



Whoo's News



February 4, 2022

Semester 2

2021 -2022 - Grade 10 and 11 Course Selection for coming year

For KSS students in Grade 10 and 11, the counselors and administration team will be presenting to our student body about the course selection process for the 2022- 2023 school year via zoom on Monday, February 7 at 12:40 p.m.

On Tuesday Feb 9th (grade 10) and on Wednesday Feb 10th (grade 11) in their morning classes, students will begin the process of course selection in the student portal. Students in Grade 11 will also review their graduation progress to-date.

On Tuesday, February 15th, KSS will be hosting a Parent Information Night at 6:00 pm. At this time, we will be presenting the same information that we presented to grade 10 and 11 students earlier. At the end, we will also be able to answer some general questions. If parents have specific questions about their child, we encourage you to reach out to their school counselor or their alpha vice- principal. Please RSVP using the following [link](#)

The meeting link will be sent to you in the morning on February 15th to your requested e-mail address.

Course selections are due on-line in the student portal by Friday, February 25, 2022.

Please ensure your student has access to the MyED portal. Meeting the deadline for course selection will give your student the best opportunity to get the courses they request.

If you have any questions please feel free to email your counselor or your alpha Vice-Principal

Last Names A-G,	Counselor	Dianne Demug	diane.demug@sd23.bc.ca
	Vice-Principal	Christey Hughes	christey.hughes@sd23.bc.ca
Last Names H-N,	Counselor	Sandra Curran	sandra.curran@sd23.bc.ca
	Vice-Principal	Jeff Prasad	jeff.prasad@sd23.bc.ca
Last Names O-Z,	Counselor	Sandy Corrado	sandy.corrado@sd23.bc.ca
	Vice-Principal	Michael Kormany	michael.kormany@sd23.bc.ca

Information for our future Grade 10's arriving in September 2022, please see the [KSS website](#) for information.

Important Dates and Links:

- February 7** School-wide zoom for current Grade 10 and 11 students regarding course selection
- February 9** Current Grade 10 students begin course selection in their a.m. class
- February 10** Current Grade 11 students begin course selection in their a.m. class
- February 15** Parent Information Night 6:00 p.m. via Zoom - please sign up [here](#)
- February 25** Course Selections due on student portal

MARK YOUR
CALENDAR!



Grade 10 - 12 Course Changes for Semester 2 are no longer able to be accommodated.

Grad Photo Retakes:

Appointments for grad photo retakes will open Monday February 7; appointments are also open for those grads who were unable to get photos on January 21 due to the power outage at the school. Retakes are February 22 and 23. Please be reminded that parents/family/friends from outside KSS are not permitted inside the school at this time.

You can book at: <https://www.mountainwest.ca/>

Proud for Prom

A local organization called Proud for Prom is holding an event for grade 12 students can sign up to access previously-loved formal wear--dresses, suits, tuxedos, shoes-- all donated from the Kelowna community. The event is being held at Hollywood Road Education Center on February 19-20.

Space is limited and admission is by sign-up here:

<https://www.signupgenius.com/go/10c0d48a5af2ca0f8c52-proud>

You can find more information at <https://proudforprom.weebly.com/> and on Instagram at @proudforprom.



All KSS parents and guardians are invited to attend the KSS PAC meeting on Tuesday, February 8th, at 6:30 pm via Zoom. If you would like to be added to the Zoom invitation list, please email kss.pac@sd23.bc.ca by Monday, February 7th, with your name, name and grade of your student(s), and your email address. We hope to see you there! (Note that the PAC doesn't meet in the month of March.)



View the link to an updated Dual Credit Programs slide deck to check out for course selection information. <https://docs.google.com/presentation/d/150Gff2dMI4QSVKBk6rijzdCHrvaKzJAHGP7ve5R4MKY/edit?usp=sharing>



Spring 2021 Enrollment



Central Okanagan
Public Schools

Together We Learn

ONLINE APPLICATION for STUDENT ENROLLMENT

2022 - 2023 School Year (for kindergarten, new students, and Programs of Choice for K - 12)

Online applications begin on Monday, January 31, 2022 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 18, 2022

The enrollment application period begins **Monday January 31st, 2022 (beginning at 7:00 am on-line) – Friday, March 18th, 2022.**

