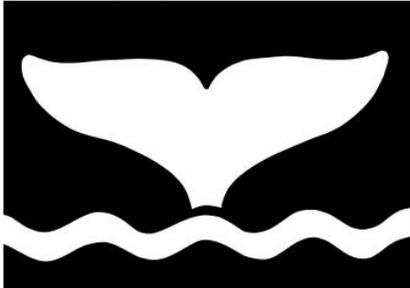


# THE WHALE'S TALE

Frances Kelsey Secondary's  
latest breaking news and views



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January 14, 2019 Vol. 24/No. 4

## What's Been Happening at Kelsey?

So many wonderful things have been happening at Kelsey. We are an exciting, busy school! Two more clubs have been formed recently, being: **VOLUNTEER MENTOR CLUB** – Senior students helping younger students with study strategies, once a month at lunch in room 166. Sponsor: Ms. Parker, and **KNITTING FOR GOODNESS SAKE** – Creating premie baby hats for donation to Cowichan Handmade Hugs and area hospitals, on Tuesday and Thursday at lunch in room 148. Sponsor: Mrs. Smith. For a complete listing of our many clubs and activities, please see our website or the October Whale's Tale which is available from our office and online.

Students in Mrs. Brinkman's Entrepreneurship/Marketing 10 class attended the Junior Achievement of BC TechWorks event at the Victoria Conference Centre on December 5. The conference highlighted various aspects of technology careers and was attended by approximately 400 students from Victoria and area schools. The morning program included a keynote presentation by Nicole Smith, CEO and Founder of the startup Flytographer and a technology demo by LLamaZOO. Breakout sessions included presentations by Sony Pictures Imageworks showing Visual Effects and Animation, Software company Sendwithus showing how to build an artificial intelligence game, and Viking Air with presentations from a pilot and the latest in plane technology. There were also hands-on demos of innovative voice technology, like voice effects for singers and talks by women working in technology presented by YYJ Tech Ladies. Students were provided with many examples of multi-faceted careers in technology and explored opportunities in the thriving tech sector in Victoria. One of our lucky students, Luke Larminay, won the big prize draw of a sightseeing tour with Viking Air!

During our recent unit on the natural environment for Ms. Welwood's and Mr. D. Hart's survival class, and since we have been exploring local plants and animals, we had a special guest speaker, Della Rice Sylvester, visit our classes. She is a Cowichan Elder who shared some of her knowledge about plants as medicine. Della brought many plants that were



## Kelsey Calendar

**Monday, January 14, 2019**

Whale's Tale newsletter issued

**Wednesday, January 16, 2019**

7:00 pm – PAC meeting in library

**Thursday, January 17, 2019**

Harm Reduction Sessions for Gr 8, 9, 10

**Friday, January 18, 2019**

Non-Instructional Day (District Pro-D)

**Monday, January 21, 2019**

Harm Reduction Sessions for Gr 11, 12

**Tuesday, January 22, 2019**

12:00 pm – Grad Council meeting

**Wednesday, January 23, 2019**

End of Term 2 (Grade 9 – 12)

**Thursday, January 24, 2019**

"I" Day

English 12 Provincial Exam

**Friday, January 25, 2019**

Turn Around Day

Communications 12 Provincial Exam

**Monday, January 28, 2019**

Semester 2/Term 3 begins

**Tuesday, January 29, 2019**

12:00 pm – Grad Council meeting

**Wednesday, January 30, 2019**

8:00 am – Grad Pancake Breakfast & Pyjama Day

1:15 pm – early dismissal – PLC

6:00 pm – Winter Dance

**Monday, February 4, 2019**

9:30 & 10:45 am – UVIC speaker visits

Grade 10 Trails classes

Whale's Tale newsletter issued

Report Cards issued

**Tuesday, February 12, 2019**

7:00 pm – Dry Grad parents meeting in library

**Wednesday, February 13, 2019**

7:00 pm – PAC meeting in library

**Thursday, February 14, 2019**

Winter Activity Day

**Friday, February 15, 2019**

Non-Instructional Day (Teacher Pro-D)

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

passed around and students had a chance to taste guchmein (Indian Celery seeds) as well as smell a number of other dried herbs. We learned about traditional uses of plants that are right outside our door. As a result, on recent hikes, we have been identifying some of the plants that Della taught us about including Licorice Root that grows in moss covered rocks and trees.

