



# Whoo's News



**March 12, 2021**

**Dear parents, guardians, and KSS grade 12 students,**

As was true through the Spring of 2020, celebrating the completion of our Grads' journey through their school years remains a priority for our school community. At this time, we do not anticipate being able to gather in a group of over 3000 people at Trinity Baptist Church in a live ceremony, and we will move forward with planning a virtual ceremony which will be live-released on YouTube for our students and their families until a formal decision is made by the District. Overwhelmingly, the feed-back from 2020 families and grads after viewing our recorded ceremonies was positive. Students who are in a calculable position to graduate have had a \$75 Grad fee added to their online student accounts. These fees are meant to cover the costs associated with a recorded and streamed ceremony, including but not limited to: production cost, souvenir cap, gown and stole, keepsake diploma and 5" x 7" grad photo, commemorative photo composite, staging, security, etc. For equity, the three largest high schools in the district have all confirmed that their grad fees are in alignment.

In May, we will be posting an online sign-up for grads and **a maximum of four family members** to come to KSS over the weekend of June 5-6 to attend a brief, formal stage-crossing. A Covid-19 safety plan will be distributed in advance to protect the health of students and their families, as well as KSS staff members who will be volunteering. Students will receive their keepsake caps and gowns in advance, and this will allow grads and families to take photos and record this special occasion with creativity.

As family members will be present to view and record their graduate's stage-crossing, we will not be recording every moment; however, we will broadcast a formal production on Thursday, June 24 that will contain valedictory addresses, messages from our school principal, district officials, dignitaries, as well as a variety of celebrations of our graduates throughout their time at KSS. Please monitor the Whoo's News for a call for photographs and submissions over the next few months. We look forward to celebrating and honouring your graduates with you in June.

## **KSS Graduation Committee**

**DRY GRAD 2021:** This year, we will not 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. The next Dry Grad Parent meeting will be on Thursday April 1st at 7pm on Zoom. In the meantime 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. This will continue into May, so please drop off your empties anytime. At the Kent Rd location, please bring in your empties, unsorted, in sealed, transparent plastic bags. At the Express Kiosk, you will need to 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 feel free to pass this on to your family and friends!!!

**To VOLUNTEER for Dry Grad 2021** to help out and/or to register for the next Zoom meeting, please email [kssdrygrad2021@gmail.com](mailto:kssdrygrad2021@gmail.com). (If you have already registered for a past zoom, you don't need to do it again.) , 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 January order of **grad clothing** is ready for pick-up in room 193 outside of class time.

The final grad clothing order will be immediately following spring break. Stay tuned for ordering information coming April 1!

## **Please Mark Your Calendar:**

March 15 - 26

Spring Break - school closed

March 29

Students return after Spring Break - Day 1 - 3/1 - Group A



**UNIVERSITY OF VICTORIA UPDATE:**

**Self-reporting** closes on March 15. We have recorded an instructional video to assist students completing this crucial step of the application process. You can find it on YouTube, here: <https://www.youtube.com/watch?v=qFQhWBd6HWM>

**2. Official Transcripts.** UVic Undergraduate Admissions will be emailing all BC Applicants in early April instructing them on how to grant the appropriate permissions through the Student Transcript Service on the BC Ministry of Education's website in order to send interim and final transcripts. We will be accessing these grades in mid-May to confirm self-reported grade information and re-evaluate applicants placed on a "hold" status based on their self-reported grades.

**Admissions Assistants.** When students have specific questions about their application or they would like to inquire about making changes to their application information, they should contact their Admission Assistant. Applicants should receive this contact information in an email they have received from the Undergraduate Admissions office, but their contact information can also be found in our [Admission Assistant Directory](#).

**Discover UVic Virtual Presentations.** We will be hosting Discover UVic presentations throughout the Spring, which are geared towards grade 10 and 11 students researching their post-secondary options for the future. The presentations will include information on the opportunities available to UVic students, such as programs, campus life and experiential learning opportunities, and we'll discuss what makes UVic the unique place that it is. Registration is available on our [Tours and Events website](#).

**Registration 101 Virtual Presentations.** We'll be offering these sessions throughout May and June to help admitted students navigate the course selection process. Students will be able to register for these sessions on our [Tours and Events website](#) in April.

**Important Deadlines**

1. Specific-criteria scholarship application deadline: **April 30**

A reminder that students must accept scholarship offers by the deadline indicated in the scholarship offer email from the Student Awards office. They do not need to have accepted their offer of admission to accept a scholarship. Accepting scholarship offers simply holds that scholarship for students in the event that they do accept their offer of admission.