The Summer Enrollment Application period begins: **Tuesday, August 30th, 2022, to Thursday, September 1st, 2022.**



Kelowna Secondary School

École Secondaire Kelowna

1079 Raymer Avenue, Kelowna, B.C. V1Y 4Z7
Ph : (250) 870-5105 Fax : (250) 870-5005

SUBJECT: KSS Communicable Disease Prevention Plan – **STUDENTS**

EFFECTIVE DATE: January 4, 2022

We are currently following the Provincial COVID-19 Communicable Disease Guidelines for K-12 Settings

- **Use hand sanitizer or wash hands upon entry to KSS** and regularly throughout the day.
- No gatherings larger than 50% operating capacity. No spectators.
- **Routine daily health check (self-screening)** – continue this. Do not enter KSS if you answer 'yes' to any of the symptoms on the [Daily Health Check](#)
- **Non-medical masks are required in all indoor areas**
 - *Even while seated*
 - *Except when eating / drinking (must be properly physically distanced)*
- **No Food / Drink consumption in hallways** (ie: *masks must stay on*)
- **MPR closed for eating / sitting / visiting** (*except for meetings with counsellors*)
- **Washroom capacity limits** will be posted (4 per student washroom downstairs, 2 per student washroom upstairs, and 1 per universal washroom) *reminder to wear mask in washroom
- **PE changeroom capacity** limited to one class at a time
- **Lunch Break:**
 - Students may go to a classroom for lunch, or walk outdoors
 - Library is open (observe maximum capacity of 50)
 - MPR is closed
- **Okanagan College** – *no KSS student access at this time. Students may pass through, but must continue on their way, or wait at the bus stop, but may not hang out.*
- **Food:** No sharing of homemade food / baked goods
- **Sharing of educational tools:** sanitize hands after using shared items.
- **Elevator:** Maximum two occupants only & must wear masks.
- **What if someone is feeling sick while at school?** The individual may be asked to go home.

Please refer to the updated District Communicable Disease Plan and continue to follow local health guidelines.

DAILY HEALTH CHECK

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	If yes to 1 or more of these symptoms: Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	If yes to 1 symptom: Stay home until you feel better.
Loss of appetite	
Headache	If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
Body aches	
Extreme fatigue or tiredness	
Nausea or vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	If yes: Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption . Students, staff and other adults who are not fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival , as part of federal requirements .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	If yes: Follow the instructions provided by Public Health.

You can also check your symptoms with the [K-12 Health Check](#) or the [BC Self-Assessment Tool](#).

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms, like difficulty breathing (struggling to breathe or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Visit the [BC Centre for Disease Control website](#) for more information on COVID-19.



KSS Indigenous Academy and “The Witness Blanket” Exhibition

The Witness Blanket is a travelling exhibit that is a photo reproduction of the original carving, currently housed in the Canadian Museum for Human Rights in Winnipeg. The original piece is created by master carver, Carey Newman, a Coast Salish artist, and is made from over 800 reclaimed items and artifacts from residential schools, churches, government buildings, and traditional and cultural structures, including Friendship Centres, band offices, treatment centres, and universities from across Canada. The Witness Blanket weaves healing and history together as a national monument bearing witness to the truths of residential school Survivors.

For reconciliation to work, and for our relationship to be renewed, there must be awareness, acceptance, apology, atonement and action.

-Senator Murray Sinclair, Chair
Truth and Reconciliation Commission, 2018

The Witness Blanket stands as a national monument to recognize the atrocities of the Indian residential school era, honour the children, and symbolize ongoing reconciliation - Canadian Museum for Human Rights



**Central Okanagan
Public Schools**
Together We Learn

January 24, 2022

Dear Parents/Guardians and School Community:

The Ministry of Education passed Bill 36, the School Amendment Act, which eliminated the Standard School Calendar. As a result, school districts are now required to establish their own school calendars. The calendar committee is comprised of representatives of the partner groups in the Central Okanagan Public Schools including the Central Okanagan Teachers' Association (C.O.T.A.), Canadian Union of Public Employees Local 3523 (C.U.P.E.), Central Okanagan Principals and Vice Principals' Association (COPVPA), and the Central Okanagan Parent Advisory Council (COPAC). This committee has met to draft a proposed school calendar (attached), which meets the requirements of Bill 36.

