



Whoo's News



October 28, 2022

Congratulations to the KSS Track and Field Team on their impressive showing at the Valley's held at Telemark Nordic this week!

We have 8 athletes competing at the Provincial Championships on Nov. 5 in Victoria!

This is the first time in 30 years that the Sr. Girls have been Valley Champions!
GO OWLS!!!!



Event: Dual Credit Information Night
Date: Tuesday, Nov. 15/2022
Location: Kelowna Secondary School (1079 Raymer Ave) Multi-Purpose room.
Time: 5:30pm-7pm (Vendors to be available to the public at 5:30pm, presentation starts at 6:00pm)

Agenda

5:30pm: Vendors ready to welcome guests and provide program information to students and parents
6:00pm: Dual Credit Presentation Overview – Bob Boback
6:30 - 7:00pm: Parents & Students visiting vendor tables to learn more
7:00pm: End of event

See Page 3 for all the details!!

SAVE THE DATE

Upcoming dates . .

November 1	Prom Planning Committee meeting at 6:30 p.m. at KSS in room 193
November 8	PAC Meeting 6:30 p.m. in the LLC or via Zoom
November 10	Remembrance Day Assembly—10:45 a.m.
November 10	Quarter 1 Ends
November 11	Remembrance Day
November 24	Report Cards released digitally @ 3:00 p.m.
November 29	COBSS Applications open

Coming soon . .
Grad 2023 clothing!

Whoo's News



Grade 11 and Grade 12 Parents:

The **prom planning committee will be starting up on Tuesday, November 1 at 6:30pm** at KSS in room 193. Enter through the door on the right side of the front of the school. All grade 12 parents and guardians are invited to join, and grade 11 parents are invited to get involved as well, both for inspiration for 2024 and to begin what will hopefully become a new tradition of grade 11 parents running the event on the day of while grade 12 parents share the day with their graduate.

Halloween is quickly approaching. Students are welcome to bring a costume to school on Monday. Our leadership teachers and students are creating a number of fun activities to support this day.

However these costumes should be appropriate for the school environment.

1. Costumes are expected to be in good taste.
2. Costumes with masks are not permitted.
3. Costumes are not to have any dangerous accessories (ie. toy guns, or other weapons etc.)

Costumes that are offensive to others' religion, race, culture or belief system are not permitted. Students must show respect for others by not choosing costumes that are insensitive and/or offensive to the diverse backgrounds represented by others at our school.

KSS promotes the values expressed in the **BC Human Rights Code** respecting the rights of all individuals in accordance with the law – prohibiting discrimination based on race, colour, ancestry, place of origin, religion, marital status, physical and mental disability, gender identity and gender expression, sex or sexual orientation – In respect of discriminatory publication and discrimination in accommodation, service, and facility in the school environment.

Please make every effort to keep this day fun and safe for all students and staff



This year for the **KSS Remembrance Day Ceremony** we would like to make a slideshow of family members and/or friends of the KSS Community that have served. If you have a digital copy of a photo of a loved one that you would like included, please email it to Mr. Holly at ryan.holly@sd23.bc.ca, along with the name of the person(s), and their relations to KSS. For example:

Captain Stanislaw (Stan) Holly
Ryan Holly's Grandfather



2022 Post Secondary Institution Representative Visits to KSS

Date	PSI Name	Time	Location
November 2	Dalhousie University	11:30 am- 12:30 pm	MPR
November 18	University of Alberta	11:30 am- 12:30 pm	MPR
November 28	Western University	11:30 am- 12:30 pm	MPR

Transcripts: View, Order, Send

Please see the [KSS website](#) for all the instructions.

UBC (VANCOUVER) BACHELOR OF COMMERCE PROGRAM UBC SAUDER SCHOOL OF BUSINESS

This year, the UBC Sauder School of Business is hosting an in-person information session for students and family members interested in the Bachelor of Commerce (BCom) program. The **UBC Sauder BCom Fall Preview** information session is an opportunity to learn more about the admissions process and offers a first look at student life in the program.

