



Whoo's News



March 18, 2022

2022 KSS Grad Information

As the end of the school year approaches, the time has come to discuss traditional school-sanctioned events, including the Grad Walk, Prom (Dinner and Dance), and Convocation Ceremonies. We know that these are graduation milestones for which our students and families have been eagerly awaiting.

Due to the ever-changing Provincial Health restrictions regarding the group size that can gather indoors versus the size of our graduating class, we have had to make some decisions in order to move ahead with our planning for our Convocation Ceremony (Stage Crossing). The only facility in town that can safely accommodate our Grad Class members, their families, and our staff will not be available this year as it is undergoing renovations and will be unavailable until at least the end of July. This is the only facility in our area that can accommodate the size of our class and those of the other larger secondary schools in our district.

After speaking with our Grads about their needs and wishes, KSS will be again hosting our Graduation Stage Crossing on the weekend of **June 4-5 in our gymnasium**. Graduates will have the option to sign up with their friends and will be allowed to have 6 guests view their recorded stage crossing. Please be aware, that the number of guests may need to change if any new Public Health orders come into effect. There are no vaccination restrictions for graduates or their guests.

Sign-up will occur in April and will be advertised in the Whoo's News, on the KSS website, and on the Grad 2022 Google Classroom. As in 2020 and 2021, we have hired a professional film production company to record the graduates' stage crossing. The production will be released on YouTube for all extended family members and loved ones to view on Friday, June 24th, 2022, and will include the graduates' stage crossing, traditional speeches, and awards. All stage recordings must be completed on June 4th or 5th, after which the staging and video company will be unavailable.

A \$75 Graduation Fee has been added to your Graduate's student account and is due prior to April 2, 2022. These fees cover:

5"X7" grad photo
Keepsake folder
Keepsake cap, gown and stole



Decorations of the Grad Venue
Security
Professionally produced online video



In order to participate in the 2022 ceremony, students must have returned any overdue library or textbooks and paid any outstanding student fees no later than Monday, May 30th, 2022 (or made payment plan arrangements with your alpha Vice-Principal.)

A keeper souvenir cap, gown, and stole are on order and are set for distribution on **May 30th and June 1st during block 3-4 in the MPR room (9:00 – 11:00 am)**. We will be calling down Grade 12 classes to the MPR to minimize disruption. Students on spares at this time must come in during these times and pick up these items.

In order to collect these items, the students must

Be in a calculable position to graduate. Any students who are not meeting graduation requirements will be directed to their school counsellors and may not proceed.

Returned any outstanding library or textbooks and paid all student fees including the \$75 Grad Fee. If this poses a problem, parents/guardians must set up a payment plan with their alpha Vice-Principal.

In early May, our counselors will be visiting Grade 12 classrooms to collect the Grad Information Sheet that will be read out loud as our graduates cross the stage.



The KSS Grad 2022 Formal Promenade at Waterfront Park is booked for May 20th, 2022 (Time TBD)

The prom details that follow after the promenade are still in the works and will be communicated at a later time. There is a volunteer Grad Parent committee that has taken on the task of organizing the 2022 KSS Prom. As we get closer to the 2022 KSS Prom date, these parents will be reaching out to all our Grad Parents for support. We thank you for your patience and understanding as we work to honor our Grads of 2022 during these challenging uncertain and unprecedented times. Please stay connected to our school website (www.kss.sd23.bc.ca), KSS Grad 2022 website (<http://kssgrad.weebly.com/>), and/or our Whoo's News School Newsletter.

Safety of your Child at Non-Sanctioned Graduation Events

For each of our grade 12 students, the graduation year is one of the most special and celebrated milestones to date. We have several events that we are still organizing and supporting at KSS for your Grade 12 student. These events may look different or may be cancelled depending on the status of COVID-19 and the restrictions. Administrators, teachers, parents, and students work very hard to organize these events and ensure all safety concerns are addressed. Grad Movie Night, Grad Spring Fling, Prom, and the Convocation Ceremony are just a few activities that we plan and prepare for your child's enjoyment.

