



Whoo's News



SEPTEMBER 29, 2022

Student ID Cards have arrived and will be distributed to students during a short homeroom on Tuesday, October 4 from 9:00—9:05 a.m.

The cards have a WebCode to order **photo packages** on-line [here](#). You can also contact Mountain West Studios using the same link.

INTERIM REPORTS

Interim Reports will be issued by classroom teachers October 3 to 6.
Please ask your child to share it with you!



PARENT-TEACHER INTERVIEWS OCTOBER 12th

Parent-Teacher Interviews have been scheduled for **October 12th**. Students will be dismissed at 1:30 pm on this day. Interviews are from 4:30 pm—6:30 pm with the majority of interviews taking place in the Gymnasium.

No appointments are necessary.

Our Bell Schedule for October 12th is as follows:

<i>Block Rotation</i>	<i>Blocks 3/4 - 1/2</i>
Warning Bell	8:55 am
Block 3	9:00 am —10:05 am
Block 4	10:10 am —11:15 am
Break	11:15 am —11:25 am
Block 1	11:25 am — 12:25 pm
Block 2	12:30 pm —1:30 pm



Re-takes are scheduled for October 11

Upcoming dates . .

October 3 –6	Interim Reports issued (Contact your student's teacher if you have questions)
October 7	Teacher Implementation Day (School Staff only in attendance)
October 10	Thanksgiving Day (Stat Holiday)
October 11	Photo Re-take Day
October 11	PAC Meeting @ 6:30 p.m.
October 12	Parent-Teacher Interviews— Early Dismissal for Students @ 1:30 p.m.



École Kelowna Secondary

Grad Google Classroom

The grad teacher sponsors and the KSS Career Center will post pertinent information on the Google Classroom in addition to the Whoo's News and in-school announcements. All KSS grade 12 students are encouraged to join this Google Classroom:
b5mj5mb



Do you still want a locker????

Student lockers are still available for students who have not signed up for one. Any students interested in accessing a locker can sign up at the KSS office

Important Information for Grade 12 Students

We are offering a new optional Post -Secondary Prep (PSP) session for grade 12's regarding information on their transition to post-secondary school – topics include:

- The application process
- Entrance requirements
- Costs
- Expectations of a post-secondary program of study
- Some scholarship and bursary information



Grade 12's can attend one of the following lunch time sessions.

Tuesday October 18 th	PSP will be offered at lunch time in the library
Wednesday October 19 th	PSP will be offered at lunch time in the library

There will be follow up sessions in November and April covering scholarships and post-secondary acceptance.

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

'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



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



Youth Healthcare Volunteer Duties:

- Recreation programming
- Bingo
- Board & Card Games
- Music Entertainment
- Art & Crafts
- Baking
- Woodworking
- Spiritual care
- Companionship
- Bus outings...and so much more!

ONE OF THE
GREATEST GIFTS
YOU CAN GIVE IS
YOUR TIME

Four Different Locations in Kelowna & West Kelowna:

Cottonwoods
David Lloyd-Jones
Three Links Manor
Brookhaven

There's even benefits for YOU!

- Volunteering Builds Community
- Ends Loneliness
- Builds Bonds, Creates Friends
- Develops Emotional Stability
- Improves Self-Esteem
- Helps Those Most Affected By Mental Illness
- Promotes Longevity
- Reduces Risk of Alzheimer's
- Leads to Graceful Aging



Please contact Carol White, Program Coordinator

Long-term Care Youth Volunteer Services:

Email: LTCvolunteerservices@interiorhealth.ca



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.

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.

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.

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

MUSIC MARKET MEMORIES

September 25th 11am-4pm
Lions Park 175 Gray Rd

KELOWNA SCARECROW FESTIVAL

PRESENTED BY:



Performances by

Johnny V The Court Jester

Jessica Le

Pre-Purchase your
Scarecrow here:



Scarecrow Building
Kids Activities
Fall Market
Food Trucks

Free
Admission

For more information visit: www.kelownascarecrowfestival.ca

PRESENTED BY:



YMCA of Southern Interior BC
Mindfulness Services

FREE!



It's okay to ask for help.

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

KELOWNA CROWS

JUNIOR TACKLE SEASON

AUGUST 30TH - DECEMBER 10TH



Starts at Parkinson Rec, East, P10 and P8

August 30th - November 3rd, 5 - 6:30pm

Field location change to Mission Creek all weather field

November 8th - December 10th, 5 - 6:30pm

Games are played in Kelowna and at the coast on Sundays. Will need parents to help give rides to and from the coast.

Still looking for managers and coaches!

Cost will be RC and BC insurance between \$90 and \$130 based on age. Plus \$125 for club dues. Boys League Club fees \$100, Girls Sunday Play \$40

Registration at www.kelownacrows.com

Questions? Please email

juniordirector@kelownacrows.com or call 250-258-6668

Adventures in Learning

with KELOWNA MUSEUMS

Immersive museum experiences that inspire curiosity, exploration and *mus*'s (hope).

Grades K-3

Storytelling and Sñiklip | Grades K-3
Sñiklip (coyote) constantly seems to get into mischief, but is always teaching us about the traditional land of the sylix people. Co-presented with Indigenous Education/SD23.

Dinosaur Roar | Grades Pre K-K
Using real paleontology equipment and fossil exploration, we will imagine a land filled with dinosaurs.

Amazing Animals | Grades K-2
Get up close to animal skulls, teeth and taxidermy to explore how they live in their environments.

Grades 9-12

tmixw | sylix Land & Culture | Grades 4-12
Engage with sylix culture and connect to the local landscape.

Ntytyix and T.E.K | Grades 4-12
Learn the story of the disappearing ntytyix (salmon) and learn about traditional ecological knowledge.

The Un-Learning Project | Grades 4-12
Learn about the Okanagan residential school experience. How were traditional ways of knowing disrupted, and why does it matter today?

Field of Crosses: Remembering Our Local Soldiers | Grades 6-9 | Available Nov. 2-10
FREE/Fully Funded by the Rotary Club of Kelowna.
What is the human story behind the names on the cenotaph? This guided research project includes a museum tour and visit to Field of Crosses.

Unpacking Stories of Military History | Grades 9-12
Military objects that tell stories of identity, courage and hope.

Grades 4-8

tmixw | sylix Land & Culture | Grades 4-12
Engage with sylix culture and connect to the local landscape.

Ntytyix and T.E.K | Grades 4-12
Learn the story of the disappearing ntytyix (salmon) and learn about traditional ecological knowledge.

Field of Crosses: Remembering Our Local Soldiers | Grades 6-9 | Available Nov. 2-10
FREE/Fully Funded by the Rotary Club of Kelowna.
What is the human story behind the names on the cenotaph? This guided research project includes a museum tour and visit to Field of Crosses.

The Un-Learning Project | Grades 4-12
Learn about the Okanagan residential school experience. How were traditional ways of knowing disrupted, and why does it matter today?

Kelowna's Chinatown | Grades 4-6
Stories of perseverance against discrimination and what we can learn from the past.

BOOK TODAY

In-person - \$125 per class

If cost is a barrier, please

contact us to discuss options.

Select programs available

virtually by request.

Contact Head of Programming
education@kelownamuseums.ca
or 250-868-4836

More info at KelownaMuseums.ca/school-programs

