



Whoo's News



November 10, 2022



Remembrance Day Ceremony 2022 @ KSS



Event: Dual Credit Information Night
Date: Tuesday, Nov. 15/2022
Location: Kelowna Secondary School (1079 Raymer Ave) Multi-Purpose room.
Time: 5:30pm-7pm (Vendors to be available to the public at 5:30pm, presentation starts at 6:00pm)

Agenda

5:30pm: Vendors ready to welcome guests and provide program information to students and parents
6:00pm: Dual Credit Presentation Overview – Bob Boback
6:30 -7:00pm: Parents & Students visiting vendor tables to learn more
7:00pm: End of event

See Page 3 for all the details!!

SAVE THE DATE

Upcoming dates . .

November 15 Dual Credit Night @ KSS 5:30—7:00 p.m.
November 24 Report Cards released digitally @ 3:00 p.m.
November 29 COBSS Applications open
7:00 p.m. KSS Jazz Band in the MPR



Whoo's News





KSS Athletics

Visit the KSS [Athletics Website](#) for more information



Congratulations to four of our varsity football players who were selected as AAA East Conference All-Stars!

These players are T.O.U.G.H. and we are so proud of their accomplishment!



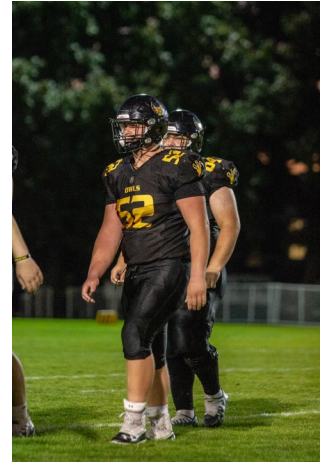
#14 Easton Fenske - Defensive Back



#2 Max Gainey - Linebacker



#54 Rocco Williams



#52 Zach Barnard



Jr boys' basketball tryouts Monday, Tuesday and Thursday 630 pm – 8 pm KSS Gym. Please [sign up](#) before attending.

Jr girls' basketball tryouts Monday, Tuesday and Thursday 630 pm – 8 pm KSS Gym. Please [sign up](#) before attending.



GO TEAM!

4A Girls Volleyball
OVSA Championships
are at KSS on

Saturday Nov. 19th
Game times are 11 am
and 330pm

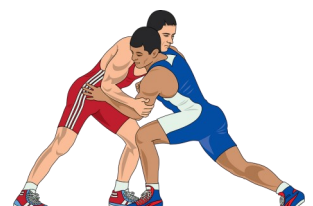
3A Boys
Volleyball OVSA
Championships
@MBSS
Nov. 18th and 19th
Times TBA



Anyone interested in
Curling please contact
[Pam Price](#) right away!



Anyone interested in
Wrestling for the
winter season please
contact [Al Mcavena](#)
or 250-212-4969



2022 Post Secondary Institution Representative Visits to KSS

Date	PSI Name	Time	Location
November 18	University of Alberta	11:30 am- 12:30 pm	MPR
November 21	Thompson Rivers University	11:30 am- 12:30 pm	MPR
November 28	Western University	11:30 am- 12:30 pm	MPR
November 29	Acadia University	11:30 am- 12:30 pm	MPR

SAVE THE DATE!

DUAL CREDIT INFO NIGHT

STUDENTS & PARENTS WELCOME !!

TUES, NOV. 15, 2022 - KELOWNA SECONDARY – 5:30-7:00PM

Vendors meet and greet from 5:30-6:00pm. Presentation will commence at 6:00 pm.

Follow us!

Dual Credit SD23

dualcreditsd23

www.dualcredit23.com

You're invited to hear about exciting student **DUAL CREDIT PROGRAMS** offered in our district that allow access to post-secondary training while still in high school. The following opportunities are available to you with sponsored post-secondary tuition:

"tuition coverage ranges from \$2,200 to \$8,000"

Aircraft Maintenance Engineering

Automotive Service Technician

Carpentry/ Joinery

Certified Education Assistant

Computer information Systems Administration

Culinary Arts

Early Childhood Education

Electrician

Emergency Medical Responder

Engineering (UBCO)

Forestry (Utility Arborist)

Hairstylist

Health Care Assistant

Heavy Mechanical Trades

Plumbing and Piping Trades

Refrigeration and AC Mechanic

Sheet Metal

Welding

Transcripts: View, Order, Send

Please see the [KSS website](http://www.kss.bc.ca) for all the instructions.

