



# Whoo's News



May 7, 2021

On Wednesday April 28, Tina Clarke's Human Geography class had the amazing opportunity to be a part of a Town Hall Zoom meeting with Prime Minister Trudeau and Deputy Prime Minister Freeland. High school students from all over the country took part in the virtual Town Hall. Each class had the chance to ask the Prime Minister one question on various topics which included: Environment, Post-Secondary Education, Inclusion and COVID-19. Special shout out to Mihai Covaser who asked a great question on inclusion and disabilities and Sam Morrow for the land acknowledgement.

*Congratulations!*



## Important Grad Information:

Grads! Please fill out this form ASAP so that our counselors know what to say when you cross the stage. This can only be filled out using the students' Google account: <https://forms.gle/mSqpM9LeqyZCr3ZR6>

We are collecting baby photos and photos of grads in their formal wear to include in our virtual ceremony on June 24. Grads, please submit photos to the two assignments on the Grad Information Google Classroom ASAP.

Parents and guardians, please help us by ensuring that your grad has signed up for a stage-crossing time for June 5-6. More information can be found here: <http://kssgrad.weebly.com/commencement-new.html>

*Great job!*

KSS is proud to announce that **Paris Kirk** has received a scholarship to Putnam Science Academy, a prep school in Putnam, Connecticut, USA for the upcoming academic year!

Putnam is one of the top Basketball prep schools in the USA, placing third in the nation the previous two years. Paris has been a member of the KSS basketball program for her last three years, and was a key component in the run to two provincial championship tournaments

**Congratulations Paris** on all of your hard work paying off, and good luck in Connecticut!

## Please Mark Your Calendar:

- |             |  |
|-------------|--|
| May 11      | 6:30 p.m. KSS PAC/AGM and Elections via Zoom<br>E-mail <a href="mailto:kss.pac@sd23.bc.ca">kss.pac@sd23.bc.ca</a> for further information or to attend |
| May 11 - 14 | Library CLOSED for exams   |
| May 21      | Term 7—Quarter 4 ends  |
| May 24      | <b>Victoria Day - No school</b>  |
| May 25      | Term 8 - Quarter 4 begins Day 1, Block 4/2 (Group B)   |
| May 25      | First session of Sexual Health Education for Grade 10's (second session June 9)  |



**Dear Grade 12 students and parents of KSS:**

### **Regarding Prom and Grad Walk**

It is with heavy hearts that we message you today to formally end all prom activities for our 2021 grads. We have been waiting patiently, hoping that our world would open up to the extent that we could host some form of prom ceremony for our students, but this hasn't happened. Not only is the province strictly limiting get-togethers, but the Delta Grand is not currently hosting any events.


Unfortunately, a traditional grad walk, whether indoors or at a city-owned facility, requires a permit from the City of Kelowna. Due to the pandemic, events like this are not permissible with current restrictions. We understand how the perception of informal gatherings, even in cohorts, is appealing, but from a logistical perspective we need to consider that crowds do attend these events, which is also not permissible under the Provincial Health Officer's guidelines for the foreseeable future. Additionally, the school cannot be responsible for the gathering of groups at other locations either. While we would do our best to ensure social distancing measures were followed by grads and their guests, we cannot guarantee it.

As a school, we are deeply saddened by this. Prom is a time when students come together and share experiences from their school years and say goodbye to one another. We know that this is an event that students look forward to for years and we understand the loss this represents.

We will move forward with our commencement ceremony plans which will take place in-person here at KSS on June 5-6 with limited capacity, and will be streamed for all grads and families on June 24. We continue to plan online activities for our grads and encourage them to participate in these fully.


Sincerely,  
Your KSS Grad Team






**KSS GRADS**

DONT FORGET!!!  
**Submit Your Photos**  
MAKE SURE TO STAY SIX  
FEET APART FROM FRIENDS



- GRAD COUNCIL IS COLLECTING PHOTOS OF PEOPLE IN FORMAL PROM OUTFITS AS WELL AS BABY PHOTOS.
- FEATURED IN THE ENTRANCE WAY TO THE COMMENCEMENT CEREMONIES.



Submit your pictures to the assignment in Grad Google classroom by **May 30th**  
You may also send them to Payton Irvine via Instagram ([payton\\_a\\_irv](#))



**DRY GRAD 2021:** This year, we won't be able to host the traditional Dry Grad event for our 2021 graduates, due to the pandemic. We would still like to do something special for them, and the parent Dry Grad Committee has been working on some covid-friendly ideas to celebrate our students in early June. We are looking for DONATIONS for prizes. If you have, or know of, a business that would be willing to donate a gift card or item, please email [kssdrygrad2021@gmail.com](mailto:kssdrygrad2021@gmail.com).