Event Name: UBC Sauder BCom Fall Preview information session

Date & Time: Saturday November 5, from 9:00am– 12:30pm

Location: Henry Angus Building at UBC Vancouver ([map](#))

Registration is required. Please register at sauder.ubc.ca/event/fall-preview-2022

SAVE THE DATE!

DUAL CREDIT INFO NIGHT

STUDENTS & PARENTS WELCOME !!

TUES, NOV. 15, 2022 - KELOWNA SECONDARY – 5:30-7:00PM

Vendors meet and greet from 5:30-6:00pm. Presentation will commence at 6:00 pm.

Follow us!



Dual Credit SD23



dualcreditsd23



www.dualcredit23.com

You're invited to hear about exciting student **DUAL CREDIT PROGRAMS** offered in our district that allow access to post-secondary training while still in high school. The following opportunities are available to you with sponsored post-secondary tuition:

"tuition coverage ranges from \$2,200 to \$8,000"

Aircraft Maintenance Engineering
Automotive Service Technician
Carpentry/ Joinery
Certified Education Assistant
Computer information Systems Administration
Culinary Arts
Early Childhood Education
Electrician
Emergency Medical Responder

Engineering (UBCO)
Forestry (Utility Arborist)
Hairstylist
Health Care Assistant
Heavy Mechanical Trades
Plumbing and Piping Trades
Refrigeration and AC Mechanic
Sheet Metal
Welding

'intheknow'

Connect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion Focused Family Therapy (EFFT)

When we experience relationship challenges with our children, it can be stressful for all involved, leaving parents confused, frustrated, even walking on eggshells. Dr. Adele Lafrance provides techniques to support parents to heal relational ruptures with kids and teens using an emotion-focused approach.

Come together with other families to watch this one hour video presentation followed by a 30 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Event Date(s):

Thursday, November 3 at 5:00pm (PST)
Monday, November 6 at 6:30pm (PST)
Tuesday, November 15 at 5:00pm (PST)
Wednesday, November 23 at 12:00pm (PST)
Tuesday, November 29 at 6:30pm (PST)

Registration required:

www.familysmart.ca/events

Cost: Free of Charge



We Are Families and we serve families

Are you looking for help or information about mental health support and services for your child or youth?

We know how important you are, and that you might need some support now too. We are also parents of kids with mental health and/or substance use challenges. We are here for you and we want to help.

Here are some of the ways we can offer support to you and your family:

PARENT PEER SUPPORT

We provide emotional support, information, resources, and help in navigating services for parents & caregivers of a child, youth or young adult with a mental &/or substance use challenge.

EVENTS

Every month, we host events called 'in the know.' We watch a video and share experiences and strategies that help in the hard moments. We help focus on strengthening our understanding & connection with our kids. Events are facilitated by FamilySmart Parent Peer Support Workers. Offered online and in person in some communities.

RESOURCES + VIDEOS

Our website has free resources and videos on topics important to families who are parenting a child or youth with a mental health and/or substance use challenge.

WORKSHOPS + TRAINING

We offer workshops for parents and caregivers whose child/youth has been a patient in a psychiatric unit. It's really tough when your child is struggling and ends up in crisis - and we want to help.

We also offer training that brings together young people, parents/caregivers and professionals to learn with and from each other to help experiences between them go better.

OUR SERVICES ARE FREE. NO WAITLIST. WE GET IT.

Email: info@familysmart.ca
Phone: 1 (855) 887 8004

familysmart.ca



YMCA of Southern Interior BC
Mindfulness Services

FREE!

You'll get by with a little help from new friends.

Learn how to manage stress, struggles, and anxieties in a welcoming and judgement-free group setting.

Our instructors deliver sessions online and in person.

Participants get a **free 3-month YMCA membership**.



ymcasibc.ca/mindfulness

'intheknow' Connect and Learn

MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/or substance use challenge called "in the know."

