



Whoo's News



March 5, 2021

Dear parents, guardians, and KSS grade 12 students,

As was true through the Spring of 2020, celebrating the completion of our Grads' journey through their school years remains a priority for our school community. At this time, we do not anticipate being able to gather in a group of over 3000 people at Trinity Baptist Church in a live ceremony, and we will move forward with planning a virtual ceremony which will be live-released on YouTube for our students and their families until a formal decision is made by the District. Overwhelmingly, the feed-back from 2020 families and grads after viewing our recorded ceremonies was positive. Students who are in a calculable position to graduate have had a \$75 Grad fee added to their online student accounts. These fees are meant to cover the costs associated with a recorded and streamed ceremony, including but not limited to: production cost, souvenir cap, gown and stole, keepsake diploma and 5" x 7" grad photo, commemorative photo composite, staging, security, etc. For equity, the three largest high schools in the district have all confirmed that their grad fees are in alignment.

In May, we will be posting an online sign-up for grads and **a maximum of four family members** to come to KSS over the weekend of June 5-6 to attend a brief, formal stage-crossing. A Covid-19 safety plan will be distributed in advance to protect the health of students and their families, as well as KSS staff members who will be volunteering. Students will receive their keepsake caps and gowns in advance, and this will allow grads and families to take photos and record this special occasion with creativity.

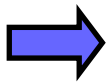
As family members will be present to view and record their graduate's stage-crossing, we will not be recording every moment; however, we will broadcast a formal production on Thursday, June 24 that will contain valedictory addresses, messages from our school principal, district officials, dignitaries, as well as a variety of celebrations of our graduates throughout their time at KSS. Please monitor the Whoo's News for a call for photographs and submissions over the next few months.

We look forward to celebrating and honouring your graduates with you in June.

KSS Graduation Committee



Attention Grade 12 Parents: There will be a **Dry Grad** planning meeting on Wednesday, March 10th at 7pm via Zoom. If you'd like to attend and have not already requested a Zoom invitation, please send your name and email address to Susan at shandzimm@gmail.com



*Grad
Clothing
Orders!*


The January order of **grad clothing** is ready for pick-up in room 193 outside of class time.

The final grad clothing order will be immediately following spring break. Stay tuned for ordering information coming April 1!

Please Mark Your Calendar:

- | | |
|-----------|--|
| March 4/5 | Course Verifications handed out in Block 1 (p.m.) |
| March 12 | Last day of school before Spring Break |
| March 29 | Students return after Spring Break - Day 1 - 3/1 - Group A |





RAISE THE GRADE

SUPPORTED BY
RBC Future Launch

VIRTUAL CAREER Q&A PANELS

Learn about a variety of careers in local employment areas and what the work actually looks like!

TUESDAYS 4-5PM ON ZOOM

MARCH 2: AUTOMOTIVE
MARCH 9: HEALTHCARE
MARCH 16: FARMING
MARCH 23: TRADES/OTHER
MARCH 30: TECH/ENTREPRENEURSHIP

Email cbannow@bgco.ca or DM @BGCOyouth

ALL **GRADE 10 BOYS** interested in playing Rugby, please attend the following meetings in the GYM

Group B	Wednesday, March 10
Group A	Thursday, March 11



Discover your future with the click of a button

Meet faculty and instructors
Explore programs and courses
Uncover career opportunities

Session participants automatically entered into \$5,000 Tuition Giveaway!*

Sessions added weekly – sign up for updates!

[Learn more](#)

okanagan.bc.ca/experienceOC

*Please see [contest entry rules](#) for details




Explore why engineering is an amazing career for women who want to change the world and improve the lives of others.

Changing the World: Engineering the Future

Saturday, March 27, 2021

Register now: women.engineering.ubc.ca/events

An event for girls in grades 10-12

THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Applied Science



High School Girls! Join us for Virtual STEM Events

All-Girls Events

Join us as we learn about engineering design with fun, hands-on activities led by current university students and meet inspiring mentors. Connect with other like-minded students and talk to current engineering students and professionals who will share their stories and experience.

Who & When?

Grade 12: Sustainability for our Future - Thursday Oct 29th, 2020
Grade 9: Robotics Today - Thursday Dec 3rd, 2020
Grade 10: Design our Future - Wednesday Jan 27th, 2021
Grade 11: The Future of Tech - Thursday Feb 25th, 2021
Grade 8: Invitation to Create - Thursday Mar 11th, 2021

How Do I Register For These Free Events?

