



## November & December USS Bulletin



USS Loves our Breakfast for Learning mornings.

Thank you

Karen Mudge 😊 and her morning student helpers!

We hope our families have stayed safe and dry over these past few weeks of unstable weather.

Just as the weather has presented us with some challenges so too has losing one of our computer server switches. While students and staff adapted quite well to 'old school' schooling it did put us behind for getting report cards out for November 25<sup>th</sup>.

We have pushed back our first reporting period with report cards now being distributed on Monday, December 2<sup>nd</sup>. If you have any questions on how your child is doing, please reach out to their classroom teacher. For a list of staff emails please follow click the link:

<https://www.sd70.bc.ca/uss/page/2549/2024-2025-uss-staff-list>



### Extra-curricular

We are very pleased to offer various extra-curricular opportunities throughout the school year for our students. Student athletes need to adhere to USS' Athletic Code of Conduct which needs to be signed prior to engaging in any extra-curricular sport (see attached).

We **EXTREMELY** appreciate the time and dedication our staff and community volunteers commit to running practices, games, and tournaments 😊 Below is a current list of programs running, practice days, and coach contacts. Please note coaches will send out various correspondence to their athletes' families throughout the season of play.

Coach/Sponsor/Manager Email	Activity	Day(s) of the Week	Start & End Dates
Chris Sylvester <a href="mailto:csylvester@sd70.bc.ca">csylvester@sd70.bc.ca</a> Colin Maxwell <a href="mailto:CMaxwell@sd70.bc.ca">CMaxwell@sd70.bc.ca</a> Alistair Reynolds <a href="mailto:AREynolds@sd70.bc.ca">AREynolds@sd70.bc.ca</a> Kevin Nixon <a href="mailto:knixon@sd70.bc.ca">knixon@sd70.bc.ca</a>	Jr. Boys' B-ball  Sr. Boys' B-Ball	Tue & Wed <b>3:10-5:00pm</b> Mon, Wed & Thur <b>5:00-6:30pm</b> Fri Optional: <b>2:00-5:00pm</b>	Nov-Mar
Ornella Cirella <a href="mailto:OCirella@sd70.bc.ca">OCirella@sd70.bc.ca</a> Emily Collins <a href="mailto:ECollins@sd70.bc.ca">ECollins@sd70.bc.ca</a>	Girls' B-Ball	Mon <b>3:10pm-5pm</b> Tues <b>5pm-6:30pm</b> Thur <b>3:10pm-5pm</b>	Nov-Mar
Chloe Vernich <a href="mailto:CVernich@sd70.bc.ca">CVernich@sd70.bc.ca</a> Golrokh Noori <a href="mailto:gnoori@sd70.bc.ca">gnoori@sd70.bc.ca</a>	Wrestling	Tues & Thur <b>3:10-5:00pm</b>	Nov-Mar
Jess Bennett <a href="mailto:JBennett@sd70.bc.ca">JBennett@sd70.bc.ca</a> Emily Collins <a href="mailto:ECollins@sd70.bc.ca">ECollins@sd70.bc.ca</a>	Queer Youth Connections	Wednesdays <b>3:10-5:00pm</b>	yearly
Shannon McWhinney	Art Club	Wednesdays <b>3:10-5:00pm</b>	yearly
Rory Henderson <a href="mailto:rhenderson@sd70.bc.ca">rhenderson@sd70.bc.ca</a>	Open Mic	Third Wednesday of each month <b>12:15-12:55pm</b>	

**\*USS' late bus runs Monday-Thursday leaving USS at 5pm. Students are expected to follow the same behavioral expectations when on the late bus as on their regular bus run. The late bus is provided to support students staying for extra-curricular programming as well as Homework Hall on Tuesdays thru Thursdays. Students from Hitacu can access the local taxi and need to let the office know prior to beginning their extra-curricular or homework activity.**

### Mental health and wellness initiatives happening before winter break

Sexual Health Education with options trained Sexual Health Educator Hillary McLeod

Throughout the 2024/2025 school sessions of education, 2 lessons per every student at USS. Session one on consent, body autonomy, and

In November all Grade 8 students Violence is Preventable (VIP) Resource Society. Topics discussed program support the following not your fault, (2) you are not alone and (3) there are people who can help. There will be mental health supports available for students throughout these sessions.



year all USS students will receive 4 session, for a total of 8 workshops for has been completed which focused access to sexual health education.

will be receiving education from the Program from West Coast Community throughout the curriculum of the VIP three main messages: (1) violence is

USS has a weekly youth clinic on Wednesdays with Public Health Nurse Karyn Bernard. Youth Clinic is a place where students can access confidential health information, resources as well as sexual health support.