Section 87.01 (7) of the School act requires consultation on school calendars. A board must make public a proposed school calendar one month before submitting it to the Ministry. We are inviting the community to review a two-year proposed calendar for the 2022/2023 and 2023/2024 school years and to provide input to the proposal before it is discussed by our Board of Education at a public meeting.

I invite you to provide your input about this proposal by Friday, February 18, 2022 by completing a very brief survey at the link below:

<https://ca.research.net/r/2022-2023and2023-2024SchoolCalendarSurvey>

We anticipate that the finalized 2022/2023 and 2023/2024 school calendar (once approved by the Board of Education) will be provided to parents early this spring. Copies will be provided directly to you through your child's school.

Thank you for your time in reviewing this proposal. Yours truly,

Yours truly,

Bob McEwen
Executive Director of Human Resources

BM/ci
Attachments



**Central Okanagan
Public Schools**
Together We Learn

CENTRAL OKANAGAN PUBLIC SCHOOLS 2022-2023 School Calendar

DESIGNATION	SCHOOL DISTRICT NO. 23 Local Calendar 2022/2023
Days in session	189 (3 summer Pro Days August 29, 30, 31)
Number of days of instruction	182
Number of non-instructional days	7
Schools open	Tuesday, September 6
National Day of Truth and Reconciliation (schools closed)	Friday, September 30
Administrative Implementation Day	Friday, October 7
Thanksgiving Day (schools closed)	Monday, October 10
Teacher Professional Day	Friday, October 21
Remembrance Day (schools closed)	Friday, November 11
Winter vacation period (schools closed)	December 19 – December 30
In lieu of New Year's Day January 1 (schools closed)	Monday, January 2
Schools reopen after Winter vacation	Tuesday, January 3
Teacher Professional Day (Support Staff In-Service Day)	Friday, February 17
Family Day	Monday, February 20
Spring vacation period (schools closed)	March 20 – March 31
Schools reopen after Spring vacation	Monday, April 3
Good Friday (schools closed)	Friday, April 7
Easter Monday (schools closed)	Monday, April 10
Victoria Day (schools closed)	Monday, May 22
Administrative Day (students do not attend)	Wednesday, June 30

The Calendar for 2022-2023 complies with Bill 36 - School Amendment Act (School Calendar Regulation).

The minimum hours of instruction are:

- Kindergarten 853 hours (based on 290 minutes X 182)
- Grade 1-6 878 hours (based on 290 minutes X 182)
- Grades 7-12 952 hours (based on 314 minutes X 182)

Provides the:

- Number and dates of the days in session
- The number and dates of each day of instruction
- Vacation Periods and the Statutory Holidays
- The dates of each Non-Instructional Day
- The number of hours of instruction offered students in each grade group

SPRING TRYOUT INFO



3A Girls Soccer Tryouts
Currently on round 3 of Tryouts,
please contact Mr. Bernhardsson
for more information

The Ministry of Education is
keeping the current K-12
Guidelines in place.

This means all schools
sports tournaments are
still prohibited from
taking place.

This decision will be
reviewed on a week by
week basis.

Kelowna Secondary Badminton team
Starting Feb 9th and running on Wednesdays from
330-5pm in the KSS Gym
Contact: Mr Wilkinson for more info:
caleb.wilkison@sd23.bc.ca



3A Boys Rugby Tryouts
February 15 7 am in the KSS GYM
February 22 7 am in the KSS GYM
Contact: Mr. Marfleet for more info

Jr. Boys Rugby
1st Tryout will be at 7 am on Friday February 4th
in the KSS Gym.



KSS Ultimate Frisbee Tryouts:

3:45-5pm on March 1, 3, 8, 10, 15th
at the Rutland Bubble.
Join the Ultimate Frisbee Google classroom.
Sign-up code: ult3xgr

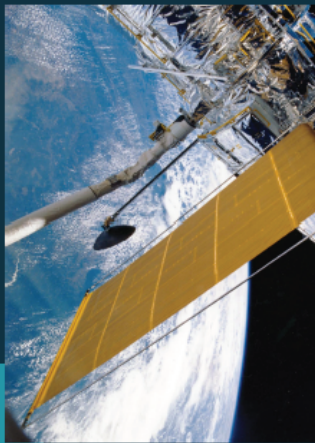
>> UBC O Engineering Into the Universe All-Girls* Event

Grade 10-12
February 16th, 2022
UBC Okanagan
9:30 am - 2:30 pm

Sign up at your Career Centre

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 professions who will share their stories and experiences.

