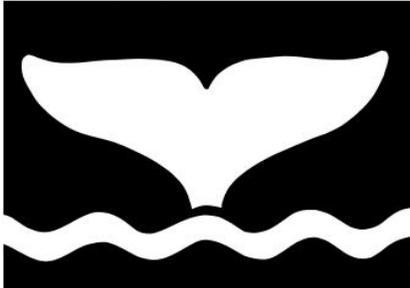


# THE WHALE'S TALE

Frances Kelsey Secondary's  
latest breaking news and views



## CONTACT US:

250.743.6916

fkss.sd79.bc.ca

School Facebook page:

Frances Kelsey Secondary  
School – FKSS

PAC Facebook page:

Frances Kelsey Secondary PAC



January 11, 2016 Vol. 21/No4

## Reduce the Stress! Be Prepared for Exams!

By Mary Kirchner, Counsellor

It is no wonder that the anxiety level is beginning to rise at Kelsey because the end of the term is drawing near, which means that a series of Provincial exams is looming on the horizon for many students. The Provincial exams for this term will run from Monday, January 25th to Thursday, January 28th. Grade 12 students will write Provincial exams in English and Communications; Grade 11 students will write Provincial exams in Social Studies and Civics and Grade 10 students will write Provincial exams in English, Mathematics and Science.

It is critical that Kelsey students enter the exam sessions well-prepared and stress-free. The time to start preparing for exams is now, not at the end of January. There are many techniques that can help students remember information and make important connections. Making mind maps, using index cards, practising questions or using mnemonics and acrostics are a few study strategies. A simple technique is just this: "Read it; Write it; Say it out loud". In addition, learning how to deal with stress anxiety, as well as developing relaxation techniques and ways to build confidence, can enhance results on exams.

Some examples are physical exercise, managing time by prioritizing tasks, eating a balanced diet, avoiding quarrels, being less competitive and talking with others when needed. Finally, remember that it's not all about school work. When you have attained a goal, go out and reward yourself. Celebrate with friends before tackling that next piece of work.

Parents can help! Ensure that your son or daughter has at least two hours each night to do homework and exam preparation. Make the homework setting a quiet, well-lit place with no distractions. Your teen should have



### Kelsey Calendar

**Monday, January 11, 2016**

Whale's Tale newsletter issued

**Tuesday, January 12, 2016**

7:00 p.m. – Dry Grad parents meeting in library

**Wednesday, January 13, 2016**

2:15 p.m. dismissal – Professional Learning Community

7:00 p.m. – PAC meeting in library

**January 14 & 15, 2016**

Grade 8 – 10 Whistler Trip

**Tuesday, January 19, 2016**

Foodsafe Course

English 12 Mock exam

**Wednesday, January 20, 2016**

12:00 noon - Early dismissal -

Curriculum Support

**Thursday, January 21, 2016**

6:00 p.m. – FKSS Dance Show in theatre

**Friday, January 22, 2016**

Grade 12 Local Scholarship

Information Session

7:30 p.m. – Canadian Improv Games in theatre

**Monday, January 25, 2016**

4:00 p.m. – Staff vs Student hockey game at Kerry Park Rec Centre

**January 25 – 28, 2016**

Provincial Exams

**Tuesday, January 26, 2016**

Last day of Semester 1 classes

**January 27 & 28, 2016**

I Days

**Friday, January 29, 2016**

Turnaround Day – school not in session

**Monday, February 1, 2016**

Semester 2 begins

For complete information about the school, visit our website at [fkss.sd79.bc.ca](http://fkss.sd79.bc.ca)

a well-balanced diet, drink plenty of water and get 9 – 10 hours of sleep each night.

Finally, please know that your school counsellors can help alleviate some stress that might occur. Book an appointment and come in to speak with Ms. Kirchner or Ms. Wright. Be prepared, write the exam, do your best.

## Scholarships and Bursaries

By **Kevin van der Linden, Vice-Principal**

All Grade 12's will be attending local scholarship information sessions on January 22<sup>nd</sup> and February 5<sup>th</sup>. Local scholarships are only open to FKSS Grade 12 graduates (June 2016). **We have over \$120,000 available and most of the awards are bursaries accessible to ALL students.** Also of note, we have been working with the Grade 12's on non-local scholarships that are open to all students in British Columbia.

Strong Academic Resumes are an important part of an applicant's package, therefore students who would like help with writing their Academic Resumes, or who would like them reviewed, should see me as soon as possible.

Application forms for the following scholarships and bursaries, which have deadlines in January and February, are available in the library filing cabinet:

- Terry Fox Humanitarian Award Program
- BC Government and Service Employees' Union (BCGEU) Scholarships

**Websites of interest:**

[www.scholarshipscanada.com](http://www.scholarshipscanada.com); [www.schoolfinder.com](http://www.schoolfinder.com); [www.bcscholarships.ca](http://www.bcscholarships.ca);  
[www.studentaidbc.ca](http://www.studentaidbc.ca)



## Dry Grad



**2015-2016 DRY GRAD MEETING**

Please join us at our next meeting on Tuesday, January 12<sup>th</sup> at 7:00 p.m. in the library. Everyone welcome! For more information contact Deanna at 250.715.6816 or at [deannawright@shaw.ca](mailto:deannawright@shaw.ca)

## Budget Consultation 2016-2017

The Board of Education is beginning the process of developing the 2016-2017 School District budget. Information will be coming in February about how to provide your input to help shape decisions for the upcoming school year.