Unfortunately, there are other non-sanctioned grad events that we do not supervise or support. The activities are organized and arranged by graduates themselves that include "grad kidnappings" and subsequent "bush parties" that take place in our community.

We want to be clear that we have **serious concerns** regarding student behavior and safety at all of the above-mentioned non sanctioned events. There have been incidents of serious injury to students and we strongly caution and counsel parents to investigate these non-sanctioned activities carefully. The staff at KSS want your child's grade 12 year to be positive, memorable, and safe.

KSS Spring Fling and Parent Volunteer Opportunities

There will be a grade 12 semi-formal dance on Wednesday, April 13 at KSS. Tickets will be on sale the first week back after spring break.

We need parent volunteers! in order to make this event happen, we will need some parent supervision. If you are interested and available, please fill out this Google Form <https://forms.gle/UALeMcVfWRsPhDxm9> and we will be in touch the first week of April.



Not Returning to KSS for September 2022?

Please contact us and let us know that you will not be returning as soon as possible.

250-870-5105 or

KelownaSecondary.School@sd23.bc.ca



Grad Clothing--Final Sale!

The final round of grad clothing is open for the entire month of March here: <https://kssgrad22mar.itemorder.com/shop/sale/>. This sale is featuring t-shirts for spring and summer. Items will arrive at the end of April.

Sale #2 items are due to arrive at KSS the week before spring break. Please stay tuned for an update.



École Kelowna Secondary





KSS Spring Athletics

Check out the [KSS Athletics Webpage](#) for information on sports teams and our Athletic / Gym Calendar.

[*New—Track and Field Sign up](#)



KSS Spring Coaches 2022



Ultimate	Ashlee Davison	ashlee.davison@sd23.bc.ca
Jr Boys Rugby 7's	Leana Marton	leana.marton@sd23.bc.ca
3A Boys Rugby 7's	Dave Marfleet	david.marfleet@sd23.bc.ca
Badminton	Caleb Wilkinson	caleb.wilkinson@sd23.bc.ca
Golf	Tony Sodaro	tony.sodaro@sd23.bc.ca
3A Girls Soccer	Arnar Bernhardsson	arnar.bernhardsson@sd23.bc.ca
Mountain Biking	Jeff Begg	jeffery.begg@sd23.bc.ca
Track and Field	Joella Koblichke	joella.Koblichke@sd23.bc.ca



Attention 2022 KSS Grads

The KSS Parent Advisory Committee will be awarding two bursaries and two scholarships to KSS grads who will be pursuing post-secondary education in the fall of 2022. Each award will be for \$1000.

The applications can be found using this [link](#) or on the KSS website under "Students - Bursaries and Scholarships".

Deadline for applications is April 8th



Our first day back after the break is Monday, April 4 and our block rotation will be 7/8 and 5/6.

UPCOMING DATES:

April 12: PAC Meeting 6:30 p.m.

