



Whoo's News



January 15, 2021

Capstone Presentations for Grade 12 students will be on **Wednesday, January 20, 2021**. Presentations will happen via Zoom meetings. Students will be in attendance for their Block 4 class in the morning and all students will be dismissed early for the day @ 12:15 p.m.. Buses will be running for all students for early dismissal.



Capstone Presentations are from 1:30—3:16 p.m.

Students will receive a personal zoom access code through their student @learn account.
(firstname.lastname.stu@learn.sd23.bc.ca)



Tuesday, January 19 is an A day and Thursday, January 21 will also be an A day. (see calendar)

Semester 2 starts on February 1st with Day 2 (Blocks 1/3). Timetables will be distributed to students in their Block 2 class (afternoon) on January 21 and 22. Students that do not have a block 2 class will be able to pick it up in their Block 4 class. Counsellors will be available for necessary changes from January 25 to 28, please be aware that our classes are very full and changes may not be possible.

During this time students will also have an opportunity to return Semester 1 textbooks to the Textbook Room.

Have you paid your Grad Fees? Planning is already under way and your fees help to make this memorable occasion amazing! [school cash-on-line](#)



**Central Okanagan
Public Schools**
Together We Learn

Spring 2021 Enrollment

ONLINE APPLICATION for STUDENT ENROLLMENT

2021 - 2022 School Year (for kindergarten, new students, and Programs of Choice for K – 12)

Online applications begin on Monday, February 1, 2021 at 7:00 am,
Schools will be open at 7:00 am to support parents that require assistance
Documentation Submission Deadline: Friday, March 12, 2021

The enrollment application period begins **Monday February 1st, 2021 (beginning at 7:00 am on-line)**
– **Friday, March 12th, 2021.**

The Summer Enrollment Application period begins: **Tuesday, August 31st, 2021 to Thursday, September 2nd, 2021.**

Please see page 7 for all the details

Please Mark Your Calendar:

January 20	Grade 12 Capstone Presentations in the afternoon - all students dismissed early @ 12:15 p.m.
January 28	Term 4 (Q2) Ends
January 29	Semester Turnaround - students do not attend
February 1	Semester 2 starts - Day 2 Blocks 1 and 3 Group A
February 3	First Dry Grad Planning Meeting @ 7:00 p.m. via Zoom. To attend the meeting, please send your name and email address to: shandzimm@gmail.com

Kelowna Secondary January Basketball information

Although all school sports remain in **STAGE 2**, Kelowna Secondary Athletics program is going to offer BASKETBALL individual workout programs starting Monday January 18th after school. All **Kelowna Secondary** and **SD# 23 COVID** protocols are in place. Due to **BCSS** and **VIA SPORT** protocols only 12 athletes are allowed to be together in the gym at one time (2 per basket).

An information meeting will be held in the KSS gym on **MONDAY January 18th** at lunch. There the boys supervisor Mr. Harry Parmar and the girls supervisor Mr. Jeff Begg will have session information. Athletes are encouraged to sign up to the same time slot each week. This will continue until February 5th. If the **PHO** in conjunction with **BCSS** and **Via Sport** change the restrictions on their February 5th news conference, we will evolve with those new restrictions.

Boys in Grade 10 + 11

Monday's 3:30 - 4:30 pm and 4:30 - 5:30 pm

Wednesday's 3:30 - 4:30 pm and 4:30 - 5:30 pm

Boys in Grade 12

Friday's 7:30am - 8:30 am Boys in grade 12

Girls in Grade 10 - 12

Tuesdays 3:30 - 4:30 and 4:30 - 5:30 pm Girls in grade 10 - 12

Thursdays 3:30 - 4:30 and 4:30 - 5:30 pm Girls in grades 10 -12



Go to: <https://www.kssowlsathletics.com/basketball-january-2021.html> to sign up.

