



# Whoo's News

September 22, 2023

## TRUTH & RECONCILIATION WEEK SEPTEMBER 25-29

Kelowna Secondary School's Truth and Reconciliation Advisory Committee was formed last year. As Truth and Reconciliation is on our minds on a regular basis, we have a student-driven committee that works with supporting staff and students enrolled in the Indigenous Academy on two major initiatives in our school:

-The upcoming Truth and Reconciliation Week (September 25-29, 2023).

-The KSS Outdoor Classroom Project.

### Truth and Reconciliation Week

Each year, September 30th marks the National Day for Truth and Reconciliation. The day honours the children who never returned home and the survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

At KSS, we organized our first Truth and Reconciliation Week two years ago to honour Canada's first National Truth and Reconciliation Day. A number of events took place throughout the week, including discussions about residential schools in classes, gatherings of students, and an emphasis on the Calls to Action. Next week, the Indigenous Academy is focusing on a theme for each day, listed below. Bannock will be available for sale on Tuesday!

Monday – Truth

Tuesday – Reflection

Wednesday – Healing

Thursday – Resilience and Reconciliation

Friday – Orange Shirt Day at KSS

Monday, October 2nd— NO SCHOOL, in lieu of National Day for Truth and Reconciliation

**We will WEAR ORANGE on Friday, September 29th.** The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations. Please wear orange on this day to honour the thousands of survivors of residential schools. We will be having a symbolic 215 seconds of silence on Friday, after the morning announcements. Students have prepared some information for teachers to offer to their classes, along with some reflective activities.

### **Upcoming dates . .**

|               |                                                                        |
|---------------|------------------------------------------------------------------------|
| Sept 25-29    | Truth & Reconciliation Week                                            |
| Sept 27       | Rotary Youth Exchange Information Night 5:30-6:30 p.m. in KSS MPR      |
| Sept 29       | <b>Orange Shirt Day (at KSS)</b>                                       |
| Sept 30       | National Day for Truth and Reconciliation                              |
| Sept 30-Oct 1 | Jr. Best of the West Volleyball Championships                          |
| Oct 2         | <b>NO SCHOOL</b> —in lieu of National Day for Truth and Reconciliation |
| Oct 6         | <b>NO SCHOOL</b> —Implementation Day                                   |
| Oct 9         | <b>NO SCHOOL</b> —Thanksgiving Day                                     |
| Oct 10        | KSS PAC Meeting via Zoom at 6:30 p.m.                                  |
| Oct 11        | <b>Early Dismissal at 1:30 p.m.</b>                                    |
| Oct 11        | <b>Parent-Teacher Conferences—4:30-6:30 p.m.</b>                       |



# GRAD 2024



*The most up-to-date Grad 2024 information may be found on the KSS Website, under “Students”, “Grad” - Link [HERE](#).*

## 2023 Post Secondary Institution Representative Visits to KSS

| Date                   | PSI Name                                                               | Time         | Location |
|------------------------|------------------------------------------------------------------------|--------------|----------|
| Sept. 20 <sup>th</sup> | Grade 11 & 12 student and parent information session in gym            | 6:15 pm      | Gym      |
|                        | BC Liaison Evening with 16 BC post-secondary school reps in attendance | 7 pm-8:30 pm | MPR      |
|                        | Parent info session in gym at 6 pm                                     |              |          |
| Sept. 27 <sup>th</sup> | University of Alberta rep                                              | 11:30-12:30  | MPR      |
|                        |                                                                        |              |          |
| Oct. 12 <sup>th</sup>  | Dalhousie University rep                                               | 11:30-12:30  | MPR      |
| Oct. 19 <sup>th</sup>  | University of Calgary rep                                              | 11:30-12:30  | MPR      |
| Oct. 25 <sup>th</sup>  | University of Victoria Business Faculty presentation                   | 11:30-12:30  | 101E     |
|                        |                                                                        |              |          |
| Nov. 21 <sup>st</sup>  | University of Saskatchewan                                             | 11:30-12:30  | MPR      |
| Nov. 21 <sup>st</sup>  | Center for Arts & Technology                                           | 11:30-12:30  | MPR      |

## REMEMBRANCE DAY

Last year for the KSS Remembrance Day Ceremony we made 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 to be added to the presentation this year, please email it to Mr. Holly at [ryan.holly@sd23.bc.ca](mailto:ryan.holly@sd23.bc.ca), along with the name of the person(s), their rank if known, and their relations to KSS. If you provided a photo last year it will be included in this year's presentation (i.e., you do not need to send it again). See Mr. Holly for questions. Thank you.



*Example:*

# KSS ATHLETICS



**Swim Team** sign-up is on Sept 26th at 11:45 a.m. In Room 193.

Congratulations to the **Cross Country Team** who had their first race last week. They came in 1st, 2nd, 3rd and 4th in Senior Female and 5<sup>th</sup> in Junior Male!!