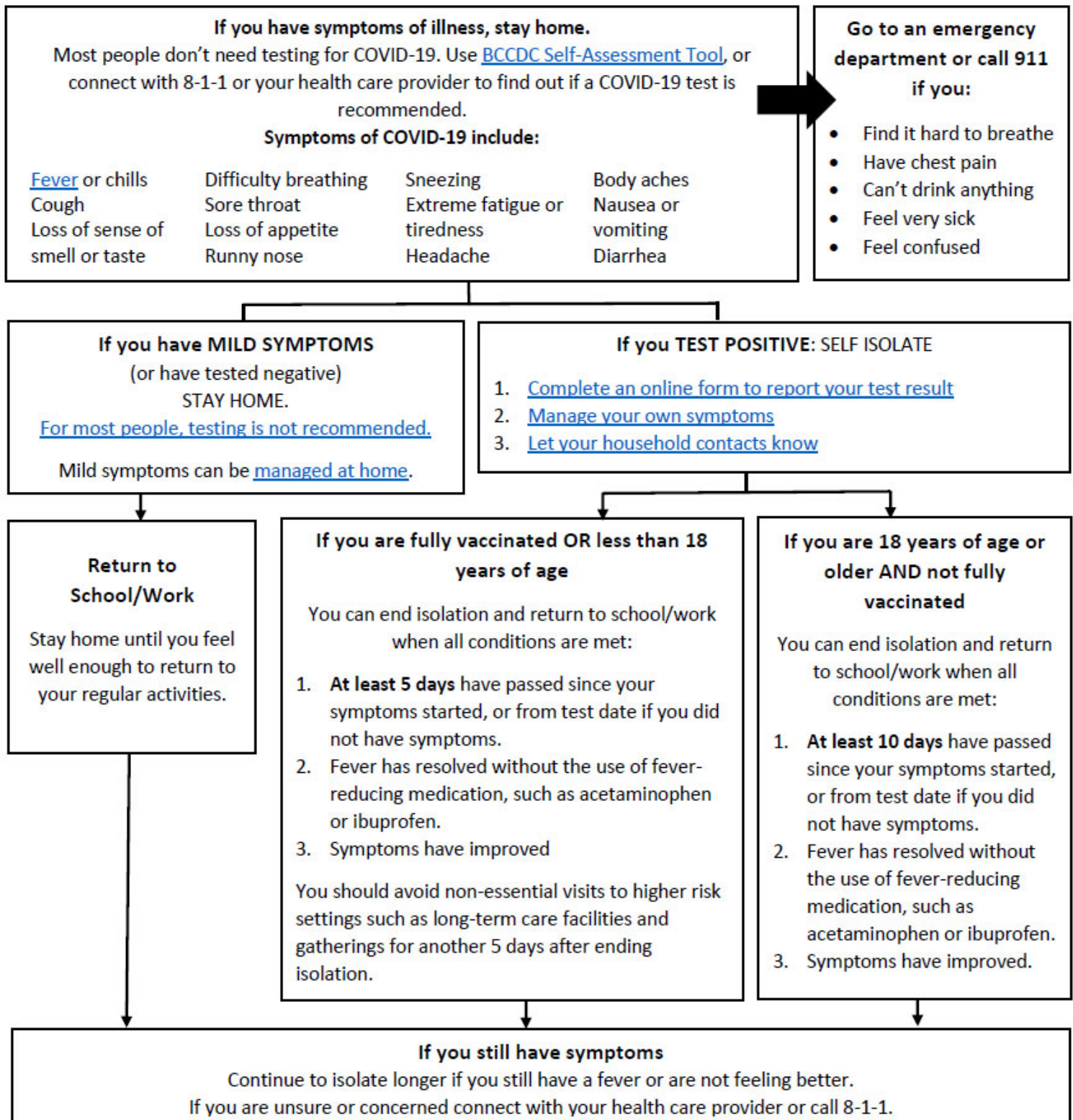
April 15: Good Friday (no school)

April 18: Easter Monday (no school)

April 22: Quarter 3 Ends



Summary: What to Do When Sick



What to do if someone is sick in your household:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at:

[Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)



BCCSA
BC Construction Safety Alliance

SiteREADYBC

ONLINE CONSTRUCTION SAFETY ORIENTATION

SITEREADYBC PROGRAM

This is a brand-new introductory construction safety training course created by the BC Construction Safety Alliance (BCCSA). The program will focus on BC safety regulations but is being built so it can be adapted for use across Canada.

This online training program replaces the popular Construction Safety Training System (CSTS-09) we previously offered, which close to 75,000 BC construction workers have completed. For many BC employers, a SiteReadyBC certificate will become mandatory for all new employees upon first entering a construction site.

Successful students will receive certificates to both the SiteReadyBC program and WHMIS-2015.

PART 1

- 1 Legislation
- 2 Rights & Responsibilities
- 3 Hazard Management
- 4 Workplace Conduct
- 5 Inspections, Accident Reporting, Investigations

PART 3

- 11 Manual Lifting
- 12 Tools, Machinery, Equipment
- 13 Mobile Equipment
- 14 Electrical Safety
- 15 Ladders & Scaffolds

PART 2

- 6 Emergency Preparedness
- 7 Workplace General Conditions
- 8 Personal Protective Equipment
- 9 Noise
- 10 WHMIS

PART 4

- 16 Demolition
- 17 Working at Heights
- 18 Excavation & Trenching
- 19 Cranes, Hoists, Rigging
- 20 Confined Spaces



Making Safety Simpler
www.bccsa.ca



This Summer Do Something Different

July 2 to August 13, 2022

Join the YMCA Summer Work Student Exchange (SWSE) Program

Will you be 16 or 17 this summer?