**BOTTLE DRIVE FUNDRAISING!!** We are now accepting any empties that you would like to donate to KSS Dry Grad 2021 at the Kent Road Bottle Depot in Kelowna OR the Boucherie Bottle Depot in West Kelowna. At the Kent Rd location, please bring in your empties, unsorted, in sealed, transparent plastic bags. At the Express Kiosk, enter this phone number: (000) 123-2021. Follow the prompts, and you will receive sticker tags displaying a unique express account code. Place one sticker on each bag and drop the bags off at the designated Express drop off area where the contents will be counted. In West Kelowna, you will need to sort your own bottles and ask that the money go to KSS Dry Grad 2021 (acct #195). Please help us spread the word!

To VOLUNTEER for the Dry Grad Committee, please email [kssdrygrad2021@gmail.com](mailto:kssdrygrad2021@gmail.com). Please note, Dry Grad is organized and run by parent volunteers, and we need your help! To stay up to date, please join our FACEBOOK PAGE: Parents of KSS 2021 Grads

The next meeting of the KSS PAC is **Tuesday May 11th at 6:30 pm on Zoom**. We are having a special presentation on Digital Equity by Jordan Kleckner. It is also our AGM, and we'll be holding elections for all PAC Executive Committee positions. For a list of positions, please see the PAC page on the KSS website. All positions are open for nominations and are for a one-year term. All parents and guardians of current KSS students are voting members of the PAC and eligible to hold an executive position. We will also be voting on a bylaw amendment to add an Indigenous Support Chair to our Executive committee. For more information or to make a nomination, please email [kss.pac@sd23.bc.ca](mailto:kss.pac@sd23.bc.ca).

GRAD COUNCIL PRESENTS

# KSS HUMAN LIBRARY

A FANTASTIC WAY TO GET TO KNOW THE GRAD CLASS AND LEARN SOME AWESOME NEW SKILLS!

**NOW LAUNCHED!**  
CHECK OUT  
[WWW.KSSHUMANLIBRARY.WEBLY.COM](http://WWW.KSSHUMANLIBRARY.WEBLY.COM)  
TO SEE YOUR FELLOW GRADS




**Ultimate Frisbee** practices begin this week on Wednesday morning, and Wednesday and Thursday afternoons. These sessions are open to all students in Grades 10-12.

Ultimate is a fun sport and KSS has always formed a strong program. This year will look a little different as we are restructuring our sessions in order to follow COVID protocols. You can expect to do a lot of throwing and a bit of running and hopefully have some laughs.

Students must sign up in order to attend a session as we are only able to accommodate 16 students per session.

If you are interested, please sign up here: <https://www.kssowlsathletics.com/2021-spring-sports.html>

Kelowna Regional Transit

## Service Change – Detour

**16 Kettle Valley and 17 South Ridge**



Effective May 30 to September, 2021

Due to the Bellevue Creek bridge replacement on Lakeshore Road, routes 16 Kettle Valley and 17 South Ridge will be rerouted.

### 16 Kettle Valley

#### Monday to Friday

Mission Rec. Exchange	Lakeshore and Denhart	Mission Rec. Exchange
6:12	6:15	6:27
6:42	6:45	6:57
7:12	7:15	7:27
7:42	7:45	7:57
8:12	8:15	8:27
8:42	8:45	8:57
9:42	9:45	9:57
10:42	10:45	10:57
11:42	11:45	11:57
12:42	12:45	12:57
1:42	1:45	1:57
2:42	2:45	2:57
3:42	3:45	3:57
4:12	4:15	4:27
4:42	4:45	4:57
5:12	5:15	5:27
5:42	5:45	5:57
6:42	6:45	6:57
7:42	7:45	7:57
8:42	8:45	8:57
9:42	9:45	9:57
10:42	10:45	10:57

**Community Bus:** bike rack use limited to daylight hours only.

### 16 Kettle Valley

#### Saturday

Mission Rec. Exchange	Lakeshore and Denhart	Mission Rec. Exchange
8:01	8:04	8:14
9:01	9:04	9:14
10:01	10:04	10:14
11:01	11:04	11:14
12:01	12:04	12:14
1:01	1:04	1:14
2:01	2:04	2:14
3:01	3:04	3:14
3:32	3:35	3:45
4:03	4:06	4:16
4:33	4:36	4:46
5:03	5:06	5:16
5:33	5:36	5:46
6:03	6:06	6:16
7:07	7:10	7:20

#### Sunday

Mission Rec. Exchange	Lakeshore and Denhart	Mission Rec. Exchange
9:00	9:03	9:13
10:00	10:03	10:13
11:00	11:03	11:13
12:00	12:03	12:13
1:00	1:03	1:13
2:00	2:03	2:13
3:00	3:03	3:13
3:30	3:33	3:43
4:00	4:03	4:13
4:30	4:33	4:43
5:00	5:03	5:13
5:30	5:33	5:43
6:00	6:03	6:13
7:00	7:03	7:13

**Community Bus:** bike rack use limited to daylight hours only.



Please board at the nearest temporary stop locations shown in green on the map at left. Stops in red will be closed. All other existing stops remain open.

