



June 18, 2021

Whoo's News



GRAD COMMENCEMENT VIDEO

Join your loved ones, both in your household and virtually at
6:00 p.m. on Thursday, June 24 to watch the
**graduation ceremony of the
Kelowna Secondary School class of 2021!**

Please encourage your graduate to wear their grad regalia as
Mr. White will be asking all graduates to move their tassels at
once to recognize this momentous time in their lives.

Viewing information will be sent out in advance and this
recording will be available to you and your family forever.

Information regarding the virtual ceremony on June 24 will be sent to all Grade 12 students and their families via e-mail the morning of June 24. The video will be posted on the SD23 YouTube account and linked to the Grad Page and the KSS main page, and will be available from June 24 onward.

**All outstanding fees must be paid and Library/
Textbooks returned ASAP. Please try to have this
done by June 24th at the latest!!**

**Please return your library books to the KSS Library
Learning Commons as soon as possible.**

Remember that the Sora App is available to you so that
you can continue to read this summer on your devices.

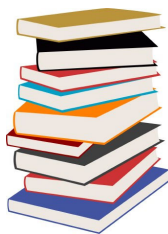
Textbooks also need to be returned as soon as possible.

If the main textbook room is closed, please
proceed to the library and return your texts there.



Thank you!

[School Cash on-line](#)



If your child is going to a **post-secondary
institute** and is continuing their athletic
career there please send the following to
Mr. Bernhardsson at
arnar.bernhardsson@sd23.bc.ca :

Name of Athlete

Post-Secondary Institute

Sport that they are competing in

Check them out here: [Athletes](#)

We are planning on putting a Grad 2021 stu-
dent athlete page onto the Athletic web page
celebrating our grads that are continuing
their post-secondary athletic careers but due
to the COVID pandemic we are not aware of
where all our grads are going, so please help
us out!

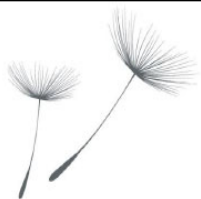


Please Mark Your Calendar:

June 23	Indigenous Grad
June 24	Last day of regular classes and Grad Virtual Commencement Ceremony 6:00 p.m.
June 29	Last Day of School—Report Card pick up 9:00—10:00 a.m.

take a breath

FOR SCHOOLS AND COMMUNITIES



Take a Breath for Schools and Communities wants to support you!

As we near the end of the year, we encourage you to listen to these recordings taken from the larger *Take a Breath* website.

Here is a simple **all access link** to a few of our favorite recordings to easily assist you this June. For Test Writing, For just before bed, For Sports Enhancement and For Grieving.

mindfulrest.ca/kss-free-year-end

For additional in-depth recordings and resources please email us your interest at;

info@takeabreathforschools.org

As a KSS student, staff or parent you will receive full access to our website for the remainder of the school year and over the summer.

Good luck and have a wonderful June!

**SHEILA FRENCH PRESENTS
KSS JAZZ & CHORAL
ENSEMBLES**

KSS MUSIC YOUTUBE CONCERT

MONDAY, JUNE 28, 7:00 PM
Watch for details coming soon!

SCIENCE | TECHNOLOGY | ENGINEERING | ARTS | MATH

NATIONAL STEAM SUMMER CAMP

A week of fun virtual events and exciting
real-world experts in the STEAM field!

• • •

JULY 19-23, 2021
FOR ALL STUDENTS ENTERING GRADES 7-12

[CLICK HERE TO REGISTER](#)

Hosted by:

NATIONAL STEAM SUMMER CAMP

**SCHOOLS OUT! LET'S
HAVE FUN CREATING,
INNOVATING, AND
EXPLORING STEAM!**

Where & When?

The camp will take place virtually July 19-23 from 9 am - 3 pm (Time will vary per day)! Activities in the morning for the eastern regions of Canada will be repeated in the afternoon for the west!

Why should I care?

- Build new FRIENDSHIPS across Canada
- Learn from experts across Canada
- Build relevant STEM skills
- Participate in daily COMPETITIONS
- WIN swag

WHAT ARE THE NEXT STEPS?

The first step is to [REGISTER](#). Expect to receive a follow-up email in the next coming weeks with program details and required actions! Some of the interactive activities will require pre-registration and/or household supplies!

Enjoy a flexible schedule...

Only attend the activities you want to attend! Many of the activities during the week will be on a drop-in drop-out basis, giving you the flexibility to join when you are available.

EXPECT FUN ACTIVITIES

DIGITAL ART, MONEY MANAGEMENT, ASTRONOMY, CHATBOTS, and so much more...