Contact Information:

Boys Harry Parmar email: harry.parmar@sd23.bc.ca
Girls Jeff Begg email: jeff.begg@sd23.bc.ca



Grad Clothing Sale #2

The second of three grad clothing order is now available at the following link: <https://kssgrad21-2.itemorder.com/>. The online sale ends January 31, and items will arrive three to four weeks after that date.

A reminder that items ordered in October are available for pick-up in room 193.



Grade 12 Post Secondary Prep



WELCOME!

This information will be helpful for students as they navigate potential post-secondary options.

Dry Grad is a longstanding tradition for KSS Grads and is planned by a parent committee.

Send your name and e-mail address to shandzimm@gmail.com to take part in the Zoom Mtg.



COBSS Corner

CENTRAL OKANAGAN BURSARY & SCHOLARSHIP SOCIETY

About COBSS

The Central Okanagan Bursary and Scholarship Society (COBSS) is a charitable foundation with local **volunteers** coordinating financial assistance for our high school graduates for their post-secondary education.

We collect and administer money from area **donors** including community and school groups, businesses, and individuals. Through COBSS, local Grade 12 **students** can apply for over 550 awards. Criteria is set by the donor to recognize student achievement (such as citizenship, scholastic or athletic achievement) and/or to assist with financial need for further education.

New donors and volunteers are welcome!

Email us at COBSS@shaw.ca and visit our website at COBSS.sd23.bc.ca



Donor comments

As a recent University grad, I know the financial pressures on students are REAL! I donate to COBSS because I was given lots of help - and it's time for me to pay it forward.
GEM Miller Family Scholarship

At Strut, our loyal customers value education and round up on each of their purchases. As a result we are proud to allocate 4 awards to Central Okanagan graduates.
Shandi, Strut Footwear and Apparel



Important dates

November 25, 2020	donor deadline for 2021 awards
December 1, 2020	student online applications open
January 11, 2021	student applications due*
March 29, 2021	awards selection begins
June 2021	awards presented to grads

*ask your school counselor for details



Dear Grad Coordinator,

Thank you for choosing Mountain West Studios for providing graduation photos for the 2020-21 grad class.

The Grad Photo Session is booked as per the following schedule:

Graduation photos

Kelowna Secondary School

January 11th to 22nd, 2021

Students can book their session through our website at mountainwest.ca

- Select "BOOK A PHOTO SESSION" at the top of the page.
- Select your school and proceed to sign up for your preferred date and time.

Location:

Kelowna Secondary School- Drama room

- Please arrive at least 10 minutes early to sign in and make any last minute preparations.
- There is a NO sitting fee due to the photographer.
- Mountain West Studios will provide the cap, gown, school colours, flowers, diplomas and a variety of backgrounds and creativity.
- Your Graduation portrait session is a special, once-in-a-lifetime event. Please take the time to prepare and you will love your portraits.

What to Bring:

- Women please wear V-Neck shirts or tank tops for your cap & gown photos. Avoid the use of sparkles in your hair and makeup.
- Hair and make-up should be done before you arrive, but bring supplies for touch-ups.
- Men please wear a Shirt & Tie for your cap & gown photos. Clean nails and styled, tidy hair.
- If you do not have a shirt and tie, we will provide you with one of our "half" shirts and ties to wear under the grad gown.
- We also encourage all of you to bring any special personal props/sports items, etc. to include in your portrait session.
- We would be following the COVID protocol which requires temperature and masks worn up till point of photos
- The Web Code to view and order online is available at the Camera and also will be emailed in 7-10 days after the photo day

If you have any questions email us at grads@mountainwest.ca or call 1-888-644-4494 ext 126

If you have any questions, please contact Mountain West Studios.

Phone: 1.888.644.4494 Ext. 126
Email: grads@mountainwest.ca



UBCO Geering Up All-Girls STEM Workshops GRADE 8-12 2020/2021

Registration Link: <https://geeringup.apsc.ubc.ca/all-girls-okanagan/>

As a reminder, these workshops take place from 4:00-6:00pm via Zoom and are offered for free, but the registration closes the Sunday before the session date for that specific grade level.