Sign up for SWSE and for six weeks you can:

- Travel to Quebec and get a chance to expand and practice your French skills
- Meet youth on exchange and make friends
- Get paid work experience during your exchange
- Stay with a local host
- Enjoy fun group activities exploring your surroundings
- Build on your skills for the future!

Your family must also receive a youth participant at home while you are away. If this is a challenge, please get in touch.



Qualified staff will support you through the entire experience. The program will cover the cost of travel between provinces and program activities. There is a modest fee to participate.



Become a host family. When you share your home with a youth participant, you are providing a cross-cultural experience, making a meaningful contribution in participants' lives and helping to forge new connections.

Any adult can apply to host a youth on exchange from another part of the country for six weeks.

Your support will include:

- Meals and a comfortable place to stay
- Inclusion in family structure and activities
- Guidance to the youth in new surroundings

Youth will work full-time and attend group activities during weekends, so they'll be busy! Program coordinators will be there to support you. If you need financial assistance to qualify as a host or have any other questions please contact us.

Employ a youth participant. As a non-profit organization, you can provide employment for a youth this summer at minimal cost to you.

The SWSE program will subsidize your new employee's salary at the minimum wage in your province, up to 35 hours/week.

You will provide:

- Six weeks of professional exposure
- Opportunities for skill development
- Supportive supervision

You can play an invaluable role in young people's career growth! Apply online to get started.



Apply Now!



Follow us



[@ymcaexchanges](https://www.instagram.com/ymcaexchanges)



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:
http://www.sd23.bc.ca/Publications/PIE_info.pdf.

Event Date

The next Partners for Inclusive Education meeting is scheduled for:
Date: The second Monday of each month
Time: 6:00 pm
Location: Zoom (contact the Superintendent's Office for Zoom details)
 Meetings are normally held on the 2nd Monday of each month.

EMPOWERING YOU

Building Resiliency

Empowering YOU is a FREE 10-week program that provides mental health education to help youth 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.

We gratefully acknowledge the financial support of the Government of Canada and support of the Province of British Columbia.

WHERE AND WHEN

Parkinson Recreation Centre, Kelowna
 Thursdays 6-8pm
 April 7th to June 9th, 2022

Email for more information or to register: empoweryou@bcrpa.bc.ca

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



DISCOVER YOUR PITCH

Pitch your business. Win money.

An exclusive virtual investor pitch competition for B.C. students in **grades 10-12**.

- April 2022 workshops
- May 2022 pitch practices & provincial finals

Prerequisite: **JA Be Entrepreneurial or Company Program**

Free of Charge

ENROLL NOW

Visit jabc.ca/dyp or contact

Jesslyn.Smith@jabc.org



A parent's/guardian's guide to the cancellation of the French Immersion 12 Assessment for the 2021/22 School year (l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion (LTF12))

Background and what occurred

British Columbia's French Immersion programme allows students to earn dual diplomas, receiving both a British Columbia Certificate of Graduation (Dogwood Diploma) and a Diplôme de fin d'études secondaires en Colombie-Britannique. In order to graduate with both diplomas (often referred to as Dual Dogwoods), French Immersion students must meet specific course requirements, and also write provincial assessments in Literacy 10 and 12 (English), Numeracy 10 (English or French), and l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion (LTF12). The LTF12 assessment has two distinct components: an oral component and a written component. The oral and written components are administered at different times. The French Immersion Literacy 12 assessment (l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion) was scheduled for first administration in January 2022.

