

## USS Newsletter for December

We hope this newsletter finds all of our school community doing well.

Please take a moment to familiarize yourselves with the below information from our school.

- Report cards went out on Monday, so please take a moment to check in with your child and review their progress.



### Provincial Assessments for Grade 10s and 12s:

- A reminder that November's provincial exams were cancelled and have been rescheduled for the weeks of January 12<sup>th</sup>-23<sup>rd</sup>.

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The Math 10 provincial exam will be written in the spring.

Here are a couple of links to the BC government website explaining a bit about the required exams, what to expect, pre-assessment activities, and a parent brochure that you can download which has some quick facts about the assessment.

<https://curriculum.gov.bc.ca/provincial/grade-10-literacy-assessment>

Grade 10 Literacy

<https://curriculum.gov.bc.ca/provincial/grade-12-literacy-assessment>

Grade 12 Literacy



Our lunch program continues to run smoothly, and families interested in signing up can find all the details by following the hyperlink below.

[School Meals Program.](#)



Meet the USS Wellness Team



**Sarah Hagar- School Counsellor**  
Mental health, academics, post-graduation planning, and scholarships.  
  
Availability: Check out Sarah’s QR code to book a time!  
  
Email: SHAGAR@SD70.BC.CA



**Emily Collins- Mental Health Worker**  
Student wellness, mental health support, and connection to community counsellors.  
  
**Office:** Next to the Multipurpose Room (across from the main office)  
  
**Email:** ECOLLINS@SD70.BC.CA



**Jess Bennett- Inclusion support teacher**  
All student learning support, especially those with diverse learning needs.  
  
**Office:** DEN  
  
**Email:** JBENNETT@SD70.BC.CA



**Heather Hendry-Indigenous support Teacher**  
  
**Room 119**  
  
Support for Indigenous students.  
  
**TFN Homework Hall Wednesday’s**  
  
Email: HHENDRY@SD70.BC.CA



**Phil Busch-Indigenous Support Teacher**  
Support for yuutu?it?ath Students  
  
**Room 119**  
**Hitacu Homework Hall Tuesday’s and Thursdays**  
  
Email: PBUSCH@SD70.BC.CA



**John Meszaros-Indigenous Support Teacher**  
  
Support focused towards grade 8 and 9 Indigenous students.  
  
Email: JMESZAROS@SD70.BC.C A



**Krista Wagner-Indigenous Support Worker**  
**Room 119**  
**Cultural support as well as wellness and academic support**  
  
**Email:**  
KWAGNER@SD70.BC .CA

<b>Heather Hendry-Indigenous support Teacher</b>  <b>Room 119</b>  Support for Indigenous students.  <b>TFN Homework Hall Wednesday’s</b>  Email: HHENDRY@SD70.BC.CA	<b>Phil Busch-Indigenous Support Teacher</b> Support for yuutu?it?ath Students  <b>Room 119</b> <b>Hitacu Homework Hall Tuesday’s and Thursdays</b>  Email: PBUSCH@SD70.BC.CA	<b>John Meszaros-Indigenous Support Teacher</b>  Support focused towards grade 8 and 9 Indigenous students.  Email: JMESZAROS@SD70.BC.C A	<b>Krista Wagner-Indigenous Support Worker</b> <b>Room 119</b> <b>Cultural support as well as wellness and academic support</b>  <b>Email:</b> KWAGNER@SD70.BC .CA
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# Wellness Updates

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## YouthClinic

Run by Community Health Nurse Karyn  
Bernard  
Wednesdays from 1:00–3:00 PM Visiting Counsellors Office

**Services include:**

- Health information and resources
- STI and pregnancy testing
- Birth control

## GRASP PROGRAM

We just finished up grasp program with 12 USS Students & VI Crisis line!

**Students learnt:**

- Understanding emotions and communication
- Building healthy relationships and boundaries
- Recognizing empathy and inclusion
- Learning how to support others safely
- The Ripple Effect — how small acts of kindness make big impact



## Wellness Wednesdays

Join us every Wednesday at lunch in **Room 119** for a drop-in wellness activity!  
A great way to take a midweek break, connect with others, and care for your well-being.

## Sexual Health Education

Led by an Options Certified Sexual Health Educator

**Grade 8 & 9:** 8 weekly sessions during PHE and Careers (Oct 20 – Dec 8) **Grade 10:** 4 total sessions this semester **Land-Based Learning:** Weekly sessions from Oct 20 – Dec 8





# USS Sports

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.

## Sr.Boys Volleyball

The senior boys' volleyball team wrapped up their season by competing at Islands! They placed 6th in the tournament overall. They had lots of fun this year both in practice and tournaments! A huge thank you to our coaches Mr. Grigg, Mr. Maxwell, and Sin for making this season possible. Thank you to our senior players Tayte, William, Bodey, Hugh, Liam, and Eli for their last season. Looking forward to the years to come!



## Sr.Girls Volleyball

On November 3rd and 4th, our senior girls' volleyball team competed in the North Island Championship hosted at Nanaimo Christian. For many first-year players, it served as a special and exciting first tournament experience. For our 12th graders, it was a gratifying trip of nostalgia and adventure. Amazing job, girls! Thank you to our Coaches Jenna and Sarah

## Sr.Boys Soccer

The boys' soccer team has finished their season! They placed 4th at islands. We had a great season filled with laughs and passion. Thanks to Hugh, Eli, Bodey, Carter, Riley, and Liam for their final season with USS. An even more important thank you goes out to our coach, Ms. Cirella, as we couldn't have done it without you! There's an exciting future for these junior boys. Watch out for them in the next few years! Way to go Warriors, what a great season!







