



Whoo's News

October 14, 2022

*Congratulations and good luck to all the teams participating in
the 2022 KSS Best of the West
Senior Boys and Girls Volleyball Championships.*

The KSS Best of the West Owls

Sr. Boys Volleyball Matches

Thursday, October 13th

2pm KSS Boys vs. Harry Ainlay

Friday, October 14th

9am KSS Boys vs. Duchess Park

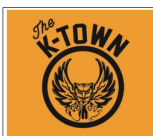
1pm KSS Boys vs. Elgin Park

Saturday, October 15th

9am – 12:30pm KSS Boys/Girls Quarterfinals

2pm & 3:10pm BOTW Semifinals

4:20pm BOTW Gold Medal Finals



The KSS Best of the West Owls

Sr. Girls Volleyball Matches

Thursday, October 13th

2pm KSS Girls vs. Harry Ainlay

Friday, October 14th

10:20am KSS Girls vs. College Heights

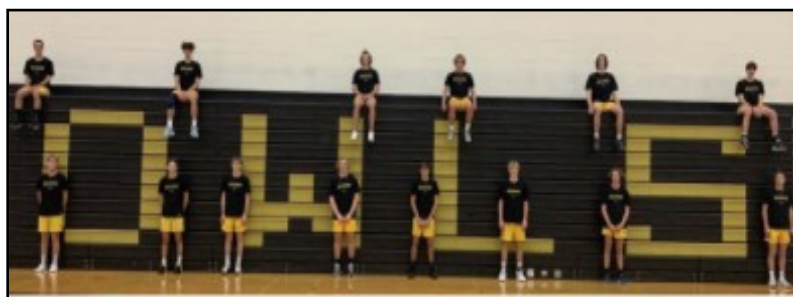
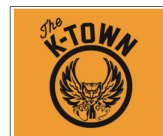
2:20pm KSS Girls vs. South Delta

Saturday, October 15th

9am – 12:30pm KSS Boys/Girls Quarterfinals

2pm & 3:10pm BOTW Semifinals

4:20pm BOTW Gold Medal Finals



Draw and Results: <http://kssbestofthewest.weebly.com/>

Livestream: <https://www.kssowlsathletics.com/sr-best-of-the-west-volleyball.html>

Upcoming dates . .

October 13-15

Senior Boys Best of the West Volleyball Tournament weekend

October 18 and 19

Post Secondary Prep Session # 1 @ lunch in the LLC

October 21

Professional Development Day for staff—students do not attend

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



École Kelowna Secondary

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, along with the name of the person(s), and their relations to KSS. For example:

Captain Stanislaw (Stan) Holly
Ryan Holly's Grandfather



KSS Athletics

Let's GOOOOO OWLS!!!!

Follow this [link](#) to the latest tryout info!

4A Boys Basketball

Tryout Info

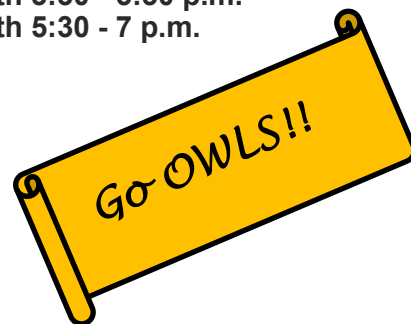
October 17th 7 a.m. - 8:30 a.m.
October 18th 7 a.m. - 8:30 a.m.
October 19th 7 a.m. - 8:30 a.m.



3A Girls Basketball

Tryouts 2022

October 17th 3:30 - 5:30 p.m.
October 20th 3:30 - 5:30 p.m.
October 24th 5:30 - 7 p.m.



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

Grade 12's Post-Secondary Prep # 1



Tuesday October 18th and Wednesday October 19th (repeat session) at lunch in the KSS Library.

No sign up required.

If you are planning on attending post-secondary school in the fall of 2023, please come and learn some helpful tips about how to navigate your next steps.

Grade 12 Post Secondary Prep

- Grad Requirements
- Transcript Information
- Career Websites such as "Education Planner"
- Highlight useful resources
- Post Secondary Entrance Requirements
- Disabilities & post-secondary
- Costs of Education
- How to apply online to UBC, OC & U Vic with Education Planner
- Scholarship Info
- Important dates to note



KELOWNA SECONDARY SCHOOL

1079 Raymer Avenue
Kelowna, BC,
V1Y 4Z7

Phone: 250-870-5105
Fax: 250-870-5005
Website: www.kss.sd23.bc.ca



Central Okanagan
Public Schools
Together We Learn

OCTOBER 18, 2022
6:00 - 7:00 PM
ROOM 1

Affinity Group for Parents/Guardians of Black Students

LOCATION: 1040 HOLLYWOOD ROAD, KELOWNA, BC
HOSTED BY: BRENT CARMICHAEL

Parents, guardians, and community members are invited to attend the Parents and Guardians of Black Students Affinity Group.

WHAT IS AN AFFINITY GROUP?

An Affinity Group is defined as a group linked by a common purpose, ideology, or interest.

In this case, we will be hosting an Affinity Group Meeting focused on Black students for their guardians, parents, and other community members.

In discussing both the beautiful and challenging moments that can come with being a Black individual or family in this time, we hope to inspire and continue to create meaningful change in our society and world.



Partners for
Inclusive Education

Partners for Inclusive Education is a safe place where families, staff and community partners can connect and improve support for learners with diversabilities.

Partners for Inclusive Education strives for open communication about inclusive education. This effort requires education, teamwork, and empathy to maximize "wrap around support" and celebrate the differences that make our children individuals.

The purpose of Partners for Inclusive Education can be found on the School District website under Parent Resources: (http://www.sd23.bc.ca/Publications/PIE_info.pdf).

Event Date

The next Partners for Inclusive Education meeting is scheduled for:

Date: Monday, October 17, 2022

Time: 6:00 pm

Location: Zoom (<https://sd23.zoom.us/j/8569391842>)

Upcoming Meetings:

October 17, 2022 Topic: Individual Education Plans

January 16, 2023 Topic: Transitions

May 15, 2023 Topic: TBC

All meetings are from 6:00-7:30pm. Locations to be confirmed (either via zoom or at HRES).

More information can be found on the Partners for Inclusive Education Facebook page: (<https://www.facebook.com/groups/714178396132518>)

'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



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

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



**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



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

Date: Tuesday, October 18, 2022

Where: Hollywood Road Education Services
[1040 Hollywood Road, Kelowna, BC](#) HES Room 1

When: 6:00 pm – 7:00 pm

Host: Brent Carmichael

Parents, guardians, and community members are invited to attend the Parents and Guardians of Black Student Affinity Group on **Tuesday, October 18th at 6:00 pm at Hollywood Road Education Services HES Room 1.**

This Affinity Group will be hosted by Brent Carmichael.

An Affinity Group is defined as a group linked by a common purpose, ideology, or interest. In this case, we will be hosting an Affinity Group Meeting focused on Black students for their guardians, parents, and other community members. In discussing both the beautiful and challenging moments that can come with being a Black individual or family in this time, we hope to inspire and continue to create meaningful change in our society and world.

**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

thisspacebelongstoyou@gmail.com



thisspacebelongstoyou.com



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

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