"We have an inclusive view of the word 'girl' and we welcome trans, genderqueer, and non-binary folks interested in these workshops. Grant funding has been provided to increase the number of girls in post-secondary STEM programs.



WE'RE LOOKING FOR LEADERS.



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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 18, 2022.

1. Student's Birth Certificate or other government issued proof of age and citizenship.
2. Proof of Parent/Guardian B.C. Residency
 - a. Combination BC Driver's License and Services Card (copy of both sides); or,
 - b. BC Services Card (copy of both sides) and one item from the list of supporting documentation that follows; or,
 - c. Proof of application for BC Medical Services Plan and one item from the list of supporting documentation that follows.
3. Proof of Parent/Guardian Living Address/Supporting Documentation
 - Ownership of a dwelling or long-term lease or rental of a dwelling;
 - Documentation indicating British Columbia residence (i.e. utility bill);
 - British Columbia registration of an automobile;
 - British Columbia Driver's License (copy of both sides); or,
 - A current income tax return filed as a British Columbia resident.

AFTER Thursday, September 1, 2022

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, 2022 to qualify for school enrollment in September 2022. No exceptions.

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

JEAN MINGUY MEMORIAL RCMP YOUTH ACADEMY



Interested in a career in the RCMP or other
First Responder careers?

This is the program for you!

APPLY NOW, SPACE IS LIMITED!

The Jean Minguy Memorial RCMP Youth Academy will be held at the Vernon Army Camp, from Sunday May 8 - Saturday May 14, 2022. Dates subject to change. The RCMP, in partnership with School District 22, have designed this program for students aged 16-18 (as of April 1, 2022), who are interested in police sciences or law enforcement as a potential career. Up to 40 students from ten different school districts will participate in a mini training camp which simulates a police academy environment. It involves seven days where students will be instructed in law, procedures of law, and the role of police officers in the community.

Students who are interested in pursuing a career in law enforcement will get a very good insight in the training and demands placed on police officers. Students will be personally challenged in their leadership abilities, physical abilities, and mental toughness. The cost is \$350 per student. This fee includes meals, lodging and all supplies for the week.

All Applicants must complete the application package and submit it through his/her Career Coordinator. Which in turn must be submitted for processing by February 11, 2022 to: Career Programs SD22, 2301 Fulton Road, Vernon BC, V1H 1Y1.

All participants will be expected to follow strict COVID-19 safety protocols that will be in place for the duration of the academy.

All potential participants must complete a Fitness Test, which will take place in April.

*Students are strongly encouraged to train for this testing to give themselves the best opportunity to succeed.

Who may participate?

- Attending Gr. 11/12 • 16 to 18 years of age (as of April 1, 2022) • Able to pass fitness test • Able to pass criminal and driving record check • In good academic standing • Displays willingness to work • Good school attendance record
- Interested in Law Enforcement or supporting careers • Recommended by school staff • Non-smoker/Non-vaper

IMMERSIVE EXPERIENCES



PROGRAM QUICK FACTS

WHO CAN APPLY: Grades 10-12
(preference given to Gr 12 students)
Minimum of 16 years of age as of April 2022

DATES: May 8-14 (Subject to change)
Applications DUE : Feb 11, 2022
COST: \$350

How to get more information
and Apply:

Contact your Career
Coordinator:

IN SD#22

Seaton/Alternate Programs
Melanie Jorgensen
mjorgensen@sd22.bc.ca
250 306 6806

Kalamalka/VSS
Tim Thorpe
tthorpe@sd22.bc.ca
250 549 6921

Fulton/CBSS
Debbie Meyer
dmeyer@sd22.bc.ca
250 540 1714

OR Go to the SD#22 Career Program's
website <https://sd22.bc.ca/careers-services/careers/>



Career Exploration Conversations

A CAREER DEVELOPMENT WEBINAR FOR PARENTS AND GUARDIANS TO SUPPORT YOUTH

Wondering how to start a career conversation
with a young person in your family?