City of Kelowna  
City of West Kelowna  
District of Lake Country  
Westbank First Nation  
District of Peachland  
Regional District of Central Okanagan







## WHAT MAKES A GOOD SIDE-HUSTLE?

A Zoom-based entrepreneurship workshop exclusively for grade 10 & 11 students, by UVIC's Gustavson School of Business

- Side-hustles are micro businesses you can run out of your home to make some money
- How do you know if you have a good idea for a side-hustle business?
- Learn from UVIC, TV and industry experts how to evaluate side-hustles and other new business ideas
- Consider applying what you learn in the session in your own side-hustle this summer

See what a university entrepreneurship class is like and learn why you might want to consider UVIC's Gustavson School of Business.

This free entrepreneurship workshop for grade 10 and 11 students allows attendees to test drive what it's like to be in a UVIC Business classroom. This workshop is being led by entrepreneurship faculty members Brock Smith and Claudia Smith, and will give you a taste of Gustavson and entrepreneurship through a fun and engaging session.

This workshop is a good fit if one or more of these apply to you:

- You are in grade 10 or 11
- You've seen some neat ideas on TikTok or Instagram and wonder about doing something similar
- You want to learn some entrepreneurial skills, or about business in general
- You are interested in what a university class might be like
- You and your friends want to make some money this summer with an idea of your own

The workshop will be delivered on Zoom, and there are two dates to choose from:

[Click here to register for Tuesday, May 25th from 6pm – 7pm](#)

[Click here to register for Thursday, May 27th from 6pm – 7pm](#)

Contact Daniel Nair, UVIC Business advisor at [bcom.admissions@uvic.ca](mailto:bcom.admissions@uvic.ca) for more information



[uvic.ca/gustavson](http://uvic.ca/gustavson)



@gustavsonuvic



Gustavson  
School of Business  
University of Victoria

## Attention: Jazz Band Parents, and Students,



I am pleased to let you know the Grade 10 Jazz students are on fire and hungry for as much music as they can manage!! Thank you for entrusting them in my care as much as you do.

There are 2 summer camps, I would recommend. One is in person, and one is online only, as it is in Sitka, Alaska and we cannot go there this year. Many of my students in the past have gone to Sitka and a few did their online last year. They will all tell you this camp is amazing, they learned so much and it was incredibly inspiring. The VSO Camp is equally fantastic. The VSO sign up just opened. There numbers are very limited this year so if you are interested, I **would not wait to sign up** or the lower mainland students will take all the spots within a day or so.

Below are the links to both camps. I promise the investment is worth it! If you have any questions or concerns, please email me at [sheila.french@sd23.bc.ca](mailto:sheila.french@sd23.bc.ca).

<https://vsoschoolofmusic.ca/program/summer-jazz-workshops/>

<https://www.fineartscamp.org/sitka-jazz-workshop.html>

Thank you and have a wonderful weekend!

Sincerely,

Sheila French  
Music Director  
Kelowna Secondary School





**SUMMER  
SPORT CAMPS**  
Running July–August



**REGISTRATION IS NOW OPEN**

Visit [goheat.ca/camps](http://goheat.ca/camps) or contact  
[ubcoheat.summercamps@ubc.ca](mailto:ubcoheat.summercamps@ubc.ca)  
for more information.

### Get in the game this summer with UBCO sport camps

Led by nationally recognized coaches and student athletes, UBCO's Heat Sport Camps offer a fun-filled week of skill development and game tactics for youths aged 11 to 18. With a focus basketball and volleyball, these camps are a great way to introduce youth to a sport or help them develop skills to improve their game. A low coach to athlete ratio means your child will benefit from personalized feedback and a positive, welcoming learning environment.

Camps are set to run in July and August, and registration is now open. Visit <https://goheat.prestosports.com/Community/Youth/heatsportcamps> to learn more.

Please note: due to COVID-19, these camps are operating at a restricted capacity. Registration fills up quickly—sign up now to secure your spot!