Design our Future (Grade 10) Wednesday Jan 27th

The Future of Tech (Grade 11) Thursday February 25th

Invitation to Create (Grade 8) Thursday March 11th

KSS Debate Regionals Volunteers needed!

It is that time of year again as KSS is hosting Debate Regionals Qualifier for the Law Foundation Cup. We are looking for amazing individuals who would be willing to volunteer some of their time to make the event a success.

It's true, the zoom event is held on a Saturday, Jan. 30 morning (see time slots needed for judges below), but it is also a great opportunity to start your Saturday with an engaging argument about the urbanization of West Africa. In fact, you could judge it with someone you know and then discuss it over a morning coffee.

Alternatively, join in for a later morning debate and be surprised by an impromptu topic. At the end of it, the truth is that students need support from teachers and community members to make this event possible. Feedback is what inspires them to keep improving and growing as debaters.

In fact, KSS is the only team in the entire Southern Interior that is part of the Debate and Speech Association of BC, so support is important now more than ever.

Do not worry if you haven't judged before. There is a training

9:00 - 9:30	Briefing	12:00 - 12:30	Lunch
9:30 - 10:00	Registration	12:30 - 1:00	Round 3
10:00 - 11:00	Round 1	1:00 - 2:00	Round 3
11:00 - 12:00	Round 2	2:00 - 2:15	Submit scores

session right before the debates start.

Please contact kyla.bresch@sd23.bc.ca to volunteer

Student, Parent and Staff Parking @ KSS - Student parking is reserved for Grade 12 students only (please display your parking pass prominently). Grade 11 students are not permitted to use the KSS parking lot.

Please note that the visitor parking is now in the student parking lot and you **MUST** stop in at the office to pick up a parking pass.



Please indicate your interest by providing your name and contact email to: takeabreathforschools@gmail.com and get started right away!



Grad Photos



It is time to sign up for a grad photo appointment! Grad photos will be taken after school at KSS from January 11-22. Please visit this website in order to sign up: <https://www.mountainwest.ca/>. At the top right, select "Book a Photo Session," and then follow the prompts to select a time and fill in a profile.

Ensure that your information is correct as your photo proofs will be sent to your email.

Mountain West has only released the first week of appointments and will release the second week once the first has filled up, to avoid unfilled appointments at the end.

Due to the Covid-19 pandemic, Mountain West will not be offering group photos or parents in the building during photo sessions, but students are encouraged to bring props and even pets, as long as a KSS student can hold them during the grad gown portion of the session.

***Masks must be worn at all time while waiting for your appointment in the building.**



Take a Breath for Schools and Communities

Invites you to join the new KSS Community website

Use the recordings and proven tools for-

- Stress Reduction
- Optimizing Health and Wellness
- Anxiety, Sleep, Illness/Injury

and recordings for better performance in-

- Academics, Sports, the Arts, and Career

New audio recordings for creating your best health, wellness, and empowered lifestyle! Additional tools include- habit forming tools, communication skills, individual health support, and more.

Now available to all students, staff, and
parents in the KSS community

Please indicate your interest by providing your name and contact email to; takeabreathforschools@gmail.com and get started right away!

takeabreathforschools.org

Parents—Challenges with School Attendance?

<https://keltymentalhealth.ca/school-attendance-webinars>



Join us for a two day event connecting with post-secondary representatives from across Canada!

online

<https://cuebc.org/> [cuebc_org](https://www.instagram.com/cuebc_org)

CUE Canadian Universities Event

**January
20th & 21st
4:00 - 7:00pm
PST**

The Canadian Universities Event (CUE) will be hosting its first ever winter event next week. On Wednesday, January 20th and Thursday, January 21st between 4:00 and 7:00 PM (PST), 48 post-secondaries from across Canada will be available to BC high school students to answer questions and provide information. These sessions are Q&A style - presentations will not be offered. Students are encouraged to drop in and ask questions to representatives from institutions.

In order to access the event, students must register at cuebc.org. Students who registered for CUE in Fall 2020 can continue to use the same login information to access CUE in winter through cuebc.org.