Looking for tools to help your youth discover
the career of their dreams?

WorkBC.ca can help!



BRITISH COLUMBIA
VIRTUAL WEBINAR THROUGH ZOOM
7 to 8 p.m.

February 8, 2022

March 1, 2022

February 17, 2022

March 10, 2022

Please select the one event date that works best for you.

JOIN US ON ZOOM!

Click on hyperlink to register.

This event is free. | For questions, contact the WorkBC team.



WorkBC.ca is facilitating one-hour interactive webinars to help parents and guardians support youth as they explore career options. The virtual events are designed for parents of grade 9-12 students to support career conversations with their youth.

Co-hosted by CES Career
Education Society

NEXT STEPS FOR UVIC APPLICANTS

FROM HIGH SCHOOLS IN CANADA 2022

Thanks for applying to Canada's top comprehensive university—the University of Victoria! This is your chance to study at a globally recognized research university, get hands-on experience, and live and learn in our extraordinary environment. Use this checklist to keep track of the next steps to becoming part of the UVic community. If you have any questions, email us at recruitment@uvic.ca. We hope to see you in September!

Create a Netlink ID

Once you've applied, create your Netlink ID at uvic.ca/netlink. This will become your @uvic.ca email address while you're a student. You'll also use your Netlink ID to access the UVic student portal where you'll self-report your grades, apply for scholarships and register for your courses.

Submit supplemental information

Prepare your supplemental information (if required) and submit it by your program's supplemental application deadline. This is usually January 31 or earlier. You can find these requirements and deadline on your program's page at uvic.ca/programs.

Submit proof of English language proficiency

If your first language isn't English, submit proof of English language proficiency by February 28 or the deadline indicated in your application checklist. uvic.ca/enpr

Self-report your grades between February 15 and March 15

Self-report your interim grades or predicted IB scores via the link in the checklist in the UVic application portal. uvic.ca/application
By self-reporting your grades, you will be automatically considered for entrance scholarships based solely on your calculated admission average. You must self-report your grades to be considered for admission or scholarships at UVic.

Apply for on-campus housing between February 7 and May 1

Hoping to live on campus? Apply between February 7 and May 1 at uvic.ca/residence.

Apply for specific-criteria application awards

You can apply for specific-criteria application awards (based on grades and merit) as of February 15. You can apply before you've received an admission offer, but make sure to submit your application before the deadline of April 30. uvic.ca/entrancescholarships

Accept your offer!

We'll send your offer of admission by email. Be sure to read all information carefully and pay the acceptance deposit by the deadline specified in your offer. Doing so will reserve your seat at UVic and enable you to register for classes. uvic.ca/admitted

Apply for a study permit, if required

If you're not a Canadian citizen or permanent resident, apply for your study permit as early as possible to allow for processing time. You can apply for your permit at canada.ca/immigration. You must pay your acceptance deposit before you can receive a study permit letter from UVic. uvic.ca/admitted

Register for courses

Watch your email between late May and early June for registration information including when to log in to find out your registration date and time.

Send final grades to UVic

Send your final official grades plus any other requested documents by the deadline listed in the UVic application portal. uvic.ca/final-grades



greenbricks

GREEN COLLAR FUTURES

Free to Attend and lots of Prizes!

Virtual Career Conference for Students Grades 9-12

The "green economy" is changing the workplace in B.C. Learn about exciting and endless career opportunities.

More than a career fair, this conference connects you with dynamic people thriving in a green collar career.

You can win a \$500 scholarship!

EVENT DETAILS

9:00am- 3:00pm
Saturday February 12th, 2022
Held virtually via Zoom

Many careers represented like hydrologist, environmental lawyer, affordable housing developer, interior designer, landscape architect, sustainable fashion entrepreneur, robotics engineer, lighting physicist and sustainable financial advisor.

Registration is limited, and a school limit may apply. Register at:

www.greenbricks.ca



Power smart

HEALTH PROMOTING SCHOOLS NEWSLETTER



FEBRUARY 2022

DASH UPDATES



Teaching and Learning

At this year's Okanagan Zonal Virtual Conference, on February 18, 2022, Comprehensive School Health Facilitator Dara DeMarce will be presenting DASH's 'Promoting Mental Well-Being: Creating Healthy School Communities'. During this workshop participants will learn how to use the comprehensive school health framework to promote mental well-being for the school community. Teachers will learn strategies to strengthen their personal mental well-being and mental well-being of students. If you would like this workshop at your school find out more here.

