

THE WHALE'S TALE

*Frances Kelsey Secondary's
latest breaking news and views*



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School – FKSS

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Frances Kelsey Secondary PAC

January 10, 2020 Vol. 25/No. 4

What's Been Happening at Kelsey?

From the English Department – many classes are participating in debates and poetry has taken hold! The senior students are teaching one another poetry, while the Grade 9 students are enjoying Alfred Noyes's ballad "The Highwayman." A number of the English 10 classes are exploring gender stereotypes in media and considering how films we view affect our understanding of the world in which we live. Students throughout the department are reading for pleasure and book talks are happening. We are pleased with the depth of discussions and inspired by the research projects that are coming out of the novel readings.

Congratulations to Division 81 and Ms. Mayner who raised over \$175 in support of the Angel Gift program through Our Place in Victoria. Funds raised through a bake sale provided gifts of warm clothing to some of Victoria's homeless population. They raised enough money to also support the CMS Foodbank's Angel Tree Program which was being sponsored at FKSS by the Red Cross Club. Congratulations to all for supporting people in need.

Students in Mrs. Brinkman's Entrepreneurship & Marketing 10 class attended the Junior Achievement of BC TechWorks event at the University of Victoria on December 5, 2019. The conference highlighted various aspects of technology careers and was attended by approximately 350 students from Victoria and area schools. The morning program included a keynote presentation by Neil Henderson, General Manager of Redbrick and a technology demo by DreamCraft Attractions. Breakout sessions included presentations by Sony Pictures Imageworks learning about the visual effects and animation industry, LlamaZOO showing how VR is used to solve real world problems, and Viking Air with a presentation on careers in aviation. TC Helicon had hands-on demos of their products that showcased voice effects for well-known singers to products for the world's top Twitch streamers. Students were provided with many examples of the careers that are also required by technology businesses, such as in accounting, marketing, human



Kelsey Calendar

Friday, January 10

Whale's Tale newsletter issued

Monday, January 13

Malahat students on Victoria Carving Trip

Tuesday, January 14

7:00 pm – Dry Grad parent meeting in library

Wednesday, January 15

6:00 pm – Scholarship Information Session for parents in library

7:00 pm – PAC meeting in library

January 20 – 24

Numeracy 10 and Literacy 10 Assessment Window

Wednesday, January 22

End of Term 2 (Grade 9 – 12)

Thursday, January 23

"I" Completion Day

Friday, January 24

Turn Around Day

Monday, January 27

Semester 2/Term 3 begins (Grade 9 – 12)

Wednesday, January 29

1:15 pm – Early Dismissal – Professional Learning Community

Friday, January 31

Grade 11 CVRD Careers Assembly

Monday, February 3

Whale's Tale newsletter issued

Report Cards issued

February 4 & 5

Grad Portrait Retakes

Friday, February 7

Grade 9 Course Selection Assembly

Tuesday, February 11

Red Cross Cocoa & Bake Sale at lunch

7:00 pm – Dry Grad parent meeting in library

Wednesday, February 12

Red Cross Cocoa & Bake Sale at lunch

7:00 pm – PAC meeting in library

Thursday, February 13

Red Cross Cocoa & Bake Sale at lunch

resources, and photography to name a few. It was a great day at UVic to learn about the thriving tech scene in Victoria!

As stakeholders in the system, we want to share with our parents/guardians, the staff development work that occurs. The focus of the district non instructional professional development days this year has been on inclusion and indigenous knowledge. On the most recent NID Day, November 29th, we had the opportunity to hear award winning Indigenous author Monique Gray Smith speak about her journey to becoming a writer and how her cultural teachings has been the basis of her work. She was very inspiring and shared many ways that all students could benefit from celebrating their gifts. Following her keynote speech, school staffs broke out into groups to discuss how we could best incorporate these messages into our classes at our site. It was a thoughtful and valuable morning. In the afternoon, staff were able to choose from many professional development workshops that ranged from technical innovation to mental health awareness to curriculum delivery. The feedback was that the day was well organized and helped staff improve their practice.