UBC Geering Up
Engineering Outreach

High School Girls! Join us for Virtual STEM Events

All-Girls Events

Join us as we learn about engineering design with fun, hands-on activities led by current university students and meet inspiring mentors. Connect with other like-minded students and talk to current engineering students and professionals who will share their stories and experience.

Who & When?

Grade 12: Sustainability for our Future - Thursday Oct 29th, 2020
Grade 9: Robotics Today - Thursday Dec 3rd, 2020
Grade 10: Design our Future - Wednesday Jan 27th, 2021
Grade 11: The Future of Tech - Thursday Feb 25th, 2021
Grade 8: Invitation to Create - Thursday Mar 11th, 2021

How Do I Register For These Free Events?

<http://geeringup.ca/high-school/kelowna/all-girls>

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

Find out more at geeringup.ca

A network
member of
actua
Youth • STEM • Innovation

THE UNIVERSITY OF BRITISH COLUMBIA
Applied Science

'intheknow'

Information and Support

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

IN THE KNOW PROVIDES EXPERT SPEAKERS ON TOPICS IMPORTANT TO FAMILIES.
CONNECT AND LEARN WITH OTHER FAMILIES FOR AN ONLINE DISCUSSION
JOIN BY COMPUTER OR PHONE.

**Self-Harm. There is Always Help,
There is Always Hope.**

Communities: Kelowna, Penticton, Vernon
Cost: Free of Charge
Date: Monday, January 18th at 4:30 PM

Registration Required: www.familysmart.ca/itk

Discussion facilitated by FamilySmart Parent in
Residence.
Watch a video with us and come together with other
families for a facilitated discussion.

FamilySmart
Together We Can Help

BC CHILDREN'S
HOSPITAL

Ministry of
Children and Family
Development

heretohelp
Mental health support and
resources for everyone

familysmart.ca

DO YOU FEEL CONCERNED ABOUT YOUR TEEN?

JOIN OUR PARENTS TOGETHER PROGRAM

This program helps parents of teens gain confidence, discover practical
tips and resources, and find support from other parents

MONDAYS, 6:00PM - 8:00PM

LOCATION: ONLINE PARENTING GROUP

COST: BY DONATION

TO PRE-REGISTER PLEASE CONTACT:
(250) 462-5574

Okanagan
Boys & Girls Clubs

BRITISH
COLUMBIA

BCC - Parenting Programs were developed by staff and parents throughout BC and is administered under the auspices of
Boys and Girls Clubs of Canada. Provincially Parenting Programs are generously funded by the Ministry of Children and Family Development.

SFU SIMON FRASER
UNIVERSITY

SFU's Faculty of Applied Sciences invites students to join
them for a series of webinar sessions throughout the
month of January!

The webinars will be taking place on the following dates
and times:

January 7th - 4:30 - 5:30 pm - General Applied Sciences
January 13th - 4:30 - 5:30 pm - General Applied Sciences
January 27th - 4:30 - 5:30 pm - General Applied Sciences
January 19th - 4:30 - 5:30 pm - Sustainable Energy Engi-
neering
January 20th - 4:30 - 5:30 pm - Software Systems
January 21st - 4:30 - 5:30 pm - Mechatronic Systems En-
gineering

<https://www.sfu.ca/fas/prospective-students/events.html>

BACHELOR OF ENGINEERING IN SOFTWARE ENGINEERING

Create your own path with a career in Software Engineering

Do you want a career that allows you to make an impact, and that is part of one of the fastest growing and most in demand professions in Canada? Do you want to contribute to the ever-growing need for software based solutions across a variety of industries and professions?

With a focus on skill-based learning and a commitment to small class sizes, the Software Engineering program at TRU provides a hands-on experience led by industry professionals. By blending engineering, business, computing science, project management and quality assurance, students receive a well-rounded and multi-faceted education that equips them with skills needed for the workplace.