Over the past few months, grade 10 and 12 provincial assessments have been impacted significantly by work force capacity issues and the ability to address technical issues within the electronic assessment system. The capacity issues for the Ministry and e-assessment service provider teams have been exacerbated as of late by COVID-19 Omicron variant. Due to these ongoing impacts, the Ministry made the difficult decision to cancel the January administration of all grade 10 and 12 provincial graduation assessments. Approximately 1000 French Immersion students took the oral component of LTF12 in the four days before the January session was cancelled. No students have taken the written component, which was canceled along with all other assessments.

A decision was subsequently made to maintain the April 2022 and June 2022 sessions for all graduation assessments except for l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion (LTF12).

Why is the LTF12 Assessment cancelled for 2021/22?

The decision of when to provide courses taught in French for French Immersion students is scheduled at the school level, and in many cases all courses in French are completed in the first semester of the grade 12 year, or occasionally even in grade 11. As many French Immersion students do not have the opportunity to use French beyond their courses, it is of most benefit to students that they take the LTF12 assessment as soon after completing all their French courses as possible. In addition, if students are not currently taking any courses in French, they do not have access to teacher support in preparing for the LTF12 assessment.

Due to the language loss concern for those who have completed all their French language courses by January (which is approximately 59% of all French Immersion students), the Ministry of Education does not expect this group to write LTF12 in any further sessions offered in the 2021/22 school year. Requiring some students to write the assessments and not others based on when courses are offered would create inequity and therefore, in fairness to all students, the decision has been made to cancel LTF12 for this school year and to provide all Grade 12 French Immersion students in 2021/22 with an exemption for this assessment.

The Ministry recognizes the hard work French Immersion students put into their course of study and that the cancellation of the LTF12 assessment for this school year is not ideal. As well, those students who completed the oral component prior to the January cancellation may feel that their efforts are not valued. However, after discussion with various groups, including Principals and Vice Principals and French Immersion teachers, it was

decided that providing an exemption for all students was the best solution, providing the greatest fairness to students.

All students who successfully complete their graduation requirements (other than LTF12) will receive Dual Dogwoods.

With the decision to cancel l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion (LTF12) for the 2021/22 school year, all students who successfully complete their graduation requirements (both course work and graduation assessments other than LTF12) this school year will be granted the Dual Dogwoods.

What Assessments do French Immersion Students require in 2021/22?

Along with their course requirements, French Immersion students must complete the following graduation assessments:

- Literacy 10 (English)
- Numeracy 10 (English) or l'Évaluation de numératie de la 10^e année (French)
- Literacy 12 (English)

It is important to note that the cancellation of the LTF12 assessment (l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion) is for the 2021/22 school year ONLY and that this assessment will be a requirement for Dual Dogwoods for the 2022/23 school year and subsequent school years.

What about Post-Secondary Institutions?

Consultation and discussions with post-secondary institutions confirm that admissions will not be impacted by the cancellation of the LTF12 assessment (l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion) and the exemption provided to graduating French Immersion students for this assessment.



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>



MARCH 2022

DASH BC UPDATES

Relationships and Environment

Active Transport Pilot program

On March 1, tune in to DASH's [Facebook](#) and [Twitter](#) pages for a media release on the pilot project [Kid Commute \(A Walking School Bus\)](#). Kid Commute was developed by Translink in response to the need for safer school zones, reduced emissions, and healthy children in K-8 communities in Vancouver and North Vancouver. For the 2021-22 school year, DASH has been piloting the program with plans to expand to other regions in 2023. If you would like more information about or to donate to the Kid Commute program, please contact Faye Willick at fwillick@dashbc.ca



DENTAL HEALTH

Community Partnerships

Kids Miss School due to Dental Problems

Each year kids miss valuable school days due to dental problems. Dental problems will interfere with a child's concentration in school and ability to enjoy extra-curricular activities. Research supports that children with good oral hygiene, and regular dental care, [miss less school](#) due to dental problems, and have better adult oral health.

Basic dental coverage is available for children through [The BC Healthy Kids Program](#). Eligibility criteria for the Healthy Kids Program is based on eligibility for Medical Services Plan (MSP) Supplementary Benefits. Children are eligible for up to a maximum of \$2,000 towards basic dental services every two years. This includes:

Exams	Cleanings
X-rays	Fluoride
Fillings	Extractions



How to access services under the BC Healthy Kids Program?

