**

Thursdays 6pm-8pm

* USS Students: Are you interested in volleyball, improving fundamental skills, and having fun? Come and join Mr. Anderson and Ron Norman @ USS. Space is limited so the sooner you sign up and show up the better.

**Ucluelet Community Center Youth Room**

Monday, Tuesday, Wednesday Thursday

* The Youth Room at the Ucluelet Community Centre is an adult supervised, free space for youth in grades 8 - 12 to come and hang out, play games and participate in activities.

There are a variety of amazing opportunities for our youth to continue to learn and grow through extra-curriculars. We have started a USS wellness page on Instagram that provides regular updates to students and families, you can find it by searching @USSWELLNESS.  A big thanks to our staff and volunteers that go above and beyond to provide these options.

If you have any questions reach out to [ecollins@sd70.bc.ca](mailto:ecollins@sd70.bc.ca) or [shagar@sd70.bc.ca](mailto:shagar@sd70.bc.ca) we are here to support both students and their families.