Join us for the Grade 12 Winter Formal:

Winter Lights

Wednesday, November 23, 2022

Kelowna Secondary School

1079 Raymer Ave

7:00 - 10:00 pm | Doors open 6:30 pm

15\$ per person | Sold in MPR and Library

No outside food and beverages will be permitted

KSS Grade 12's Only

Winter Formal Volunteers

Parents and guardians of KSS grade 12 students, we would like to invite you to fill out this [Google Form](#) in order to sign up for volunteer shifts for the Winter Formal on Wednesday, November 23. We look forward to seeing many of you there!

Winter Formal Ticket Sales

Winter Formal tickets for KSS grade 12 students only will be on sale at KSS in the multi-purpose room at lunch from November 14-22. Tickets are \$15 and include light refreshments. We accept cash, cheque, or Visa/debit. Tickets are not available on the day of the dance.



'intheknow'

Connect and Learn

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.

It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion Focused Family Therapy (EFFT)

When we experience relationship challenges with our children, it can be stressful for all involved, leaving parents confused, frustrated, even walking on eggshells. Dr. Adele Lafrance provides techniques to support parents to heal relational ruptures with kids and teens using an emotion-focused approach.

Come together with other families to watch this one hour video presentation followed by a 30 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Event Date(s):

Thursday, November 3 at 5:00pm (PST)
Monday, November 6 at 6:30pm (PST)
Tuesday, November 15 at 5:00pm (PST)
Wednesday, November 23 at 12:00pm (PST)
Tuesday, November 29 at 6:30pm (PST)

Registration required:

www.familysmart.ca/events

Cost: Free of Charge



'intheknow'

Connect and Learn

MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/or substance use challenge called "in the know."

SEPTEMBER

Parenting When Anxiety Shows Up As Anger

Speaker: Karen Peters, RCC

OCTOBER

Building Connection With Our Kids When It Feels Impossible

Speakers: Diane Evans & Tammy Music, Parent Peer Support Workers

NOVEMBER

It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy
Speaker: Dr. Adele Lafrance

DECEMBER

ADHD - The Real Deal
Speaker: Dr. Don Duncan

Join us to watch a video and talk with other families about what helps. Online events are facilitated by FamilySmart Parent Peer Support Workers.

familysmart.ca/events





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

Reserve your seat now!

2 start dates:
Dec 5, 2022
Jan 16, 2023

Text or call
250-718-6179
Email
mariana.souza@ymcasibc.ca

Virtual Information Sessions
Tuesdays 10:30am or 4:00pm

SCAN ME



Building healthy
communities

KELOWNA WATER POLO CLUB FALL SEASON JUNIOR & SENIOR YOUTH TEAMS 4th Oct to 15th December



WHY SHOULD I JOIN THE WATER POLO CLUB?

If you love swimming and team sports then water polo could be the game for you. We offer a unique aquatics program in Kelowna for youth and adults which is delivered by coaches who have competed at national and international level.

WATER POLO SKILLS FOR OLDER TEENAGERS & LIFEGUARDS

Water polo involves ball handling skills as well as specialised swimming skills such as eggbeater, head-up-front crawl that are useful for older teenagers looking to stay fit for lifeguard training. Water polo is a fast paced and exciting Olympic discipline where players have to think strategically as well as developing strong swimming skills in this contact sport. **Choose to practice from 1 to 3 times per week.**

MORE INFORMATION: <https://kelownawaterpolo.ca> or kelownawaterpolo@gmail.com



SENIOR YOUTH PRACTICE SCHEDULE (2006-2009)
Tuesday 8-9 pm - Kelowna Family YMCA
Thursday 7.30-8.30pm - Parkinson Recreation Centre
Sunday 6-7pm - H2O
JUNIOR YOUTH PRACTICE SCHEDULE (2010-2013)
Tuesday 7-8 pm - Kelowna Family YMCA
Thursday 7.30-8.30pm - Parkinson Recreation Centre
Sunday 6-7pm - H2O

KELOWNAWATERPOLO.CA

THE NUTCRACKER

presented by

THE CANADIAN SCHOOL OF BALLET

featuring dancers from Ballet Kelowna

2022

Friday Show is Sold Out
Second show added for Thurs Dec 8th!
Same show time.

