

*School
District 43
Coquitlam*

Vanier Voice

**Volume 1,
Issue 2,
November
2025**

A Message from the Principal

As the vibrant colors of fall settle in around us, October has brought a wonderful mix of celebration, creativity, and community spirit to Vanier Center. From our joyful Harvest Lunch to the imaginative Pumpkin Carving and the always-entertaining Halloween Costume Contest, it's been heartwarming to see so many students dive into the season with enthusiasm and flair.

This month also marked the exciting launch of electives at Encompass, with PE and Guitar classes now in full swing. Watching PE come alive through real-life Mario Kart races and a Zombie Obstacle Course has been nothing short of amazing. Our students' energy and imagination truly shine!

Now that I've had the pleasure of being here for two full months, I continue to be inspired by the kindness and care our students show every day. Their commitment to giving back through Service Club activities,

such as visiting the SPCA, helping with LINC Food Distribution, and cleaning up local trails, reflects the heart of our school community.

We're also thrilled to welcome Jason Ho from the YMCA Youth Educational Supports Program (YESP), who joins us every Wednesday afternoon. Jason offers tutoring, mentorship, and career planning support, and we're incredibly fortunate to have him as part of our team.

Whether in CLC or Encompass, the warmth and dedication of our staff and students make Vanier Center a truly special place. I feel deeply grateful to be part of these amazing programs and look forward to all the meaningful moments ahead.

With appreciation,
Tara Marinkovic
Principal

Important Dates:

November 5th – Monthly Movie Mingle (2:15 - 4:00 pm)

November 10th - Remembrance Day Assembly (10:30 - 11:15 am)

November 11th - Remembrance Day (No School)

November 18th - Community Dinner (5:00 - 7:00 pm)

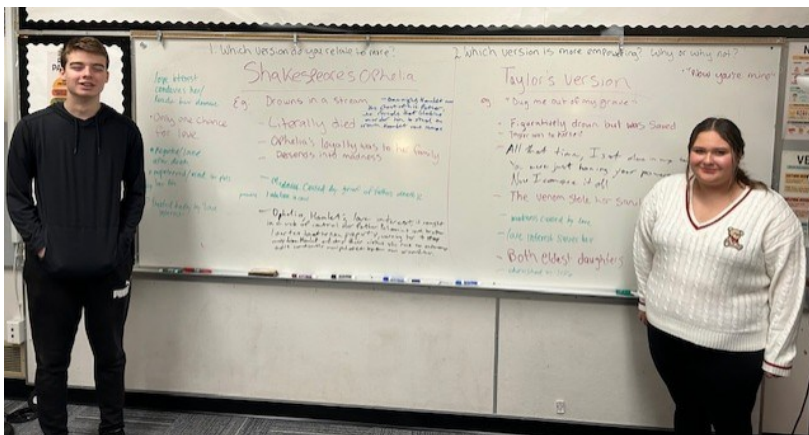
November 28th - End of Term One

Customized Learning Centre Connections

This month, our English classes brought Shakespeare into the 21st century with an exciting twist, comparing Taylor Swift's new song "*The Fate of Ophelia*" to the tragic character Ophelia from *Hamlet*. Students explored how themes of love, loss, and identity transcend time, analyzing Swift's lyrics alongside Shakespeare's text to uncover striking parallels, as well as glaring differences. The classroom was full of energy as we debated whether Swift's modern interpretation gives Ophelia the love story she so badly wanted and the voice she never had.

This approach was a fun way to make Shakespeare relevant by blending classic literature with contemporary music. Students discovered that the struggles of Ophelia, caught between expectation and emotion, still resonate today. We had so much fun learning a brief part of *Hamlet* while using the relevance of Taylor Swift to compare it to!

"The Fate of Ophelia is Tragic"