NOVEMBER

It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy
Speaker: Dr. Adele Lafrance

SEPTEMBER

Parenting When Anxiety Shows Up As Anger
Speaker: Karen Peters, RCC

DECEMBER

ADHD - The Real Deal
Speaker: Dr. Don Duncan

OCTOBER

Building Connection With Our Kids When It Feels Impossible
Speakers: Diane Evans & Tammy Music, Parent Peer Support Workers

Join us to watch a video and talk with other families about what helps. Online events are facilitated by FamilySmart Parent Peer Support Workers.

familysmart.ca/events





YMCA
Career Development
Services

FREE PROGRAM



JUMPSTART

Employment Program ages 16-30

You get

- ✓ 1st Aid, Foodsafe, SuperHost, WHMIS
- ✓ resume and cover letter
- ✓ job search and interview skills
- ✓ confidence
- ✓ paid while you learn

Reserve your seat now!

2 start dates:
Dec 5, 2022
Jan 16, 2023

Text or call
250-718-6179
Email
mariana.souza@ymcasibc.ca

Virtual Information Sessions
Tuesdays 10:30am or 4:00pm

SCAN ME



Building healthy
communities

THE NUTCRACKER

presented by

2022
THE CANADIAN SCHOOL OF BALLET

featuring dancers from Ballet Kelowna

Friday Show is Sold Out
Second show added for Thurs Dec 8th!
Same show time.

Friday December 9th

at the

Kelowna Community Theatre

Show Time:

11:45 am to 1:30 pm

Ticket Price:

\$8 per student

To reserve seating please contact
Ashley Dumas by email at:

ashley.dumas@sd23.bc.ca

Booking Deadline Date: November 18th



THE
CANADIAN
SCHOOL OF BALLET

Tel: 778-484-5100
Email: info@csballetdancer.com
www.canadianschoolofballet.com

KELOWNA WATER POLO CLUB FALL SEASON JUNIOR & SENIOR YOUTH TEAMS 4th Oct to 15th December



WHY SHOULD I JOIN THE WATER POLO CLUB?

If you love swimming and team sports then water polo could be the game for you. We offer a unique aquatics program in Kelowna for youth and adults which is delivered by coaches who have competed at national and international level.

WATER POLO SKILLS FOR OLDER TEENAGERS & LIFEGUARDS

Water polo involves ball handling skills as well as specialised swimming skills such as eggbeater, head-up-front crawl that are useful for older teenagers looking to stay fit for lifeguard training. Water polo is a fast paced and exciting Olympic discipline where players have to think strategically as well as developing strong swimming skills in this contact sport. **Choose to practice from 1 to 3 times per week.**

MORE INFORMATION: <https://kelownawaterpolo.ca> or kelownawaterpolo@gmail.com



SENIOR YOUTH PRACTICE SCHEDULE (2006-2009)

Tuesday 8-9 pm - Kelowna Family YMCA
Thursday 7.30-8.30pm - Parkinson Recreation Centre
Sunday 6-7pm - H2O

JUNIOR YOUTH PRACTICE SCHEDULE (2010-2013)

Tuesday 7-8 pm - Kelowna Family YMCA
Thursday 7.30-8.30pm - Parkinson Recreation Centre
Sunday 6-7pm - H2O

KELOWNAWATERPOLO.CA



Children & Youth

Expressive Arts Grief Support Night



Date: **Thursday, November 17th**

Times: **4pm-5pm (ages 5-12)**

5:30pm-6:30pm (ages 13-17)

Location: **#200-1890 Cooper Rd, Kelowna**

Registration is required and space is limited.

Snacks and refreshments will be served.

There is no cost to attend.

In recognition of Children's Grief Awareness Day, **Central Okanagan Hospice Association**, in collaboration with art therapist, **Amy Van Dongen**, is pleased to host a special Expressive Arts Grief Support Night for children ages 5-12 and youth ages 13-17. Come join us in creating a personalized Memory Tree in honor of a loved one who died. These individual projects are yours to create and take home.

To register, please call: **Ian Kunitski 250.763.5511**

Or email: **ian@hospicecoha.org**

COHA
AUGUST CENTRE

#200—1890 Cooper Rd. Kelowna, BC | P. 250.763.5511 | www.hospicecoha.org



Volunteers Needed

Our Christmas Kettle Campaign is coming soon

STUDENT VOLUNTEER OPPORTUNITY –

GRADE 10 – 12

THE SALVATION ARMY IS LOOKING FOR VOLUNTEERS FOR THE UPCOMING CHRISTMAS KETTLE CAMPAIGN. STUDENTS WHO PARTICIPATE IN THIS OPPORTUNITY WILL BE PLACED IN MYWEX WITH THE VOLUNTEER HOURS GOING TOWARDS THEIR 30-HOUR CAREER EXPLORATION REQUIREMENT.