Friday December 9th

at the

Kelowna Community Theatre

Show Time:

11:45 am to 1:30 pm

Ticket Price:

\$8 per student

To reserve seating please contact
Ashley Dumas by email at:
ashley.dumas@sd23.bc.ca

Booking Deadline Date: November 18th



THE
CANADIAN
SCHOOL OF BALLET

Tel: 778-484-5100
Email: info@csballetdancer.com
www.canadianschoolofballet.com



Children & Youth

Expressive Arts Grief Support Night



Date: **Thursday, November 17th**
Times: **4pm-5pm (ages 5-12)**
5:30pm-6:30pm (ages 13-17)
Location: **#200-1890 Cooper Rd, Kelowna**

*Registration is required and space is limited.
Snacks and refreshments will be served.*

There is no cost to attend.

In recognition of Children's Grief Awareness Day,
Central Okanagan Hospice Association, in collaboration with art therapist, **Amy Van Dongen**, is pleased to host a special Expressive Arts Grief Support Night for children ages 5-12 and youth ages 13-17. Come join us in creating a personalized Memory Tree in honor of a loved one who died. These individual projects are yours to create and take home.

To register, please call: **Ian Kunitski 250.763.5511**

Or email: **ian@hospicecoha.org**

COHA
AUGUST CENTRE

#200—1890 Cooper Rd. Kelowna, BC | P. 250.763.5511 | www.hospicecoha.org

**See your Career Center
to Volunteer!**

CUPE Children's Christmas Party

Trinity Church Parking Lot

December 3, 2022

9:00am Set-Up

10:00am - Event starts

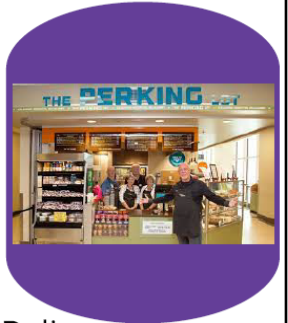
Gain hours towards your
30-hr. Grad requirement

deadline to apply is November 25

Project Placement

sign-up now

KGH VOLUNTEER OPPORTUNITIES



Royal Bistro and Deli
The Gift Shop
The Perking Lot
Rutland Thrift Shop
Info Desks
Unit helper

Visit the Career Centre to sign up or to ask for more
information

Recruiting BIPOC youth (ages 15 to 19) in BC!

Attend events held specifically for youth of racialized backgrounds. Make
new friends and connect virtually to explore the theme of:

"IDENTITY & BELONGING IN
MULTICULTURAL BRITISH COLUMBIA"



THE AFRICAN ANCESTRY PROJECT: YOUTH DIALOGUE SERIES

3 EVENTS

NOV 2022 | FEB 2023 | MAY 2023

Register via QR code or email
africanancestryprojectbc@gmail.com to
express your interest. See you there!



PARENTING YOUR ANXIOUS YOUTH



MEET FOR 1.5 HOURS WEEKLY
WITH PARENTS/CAREGIVERS
WHO ARE ON THE SAME JOURNEY

Who:

Parents/Caregivers of youth aged 12-16

5 Group Sessions:

Thursdays 4:30 - 6:00 p.m.
October 27 - November 24

Where:

The Bridge Youth & Family Services
#8-2604 Enterprise Way

Admission:

No Cost

To register email jen.teigen@thebridgeservices.ca
or call 250-718-1412

We will talk about:

- ✓ What anxiety is and how it works.
- ✓ How to better understand your youth's experience.
- ✓ Skills to help your youth cope.
- ✓ Skills to communicate with your anxious youth.
- ✓ Skills to manage situations in which your youth's anxiety impacts daily life.