The last week in December saw the grand opening of ‘The National History Museum of Frances Kelsey.’ Led by Ms. Stanley and Ms. Roach, Grade 8 students each chose a civilization, then researched and created an artifact that best represented their chosen group. The students worked hard on this project, and it definitely showed in the creativity and quality of the finished product. Civilizations represented included the Coast Salish, Vikings, Goths, Huns, Mongols, Franks, Vandals and Saxons. ‘Visitors’ to the museum saw things such as a Coast Salish paddle, real chain maille, a variety of weapons made from cardboard, a Hun sword, Viking helmets and Viking long ships.

Two of Mr. Kelly’s Law 12 classes visited the Victoria Law Courts last month and sat in on a variety of courts and cases. A mix of Supreme and Provincial Courts provided the students with a glimpse into the workings of the Canadian Justice system. Integrated Court was especially interesting as the pace tended to be much quicker as the cases revolved around less serious criminal matters.

During Q blocks, all students in Grade 11 participate in Leadership 11. Students self-select one workshop from nine different choices each semester. One of the nine choices is Ms. Wright’s Mind, Body and Health class and students who selected this option learn meditation and mindfulness. Each class focuses on a new breathing technique and meditation approach. They discuss how to nurture their minds and bodies, which gives them the chance to slow down and connect to themselves. They touch on the topics of mindfulness, watching their thoughts in a non-judgmental way, and giving themselves the opportunity to quiet the inner critic.

In December, our Grade 9 students, and selected Grade 8, 10 and 11 Q Block classes, took a quick trip around the world when Ms. Dayton’s “Gimme 5” Leadership 11 class paired with students from the Frances Kelsey International program. This year, we have 50 students from 10 countries. Our international students created displays about their home country while the leadership students created displays about other countries. The main objective was to share information about countries of interest. Each display featured a map showing the location of the country and a picture of the flag, and included information such as the capital city, popular foods and interesting facts. Working in pairs, ‘tourists’ filled out a passport and entered a draw for a prize. This year’s winners of International Student Program sweatshirts: Alli Isherwood and Anna Storie-Soth from Mrs. Fitzner’s Grade 8 class. Congratulations, girls!

On Saturday, December 14th, four dedicated Environmental Club members (Allison Gelling, Brynn Birtwistle, Taryn Neligan and Willow Cunliffe) as well as cheer-pup Cooper, joined club sponsor Mr. Parker for a beach cleanup. They spent two hours combing Mill Bay beach between Noowick Road and Verdier Point. Along with the usual bottles, cans, food wrappers and cigarette butts, they also cleaned up what seemed a surprising amount of Styrofoam pellets coating the logs and the tide-line. Among the more

unusual finds were a license plate on a bracket and an interior teak panel from a wrecked boat. During the walk they also talked about the local environment, sources of pollution, the geology of the area and saw quite a few amazing fossils.

At the end of December, our culinary arts students prepared, served and hosted the annual dinner which was held after the district principals' and vice-principals' year end meeting. Two days of food preparation, under the guidance of Mrs. Kirby, Mrs. Thompson and Mr. Huet, produced a variety of healthy and colourful dishes, served as a smorgasbord for 55 people. Six turkeys were deboned, then afterward, the whole bird was turned into soup. Traditional Christmas puddings and baked goods were served for dessert and seasonal table settings added to the attractive atmosphere. This opportunity provided exceptional experience to students working in a buffet or banquet situation. Special thanks go to those 13 students who remained after-school to help at this event.

Scholarships and Bursaries

By Kevin van der Linden, Vice-Principal

All Grade 12's attended a local scholarship information session in November. Local scholarships are only open to FKSS Grade 12 graduates (June, 2020). **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.sd79.bc.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. As well, Mrs. Brinkman often helps students with academic resumes.