FOR MORE INFORMATION AND AN APPLICATION PACKAGE PLEASE SEE THE KSS CAREER CENTER.

Project Placement

sign-up now

KGH VOLUNTEER OPPORTUNITIES



Royal Bistro and Deli
The Gift Shop
The Perking Lot
Rutland Thrift Shop
Info Desks
Unit helper

Visit the Career Centre to sign up or to ask for more information



Interested in taking a course at UBCO or OC in Grade 12?

Academic Dual Credit Program is a collaboration between SD23 and OC & UBC.

Who should attend: Any Grade 10, 11 or 12 student.

Courses can be taken during your Grade 12 year and ideally you plan during your Grade 10&11 year. Grade 12's can plan for the second semester of their Grade 12 year.

What are the costs?

SD23 Pays your Tuition

What Courses can I take?

UBC-O - first year Engineering
Okanagan College - many options

For more information:

Tues, Nov 2nd
KSS Career Centre
12:00pm - 12:30pm

Pizza Provided



PARENTING YOUR ANXIOUS YOUTH



**MEET FOR 1.5 HOURS WEEKLY
WITH PARENTS/CAREGIVERS
WHO ARE ON THE SAME JOURNEY**

Who:

Parents/Caregivers of youth aged 12-16

5 Group Sessions:

Thursdays 4:30 - 6:00 p.m.
October 27 – November 24

Where:

The Bridge Youth & Family Services
#8-2604 Enterprise Way

Admission:

No Cost

To register email jen.teigen@thebridgeservices.ca
or call 250-718-1412

We will talk about:

- ✓ What anxiety is and how it works.
- ✓ How to better understand your youth's experience.
- ✓ Skills to help your youth cope.
- ✓ Skills to communicate with your anxious youth.
- ✓ Skills to manage situations in which your youth's anxiety impacts daily life.



We transform lives
and build community

8-2604 Enterprise Way | Kelowna, BC | V1X 7Y5
250-763-0456



SATURDAY, DECEMBER 3, 2022 – 11:00 A.M. TO 6:00 P.M.

STUDENT VOLUNTEER OPPORTUNITY – GR 10 – 12

THE DOWNTOWN KELOWNA ASSOCIATION IS LOOKING FOR VOLUNTEERS FOR THE UPCOMING WINTER STREET MARKET & LIGHT UP! STUDENTS WHO PARTICIPATE IN THIS OPPORTUNITY WILL BE PLACED IN MYWEX WITH THE VOLUNTEER HOURS GOING TOWARDS THEIR 30-HOUR CAREER EXPLORATION REQUIREMENT.

FOR MORE INFORMATION AND AN APPLICATION PACKAGE PLEASE SEE THE KSS CAREER CENTER.

DEADLINE TO APPLY: NOVEMBER 23RD



All-Girls* Events

Join us for a captivating and exciting day at UBCO that is all about Engineering. In this free event you will meet current UBCO faculty and students as you are led through fun hands-on activities including design challenges. Connect with other like-minded students and talk to undergraduate mentors who will share their stories and experiences.

Want to Register?

See your Career Centre for permission form and UBC-O's online registration.

Limited seats!

*We have an inclusive view of the word "girl" and we welcome trans, genderqueer, and non-binary participants interested in these workshops.

Engineering

Into the Universe

Grade 9/10

November 25th, 2022

UBC Okanagan

9:30 AM to 2:30 PM

Busing provided by your school

Pizza Lunch Provided
(vegan, GF choices)

Rutland Winter Light Up

November 27, 2022

Volunteers Needed:

Grades 10 -12

Sign up in the Career/
Counselling Center

Location: Rutland Centennial Park



**FREE
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JUMPSTART

Employment Program ages 16-30

You get

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- ✓ job search and interview skills
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- ✓ paid while you learn

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