



# Whoo's News



October 21, 2022

*Congratulations the to 2022 KSS Best of the West  
Championship WINNERS . . . The KSS Senior Boys .  
And a great weekend for the KSS Senior Girls Volleyball Team!!  
Whooo's House ? . . . Owl's House!*



## Upcoming dates . .

|             |                                                                 |
|-------------|-----------------------------------------------------------------|
| November 1  | Prom Planning Committee meeting at 6:30 p.m. at KSS in room 193 |
| November 8  | PAC Meeting 6:30 p.m. in the LLC or via Zoom                    |
| November 10 | Remembrance Day Assembly—10:45 a.m.                             |
| November 10 | Quarter 1 Ends                                                  |
| November 11 | Remembrance Day                                                 |
| November 17 | Report Cards released digitally @ 3:00 p.m.                     |
| November 29 | COBSS Applications open                                         |



École Kelowna Secondary

## Grade 11 and Grade 12 Parents:

The prom planning committee will be starting up on Tuesday, November 1 at 6:30pm at KSS in room 193. Enter through the door on the right side of the front of the school. All grade 12 parents and guardians are invited to join, and grade 11 parents are invited to get involved as well, both for inspiration for 2024 and to begin what will hopefully become a new tradition of grade 11 parents running the event on the day of while grade 12 parents share the day with their graduate.



### BCIT Electrician Dual Credit Information Session

We will be holding an information session for Grade 11s and 12s about the BCIT Electrical Dual Credit Program on Monday, October 24th, 2022, in Room 101E at lunch. If you are interested in a career as an Electrician, this is a great opportunity for you to learn more!

If interested, please complete the following Google Form:

[https://docs.google.com/forms/d/e/1FAIpQLScy3WtWfhmM4KOGWA\\_mlyrBpYmdhnsjJGX\\_kT8HxBd7uTXCjQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScy3WtWfhmM4KOGWA_mlyrBpYmdhnsjJGX_kT8HxBd7uTXCjQ/viewform?usp=sf_link)

For any questions, please contact Mr. Cartwright in the Careers/Counselling Centre ([chris.cartwright@sd23.bc.ca](mailto:chris.cartwright@sd23.bc.ca)).

This year for the **KSS Remembrance Day Ceremony** we would like to make a slideshow of family members and/or friends of the KSS Community that have served. If you have a digital copy of a photo of a loved one that you would like included, please email it to Mr. Holly at [ryan.holly@sd23.bc.ca](mailto:ryan.holly@sd23.bc.ca), along with the name of the person(s), and their relations to KSS. For example:

Captain Stanislaw (Stan) Holly  
Ryan Holly's Grandfather



## 2022 Post Secondary Institution Representative Visits to KSS

| Date        | PSI Name              | Time               | Location |
|-------------|-----------------------|--------------------|----------|
|             |                       |                    |          |
| October 27  | University of Calgary | 11:30 am- 12:30 pm | MPR      |
|             |                       |                    |          |
| November 2  | Dalhousie University  | 11:30 am- 12:30 pm | MPR      |
|             |                       |                    |          |
| November 18 | University of Alberta | 11:30 am- 12:30 pm | MPR      |
|             |                       |                    |          |
| November 28 | Western University    | 11:30 am- 12:30 pm | MPR      |

### UBC (VANCOUVER) BACHELOR OF COMMERCE PROGRAM **UBC SAUDER** SCHOOL OF BUSINESS

This year, the UBC Sauder School of Business is hosting an in-person information session for students and family members interested in the Bachelor of Commerce (BCom) program. The **UBC Sauder BCom Fall Preview** information session is an opportunity to learn more about the admissions process and offers a first look at student life in the program.

**Event Name:** UBC Sauder BCom Fall Preview information session

**Date & Time:** Saturday November 5, from 9:00am– 12:30pm

**Location:** Henry Angus Building at UBC Vancouver ([map](#))

Registration is required. Please register at [sauder.ubc.ca/event/fall-preview-2022](https://sauder.ubc.ca/event/fall-preview-2022)



# '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](http://familysmart.ca/events)



## 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](mailto:info@familysmart.ca)  
Phone: 1 (855) 887 8004

[familysmart.ca](http://familysmart.ca)



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](http://ymcasibc.ca/mindfulness)

## 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.

Snacks are provided and participants will receive a \$100 credit towards recreational activities after the program.

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

Tuesdays 6-8pm, October 11 to December 13, 2022

Email for more information or to register: [empoweryou@bcrpa.bc.ca](mailto:empoweryou@bcrpa.bc.ca)



# FAMILY MONSTER BASH



Sunday,  
October 30  
Capital News Centre  
1-4 p.m.

## Free fun for the entire family!

Donations of non-perishable food items are appreciated at this event in support of the Central Okanagan Food Bank.

Recommended for ages 2-12 years  
(children must be accompanied by an adult)  
Concession will be open.  
Skate rentals are available, don't forget your helmet!

- Obstacle course
- Bouncy house
- Active games on the fields
- Fun halloween games
- Face painting
- Zorb soccer
- Free skate
- Prizes, treats and more!



## 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](mailto: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](http://KELOWNAWATERPOLO.CA)

# THE NUTCRACKER

presented by

THE CANADIAN SCHOOL OF BALLET

featuring dancers from Ballet Kelowna

**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](mailto:ashley.dumas@sd23.bc.ca)

Booking Deadline Date: November 18th



Tel: 778-484-5100  
Email: [info@csballetdancer.ca](mailto:info@csballetdancer.ca)  
[www.canadianschoolofballet.com](http://www.canadianschoolofballet.com)

**DO YOU IDENTIFY AS  
2S/LGBTQIA+  
AND/OR IBPOC?**

**ARE YOU UNDER 24  
AND LIVING IN THE SYILX  
OKANAGAN?**

**NO COST  
2S/LGBTQIA+ &  
IBPOC YOUTH  
COUNSELLING**  
Now accepting referrals



### Mission Statement

*This Program is committed to providing safe and inclusive spaces and resources for 2S/LGBTQIA+ and IBPOC youth within the Syilx Okanagan Nation.*

### Vision Statement

*We envision a space where youth can feel seen, heard, validated and receive affirming care to directly support their individual needs.*

CONTACT ME

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[thinspacebelongstoyou.com](http://thinspacebelongstoyou.com)

[thinspacebelongstoyou](https://www.instagram.com/thinspacebelongstoyou)

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