Join us for science, technology, engineering and math (STEM) activities this summer!

The Let's Talk Science national office will be hosting fun, free programs this summer to keep children and youth curious and engaged. Activities can be done at home, using easy to find materials, with family and friends. We hope that you will encourage your students and their parents/caregivers to register for these opportunities.

Storytime (K-3)

Each week, a Let's Talk Science volunteer will read a storybook and lead a hands-on STEM activity connected to the story.

[Families can register for upcoming Storytime events here!](#)



Daily Discovery Series (grades 4-6 /flexible)

In this program, children will spend as much time out of their seats moving as they do absorbed in hands-on projects exploring the world of STEM. Join us for a daily activity that can be done with family and friends away from the computer. We will end each week with a fun live quiz show – the Brain Buster! For children and youth in Grades 4 to 6.

[Families can register to receive the daily activity here!](#)

STEM Club (for community groups)

STEM Club is a weekly event for youth registered in a camp or community group setting. Each day features a different hands-on activity using minimal, easy-to-find materials. Youth will also have the chance to learn from, and ask questions to, inspiring STEM role models. Limited activity materials are available for groups or organizations reaching underserved youth. For children and youth in Grades 4 to 6.

Contact us at outreach@letstalkscience.ca for details about registering an eligible group or organization for STEM Club, or for more information about requesting activity materials.

Science Communication Camp (grades 8-10)

Over the course of two weeks, students engage in multiple workshops that will inspire them to use the tools of science communication to research and communicate effectively about a science related topic they are passionate about..

[Youth can register here!](#)



Symposium Series (grades 11-12)_

High school aged youth will have the opportunity to explore post-secondary pathways and related STEM careers through a series of live Summer Symposiums. Participants will have the opportunity to engage directly with STEM role models who are currently studying in the field. This is a great way to learn more about academic pathways and prepare for post-secondary studies!

Youth can register here!

[Let's Talk Environment and Climate Change- Taking Action Now](#)

[Let's Talk Health- A Look into the Future](#)

[Let's Talk Engineering- Challenges and Innovation](#)



You can find more information, or register for a program, on the events section of the Let's Talk Science website.



HELP SHAPE YOUTH PRESENCE IN THE KELOWNA ARTS SCENE

#RCAYOUTH COUNCIL

NEW! RCA YOUTH COUNCIL

Designed for youth 13 - 18 years old looking for both a creative outlet and an opportunity to contribute to the Kelowna art scene.

**JOIN RCA YOUTH COUNCIL
SEPTEMBER 2021 - JUNE 2022
OR
GET INVOLVED - VOLUNTEER**

Deadline for applications

Wednesday, June 30th, 2021

Apply at: rotarycentreforthearts.com/get-involved/youth-council/

Rotary Centre for the Arts

421 Cawston Ave Kelowna BC V1Y6Z1

rotarycentreforthearts.com | Box Office: 250-717-5304

The RCA Youth Council is youth-led, which means you decide what projects you create!

- Organize art-related events, programs, and projects.
- Learn from leaders and mentors at the RCA and from the arts community.
- Have your voice heard!
- Share your ideas for art class offerings, performances, and youth events
- Develop leadership and shape your future community.
- Gain volunteer hours and experiences you can add to your resume.



BC SPCA
Humane Education

Camp@Home

July 5th to August 27th

Week-long camps Three-day camps One-day workshops Ages 5-16

SPCA.BC.CA/CAMP



Free YMCA membership

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.

Information Sessions:

Tuesday June 22nd & 29th 5:30pm-7:00pm

In Person Delivery

Register by phone or email: 250-258-0513 or ymind@ymcaokanagan.ca

The program is run by caring, trained staff, in a safe supportive environment. **There is no cost to participate.**



www.ymcaokanagan.ca/MentalWellness

'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 ZOOM.

Summer Strategies – Helping Things Go Better

Things can look different for families like ours, and summer activities are no exception. When mental health is in the picture, sometimes our energy can fluctuate, and it can be the same for our kids. Whether you are struggling a little bit or a lot, there may be something in this conversation that could help things go better this summer.

Communities: Kelowna/Penticton/Vernon

Cost: Free of Charge

Date: June 22, 2021 at 6:30pm

Registration Required: www.familysmart.ca/itk

Let's talk together about ways we can adjust activities to match our family's capacity at the moment. And we'll have a summer bingo card, just for fun!

familysmart.ca



Information about Delayed Grieving

There is no timeline for grief. We don't need to 'get over it' or 'move on'. In fact, it's the opposite. We need to allow ourselves to feel and process all the emotions we feel after a major loss in our lives.