2. Deadline to accept offer of admission: **May 1**

Some programs have earlier deadlines, and students should review their offer of admission in detail for this information.

3. Online course completion deadline: **May 31**

If the online course is one of their admission requirements, it must be 100% complete by May 31.

First year priority housing application deadline: **June 30**



## KSS Football Varsity Off-Season Training Session

This is for all **Grade 10 and 11** students who are interested in participating in the KSS Football Off-Season Training Session!

**Tuesday, March 30th, 2021 from 7:30AM - 8:30AM at the KSS Fields**

A student MUST sign-up to attend these sessions using the following link and hand in a Field Studies Parent Permission Form (attached):

<https://www.signupgenius.com/go/10C0C4FAEAA2AA7F8C25-kssfootball8>



There are limited spots as we must honor the COVID-19 protocols at each facility. The sessions are also position specific.

If a player does not sign up using the link, they CANNOT participate.

We will be following the COVID-19 protocols outlined by SD23, BC School Sports, and viaSport BC.

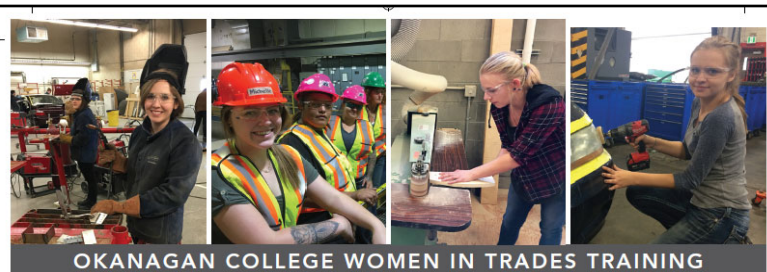
We are not allowing parents or spectators are not to be at the fields due to COVID-19 Protocols.

**Participants MUST WEAR A MASK during these training sessions. There is no equipment needed. Participants just needs cleats.**

For more information, you can contact Chris Cartwright (Head Football Coach) -

[chris.cartwright@sd23.bc.ca](mailto:chris.cartwright@sd23.bc.ca)

**Be T.O.U.G.H.!**  
**GO OWLS!**



OKANAGAN COLLEGE WOMEN IN TRADES TRAINING

## Gateway to the Building Trades for Women Program

Learn valuable skills in different trades  
CARPENTRY, AUTOMOTIVE, SHEET METAL, PLUMBING AND ELECTRICAL

Kelowna  
**APPLY NOW!**  
April 6 - June 25, 2021

### PROGRAM DETAILS

- Individual projects
- Shop safety training
- Learn how to secure employment or further trades training
- Employment readiness assistance: resume package and professional skills development
- Gain insight from mentors and industry guest speakers
- Participate in a community project

**FUNDING AVAILABLE FOR ELIGIBLE WOMEN**  
Eligibility has changed. Connect with us to determine if you are eligible.

**CONTACT US**  
250-762-5445, ext. 4825  
Toll-free 1-877-755-2266, ext. 4825  
witt@okanagan.bc.ca



facebook.com/okanagancollegewomenintrade  
instagram.com/ocwomenintrade

okanagan  
college

okanagan.bc.ca/witt



## Discover your future with the click of a button

Meet faculty and instructors  
Explore programs and courses  
Uncover career opportunities

Session participants automatically entered into \$5,000 Tuition Giveaway!\*

Sessions added weekly – sign up for updates!

[Learn more](#)

okanagan.bc.ca/experienceOC

\*Please see [contest entry rules](#) for details

okanagan  
college

Explore why engineering is an amazing career for women who want to change the world and improve the lives of others.

## Changing the World: Engineering the Future

Saturday, March 27, 2021

Register now: [women.engineering.ubc.ca/events](https://women.engineering.ubc.ca/events)

An event for girls in grades 10-12



THE UNIVERSITY OF BRITISH COLUMBIA  
Faculty of Applied Science

ENGINEERING.UBC.CA





Boys & Girls Clubs  
of the Okanagan

## VIRTUAL BOOK CLUB!

For youth 12-24 years old  
of all skill levels!

**Thursdays 4-530pm**

- Two \$25 gift card draws daily
- \$100 Gift Bag for all participants
- \$50 gift cards for all on last day

**Contact:**

**cbannow@bgco.ca to join**



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)



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)

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.