Grade 12 Students Erick Gondim & Savannah Fernandez

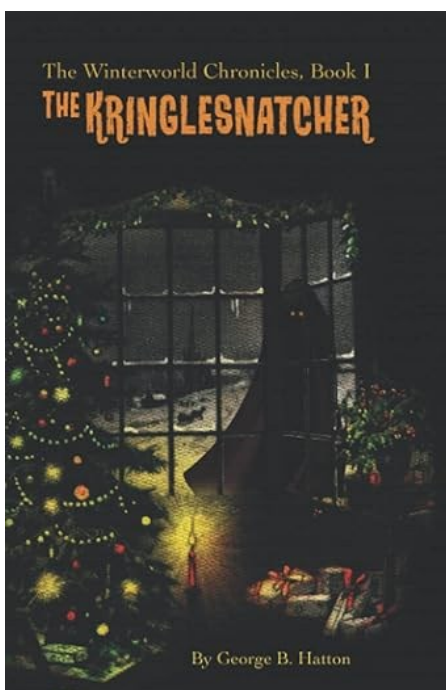
Student Spotlight

George Bailey Hatton was born and raised in Port Moody BC. George was a creative child, often writing short stories and building fictional worlds. In 2021, George began writing a short story in their free time at school, called The Kringlesnatcher. After a year of writing, George published The Kringlesnatcher on October 22nd, 2022.

In 2023, George was featured in the Port Moody Public Library White Pines Author Collection. Immediately after The Kringlesnatcher was published, George began work on the sequel. Then they hit a roadblock. George rewrote the first chapter of their second book five times, always unsatisfied with the result. They decided to take a step back from the book, letting their ideas gather for a while before returning.

In 2023, George came back to the book, spending two years writing it. After another three months of editing, The Man of the Mountain officially released on October 24th, 2025.

George is a proud member and advocate of the 2SLGBTQIA+ community and uses their writing to show open and honest portrayals of characters across the spectrums of gender and sexuality.



Find the White Pines Author Collection:

<https://www.portmoodylibrary.ca/en/news/our-2023-white-pines-authors-part-1.aspx>

Find The Kringlesnatcher:

https://www.amazon.ca/Kringlesnatcher-Winterworld-Chronicles-Book-One/dp/B0BK51N8QD/ref=sr_1_1?crid=3IJLUZAYGG148&dib=eyJ2IjoiMSJ9.8Tct6JSF3f0z0Sv8RxBmzg.iKtGy6J-GWwsHt_xkubcCs5MJ9vt5yGExnqISX2uSU8&dib_tag=se&keywords=The+kringlesnatcher&qid=1761673689&srefix=the+kringlesnatcher%2Caps%2C261&sr=8-1

Find The Man of the Mountain:

https://www.amazon.ca/gp/product/B0FXPTV454?ref=db_s_m_mng_rwt_calw_tpbk_1&storeType=ebooks



Encompass Expressions

October has been a busy month for the department of humanities at Encompass 10-12! As students in English Studies 12 continue to develop their understanding of the writing process – brainstorming, drafting, revising, completing – through our composition unit, we have also begun to delve into the world of fiction, beginning with Ursula Le Guin's famous short story "The Ones Who Walk Away from Omelas". Students have explored complex themes of morality, the idealism of utopia and how they connect with issues students are seeing in our own world today.

Reflecting on their learning over the past month, one student shared the following insights around their personal growth as a learner and communicator:

"After writing this essay I feel like I've gained a better understanding of the process of writing and grammar tools.... I am glad that I was able to improve this important skill in life throughout this assignment and unit."

In Social Studies 10/11, students have continued their personalized learning journeys, exploring a broad range of topics they selected at the outset of the course. Some students are creating imaginary cities in real-world environments to show the effects of human

development on our ecosystems, while others write reports on how the echoes of the First World War continue to shape Canadian society and the broader world. Exploring different kinds of learning preferences continues to build our students' understanding of themselves as informed citizens and seeing how while many things have changed over the years, others have stayed the same.



Fundraising Initiatives at Encompass and the CLC

This year we kicked off fundraising at Vanier Centre with our Fresh to You Fundraiser which is presented by the BC Agriculture in the Classroom Foundation. This was an opportunity for students and families to purchase a bundle of fresh local produce that is set to be delivered mid-November. If you have purchased a bundle please stay tuned for a pick-up date to be sent via email. We also wanted to send out a sincere thank you to all that were able to support this initiative. Our school was able to raise over \$500! This money will then be used to help fund special events at school, our year end dinner and dance, and to offset the costs of field trips.

