

# FRANCES KELSEY SECONDARY "WEEK AT A GLANCE"

WEEK OF SEPTEMBER 25<sup>TH</sup>

## WEFGH

Advisor/W	9:00-10:00
E	10:03-11:08
F	11:10-12:15
Lunch	12:15-1:00
G	1:03-2:08
H	2:10-3:15

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**Advisors,**

**Please read the following excerpt from Terry Fox to your group to give students some context for the run on Friday. Please encourage students to donate a "Twoonie for Terry" that goes towards Frances Kelsey's cancer campaign. Envelopes have been provided.**

**"The running I can do even if I have to crawl every last mile."**

"The night before my amputation, my former basketball coach brought me a magazine with an article on an amputee who ran in the New York Marathon. It was then I decided to meet this new challenge head on and not only overcome my disability, but conquer it in such a way that I could never look back and say it disabled me.

But I soon realized that that would only be half my quest, for as I went through the 16 months of the physically and emotionally draining ordeal of chemotherapy, I was rudely awakened by the feelings that surrounded and coursed through the cancer clinic. There were faces with the brave smiles, and the ones who had given up smiling. There were feelings of hopeful denial, and the feelings of despair.

My quest would not be a selfish one. I could not leave knowing these faces and feelings would still exist, even though I would be set free from mine. Somewhere the hurting must stop... and I was determined to take myself to the limit for this cause.

From the beginning the going was extremely difficult, and I was facing chronic ailments foreign to runners with two legs in addition to the common physical strains felt by all dedicated athletes.

But these problems are now behind me, as I have either out-persisted or learned to deal with them. I feel strong not only physically, but more important, emotionally. Soon I will be adding one full mile a week, and coupled with weight training I have been doing, by next April I will be ready to achieve something that for me was once only a distant dream reserved for the world of miracles – to run across Canada to raise money for the fight against cancer.

The running I can do, even if I have to crawl every last mile.

Please help Terry continue his Marathon of Hope.

(<http://www.terryfox.org/terrys-story/terrys-letter/>)

## STUDENTS

- Any girls who play hockey please see Mr. Rowan after advisor if you are interested in an opportunity to play

### This Week

#### Monday

- **Health Nurse** will be at the school every Monday from 12-2pm. Sign up for appointments in the Career Centre.

#### Tuesday

- **Student Parliament** - voting will take place during block W today
- **CLUBS DAY!**  
All students will have the opportunity to view and sign up with one or more of the many clubs offered at FKSS during W block. A schedule was provided to Advisors last week. Clubs are a great way to get involved, meet new people and help your school community
- **Grad Council** at noon in the Library. All grads welcome.
- **Junior Boys' Soccer** – players will be leaving for their game today against Gulf Islands at 1:30. A team list is posted on the staff white board.

Caesar Salad	\$3.50
Chef's salad with Hollyhock dressing	\$4.00
Taco	\$2.00
Vegetable soup	\$2.00
Pizza roll	\$2.00
Scone	\$0.50
Fruit Smoothie - variety	\$2.00
Fruit cup	\$2.00

#### Thursday

- Meet the Advisor evening 5:30 pm
- Parent Social Media Awareness with Jesse Miller 6:45 pm

#### Friday

- **Terry Fox** run at 10:30. Please see the staff white board for teacher run/walk station allocation.
- **ADVISORS** have been provided with envelopes to collect donations throughout the week for Kelsey's Cancer Campaign. Please return envelopes to Wendy in the main office on Friday.