Parents in Residence are available to provide peer support to all families living in BC and to CASA families in Edmonton, Alberta. We work in community and on-site at BC Children's Hospital's Kelty Mental Health Resource Centre, at Surrey Hospital's Child & Adolescent Psychiatric Stabilization Unit (CAPSU) and at CASA



### PARENT IN RESIDENCE (PiR)

To connect with a FamilySmart Parent in Residence or for more information about our Programs and Services please visit:  
[www.familysmart.ca](http://www.familysmart.ca)

Toll Free:  
1 (855) 887 8004

Email:  
[info@familysmart.ca](mailto:info@familysmart.ca)

FamilySmart is a non-profit that works to enhance the experience and quality of services, support and information for children and youth with mental health challenges, and their families or caring adults.

For families and caregivers who are parenting a child (0 to young adult) with a mental health and/or substance use challenge.

We are here for you and we want to help.

[www.familysmart.ca](http://www.familysmart.ca)

## CMHA Mental Health Week

### 10 WAYS TO PROMOTE GOOD MENTAL HEALTH

1. **MANAGE STRESS** – keep a realistic schedule, ask for help, make room for down time, and talk about your feelings.
2. **NUTRITION** – food is medicine. Our bodies process everything we put in them. Good food strengthen us. Toxins deplete us.
3. **SLEEP** – your age group needs 9 to 10 hours per night.
4. **ACTIVITY** – move your body every day doing what you love.
5. **CONTRIBUTION** – do something that helps others, every day if you can.
6. **SOCIAL CONNECTION** – people who are connected to others have better health in every way. Connect – friends, family, pets.
7. **MINDSET** – watch your thoughts. What you focus on expands. Beliefs are just thoughts we think over and over. They can change. Become aware of the thoughts that aren't serving you and change them.
8. **AVOID ADDICTIVE SUBSTANCES** – they harm the body and brain.
9. **AVOID ADDICTIVE BEHAVIOURS** – there is a strong link between over use of social media and gaming and poor mental health.
10. **ASK FOR SUPPORT** – 100% of humans need help sometimes.

Brought to you by:  
Central Okanagan Public Schools Social and Emotional Learning Team & The Canadian Mental Health Association



### The Power of Change EMPOWERING YOURSELF

May 28-29, 2021  
Parent Education  
Conference, Online



#### Early Bird Pricing Ends May 3

As we always do, we are offering members the ability for [conference fee discounts](#) if they commit and pay by May 3. Attendees will hear over 10hrs of speakers and sessions!

Conference Fee	Early Bird (to May 3)	Regular Rate (after May 3)
Current Members	\$35	\$50
Non-Members	\$75	\$100

[REGISTER NOW!](#)

## CMHA Mental Health Week



# May 3-9, 2021

Visit [mentalhealthweek.ca](http://mentalhealthweek.ca) for info and tools!

# HAPPY

# AFRAID

# SAD

# ANGRY

## Name it, don't numb it.

#GetReal about how you feel.

Even in times of extreme anxiety and stress, mental health is something we can protect. Not just something we can lose.

This CMHA Mental Health Week, let's focus on naming, expressing and dealing with our emotions – the ones we like and the ones we don't. It's important for our mental health.



## CMHA Mental Health Week

### COMMUNITY RESOURCES

#### KIDS HELP PHONE – [KIDSHELPPHONE.CA](http://KIDSHELPPHONE.CA)

Children and youth can phone, text or chat with a qualified listener 24 hours a day, 7 days a week. Call 1-800-668-6868 or text 686868. Visit the website to begin a chat. The website also has an abundance of helpful resources.

#### CHILD AND YOUTH MENTAL HEALTH

Children and youth concerned with their mental health can call or drop in to the offices during intake hours.

- Kelowna Office (1340 Ellis Street) intake hours: Tuesdays 9-11am and 1-3 pm Thursdays 9-11 am. Call 250-861-7301
- West Kelowna Office (15 - 2484 Main Street) intake hours: Tuesday 9 - 11 am and 1 - 3pm. Call 250-707-2732

#### THE FOUNDRY KELOWNA

Phone 236-420-2803, <https://foundrybc.ca/kelowna>

- For youth aged 12 - 24, the Foundry Kelowna provide a number of services including mental health support, youth navigation of community services, and primary medical care.

NOTE: Neither CYMH nor the Foundry provides emergency or crisis services. If you are experiencing acute mental health issues or a medical emergency, please direct them to call 911, or go to the Emergency Department at Kelowna General Hospital.

#### ONLINE RESOURCES

- [Keltymentalhealth.ca](http://Keltymentalhealth.ca)
- [Anxietycanada.ca](http://Anxietycanada.ca)

#### APPS

- Mindshift
- Breathr
- Always There

Brought to you by:  
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