



USS December 2023



Mission Statement:

“USS in partnership with our communities is committed to encouraging students to achieve their maximum potential in academic, social, and cultural endeavors, producing responsible, knowledgeable and involved citizens.”

USS Parent Advisory Committee Meeting

Please come and join USS' PAC on Wednesday, December 6th at 5:30pm in the USS Learning Commons to find out ways you can help support your child's high school experience.

Wellness Updates

We continue to provide weekly wellness opportunities. In November we hosted a weekly beading workshop, vision boarding at lunch, and a Coastal Queer Alliance event. These weekly events are co-hosted with Tla-o-qui-aht youth workers. Please follow 'USS_Wellness' on Instagram for more regular updates.

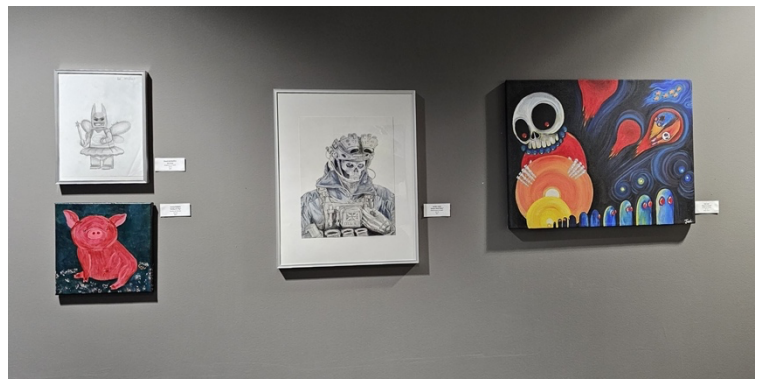
On Wednesday December 6th we have students from the VIU nursing program returning with before the P.A.R.T.Y program to provide presentations for grade 8's and 9's with information on illicit drug awareness, prescription drug misuse, and marijuana side effects and the influence on mental health. They will cover important topics such as the presence of fentanyl in drugs, peer pressure, and how to respond to an emergency.

On December 13th and 14th, we have Hillary McLeod coming to provide session 2 of the sexual health education curriculum to all students at USS. The focus of this session is consent.

On December 21st the Wellness program will be supporting a school-wide lunch. The food will be made by Ms. Daley's grade 9 foods course, served by the student council, and songs sung by student volunteers.

Art Update

There are new student works on display at Black Rock Resort. As well, coming in January there will be a student art show at the Orange Door Gallery.





Athletics Update

USS Warriors Athletics has been going strong since the beginning of this school year with both our boys' and girls' volleyball teams doing well in their respective leagues and our boys' soccer team having solid success on the field.

We have now entered basketball and wrestling season. Our USS wrestling team is comprised of juniors and seniors across grades 8-12. The team competed in a tournament this past weekend in Nanaimo with Ava, Kennedy, Hannah, and William winning gold and Adalyn, Jett, and Estrella winning bronze placing USS as the second team overall.

This week our girls' and boys' basketball teams will be travelling to various parts of the island to kick off basketball season.

Wrestling practices:

Mondays & Thursdays 3:10-5:00pm

Girls' Basketball practices:

Tuesdays & Thursdays 3:10-5:00pm

Junior Boys' Basketball practices:

Mondays & Wednesdays 3:10-5:00pm

Senior Boys' Basketball practices:

Mondays, Wednesdays, & Thursdays 4:30-6:00pm

*Late buses run Monday thru Thursday at 5:00pm allowing students to participate in extra-curricular activities and Homework Hall Tuesdays thru Thursdays.

USS Warrior Spirit Wear available for purchase through Ms. Ornella Cirella. Please email her for more information (OCirella@sd70.bc.ca).



Donations without a tax receipt for athletics can be dropped off at the school and made out to USS.

eTransfers for tax purposes please send to ar@sd70.bc.ca and note on the memo line of your donation "Athletics donation USS."

To provide a tax receipt we will also need your full mailing address and email.



Ča?čum?hiyup?wałyuu

Many of our Tla-o-qui-aht youth participated in a five-day workshop Ča?čum?hiyup?wałyuu: To Make Things Right at Home facilitated by Youth Leader Tiffany Hubbard and Jane Middleton-Moz. In speaking to our local councilors who were in attendance our students showed incredible character as they worked through challenging topics.

USS would like to thank Tla-o-qui-aht for providing this opportunity. Kleco! Kleco!



Law 12



Mr. Nixon's Law 12 visit to Vancouver Island University and Nanaimo Courthouse



Winter Growing Smiles Plant Fundraiser

Plants will be able to be picked up at USS starting this Friday, December 8th from 8am-4:00pm. When picking up plants please come to the front office and speak with our administrative assistant Mrs. Corrine Corlazzoli.



Nourishing bodies & minds with the help of spirit days and Breakfast for Learning.

Mmmm..... looks good Karen!



USS Student Council Festive Activities

Monday	Tuesday	Wednesday	Thursday	Friday
27)	28) Meeting Start advertising Talent Show	29)	30) Dress like your type day	1) Pizza PJ day
4) Start decorating the school Christmas trees	5) meeting	6) Ornament making	7)	8) Pizza Day
11)	12) Grade 9's expo Start selling candy grams Cake walk after school	13) Emily host Chapstick making workshop for school holiday gifts. (after school?)	14)	15) Pizza Day Pep Rally
18) Christmas photobooth Scavenger hunt Elf prep	19) Christmas dodgeball At lunch	20) Cookie decorating	21) Special lunch (Emily) Caroling Deliver candy grams Talent Show @ 2:00	22) Last day of school Ugly Sweaters Festive Friday @ 12:58 Musical chairs Orange passing (kneck only) Christmas dodgeball round2 Chair balloon popping

Dates:

Dec. 4th-22nd – Christmas Activities (see above)

Dec. 6th – PAC Meeting at USS - 5:30pm in the Learning Commons.

Dec. 22nd – Last day of school before the holiday break.

Jan. 8th – First day of school after break.