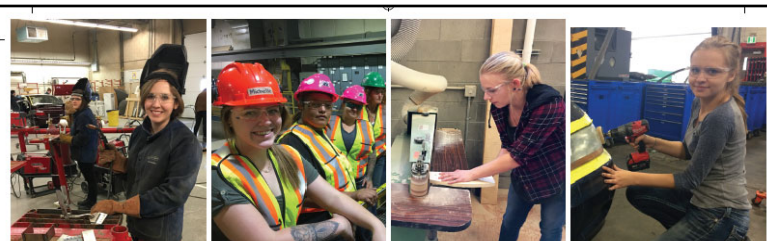
<http://geeringup.ca/high-school/kelowna/all-girls>

*We have an inclusive view of the word "girl" and we welcome trans, genderqueer, and non-binary folks interested in these workshops

Find out more at geeringup.ca

A network member of **actua**
Youth STEM Innovation

THE UNIVERSITY OF BRITISH COLUMBIA
Applied Science



OKANAGAN COLLEGE WOMEN IN TRADES TRAINING

Gateway to the Building Trades for Women Program

Learn valuable skills in different trades
CARPENTRY, AUTOMOTIVE, SHEET METAL, PLUMBING AND ELECTRICAL

Kelowna
APPLY NOW!
April 6 - June 25, 2021

PROGRAM DETAILS

- Individual projects
- Shop safety training
- Learn how to secure employment or further trades training
- Employment readiness assistance: resume package and professional skills development
- Gain insight from mentors and industry guest speakers
- Participate in a community project

FUNDING AVAILABLE FOR ELIGIBLE WOMEN
Eligibility has changed. Connect with us to determine if you are eligible.

CONTACT US
250-762-5445, ext. 4825
Toll-free 1-877-755-2266, ext. 4825
witt@okanagan.bc.ca



okanagan
college



facebook.com/okanagancollegewomenintrades
instagram.com/ocwomenintrades

okanagan.bc.ca/witt



UBCO Geering Up All-Girls STEM Workshops GRADE 8-12 2020/2021

Registration Link: <https://geeringup.apsc.ubc.ca/all-girls-okanagan/>

As a reminder, these workshops take place from 4:00-6:00pm via Zoom and are offered for free, but the registration closes the Sunday before the session date for that specific grade level.

Design our Future (Grade 10) Wednesday Jan 27th

The Future of Tech (Grade 11) Thursday February 25th

Invitation to Create (Grade 8) Thursday March 11th



About COBSS

The Central Okanagan Bursary and Scholarship Society (COBSS) is a charitable foundation with local **volunteers** coordinating financial assistance for our high school graduates for their post-secondary education.

We collect and administer money from area **donors** including community and school groups, businesses, and individuals. Through COBSS, local grade 12 **students** can apply for over 550 awards. Criteria is set by the donor to recognize student achievement (such as citizenship, scholastic or athletic achievement) and/or to assist with financial need for further education.

New donors and volunteers are always welcome!

Email us at COBSS@shaw.ca and visit our website at COBSS.sd23.bc.ca

COBSS 2020 graduation stats:

- 567 awards
- 442 recipients
- \$513,480 total donations



Donor Comments

"Many bright students shy away from post-secondary education because of the financial challenge. We like to do our small part to help those less fortunate than ourselves."

Hugh & Brenda Gloster

"The JAGTAC ENGINEERING BURSARY supports female students studying engineering. Women in STEM who bring their strong math and science aptitudes to engineering challenges, break barriers and contribute to solving engineering challenges. Innovation lives in diversity."

John Logel

Important Dates



Feb - Apr, 2021	Applications review & awards selection
June 2021	Graduation & COBSS awards presentations



Parents in Residence are available to provide peer support to all families living in BC and to CASA families in Edmonton, Alberta. We work in community and on-site at BC Children's Hospital's Kelty Mental Health Resource Centre, at Surrey Hospital's Child & Adolescent Psychiatric Stabilization Unit (CAPSU) and at CASA



PARENT IN RESIDENCE (PiR)



To connect with a FamilySmart Parent in Residence or for more information about our Programs and Services please visit:
www.familysmart.ca

Toll Free:
1 (855) 887 8004

Email:
info@familysmart.ca

FamilySmart* is a non-profit that works to enhance the experience and quality of services, support and information for children and youth with mental health challenges, and their families or caring adults.

For families and caregivers who are parenting a child (0 to young adult) with a mental health and/or substance use challenge. We are here for you and we want to help.



www.familysmart.ca



Boys & Girls Clubs
of the Okanagan

VIRTUAL BOOK CLUB!

For youth 12-24 years old
of all skill levels!

Thursdays 4-530pm

- Two \$25 gift card draws daily
- \$100 Gift Bag for all participants
- \$50 gift cards for all on last day

Contact:

cbannow@bgco.ca to join



Spring 2021 Enrollment



**Central Okanagan
Public Schools**
Together We Learn

ONLINE APPLICATION for STUDENT ENROLLMENT

2021 - 2022 School Year (for kindergarten, new students, and Programs of Choice for K - 12)

Online applications begin on Monday, February 1, 2021 at 7:00 am,

Schools will be open at 7:00 am to support parents that require assistance

Documentation Submission Deadline: Friday, March 12, 2021

The enrollment application period begins **Monday February 1st, 2021** (beginning at 7:00 am on-line) – **Friday, March 12th, 2021**.

The Summer Enrollment Application period begins: **Tuesday, August 31st, 2021** to **Thursday, September 2nd, 2021**.