For updates, and Athletic calendar, see KSS Athletics on the KSS Website under "Students" top tab. [HERE](#) is a link.



KSS VS SDSS





# STUDY ABROAD

The Youth Exchange Scholarship  
provided by your local Rotary Club



Valued at over \$24,000: Room, board, tuition,  
and monthly stipend for a high school year abroad.

## HAVE YOU EVER DREAMED OF...

- ▶ TRAVELING THE WORLD?
- ▶ LIVING IN ANOTHER COUNTRY?
- ▶ BEING FLUENT IN ANOTHER LANGUAGE?

The Youth Exchange Scholarship for one academic year covers room, board, tuition, and a monthly stipend. The student/family pays for airfare, medical insurance, personal and optional expenses.

*The Youth Exchange Scholarships are made possible by the generosity of our Rotary partners overseas and local Rotary clubs. Students must be in grade 9, 10 or 11 to apply.*







# KELOWNA OPEN HOUSE

1000 KLO Rd, Kelowna

Thursday, Oct. 12, 2023, from 6 to 8 p.m.  
Discover more at: [okanagan.bc.ca/infosessions](https://okanagan.bc.ca/infosessions)



Questions? Contact us at [AskOC@okanagan.bc.ca](mailto:AskOC@okanagan.bc.ca)



# DISCOVER UBC'S OKANAGAN CAMPUS

REGISTER HERE:



SEPTEMBER 23  
6:30 PM  
AT UBC'S OKANAGAN CAMPUS

## OCTOBER CAREER FAIR FOR HIGH SCHOOL GIRLS

SCWIST ([scwist.ca/](http://scwist.ca/)), is an organization that works to introduce K-12 girls to a wide range of exciting career options and positive female role models in STEM.

There is an upcoming Career Fair Event for high school girls that is happening **online** on **October 19, 5-6pm PDT**.

This event will feature **women professionals** working in diverse STEM careers. Participants will learn about their various careers including **Uro-Oncology, Biochemistry and Teaching**.

This event is open to all girls. Participating high school girls will also get the opportunity to chat with women professionals and ask questions about their careers.

**Free** registration [HERE](#).



## Partners for Inclusive Education

**Partners for Inclusive Education is a safe place where families, staff and community partners can connect and improve support for learners with diversabilities.**

**Partners for Inclusive Education** strives for open communication about inclusive education. This effort requires education, teamwork, and empathy to maximize "wrap around support" and celebrate the differences that make our children individuals.

**The purpose of Partners for Inclusive Education can be found on the School District website under Parent Resources**

### Event Date

The next Partners for Inclusive Education meeting is scheduled for:

Date: September 25, 2023

Time: 6:00 pm

Location: Zoom: <https://sd23.zoom.us/j/8569391842>

## EMPOWERING YOU **Building Resiliency**

Empowering YOU is a 10-week program that provides mental health education to help young adults develop skills that enable them to cope with challenges in life. The ultimate aim of Empowering YOU is to help youth aged 14 to 17 to manage stress, moments of anxiety, mood challenges, and relationship difficulties through self-awareness, coping strategies (e.g., mindfulness), connecting with nature and physical activity.

### ABOUT THE PROGRAM

The goal of this program is to develop a sense of connection and belonging among participants in the 10-week program while learning about tools and techniques to manage their mental health. The program will run once a week for two hours. The first hour is dedicated to learning and information. During the second hour, youth engage in physical activity which gives them an opportunity to experience and practice the information and learning. The program builds largely on the work of Jill Rathus and Alec Miller (2015) and dialectical behaviour therapy (DBT) and more specifically their DBT Skills Manual for Adolescents.

### GUIDING PRINCIPLES

The overarching guiding principle for Empowering You is to create a safe space by:

- ✓ Creating and supporting positive experiences and peer relationships.
- ✓ Ensuring programming is standardized, age-appropriate and builds on best practice.
- ✓ Incorporating and practicing emotional, physical and mental risk management.
- ✓ Practicing strength based and trauma informed approaches to facilitation

### PARTICIPANTS

Empowering YOU is a program for youth, aged 14 to 17, including youth in care or aging out of care, to assist with managing stress, moments of anxiety, mood challenges and relationship difficulties.

### WHERE AND WHEN

**Parkinson Recreation Centre**  
1800 Parkinson Way  
Thursdays 6:00 - 8:00 pm  
October 12 to December 14, 2023

### WAYS TO REGISTER:

Course ID: **28669**

1. Online at [rec.kelowna.ca](http://rec.kelowna.ca)
2. By phone: 250-469-8800
3. In person at Parkinson Recreation Centre