To use services under the BC Healthy Kids Program the parent or student can show the student's BC CareCard or BC Services Card to the dental provider. The dental office will confirm coverage with the program before each appointment. Before any services begin, parents need to check with the provider to see if there will be additional charges over what the BC Healthy Kids program will cover. Further information about Healthy Kids Program can be found on the [Ministry's website](#).

TOBACCO AND VAPOUR PRODUCTS

Teaching and Learning

It's not straws or plastic bottles. The most common form of plastic pollution is cigarettes.

Cigarette butts are the most abundant form of plastic waste in the world, accounting for over 766 million kilograms of toxic waste yearly. Cigarette filters break into smaller plastic substances leaching out some of the 7000 chemicals contained in a single cigarette which are especially harmful to water ecosystems. [The problem is so big](#) that it caught the attention of the United Nations Environment Programme (UNEP) and the World Health Organization (WHO), who [formed a partnership](#) to address the issue.

This [short video](#) by the WHO Framework Convention on Tobacco Control (WHO FCTC) Secretariat explains how cigarette butts are harming our ecosystems.



More on this:

Learn how the tobacco and vapour products industry is contributing to climate change: [Truth Initiative - Tobacco and the Environment](#)

Check out this interactive global assessment of marine litter and plastic pollution: [UNEP - From Pollution to Solution](#)

Watch other videos from on the topic: [WHO FCTC YouTube Channel](#)

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 5](#), [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](#)

NUTRITION

Teaching and Learning

Teaching Resources

March is Nutrition Month! The theme of this year's nutrition month is "Ingredients for a Healthier Tomorrow". Food Literacy is one of the ingredients needed to change our food system for a healthier tomorrow. Have a look at these resources on food literacy for the classroom:

[Little Green Thumbs](#) - Get students inspired about the food system by teaching activities related to growing food and learning about agriculture. (K-8).

[Spring Learning Activities](#) - Are you looking for some spring activities to do with your K-12 class this spring? Whether or not you have a growing pace, there are plenty of BC curriculum-based activities to do with your students.

[School Garden Webinar Series](#) - Farm to School BC is offering a free mentorship program for K-12 educators in BC who are in the initial stages of creating a school garden or are revitalizing an existing school garden.



Have a look [here](#) for printing off nutrition month posters for the classroom.

For Parents

Are you in search for some new recipe ideas for snacks or dinner meals? Take a peak through the Dietitians of Canada [recipe book](#) for some inspiration. Also, have a look at this resource: [Tips on Reducing Food Waste at Home](#).

HEALTHY LIVING

Teaching and Learning

Live 5-2-1-0 App has Launched Version 2

The Live 5-2-1-0 App was designed and created to motivate children to adopt healthy behaviours around healthy eating, screen time and physical activity through simple goal setting and fun weekly challenges.

Watch this [short video](#) to learn more!



The app is tailored to better meet the needs of families and healthcare providers, with new features and customizability so that healthy goal setting is easier and more fun! This version includes a new category where children can work on habits outside of the Live 5-2-1-0 message like sleep, mindfulness, and self-compassion. It also features a special dashboard for healthcare providers, offering a quick glimpse of a patient's progress to support conversations with families at follow up appointments. Download the app for free from [Google Play](#) and the [App Store](#).

For more information about how schools can support healthy behaviors see [Live5210 - Schools](#) and the [Checklist of Ideas for Sharing & Supporting LIVE 5-2-1-0 in Schools](#).

Additional tools like posters, flyers, and a how-to guide are also available for download from the [Live 5-2-1-0 Resource Hub](#).

'intheknow' Information and Support

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.

ADHD – The Real Deal

Join us in watching a video presentation by Dr. Duncan, who will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.

Dates (BC Time):

March 10, 2022 at 6:30pm
March 16, 2022 at 5:00pm
March 24, 2022 at 12:00pm
March 28, 2022 at 6:30pm
March 29, 2022 at 5:00pm

Cost: Free of Charge

Registration Required: www.familysmart.ca/events

familysmart.ca