Here at Kelsey, we take pride in learning and celebrating diversity. This semester, we have been fortunate to host several students from around the world. The students from the "Gimme 5" Leadership class and the International Program united in order to present the countries to our student body. During a December Q block, Kelsey students were given a 'passport' permitting visits to Austria, Belgium, Brazil, China, Denmark, Germany, Hong Kong, Iran, Italy, Japan, Korea, Mexico, Norway, Philippines, Spain, Syria and Thailand. Students viewed pictures, watched demonstrations, performed tasks and asked questions in hopes of understanding more about these countries. Once completed, the passports were entered into a draw. Congratulations to Seth Metcalf who was the winner of a Kelsey Kafé gift card.

How does a property developer determine if a water supply is adequate to support a housing development? By asking Mr. Abbott's Calculus 12 class! In their water source sustainability unit, students took a field trip to a nearby creek to generate data in order to do math calculations (Riemann's Approximation), which involved some calculus. Water flow calculation is very important for developers to determine the number of homes that can be built.

Earlier this year, Mr. Cosford's Spanish 11 and 12 classes practiced their oral Spanish by holding an unusual fashion show. Mr. Cosford supplied a variety of outlandish dress-up clothes and students described what they were wearing as they modelled them on the catwalk. More recently, students have been role playing as waiters and diners as part of a typical restaurant scene and have created video blogs comparing their childhood to their present lives, including their daily routines. Meanwhile, Spanish 9 students have been writing paragraphs about their favourite class and describing their teacher. Classes are also learning about Christmas traditions in Spain and how they are different to other countries.

Mr. Kelly's Law 12 class spent a full day in Victoria observing at the Victoria Court House where they were able to view proceedings at two murder trials. They had a question and answer period with a Judge from Remand Court who also explained when formal, quieter Quick Cases are used, in situations where no trial is required. Students found the trip to be eye-opening and not like tv shows!

You don't have to be an adult to solve the world's problems and our grade nine students participated in a project that challenged them to do better than the adults in their lives at coming up with solutions for on-going social issues. The topics were based around how to better live a sustainable life; how to help immigrants and refugees on their travels; how to influence how people think and act through campaigning and social media; and how inclusion influences personal and community identity. The task was to engage in empathy discussions to truly understand the current situation, then research the historical aspects of their topics, and armed with that information they were to design and build a prototype that showcased their solution. We had water filters, air filters, condo deck gardens, apps for matching immigrants to employers, and so much more! Look out world, here come the problem solvers!

In W Block, on the last day of school in December, our Student Development Program arranged an event called Pancakes With Santa. Under the direction of Ms. Walker, SDP students and staff started their day an hour early and cooked approximately 900 pancakes in the cafeteria. Advisor classes were invited to have their photographs taken with Santa and copies of the pictures are displayed in the SDP hallway. Some lucky advisor groups were even treated to a pancake breakfast by their advisor. After completing the kitchen clean-up, our SDP students finally had their chance to have a visit with Santa Claus and eat their pancakes. Monies raised were put towards the Student Development Program and we all hope that Ms. Walker repeats this yummy activity next year!

# Scholarships and Bursaries

By Kevin van der Linden, Vice-Principal

All Grade 12's recently attended a local scholarship information session. Local scholarships are only open to FKSS Grade 12 graduates (June 2019). **We have over \$120,000 available and most of the awards are bursaries accessible to ALL students.** All local scholarships can be found by going to [fkss.ca](http://fkss.ca) Students are encouraged to peruse the local scholarships soon to see which ones they wish to apply for. 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.

**Did you know** - students who attend Camosun College or Vancouver Island University can have tuition paid for by the District *after* graduation? Students enrolling in a trades program must begin their trades program no later than February the year after graduation. Need more information? Please come to the Career Centre.

