

FRANCES KELSEY SECONDARY "WEEK AT A GLANCE"

WEEK OF SEPTEMBER 11TH

FKSS-Connections-BC Fruit and Vegetable Nutrition Program at Kelsey.

The BC School Fruit and Vegetable Nutritional Program is brought to Frances Kelsey by the BC Agriculture in the Classroom Foundation - a registered non-profit dedicated to "Working to bring BC's agriculture to our students." The Foundation is working with local growers and distributors to bring fresh BC products our school.

Why are we part of this program? We as a school want to increase the acceptability of, exposure to, and willingness to try fruits and vegetables, to increase awareness of local fruits and vegetables and to support the local economy through business for farmers and distributors.

Some facts for us...

- only 20 to 25% of students eat the recommended daily minimum of five servings of fruits and vegetables. We hope to do our part!
- eating habits established during our school years are important for long term health
- fruits and vegetables contain many vitamins and minerals that are important in student's growth and development
- diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases.

And finally, students who eat healthy foods are more attentive and are able to focus more on their school work.

We look forward to providing you with our first product in the next few days! For more information on our BC Fruit and Vegetable Nutrition Program, please contact Mr. Grbavec, Mrs. Roach, Mr. Huet or Mrs. Thompson.

Introduce and discuss Q Block topics that will occur on Friday of this week

Grade 8 HCE – report to homeroom

Grade 9 HCE 9 – see schedule posted at the front of the school

Grade 10 Planning - see schedule posted at the front of the school

Grade 11 Leadership - report to small gym

Grade 12 Grad Transitions – report to Theatre

This Week

Today

- CIAO – staff and students please be advised that CIAO flex room scanning is starting today. The first **CIAO** report will be emailed to advisors on Friday, Sept 15th. CIAO reports will NOT be emailed to home addresses this year. Please use your CIAO report to open a dialogue with students about the importance of flex planning and attendance. Forward CIAO reports to the home address as you see fit.
- Ms. Kirchner's PE class to meet in the Dome at the start of block B to go on the field trip. (all permission forms must be submitted to attend).
- Attention: all aspiring Parliamentarians! Today we will be administering nomination forms in long advisor. If you wish to run for election this year please ensure that you obtain a form from your advisor and have it completed and handed back by Thursday September 14th. Every nominee needs 3 student sponsors from their riding, as well as a staff sponsor to sign their form in order to be registered for the election. If you are unsure of

what riding you're in, go check out the list on the communications board outside of Room #165. The following week will be campaign week, so have your speeches prepared for Monday, September 18th during long advisor. Good luck everyone! We can't wait for what this year will bring!

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

Tuesday

- Photo day! Please follow the posted schedule; students will be called down by grade/last name. The District requires all students have their photo taken as this is a legal ID used for school and bussing purposes. No hats or other alterations are allowed for this photo.

Thursday

- Peer 9 Counselling – there will be a guest presentation in block F

STUDENTS

- **Student Fees** – please have students bring them to the office
- **Dome** is closed as a work area. Students are to use our work areas now. Dome passes will be issued to Grade 12 students after the first report card in November for those who are showing responsibility.
- **Work Experience 12** - Students in grade 10-12 who hold a part time job should sign up for the **WEX12** course. A small bit of course work and 90 hours of work equals 4 high school credits and a GPA boost! See the Career Centre for more information.
- **Volunteer** - Students interested in volunteering as a library helper before school, after school or at lunch, please see Mrs. Bonner by Friday.