We transform lives
and build community

8-2604 Enterprise Way | Kelowna, BC | V1X 7Y5
250-763-0456



BC Black History Awareness Society
OUR ROOTS RUN DEEP



MORRIS J. WOSK
CENTRE FOR DIALOGUE



DOWNTOWN KELOWNA

WINTER

STREET MARKET

& LIGHT UP!

#KelownaWinterMarket | janell@impactevents.ca

SATURDAY, DECEMBER 3, 2022 - 11:00 A.M. TO 6:00 P.M.

STUDENT VOLUNTEER OPPORTUNITY - GR 10 - 12

THE DOWNTOWN KELOWNA ASSOCIATION IS LOOKING FOR VOLUNTEERS FOR THE UPCOMING WINTER STREET MARKET & LIGHT UP! STUDENTS WHO PARTICIPATE IN THIS OPPORTUNITY WILL BE PLACED IN MYWEX WITH THE VOLUNTEER HOURS GOING TOWARDS THEIR 30-HOUR CAREER EXPLORATION REQUIREMENT.

FOR MORE INFORMATION AND AN APPLICATION PACKAGE PLEASE SEE THE KSS CAREER CENTER.

DEADLINE TO APPLY: NOVEMBER 23RD



Volunteers Needed!

Grade 10-12

December 2 - 4, 2022



Deadline to apply is November 21, 2022



See your Career Center for details



Rutland Winter Light Up

November 27, 2022

Volunteers Needed!

Grades 10 -12

**Deadline to apply:
Thursday, November 17**

**Sign up in the KSS Career/
Counselling Center**

Location: Rutland Centennial Park



YMCA of Southern Interior BC
Mindfulness Services

FREE!



You'll get by with a little help from new friends.

Learn how to manage stress, struggles, and anxieties in a welcoming and judgement-free group setting.

Our instructors deliver sessions online and in person. Participants get a **free 3-month YMCA membership.**



ymcasibc.ca/mindfulness



THE DOWNTOWN KELOWNA ASSOCIATION IS LOOKING FOR VOLUNTEERS

The Downtown Kelowna Association is looking for a few student volunteers to help with various duties in advance of events and promotions or on-site at events at various times during the year.

Interested? If so, visit the KSS Career Centre to pick up an application form. Volunteer hours can be used toward your 30 Hour Volunteer grad requirement.

Deadline to apply is Friday, November 18, 2022



We Are Families and we serve families

Are you looking for help or information about mental health support and services for your child or youth?

We know how important you are, and that you might need some support now too. We are also parents of kids with mental health and/or substance use challenges. We are here for you and we want to help.

Here are some of the ways we can offer support to you and your family:

PARENT PEER SUPPORT

We provide emotional support, information, resources, and help in navigating services for parents & caregivers of a child, youth or young adult with a mental &/or substance use challenge.

EVENTS

Every month, we host events 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 & connection with our kids. Events are facilitated by FamilySmart Parent Peer Support Workers. Offered online and in person in some communities.

RESOURCES + VIDEOS

Our website has free resources and videos on topics important to families who are parenting a child or youth with a mental health and/or substance use challenge.

WORKSHOPS + TRAINING

We offer workshops for parents and caregivers whose child/youth has been a patient in a psychiatric unit. It's really tough when your child is struggling and ends up in crisis - and we want to help.

We also offer training that brings together young people, parents/caregivers and professionals to learn with and from each other to help experiences between them go better.

OUR SERVICES ARE FREE. NO WAITLIST. WE GET IT.

Email: info@familysmart.ca
Phone: 1 (855) 887 8004

familysmart.ca



Start Your Future

Make an impact at one of Canada's
top engineering schools.

UBC Engineering Open House

@UBCO: Saturday, November 19, 2022

10:00am-2:00pm

Sign up online to attend our
on-campus event at: [engineering.ok.ubc.ca/
openhouse](http://engineering.ok.ubc.ca/openhouse)



THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Applied Science
Engineering

ENGINEERING.UBC.CA