## 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 always welcome!**

Email us at [COBSS@shaw.ca](mailto:COBSS@shaw.ca) and visit our website at [COBSS.sd23.bc.ca](http://COBSS.sd23.bc.ca)

### COBSS 2020 graduation stats:

- 567 awards
- 442 recipients
- \$513,480 total donations



### Donor Comments

*"Many bright students shy away from post-secondary education because of the financial challenge. We like to do our small part to help those less fortunate than ourselves."*

**Hugh & Brenda Gloster**

*"The **JAGTAC ENGINEERING BURSARY** supports female students studying engineering. Women in STEM who bring their strong math and science aptitudes to engineering challenges, break barriers and contribute to solving engineering challenges. Innovation lives in diversity."*

**John Logel**



### Important Dates

Feb - Apr, 2021	Applications review & awards selection
June 2021	Graduation & COBSS awards presentations







## THE SEL SCOOP – March 2021

Supporting your Child Socially and Emotionally

This month's topic: **Sleep and Screens**

Proper sleep and rest is an important element of our overall health. Technology is an everyday tool in our lives these days, for learning, communication, and entertainment. But sometimes, the two don't mix. Here is some information on sleep, screens, and how they can co-exist more peacefully.

### A Healthy 24 Hours Includes:

- (Canadian 24 Hours Movement Guidelines for Children and Youth (Ages 5-17), Canadian Society for Exercise Physiology)
- |  |  |
|--|--|
|  <p><b>SWEAT:</b></p> <ul style="list-style-type: none"> <li>An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities</li> <li>Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week</li> </ul> |  <p><b>STEP:</b></p> <ul style="list-style-type: none"> <li>Light physical activity</li> <li>Several hours of a variety of structured and unstructured light physical activities</li> </ul>               |
|  <p><b>SLEEP:</b></p> <ul style="list-style-type: none"> <li>Uninterrupted 9 to 11 hours of sleep per night for those aged 5-13 years</li> <li>8 to 10 hours per night for those aged 14-17 years</li> <li>Consistent bed and wake-up times</li> </ul>  |  <p><b>SIT:</b></p> <ul style="list-style-type: none"> <li>Sedentary behaviour</li> <li>No more than 2 hours per day of recreational screen time</li> <li>Limited sitting for extended periods</li> </ul> |

### The Importance of Sleep

#### Physical Benefits

- Regular, restful sleep creates an immune system that can ward off illness
- Sleep also helps us maintain a healthy body weight and a healthy caloric intake, and reduces inflammation
- Children and youth who get a good night's sleep feel more energized during the day, as sleep helps to maximize muscle and athletic performance

#### Cognitive Benefits

- Children and youth who sleep well tend to learn more, concentrate on tasks for longer, and be more creative
- Sleep has also been shown to improve problem-solving skills and enhance memory performance of both children and adults

#### Social-Emotional Benefits

- Sleep is a key factor in our emotional health, reducing our risk of mood and anxiety problems
- A well-rested mind is better able to make positive decisions and manage stress
- We are more likely to maintain healthy relationships when we are rested and clear-headed



**RAISE THE GRADE**

SUPPORTED BY  
RBC Future Launch

# VIRTUAL CAREER Q&A PANELS

Learn about a variety of careers in local employment areas and what the work actually looks like!

**TUESDAYS 4-5PM ON ZOOM**

MARCH 2: AUTOMOTIVE

MARCH 9: HEALTHCARE

MARCH 16: FARMING

MARCH 23: TRADES/OTHER

MARCH 30: TECH/ENTREPRENEURSHIP

Email [cbannow@bgco.ca](mailto:cbannow@bgco.ca) or DM @BGCOyouth



No cost to participate!

Ages 13-18

## Learn to Cope with Stress

### Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

#### Kelowna Teen Mindfulness Information Sessions:

Tuesday April 6 & 13 5:30-7pm

Register for the online group

Contact [ymind@ymcaokanagan.ca](mailto:ymind@ymcaokanagan.ca) or Jason 250-258-0513

The program is run by caring, trained staff, in a safe supportive environment.



[www.ymcaokanagan.ca/MentalWellness](http://www.ymcaokanagan.ca/MentalWellness)



GRAD COUNCIL PRESENTS

# THE KSS HUMAN LIBRARY

Are you a grad who has a skill that you would like to teach and share with your grad class?

CONTACT @PAYTON\_A\_IRV  
TO LEARN MORE AND BE A  
PART OF THIS INCREDIBLE  
GRAD INITIATIVE!

Launching March 29th!