

École Kelowna Secondary



## Calling All Cadets

There is a lunchtime meeting for all **cadets** looking to participate in this year's Remembrance Day Ceremony in

**Mr. Holly's Room (RM 281)**

**Friday October 14th, 2022**



All KSS parents and guardians are welcome and encouraged to attend the October PAC meeting,

**Tuesday October 11th at 6:30 pm in the KSS library.**

If you would like to attend virtually, please email us to get on the list for Zoom requests: [kss.pac@sd23.bc.ca](mailto:kss.pac@sd23.bc.ca).

PAC meetings are a great way to stay up to date on what is happening at KSS and to meet other parents!

Hope to see you there!



Okanagan College representatives will be in the multi-purpose room during our parent-teacher interviews on Wednesday, October 12<sup>th</sup> from 4:30 pm to 6:30 pm.

### 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<sup>th</sup>      PSP will be offered at lunch time in the library

Wednesday October 19<sup>th</sup>      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](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)



UBC Geering Up  
Kelowna, Okanagan



## UBC O Engineering Event for Girls\*

### All-Girls\* Events

Join us for a captivating and exciting day at JBCO that is all about Engineering. In this free event you will meet current UBCO faculty and students as you are led through fun hands-on activities including design challenges. Connect with other like-minded students and talk to undergraduate mentors who will share their stories and experiences.

We will also do a tour of the campus.

### Want to Register?

Visit your Career Centre to sign up.

### Innovative Engineering: The World of Biomedical Technology

Grade 10-12  
October 18th, 2022

UBC Okanagan  
Busing Provided from your school  
Pizza Lunch Provided  
9:30 AM - 2:30 PM

Have an inclusive view of the word "girl" and we welcome trans, genderqueer, and non-binary participants interested in these workshops.

THE UNIVERSITY OF BRITISH COLUMBIA  
School of Engineering  
Okanagan Campus

A network member of **actü**

## 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](mailto:empoweryou@bcrpa.bc.ca)



**FAMILY MONSTER BASH**

City of Kelowna

**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!



**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 18<sup>th</sup> 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.

**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](http://www.kelownacrows.com)

**Questions? Please email**  
**[juniodirector@kelownacrows.com](mailto:juniodirector@kelownacrows.com) or call 250-258-6668**

**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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