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
- Pathway to Teacher Education Scholarship
- Western University National Scholarship Program
- Capilano University Entrance Awards

## 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

The next meeting of the Dry Grad committee is **Tuesday, February 12 at 7:00 pm** in the library. For more information contact Nicole at [nicole.mcewen@shaw.ca](mailto:nicole.mcewen@shaw.ca)

## Important Dates to Note

By Jeff Rowan, Principal

Academically, our expectation is that students are completing their first semester courses right now and starting their semester two courses on January 28<sup>th</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 2019-20 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 15<sup>th</sup> and the Graduation Ceremony ("Cap and Gown") will be on Friday, June 21<sup>st</sup> this year.

## Frances Kelsey Parents Advisory Council



By Alison Dixon, President  
FKPAC

Hi everyone, I hope you all enjoyed a wonderful holiday season! Now it's time to roll up our sleeves and get busy. We have four new projects that we will be getting more details on so that we can begin to decide which ones we would like to start. Also, we will begin to gather different ideas and look at sources to update our PAC Bylaws and Constitution. Come prepared on January 16<sup>th</sup> at 7:00 pm in the library. See you then!

### FKPAC

Please join us at our next meeting on **Wednesday, January 16** at 7:00 pm in the library. For more information call Alison at 778-350-9305 or [alisonjanedixon@shaw.ca](mailto:alisonjanedixon@shaw.ca)

## Reduce the Stress and Be Prepared for End of Term

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 students will be working hard to complete Term 1 courses.

Physical exercise, managing time by prioritizing tasks, eating a balanced diet and talking with others when needed, help to reduce stress. 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 a well-balanced diet, drink plenty of water and get 9 – 10 hours of sleep each night.

Finally, remember that it's not all about school work. When you have attained a goal, reward yourself, then tackle the next piece of work.

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.

## Winter Activity Day – Thursday, February 14, 2019

By Heather Roach and Brad Niessen, Teachers

This year, students will be given an opportunity to participate in a variety of activities. Some possibilities we are considering are listed below. Please note that prices indicated are estimated costs at this point. Detailed information and prices were sent home with students on January 7<sup>th</sup>. Permission forms come out on January 15<sup>th</sup> with finalized details.

**Activity**  
Downhill Skiing at Mt. Washington (helmets required)

**Approximate Cost**  
\$35 - \$110 (Grades 8-12)

|   |                            |
|---|----------------------------|
| Snowboarding at Mt. Washington (helmets required)     | \$35 - \$110 (Grades 8-12) |
| Vancouver Trip to Vancouver Aquarium or Science World | \$65 (Grades 8-9)          |
| Duncan - swimming and bowling                         | \$20 (Grades 8-9)          |

We encourage all students to participate in Winter Activity Day and thank you for your support.

## Harm Reduction Presentations

Later this month, our counsellors and Mr. Rob De Clark will be presenting harm reduction sessions for all grades. Mr. De Clark currently oversees Homewood Ravensview as the general manager. A former addiction and mental health outreach worker, counsellor and clinical director, Mr. De Clark most recently served as president of clinical services for Cedars at Cobble Hill. A respected hockey coach, Mr. De Clark is also involved in wellness programs for students and young athletes, often through a program he co-founded, the BCHL's Talk Today Program.

Our goal is improving awareness; identifying when things are a problem; and where and how to access help for self or others. Mr. De Clark will be including information regarding brain chemistry, tolerance levels, discussion of substances such as alcohol and nicotine (vaping), as well as drug information. We want to keep our students safe from harm and arming them with information is one component of that.

**Last chance to capture the memories of the school year and** have your friends sign recalling their favourite moments with you! With the current high price of printing, only a VERY LIMITED number of extras are ordered. Don't miss out! Final price until February 28<sup>th</sup> is \$55. Extras will be sold for \$60 in June.



**Cowichan Women Against Violence Society** is offering “Rise Up”, a 9 week, girl power/support group for girls, ages 14-18, who have experienced sexualized violence. The sessions start on Tuesday, January 8 from 3:30 to 5:00 pm at their office at 246 Evans Street in Duncan and there is no charge. For more information or to register, please contact CWAVS at 250-748-7000.

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