



# FRANCES KELSEY WEEK at a GLANCE

## SEPT. 25 – 28<sup>th</sup>

### WEFGH

Advisor	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 to the Terry Fox Foundation.

#### **“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/>)

## **THIS WEEK**

### ***Tuesday***

- Student Parliament speeches during Long Advisor

### ***Wednesday***

- Extended Advisor (9:00-9:25) for Orange Shirt Day information
- Meet the Advisor – 6:30-7:30pm
- PAC meeting – 7:30pm

### ***Thursday***

- Orange Shirt Day

### ***Friday***

- Terry Fox Run in Q block. All staff and students to participate.

## **KELSEY KAFE**

Mexican Grill (Wed. & Thurs)	\$4.50
Caesar salad/chicken	\$3.50/5.00
Wraps: grilled vegie & sausage	\$3.00
Grilled cheese sandwich/ham	\$2.00/2.50
BLT sandwich	\$2.50
Provencal Vegie soup and biscuit	\$2.00
Rice and Kimchee bowl	\$2.00
Scones	\$0.50
Fruit Smoothie	\$2.00
Fruit Salad	\$2.00

\*\*Punch cards are available in the main office for \$30. These cards are like cash; we are not responsible for lost cards. Staff pre-orders must be in by 10:30 on the order board located at the back of the staff room to the left of the staff boxes.

## **STUDENTS**

**Frances Kelsey Red Cross Club** – CMS Thanksgiving Food Drive Sept. 21-Oct. 4  
\$1 donation buys \$2 of food. Minimum \$15 donation for tax receipt.

**Yearbooks** – last week to buy yearbooks at the early bird price of \$48. After Oct. 1<sup>st</sup> price increases so act soon as this year's is sure to be the best yet!

**Student Parliament** – several nominations have come in and posters are up. Next week we will be asking you to vote for the candidate of your choice. Parliament plays an important role in working with the administration and clubs to make your school the place you want it to be. Show your support by voting next week!

### **Cross Country Runners**

First Meet - Tuesday, Sept 25th at Glenora Trail Head

Runners please meet in front of the school ready to go (run clothes and shoes, snack, water, and change of clothes). We will be leaving at 2pm sharp.

**Student Fees** – will now be collected in the main office before school, during Advisor (with permission) and at lunch. Advisors will no longer be collecting fees.

**Reminder** – the Dome is not a work/flex area for any students. Following the first term, grade 12 students who have shown to be responsible learners will be issued Dome Passes. This process goes through your Advisor.

**Food safe course** – October 17<sup>th</sup>. Cost is \$50. Instructed by Jennifer Smith, VIHA  
Registration forms are available outside the Foods room (#131) on the bulletin board. For more info please see Mrs. Thompson.