With Christmas just around the corner we will also be starting our Purdys Chocolatier fundraiser. This is a great opportunity to do a little bit of early Christmas shopping and support the CLC and Encompass students. The deadline to make a purchase from the online Purdys order form is **Monday December 1st** please make sure to use campaign: #55891 Customized Learning Centre / Encompass. If you have any questions please reach out to Dannielle at Dnaidu@sd43.bc.ca

<https://fundraising.purdys.com/1195203-130909>

Action Plan for Learning 2025–26: Strengthening Family-School-Community Connections

One of our key goals this year is to deepen the connections between our school and the families we serve. We know that when educators and families work together, we create a powerful support system that nurtures student growth, confidence, and success. To help bring this goal to life, we're thrilled to announce our first-ever Vanier Community Dinner! This special event will be held on Tuesday, November 18th from 5:00 – 7:00 pm in the Vanier Gym, and is designed to bring together families from both the CLC and Encompass programs - parents, guardians, siblings, and students - for an evening of connection and celebration. The evening will begin with a shared meal, giving us the chance to "break bread" together in a warm and welcoming atmosphere. Following dinner, we'll host an open house where families can explore classrooms, meet staff, and get a closer look at the spaces where students learn, grow, and thrive. Over the next week, each family will receive an email with more details about the evening, including a link to RSVP. Our dream is that every family will attend this event! To make the night even more special, we'll have draw prizes and a Family Photo Booth to capture the memories. Our hope is that through casual conversations and shared experiences, we can build stronger relationships with our families and create a deeper sense of community. We believe that when we come together with a shared purpose, to support our students, amazing things can happen. We are better together, and we can't wait to welcome you to this special evening.

PLEASE JOIN US FOR A

Fall Open House

TUESDAY, 18TH OF NOVEMBER
5:00–7:00pm

ALL CLC & ENCOMPASS STUDENTS AND THEIR FAMILIES, INCLUDING SIBLINGS, ARE INVITED TO MINGLE, SHARE A MEAL, MEET THE STAFF AND CHECK OUT VANIER CENTRE

DINNER WILL BE SERVED AT 5:30PM



Counsellor's Corner with Heng-Zi

Sleep Hygiene

Autumn is upon us, and with the changing weather and the reduced hours of sunlight, sleep is often impacted. Over the years, I've had many conversations with students about their sleep patterns and so I'd like to provide a few suggestions on how to work on having good sleep. Teenagers, especially, with their rapidly changing bodies and brains, need sufficient sleep as part of their healthy development.

Even in adulthood, many (myself included) have found sleep challenging. With these suggestions, I hope that you all get, not just one, but many good nights of sleep!

24 hour Clock Consideration (Circadian

Rhythm): Think about sleep not just RIGHT before you want to sleep but reflect on all the things you do in one day that impact your sleep. Your body needs time to build up to sleep and so it's important to not be cramming so much into your day that you just press "stop" and try to jump into bed and fall asleep 10 minutes before you want to be asleep. The body needs time to adjust.

Quality over Quantity: It is often said that we need to get 8 hours of sleep. However, everyone's bodies are different and focusing on the number of hours of sleep rather than the quality of sleep can negatively impact your sleep. What is important is that you're getting uninterrupted sleep for as long as possible. Thus, getting 4 hours of quality sleep is better than 8 hours of broken up, fitful sleep. Build up to getting the number of hours that work best for your body. Adolescents need anywhere between 8-10 hours on average.

Caffeine Intake: In considering the 24 hour clock of our bodies, drinking too much caffeine later in the day will impact your ability to sleep because caffeine has a long 'half life'. If you drink coffee or a caffeinated beverage at 9am, it means that half of that caffeine is still in your body 4-6 hours later. This means that it will not be out of your system completely until 7pm or 9pm. Safe to say, try to stop taking caffeine around 8 hours before your intended bedtime.

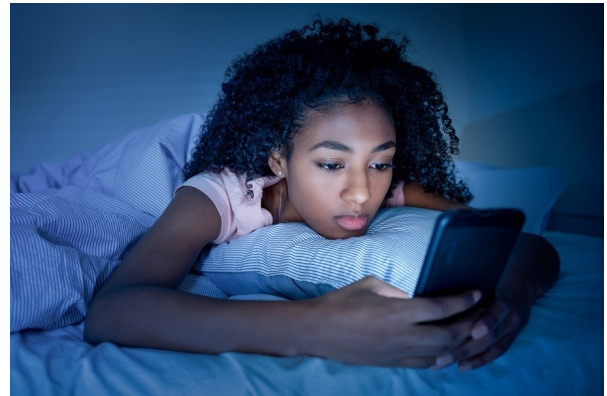
Sleep Hygiene Plan: Sleep is, like any activity, something that we should 'prepare for'. Think about a sleep hygiene plan like planning for a trip. No one just jumps in the car and takes off the moment they think of a trip. In the same way, it's important to plan how you want to be best prepared to have a good night's sleep. Sleep is often not just something that "happens". The more we can put some thought into the plan, the better the chances at decent sleep.