Grief can take many forms. It is a very individual process. And for some of us, it can take a while to truly settle in, sometimes even surprising us months or years later.

What is delayed grief?

Delayed grief is just that – grief that you don't fully experience until quite a while after your loss. Those who feel a delayed grief reaction often describe it as a deep sadness that hits them out of the blue. It might arrive a few weeks or months after the celebration of life for the person, or sometimes even years later.

Why does it happen?

Sometimes it is the shock of the loss that delays our grief. Other times, the events immediately after a loss can cause us, unconsciously or not, to 'hold off' our grief. Planning celebrations of life or dealing with practical matters around a loss can cause us to delay our feelings. For KSS grads, the end of the school year, grad events, and summer plans may cause your grief to be delayed.

What might I expect to feel?

If it is possible that you may be triggered by something in the future that will cause the grief to appear and at that time, the loss may feel very fresh. You may have feelings of immense sadness, crying, anger, guilt, anxiety, irritability, mood swings, difficulty concentrating or feeling numb and apathetic. It is important to note that those feelings can change from one to the next quickly.

You may also notice somatic (or body symptoms). This could be headaches, stomach aches, body aches, changes (increase or decrease) in sleeping and eating patterns. You may find an increase in your use of numbing substances and behaviours (food, alcohol, video games, social media).

What should I do?

It is important that we recognize this as a delayed grief response that must be processed and discussed openly. Keeping these thoughts and feelings in can only contribute to a further delayed grief response.

Don't hesitate to talk to family and friends, who can be a vital source of support.

It is also important to speak to your doctor and possibly a professional counsellor or psychologist who has specific training in how to help with grief. You do not have to deal with this alone.

Will I feel like this forever?

If you deal directly with your feelings and don't try to avoid or numb them, you will move through your grief and begin the healing process. You will not feel these intense emotions forever. Humans are equipped with the ability to be resilient in spite of very challenging circumstances.

Who do I go to for support if my grief goes beyond what my friends and family can help me with?

1. Your college or university:



KSS Yearbook pick up

Stay tuned for more information . . .

Not sure if you ordered one? Check
[school cash on-line](#) under history OR
see the list posted in the MPR.



If you are going to any postsecondary institution in September, they will have Counselling Services you can access for no charge as a student of that institution. They are excellent resources for you to help you with your grief.

2. The Foundry:

Students can call the Foundry at 236-420-2803 and book an appointment with a counsellor. Appointments can happen virtually, by phone or in person. Students should mention that they are from KSS and are booking an appointment for support following the recent tragedy.

Foundry Virtual is a provincial service for youth as well. Use the app to drop in virtually or schedule a virtual counselling appointment.

<https://foundrybc.ca/virtual/>

3. Child and Youth Mental Health:

MCFD Kelowna Office - 778-699-2272, MCFD West Kelowna Office - 250-707-2732

This service is most appropriate for students up to 18 years of age who are dealing with mental health issues such as anxiety, depression or trauma that is being complicated by the grief they are currently experiencing.

Kelowna has walk-in intake on Tuesdays 9-11am and 1-3 pm, and Thursdays 9-11 am at 1340 Ellis Street. West Kelowna has walk-in intake from 9-11am and 1-3pm on Tuesdays at 15 – 2484 Main Street.

4. Central Okanagan Hospice Association:

COHA has a variety of bereavement programs including small groups, one on one support, walking groups, yoga, meditation and more, offering support to help anyone who is grieving the loss of a loved one. All programs are offered in a safe and respectful space to share, listen and receive compassionate support from others. Contact Jessica Hughes, Associate Director of Bereavement Services, at 250.763.5511 for more information. <https://hospicecoha.org/programs-services/bereavement-program/>

5. Regional District of Central Okanagan Victim's Services:

The Regional District website has an excellent resource for those that have lost a loved one and those that are wanting to support them.

https://www.regionaldistrict.com/media/290676/Grief_Loss_Resource_2020.pdf

6. BC Association of Clinical Psychologists:

This website will allow you to locate a Clinical Psychologist in our area. If you have extended health coverage through your work, you may be able to be reimbursed for the cost of the service.

https://www.psychologists.bc.ca/find_psychologist

7. KidsHelpPhone.ca: 1-800-668-6868 or text anonymously 686868

8. Keltymentalhealth.ca

9. Anxietycanada.com

10. Teenmentalhealth.org

11. Breathr App

12. Mindshift App

13. Always There (Kids Help Phone App)

