



FRANCES KELSEY WEEK at a GLANCE

SEPT. 24 – 27th

WEFGH

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|----------------|--------------------|
| Advisor | 9:00-9:15 |
| E | 9:18-10:33 |
| F | 10:35-11:50 |
| LUNCH | 11:52-12:37 |
| G | 12:42-1:57 |
| H | 2:00-3:15 |

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/>)

THIS WEEK

Monday

- Professional development day – no classes

Tuesday

- Grad council meeting at lunch in the library

Wednesday

- Meet the Advisor night – 6:30 – 7:30pm

Thursday

- Environmental club meeting – at lunch in room 220

Friday

- Terry fox run during X block

STUDENTS

Kelsey cancer campaign – is getting underway – we are raising money for cancer research to donate to the Terry Fox Foundation, as well as Tour de Rock. We have a short window to make a difference. Our school goal is to reach \$1500. Our awesome admin team has agreed to a school wide mystery event should we reach the goal! Here are some ways you can contribute:

- *Loose change at the cafeteria can be dropped in the bin beside the cash register
- *the main office has a collection bin
- *Advisors will have envelopes (the advisory with the highest donation will win the free pizza lunch!)
- *The proceeds from next two Friday pizza days will go to the campaign – buy a few slices!

We were so close to our goal last year – let's do this and support a great cause that impacts so many in our community

Environmental club – will have their first meeting Thursday, Sept. 26th. All new members welcome.

Clubs Day – is coming! September 30th. Renew your club info or pick up a form and submit a new club idea. Keep posted for more info to follow.

Math help – every Tuesday and Wednesday 3:20-4:15 in room 136.

Kelsey Gear - Show your school spirit! Get outfitted for the cooler weather! Kelsey hoodies and other clothing is available for sale in room 229, Business Education Department . Check out the Kelsey Gear link on the FKSS website for a selection of clothes and prices. If there is something else you would like to see offered, see Mrs. Brinkman in room 229.

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Kelsey Kafe - 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; order board is at the back of the staff room to the left of the staff boxes.

CAREERS

**Please see Rebecca in the Career Centre for any information about the following:

Dual Credit English – will be offered at VIU next semester; choice of Tuesdays or Wednesdays 4-7 pm. Please see Rebecca in the Career Centre if you are interested in applying.

Dual Credit Criminology & Art – will be offered next semester. Please see Rebecca in the Career Centre in you're interested.

Camosun Women in Trades – sponsorship available. Call into Career Centre for more information.

VIU Trades Sampler - from Sep 23rd to Dec 13th. Call into Career Centre for more information.

Encounters with Canada - Expand your horizons and explore the possibilities for exciting careers that you've never before imagined! Upcoming theme weeks: Science & Ecology – September 1-7, 2019, Science & Technology – September 15-21, 2019, Sports & Fitness – September 29 – October 5, 2019, Global Affairs – October 6-12, 2019, Media & Communications – October 13-19, 2019. Call into the Career Centre for more information.

University of Alberta - Open House Saturday, Oct 19 2019. See uab.ca/openhouse for more information.

Canadian Universities Event at Brentwood College School

October 1st 6:30pm – 8:30pm. Contact kate.coull@brentwood.bc.ca for more information

ADVISORS

Articles for the October issue of the Whale's Tale are due to Mrs. Bonner in the library by Friday, Sept 27th.