### Cross Country

With provincials finished, cross country season has come to an end! The team had an amazing season with lots of laughter and excitement. At

about every meet, there were USS athletes placing within the top 10, showcasing the strength of a small town. Congratulations to the graduating athletes Sarita and Liam. A huge thanks to our coaches Chloe, and Jenna for all the support and coaching! (It can definitely be difficult with such a rowdy group). And a final thanks to all the parents who constantly showed up to support, even with all the poor conditions. The USS x-country team has a bright future, keep it up Warriors!

### Grade 8 Girls Volleyball

The Grade 8 volleyball team wrapped up an incredible season with outstanding growth from start to finish. Their hard work and determination paid off as they competed at Highland Secondary on November 17, earning a 9th-place finish. Throughout the season, the players showed remarkable improvement, strong teamwork, and incredible sportsmanship—always giving their very best on and off the court. A huge shoutout to Mandala Smulders for helping to coach these young athletes. Both Jenna and Mandala are incredibly proud of the team’s dedication and can’t wait to see how these athletes continue to develop and shine throughout their high school volleyball careers.



### Extra-curricular

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**Basketball**

**SrBoys**

**Practices:**

- Monday 6:00pm-7:30pm at Wickaninnish
- Tuesdays & Wednesday from 5:00pm-6:45pmat USS

**Contact:** KNIXON@SD70.BC.CA

**SrGirls**

**Practices:**

- Monday and Thursdays from 5:00pm-6:45pm

**Contact:** ECOLLINS@SD70.BC.CA

**JrBoys**

**Practices:**

- Tuesday & Thursday 3:15-5:00pm

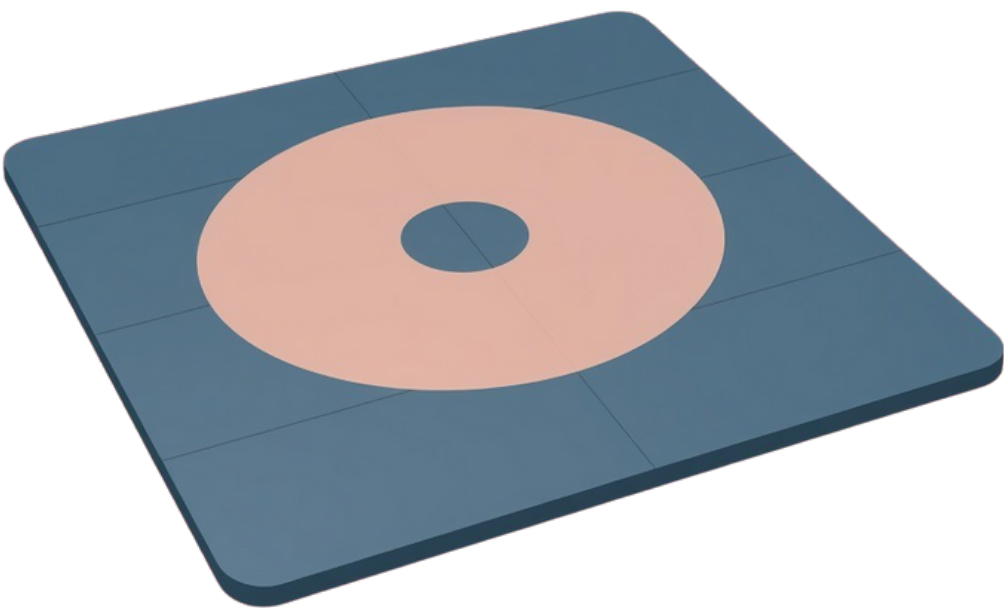
**Contact:** Colin Maxwell CMaxwell@sd70.bc.ca

**Grade8's**

**Practices:**

- Monday & Wednesday & Friday Afterschool **Contact:**

CSYLVESTER@SD70.BC.CA & SHAGAR@SD70.BC.CA



**Wrestling**

**Practices:**

- Tuesday & Thursday 3:15-5:00pm

**Contact:** BGRIGG@SD70.BC.CA



**Land Based Learning**

For more information on Land Based Learning please contact either:

Arran Jackson [ajackson@sd70.bc.ca](mailto:ajackson@sd70.bc.ca)

or

Drew Ryan [dryan@sd70.bc.ca](mailto:dryan@sd70.bc.ca)







### **Bottle Fundraising**

The Grad Fundraising Committee has setup an account at the Bottle Depot to raise money for the Parent organized Grad Event. You can bring your returnables to the Return-it centre in a clear plastic bag and use the account number: 250-726-6550 to contribute.

Please feel free to spread the word!

Thanks, Jolene for setting this up!

### **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.

- grade 8 and 9 students are brought to the Library and Learning Commons by staff
- grade 10-12 students will be brought to the gymnasium by staff



-while this is occurring administration 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.



**Important Dates:**

Nov 2<sup>nd</sup> – Environmental Science Invasive species removal  
Nov 28<sup>th</sup>-29<sup>th</sup> – Sr. Boys Ball in Sooke  
Dec 8<sup>th</sup> – Law 12 to the courthouse in Port Alberni  
Dec 10<sup>th</sup> – Fire drill  
Dec 12<sup>th</sup>-13<sup>th</sup> Basketball on the Edge Senior Boys' Tournament at USS  
Dec 19<sup>th</sup> – Last day of school before the break  
Jan 5<sup>th</sup> – school re-opens  
Jan 12<sup>th</sup>-23<sup>rd</sup> – grad assessment for grade 10s & 12s  
Jan 23<sup>rd</sup> – end of semester one  
Jan 26<sup>th</sup> – turnaround day \*no school for students  
Jan 26<sup>th</sup>-27<sup>th</sup> – grad photos  
Jan 27<sup>th</sup> – semester two starts

**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.**



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