# Frances Kelsey School Updates

**By Jeff Rowan, Principal**

It is hard to believe that the school year is more than half over as we head into the second semester. As such, I want to take this opportunity to share some of the comings and goings at the school.

Thank you to our student body and staff for all of the charitable work that was done during the first half of the year. We sent boxes and boxes of food to the local food bank at Thanksgiving and again just before winter break. Additionally, we had a number of different student groups fundraise to support charities and projects to benefit people in our community. I am always impressed by the level of social awareness and consciousness in our student body.

Academically, our expectation is that students are completing their first semester courses right now and starting their semester two courses on February 1<sup>st</sup>. While we remain committed to meeting the individual needs of our students, we also expect students to be managing their workload and to be completing their courses.

While it seems very early, we will be starting our course selection process for the 2016-17 school year at the end of February. This is important as it allows us to build a timetable and to apply for staffing for next year that is based on the choices of our students. We will run sessions for the students that will explain course content, graduation requirements and post secondary planning to help them make their choices.

For those students graduating this year, the dates have been confirmed and our Graduation Banquet ("Red Carpet") event will be on Saturday, June 18<sup>th</sup> and the Graduation Ceremony ("Cap and Gown") will be on Friday, June 24<sup>th</sup> this year.

Lastly, some updates from the school on our procedures. The information system switch over to MYED BC has been ongoing. Report cards will look a bit different as we move into that system, our call-out attendance is finally coming on line, as well as our system of attendance for the flex blocks. Starting in February, homes should be getting daily phone calls alerting parents/guardians if students have been absent from a mandatory class. On Fridays, parents/guardians will get a weekly email summary of any flex block absences. We believe that these two systems provide the accountability that is expected while maintaining the flexible scheduling that Kelsey has been built upon.

Thank you for your support and if you have any comments or questions, please contact us at the school.

## **Grade 8 and 9 Winter Activity Day - February 17, 2016**

**By Heather Roach and Brad Niessen, Teachers**

Plans are well under way for this year's Winter Activity Day. Please note the change in date in your child's agenda from Thursday, February 18<sup>th</sup> to Wednesday, February 17<sup>th</sup>. A notice went home on January 6<sup>th</sup> with details about the different events. Permission forms will come out on January 20<sup>th</sup> and will be due February 2<sup>nd</sup>. We are looking forward to a great day of activities and experiences for all our Grade 8's and 9's.

# Frances Kelsey Parents Advisory Council

By Brenda Wilson, President FKPAC

Welcome to the new year and the finishing up of first semester. As you start filling up your calendars with new events this year, please consider making room for parent education opportunities sponsored by our District PAC and attending a PAC meeting to have a say in how we spend our gaming grant. Attendance is the best way to find out about activities in our school.

Please join us Wednesday, January 13<sup>th</sup> at 7:00 p.m. in the FKSS library.



## FKPAC

Please join us at our next meeting on Wednesday, January 13<sup>th</sup> at 7:00 p.m. in the library. For more information call Brenda Wilson at 250.743.3634 or email kbwilson@shaw.ca

## Yearbooks Will Again Be on Sale in February

Watch the NewsBreaker for dates and time. Price will be \$45 or \$50 if personalized.

## From Your Library

We have processed many new and interesting books – come and browse our collection! We also encourage you to bookmark the Library home page. It has a large number of links with curricular connections and can be accessed from the school homepage: [fkss.sd79.bc.ca](http://fkss.sd79.bc.ca)

All of the online encyclopedias we subscribe to have home access. Students can pick up the passwords at the library circulation desk. These are all valuable research tools. Encourage your sons and daughters to start their research using the Library home page, especially if they are at a loss as to where to start their searching. This page has been developed with the students' needs in mind.

We have had many glitches with wifi and computer access and want to thank everyone for their patience as we work through it all.

## Is Your Child Finishing English or Social Studies 9 This Semester?

By Alana Baker, Teacher-Librarian

If yes, then they are currently completing a large research project that gives them credit in both classes.

They have an open-ended question to answer which they do by searching for at least five reliable sources that give relevant evidence. The choice of how to present their answer, in a debate, filming a mini-documentary with friends, delivering a speech, posting on YouTube, is up to them.

During the research process, they are to share their project with at least one adult and one peer. Please ask your child about his/her project as there are many fascinating local topics!

*The Whale's Tale* is distributed on the first Monday of each month, excluding holidays. Layout by Nancy Bonner, Library Assistant. Edited by staff and Administration.