Please see page 6 for all the details



SIMON FRASER UNIVERSITY
ENGAGING THE WORLD

IT PAYS TO STUDY IN
FRENCH!

Choosing to study in French at SFU means having access (sometimes exclusively) to a multitude of awards and bursaries that can cover a part of your university fees! Check it out [here](#)





THE SEL SCOOP – March 2021

Supporting your Child Socially and Emotionally

This month's topic: **Sleep and Screens**

Proper sleep and rest is an important element of our overall health. Technology is an everyday tool in our lives these days, for learning, communication, and entertainment. But sometimes, the two don't mix. Here is some information on sleep, screens, and how they can co-exist more peacefully.

A Healthy 24 Hours Includes:

(Canadian 24 Hours Movement Guidelines for Children and Youth (Ages 5-17), Canadian Society for Exercise Physiology)



SWEAT:

- An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities
- Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week



STEP:

- Light physical activity
- Several hours of a variety of structured and unstructured light physical activities



SLEEP:

- Uninterrupted 9 to 11 hours of sleep per night for those aged 5-13 years
- 8 to 10 hours per night for those aged 14-17 years
- Consistent bed and wake-up times



SIT:

- Sedentary behaviour
- No more than 2 hours per day of recreational screen time
- Limited sitting for extended periods

The Importance of Sleep

Physical Benefits

- Regular, restful sleep creates an immune system that can ward off illness
- Sleep also helps us maintain a healthy body weight and a healthy caloric intake, and reduces inflammation
- Children and youth who get a good night's sleep feel more energized during the day, as sleep helps to maximize muscle and athletic performance

Cognitive Benefits

- Children and youth who sleep well tend to learn more, concentrate on tasks for longer, and be more creative
- Sleep has also been shown to improve problem-solving skills and enhance memory performance of both children and adults

Social-Emotional Benefits

- Sleep is a key factor in our emotional health, reducing our risk of mood and anxiety problems
- A well-rested mind is better able to make positive decisions and manage stress
- We are more likely to maintain healthy relationships when we are rested and clear-headed

'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 COMPUTER OR PHONE.

Substance Use: Relationship Over Responsibility

Being a parent of a young person with substance use challenges is hard. What do I do? What can I say? How can I make them stop? These are all things that many parents ask themselves. This presentation is a facilitated discussion to help share some practical ways to move through the challenges.

Communities: Kelowna, Penticton and Vernon

Cost: Free of Charge

Date: March 8, 2021 at 4:30pm

Registration Required: www.familysmart.ca/events

Watch a video with us and come together with other families for a facilitated discussion by FamilySmart Parent in Residence.



No cost to participate!

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.

Kelowna Teen Mindfulness Information Sessions:

Tuesday April 6 & 13 5:30-7pm

Register for the online group

Contact ymind@ymcaokanagan.ca or Jason 250-258-0513

The program is run by caring, trained staff, in a safe supportive environment.



www.ymcaokanagan.ca/MentalWellness



GRAD COUNCIL PRESENTS

THE KSS HUMAN LIBRARY

Are you a grad who has a skill that you would like to teach and share with your grad class?

CONTACT @PAYTON_A_IRV TO LEARN MORE AND BE A PART OF THIS INCREDIBLE GRAD INITIATIVE!

Launching March 29th!



**Central Okanagan
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Online applications begin on Monday, February 1, 2021 at 7:00 am,

Schools will be open at 7:00 am to provide telephone support to parents that require assistance.

Documentation Submission Deadline: Friday, March 12, 2021

HOW TO APPLY

In your web browser type: <https://enrollment.sd23.bc.ca>

No internet access? Please contact your school and they will assist you with the online application.

PLEASE NOTE: *The application process is online only, no paper enrollment is available. You are required to have a valid email account.*

Applications will be assigned a date-time stamp on a first-come, first-served basis, which will factor into a student's placement priority.

Complete the online application as early as possible, and provide the required documents listed below directly to the school by email by **Friday, March 12, 2021**.

1. **Birth certificate** or other government issued proof of age and citizenship
2. **Proof of B.C. Residency**
 - a. BC driver's license of parent/legal guardian AND
 - b. BC CARE card of parent/legal guardian OR
 - c. Other supporting documentation - <http://www.sd23.bc.ca/DistrictInfo/schoolenrollment/>
3. **Proof of Student's Living Address**
 - a. Property ownership, lease or rental agreement OR recent utility bill

AFTER Thursday, September 2, 2021

New in-catchment area enrollments: Parents will be notified by a confirmation email when the school has accepted the student's application for enrollment. Board Policy 405R – Student Placement (Regulations), will be used to determine student placement and priority.

New out-of-catchment area enrollments: Parents may not be notified until after the summer enrollment period is over and all in-catchment area students have been placed.

Qualifying age: The School Act requires that a child must be five years of age by December 31, 2021 to qualify for school enrollment in September 2021. No exceptions.

For further information, please visit the School District website www.sd23.bc.ca or call (250) 860-8888.