EXPERIENCE HANDS ON LEARNING

The program's focus on experiential learning includes two mandatory co-op work terms in the fourth year of the program, which puts students in the position to be a paid employee before graduation and have opportunities to test-drive the wide variety of career options available in software engineering.

Career Paths in Software Engineering

- Manufacturing
- Research
- Medicine
- Automobiles
- Banking
- Technology companies such as Google, Amazon and Facebook
- Entertainment

THE TRU SOFTWARE ENGINEERING ADVANTAGE

- Offers strong foundations in principles and practice of software systems development, and related computing technologies.
- Students develop knowledge of the tools, technical skills and competencies required to design, develop, test and maintain cycles of software product.
- Emphasis on project-based learning practices that apply theoretical concepts to practical problems.
- Co-op work terms to gain relevant, paid work experience in industry.
- One-year design capstone project from real world industry to gain in-depth experiential learning.

ADMISSION REQUIREMENTS

First Year Entry

- BC Grade 12 (or equivalent).
- BC English 12 with a minimum of 67% (or equivalent).
- Pre-Calculus 12 with a minimum of 67% (or equivalent).
- Chemistry 12 with a minimum of 67% (or equivalent).
- Physics 12 with a minimum of 67% (or equivalent).

You may also be considered for second or third year direct entry if you have completed or partially completed first or second year sciences, engineering or cognitive department courses. Please contact Dr. Faleem Ahmed for more information and evaluation at eng@tru.ca.

CONTACT US

Kammi Madsen,
Engineering Advisor & Accreditation Coordinator
778-471-8698 | eng@tru.ca

To apply for this program, visit tru.ca/admissions/apply

tru.ca/se



Megamind Learning Centre
presents...

MEGAMIND FOUNDER'S \$SCHOLARSHIP

Do you love writing? Are you a Canadian student in Grades 8-12? If so, you are eligible to apply for the Megamind Founder's Scholarship! All you have to do is write a short story or informational text (not more than 800 words) in either English or French and submit it on our website. The winner will win \$1000. The last day to apply is January 31, 2021.

Please visit our website for the application form and additional details: <https://megamindlearning.com/scholarship.html>

THE SEL SCOOP – January 2021

Supporting your Child Socially and Emotionally

Special Edition: Managing Big Feelings!

For many reasons beyond our control, life can feel stressful right now. Here are a few tips to help your children manage when big and uncomfortable feelings show up:

Talk about Emotions

Being able to identify, name, and talk about feelings reduces input from the emotion center of the brain and increases input from the thinking and problem solving center of the brain. It is also helpful to practice noticing emotions as physical sensations (literally, feelings!).



Listen and Empathize

Validate their feelings, judgement free – all feelings are okay, but all behaviour is not! You don't have to agree with what they might be feeling, but it is important to listen and respect it. Ask open-ended questions ("tell me what that feels like", "tell me more"). Ask prompting questions "what do you think would happen if...?"



Acknowledge your own Feelings

It's helpful for children to see that everyone struggles, even grown-ups. Model talking about feelings, talking about how feelings show up in the body, thinking through solutions, and using healthy coping strategies that make problems better, not worse! Choose self-disclosures carefully and keep adults worries in the hands of adults!



Reframe Feelings as Messages

Feelings are simply pieces of information that we have the power to choose what to do with. We don't want to ignore feelings but we don't want to respond impulsively to them either. Help them learn to interpret the message – stop and think, and make a good choice.



Reframe Stress & Encourage a Growth Mindset

Help children shift from a "stress hurts" to a "stress helps" mindset. Stress, big or small, presents opportunities for growth and learning. Even though a situation can't always be fixed, every situation can be improved – help them identify the powers they have to influence things.



Notice What They are Doing Well

Praise effort more than outcome. When offering positive feedback, be specific (identifying a clear desired behaviour that you would like to see repeated) and legitimate (following purposeful and meaningful accomplishments or actions and contributions). Encourage your child to think of how far he or she has come rather than how far he or she still needs to go. Help them see what they ~~can~~ do!