At the beginning of November, the McCreary Center Society held a Youth Forum to share the results of and gather feedback regarding the BC Adolescent Health Survey with 30 USS students attending. The feedback received from our students will inform both local and provincial initiatives regarding health and wellness, thank you to all who attended.

Wellness Wednesdays is an ongoing initiative that provides weekly opportunities for connection and resources for students

during lunch. The program often facilitates an activity or craft, with snacks and various topics of conversation surrounding mental health and wellness.

Ucluelet Secondary Schools Mental Health Worker, Emily Collins ([ecollins@sd70.bc.ca](mailto:ecollins@sd70.bc.ca)) and School Counsellor Sarah Hagar ([shagar@sd70.bc.ca](mailto:shagar@sd70.bc.ca)) are available to support both students and their families.

If you have any questions or would like information or support do not hesitate to email or reach out. To follow along with various wellness updates, follow USS\_wellness on Instagram.



## **USS' Power Outage Protocol**

### **At school:**

If the power goes off when students are in session USS has a generator for our administrative wing of the building. Here are USS' procedures:

- grade 8 and 9 students are brought to the Library and Learning Commons by staff
- grade 10-12 students will be brought to the Learning Commons by staff
- while this is occurring admin contacts BC Hydro to determine length of outage and inform SD70's Superintendent of Schools
- if the power outage length is undetermined or will be out for an extended period families will be contacted via email if possible and a notice will be sent out through the SD#70 Pacific Rim App ([see bottom of SD70's Home Page to download](#)) as students will be sent home.
- buses will be arranged to transport out of town students with local students being dismissed to walk home.

### **Before school:**

If the power is off at 7am admin will contact BC Hydro.

If power outage length is undetermined or will be out for an extended period families will be contacted via email if possible and a notice will be sent out through the SD#70 Pacific Rim App ([see bottom of SD70's Home Page to download](#)) and school will be closed to students for the morning.

If the power is restored by noon there will be afternoon classes though buses will not be running.

### **Recreational Youth Survey:**



The District of Tofino and Ucluelet have contracted a consulting agency to provide a survey regarding the provided recreational opportunities within both districts. The consulting firm alongside the District of Tofino has asked us to host and assist in facilitating the survey.

Ideally the survey will try to identify and highlight:  
What do you love doing for fun, relaxation, and/or fitness in your spare time?  
What activities do you wish you could do?

This will assist in planning the future of recreation and parks for the Tofino and Ucluelet area. The survey is anonymous and voluntary.

If you have any questions, please contact Vice Principal Mr. Bryan Grigg at [BGrigg@sd70.bc.ca](mailto:BGrigg@sd70.bc.ca).

## Winter Gear Callout

We are asking if any families have lightly used good quality rain jackets, gloves, and/or boots we would love to add these to our USS collection for students. Please connect with Mr. Lucas Anderson at [landerson@sd70.bc.ca](mailto:landerson@sd70.bc.ca) for more information.



### Important Dates:

- Nov. 27th-28th – Jr. Boys’ Basketball to Duncan and Qualicum**
- Nov. 29th-30th – Basketball camp @ USS, wrestling tournament in Duncan**
- Dec 1st – Holiday Market at USS in the gym put on by the District of Ucluelet**
- Dec. 2nd - Reports go home**
- Dec. 2nd-6th – TFN Youth event**
- Dec. 3rd – Grade 9 Entrepreneur Fair**
- Dec 6th-7th -Senior Boys ball Tournament @ USS**
- Dec. 6-7th -Girls’ Basketball in Duncan**
- Dec 7th – Wrestling in Nanaimo**
- Dec 10th -Law Trip to Port Alberni**
- Dec. 11th -Fire drill evacuation weather dependent & Hillary here for sexual education**
- Dec. 13th – ADSS here to play the Girls’ Basketball team**
- Dec 13-14th – Jr. Boys’ Basketball Tournament**
- Dec 16th – Girls’ Basketball team to ADSS**
- Dec. 20th -Last Day of school before Holidays**
- Jan. 6<sup>th</sup> – Back to School from Holidays**

A reminder to please download our school website app at the bottom of our school website (<https://www.sd70.bc.ca/uss>) for the most current USS information e.g., School Plan, Emergency Plan & Updates, Athletic Code of Conduct, etc.