The sleep hygiene plan should include things such as:

- Establishing nightly rituals to wind down without screens/devices
- Take a shower/bath
- Make a warm beverage (non-caffeinated)
- Listen to some calm music
- Dimming the lights (at least an hour before you want to sleep)
- Lighting candles, turn on a diffuser with essential oils
- Reading a book
- Journalling
- Do some art – sketching
- Light movement : stretching
- Consistently starting your sleep rituals at least an hour before you want to lie down

Screen Time: This may be the hardest thing to change, (admittedly, I struggle with this too) but try and turn off or put away your phone or devices at least 30-60 minutes before you want to put your head on the pillow. Having the phone charge in another room or at least not within arm's reach, will help signal to your body that it is time for sleep. Being on a screen up until the moment you want to sleep is like running a full sprint and then expecting to return to resting heart rate in a moment. Your body is not prepared to sleep when you have been staring at bright lights and having your mind activated up until that moment you turn it off.

each other so that they know when to go to sleep. In current times, we live in a world where we can access devices and have lights on all the time. As a result, our bodies have a much harder time knowing how to fall asleep. Teaching our bodies to go to sleep is a skill and a habit that we have to work on throughout our lives.



It is essential to teach our brains and bodies to talk to

CLC Service Club Cares for Its Adopted Trail

As autumn leaves begin to turn, nature pauses to rest. For the **CLC Service Club**, it signals a renewal of our commitment to making a positive impact both within our school and the wider community through our volunteer efforts.

In 2022, the Service Club partnered with the City of Coquitlam in officially “adopting” the trail in Laurentian Park, located just behind our former home at Montgomery Centre. Although we have since relocated, we remain proudly dedicated, as local environmental stewards, to ensuring that our trail stays clean and safe for community members to enjoy.

A few weeks ago, seven Service Club members, under the watchful guidance of our newly promoted captain, Matteo Morrison, took part in our fall visit. Alongside the usual collection of wrappers and bottles, we discovered a few unusual items: a diaper, a cafeteria tray, and even a sweater tangled in a tree on a steep embankment. Recovering it in the muddy conditions proved too risky for our enthusiastic members. Nevertheless, friendly wagers were made about who would

be first to successfully retrieve the elusive sweater when we return for our spring maintenance session. We are happy to report that we found no signs of vandalism or graffiti this time. Let the record also show that our outing ended with shared laughter and growing camaraderie amongst our volunteers—a reminder that community service is as much about connection as it is about care.



Halloween Fun at Encompass and the Customized Learning Centre

On Thursday the Customized Learning Centre and Encompass combined forces and celebrated Halloween in the gym. It was amazing to see so many of our staff and students show up dressed in costumes. We would also like to thank the Superstore on Lougheed for graciously donating 30 pumpkin to Vanier Centre! It was amazing that we were able to allow our students the opportunity to carve pumpkins. Take a look at some of the highlights from this spooktacular event!











MOVIE AFTERNOON

**Join us for
Fresh
Popcorn and
a Movie !**

**Wednesday
November
5th
2:30-4:00pm**



SD43Education
FOUNDATION



SD43 Education Foundation Online Auction LIVE November 8 - 25, 2025

Make a Difference in Your Community

The SD43 Education Foundation Online Auction raises funds to support students and programs across Coquitlam, Port Coquitlam, Port Moody, Anmore, and Belcarra.

Last year, the following schools benefitted from sharing **\$51,120** in grants:

Birchland Elementary
Centennial Secondary
Hampton Park Elementary
Kilmer Elementary
Mundy Road Elementary
Port Moody Secondary

Cape Horn Elementary
Como Lake Middle
Heritage Woods Secondary
Meadowbrook Elementary
Parkland Elementary
RC Macdonald Elementary
CABE Secondary

Castle Park Elementary
Gleneagle Secondary
Inquiry Hub
Montgomery Middle
Pinetree Secondary
Suwa'ikh School

Amazing Items and Experiences

Bid on vacations, hotel stays, dining experiences, local gift certificates, hockey and sports tickets, golf packages, technology, and more exciting items for everyone.

Visit, Bid and Share: www.32auctions.com/SD43foundation