What we Give Attention to Grows

What we focus on, we get more of – choosing to focus on the positives, the learning opportunities, what is within our control, and the ways that we can make a small improvement in a given situation is empowering!



Teach and Practice Problem Solving Skills

What am I feeling? What is the problem? What are the possible solutions? What would happen if...? (weigh the pros and cons). What will I try? Did it work? Practice stress management techniques such as deep breathing, distraction, movement, and positive self-talk.



Talk Openly About Change

Remind your child of a time when they successfully coped with a major change, limitation, or uncomfortable situation in the past (starting a new school, joining a new team). How did it feel, how did they cope, how did it end?



SD23 Social Emotional Learning Team
www.sd23sel.weebly.com



Central Okanagan
Public Schools

Together We Learn

ONLINE APPLICATION for STUDENT ENROLLMENT

2021 - 2022 School Year (for kindergarten, new students, and Programs of Choice for K – 12)

Online applications begin on Monday, February 1, 2021 at 7:00 am,

Schools will be open at 7:00 am to provide telephone support to parents that require assistance.

Documentation Submission Deadline: Friday, March 12, 2021

HOW TO APPLY

In your web browser type: <https://enrollment.sd23.bc.ca>

No internet access? Please contact your school and they will assist you with the online application.

PLEASE NOTE: *The application process is online only, no paper enrollment is available. You are required to have a valid email account.*

Applications will be assigned a date-time stamp on a first-come, first-served basis, which will factor into a student's placement priority.

Complete the online application as early as possible, and provide the required documents listed below directly to the school by email by **Friday, March 12, 2021**.

1. **Birth certificate** or other government issued proof of age and citizenship
2. **Proof of B.C. Residency**
 - a. BC driver's license of parent/legal guardian AND
 - b. BC CARE card of parent/legal guardian OR
 - c. Other supporting documentation - <http://www.sd23.bc.ca/DistrictInfo/schoolenrollment/>
3. **Proof of Student's Living Address**
 - a. Property ownership, lease or rental agreement OR recent utility bill

AFTER Thursday, September 2, 2021

New in-catchment area enrollments: Parents will be notified by a confirmation email when the school has accepted the student's application for enrollment. Board Policy 405R – Student Placement (Regulations), will be used to determine student placement and priority.

New out-of-catchment area enrollments: Parents may not be notified until after the summer enrollment period is over and all in-catchment area students have been placed.

Qualifying age: The School Act requires that a child must be five years of age by December 31, 2021 to qualify for school enrollment in September 2021. No exceptions.

For further information, please visit the School District website www.sd23.bc.ca or call (250) 860-8888.





**Planning to attend Okanagan College next fall?
You may be eligible for an entrance award.**

Students graduating from a secondary school within the Okanagan College region (Revelstoke to Princeton) entering Okanagan College in September 2021 may be eligible for the following awards.

- OKANAGAN COLLEGE PRESIDENT'S ENTRANCE SCHOLARSHIPS
- OKANAGAN COLLEGE COMMUNITY SPIRIT AWARDS
- OKANAGAN COLLEGE BOARD OF GOVERNORS ENTRANCE AWARDS
- RICK AND YASMIN THORPE & FRIENDS SCHOLARSHIPS
- MCGILLIVRAY ENTRANCE AWARD FOR BUSINESS
- TONY SELLAR LEADERSHIP ENTRANCE SCHOLARSHIP
- JOHNSTONE MEMORIAL AWARDS

EACH CAMPUS ALSO HAS HIGH SCHOOL AWARDS AVAILABLE

HOW TO APPLY:
Eligibility criteria and details about how to apply online are available by visiting okanagan.bc.ca/financialaid

APPLICATION DEADLINE:
4 p.m., March 5, 2021

Questions? Contact awards@okanagan.bc.ca or Toll Free in BC: 1-800-767-5492

okanagan college

okanagan.bc.ca

Plan, search, & apply to B.C. post-secondary institutions: <http://www.educationplannerbc.ca>

Students are responsible for researching and verifying all post-secondary entrance requirements for any institution they wish to attend.

UBC Admissions