DENTAL HEALTH

Teaching and Learning

Dental Health Math and Literacy Activities

Teach students math and literacy skills while also learning about dental health!

Find fun colour and count, crossword puzzles, word searches, and other printable activity sheets at Dental Hygiene Canada, The Canadian Dental Association, and MouthHealthy.



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

Start Date February 28

Virtual Information Sessions
Tuesdays 10:30am

Text or call
250-258-0514

Email
mariana.souza@ymcaokanagan.ca

SCAN ME



Building healthy
communities

HEALTH PROMOTING SCHOOLS NEWSLETTER



FEBRUARY 2022

DASH UPDATES



Teaching and Learning

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Teaching and Learning

Dental Health Math and Literacy Activities

Teach students math and literacy skills while also learning about dental health!

Find fun colour and count, crossword puzzles, word searches, and other printable activity sheets at [Dental Hygiene Canada](#), [The Canadian Dental Association](#), and [MouthHealthy](#).



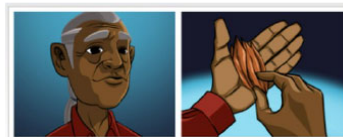
INDIGENOUS RESOURCES

Teaching and Learning

New Animated Video Highlights Respecting Traditional Tobacco, Quitting Commercial Tobacco



Made in partnership with Indigenous Story Studio, with the guidance from Elders at Tsow-Tun-Le-Lum Society and youth from around BC, this video highlights important teachings around culture, sacred tobacco and wellness. For more information see the news [article](#). You can watch the video [here](#).



MENTAL WELLNESS

Community Partnerships

Foundry Virtual BC

Foundry's provincial virtual services offer free drop-in and scheduled counselling & peer support, primary care, employment support and groups for young people aged 12-24 and their caregivers across BC.

All services are free and confidential. We offer video, audio and chat options.

For more information visit foundrybc.ca/virtual. If you don't have access to internet, call 1-833-308-6379 or email online@foundrybc.ca.

Download the App or
use in a browser

Hours: 7 days/week
1:00pm-9:00pm



NUTRITION

Teaching and Learning

Teaching Resources

[Teaching and Talking about Students About Food and Nutrition](#) – have a look at this resource from the [Teach Food First Toolkit](#), for examples on using a food exploration approach to food and nutrition education.

Fresh Roots [Leavening Activity](#) – Students learn about what makes baked goods light and fluffy. (grades 3-7 lesson plan)



For Parents: Have a look at this informative resource [Kids in the Kitchen](#) for cooking skills and ideas by age.



TOBACCO AND VAPOUR PRODUCTS

Teaching and Learning

New Free Program to Help Youth Quit Smoking and Vaping!



Through the Quash app, website and facilitator training course, we want to empower young Canadians to live their best lives, smoke-free and vape-free. [Learn more about how you can become a Quash Facilitator](#). Our free certificate training equips adults to deliver the Quash smoking and vaping cessation program to youth in their communities. Empower Youth to Live Smoke-Free with Quash a judgement-free program to help teens and young people quit smoking or vaping. The Lung Health Foundation is the leading national charity dedicated to improving the lung health of Canadians.

RESOURCES

Teaching and Learning

Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics like COVID-19 Information, Dental and Oral Health, Hand Hygiene, Positive Mental Health, and Substance Use.

[Healthy Schools BC Website](#) is a great resource for teachers.

Healthy Schools Information Sharing

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 6](#), [SD 8](#), [SD 19](#), [SD 53](#), [SD 73](#), [SD 83](#)

Community Partnerships

Tobacco and Vapour: Prevention and Control:

Do you need to reach Interior Health Tobacco and Vapour Prevention and Control? Contact us at tobacco@interiorhealth.ca or 1-855-744-6328 prompt #5

For previous newsletters: [Health Promoting Schools Newsletters](#)



BC PSI - Important Application Deadlines

January - March 2022

Don't miss out on any Important information or Deadlines!

Check out the KSS website regularly!