There will be a parent information evening regarding scholarships and bursaries with Mr. van der Linden in the Kelsey library on Wednesday, January 15 at 6:00 pm.

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 or certificate program must apply no later than May 31, 2020. Examples of trades include carpentry, welding, plumbing, electrical, automotive mechanic, etc. Certificate programs include dental assistant, health care assistant, hairdresser, education assistant, professional cook, administrative assistant, etc. 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
- Beedie Luminaries Scholarships
- Pathway to Teacher Education Scholarship
- BC Excellence Scholarship
- Trevor Linden Community Spirit Scholarship

Websites of interest:

www.scholarshipscanada.com; www.schoolfinder.com; www.bcscholarships.ca; www.studentaidbc.ca

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

Dry Grad



Happy New Year! We have been off to a great start with all the fundraising activities thus far and hope to continue our trend into the new year. Our latest fundraiser was the bottle drive that was held on December 15th. We had a great turn out; lots of helping hands and upbeat volunteers got to work collecting and sorting the plethora of donations from our community. We raised \$2601.29. Well done! THANK YOU to the grads and parents who donated, volunteered and organized this event.

If you weren't able to help or contribute, don't worry as there will be many more opportunities coming up. Remember, you can always use your SMILE card at Thrifty's or your collection of Country Grocer receipts as these events are happening all year long. The metal bin remains near the outdoor basketball court for donations as well.

Here is a recap of the dates for the events in June: Red Carpet and Prom is **Saturday, June 13** and Cap and Gown Ceremony is **Friday, June 19**, followed by the Dry Grad Party that evening. More details are posted on the Dry Grad Facebook page - Frances Kelsey Graduation 2020.

Our next Dry Grad meeting will be held **Tuesday, January 14th at 7:00 pm** in the library. Come out to see what the plans are for the next few months.

DRY GRAD

Please join us at our next meeting on **Tuesday, January 14** at 7:00 pm in the library. For more information contact Holly at holly.beauregard@gmail.com

A Reminder Regarding ‘Snow Days’...

According to Board Policy 3500, we have been asked to remind you that in the event of inclement weather, the Superintendent may decide that schools will be closed. Announcements will be made over radio stations The Q! (100.3 FM), The Zone (91.3 FM), CBC (90.5 FM), JUICE-FM (89.7 FM), CFAX (1070 AM) and TV stations CTV Vancouver Island, Global BC and CHEK News. Information will also be posted on the district website: www.sd79.bc.ca

When buses are operating during inclement weather, drivers may opt not to go down some of the less travelled and more dangerous roads (i.e., winding, hilly). If families live down such roads, it would be a good idea to plan now with their driver for a location at a safer, more-travelled stop. If buses are running more than fifteen minutes late, drivers will radio in to notify the Transportation Office. Parents can also sign up to get Transportation Department updates on regarding route cancellations, changes, or delays on Twitter ([@TransportSD79](https://twitter.com/TransportSD79)). Route cancellations will be posted on Twitter as well. In all cases, the safety of students will be the first priority.

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 at the end of January. Students are expected to be managing their workload and to be completing their courses by the end of the semester. For year-long courses, this marks the half way point.

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While it seems very early, we will be starting our course selection process for the 2020-21 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 13th and the Graduation Ceremony ("Cap and Gown") will be on Friday, June 19th this year.

Frances Kelsey Parents Advisory Council



Parents are an integral part of the team that supports student achievement at Kelsey and the PAC is an easy way for parents to get involved and stay informed. Our school has over 900 students, yet most of the decisions made by the PAC are voted on by only a handful of parents. Come on out and make your voice heard and your vote count. And don't forget to 'LIKE' us on Facebook (<https://www.facebook.com/fksspac>) to get parent information, updates and events. Our next meeting will be held on **Wednesday, January 15th at 7:00 pm** in the library.

FKPAC

Please join us at our next meeting on **Wednesday, January 15** at 7:00 pm in the library. For more information contact Tanya at tanyarick@shaw.ca

Winter Activity Day – Wednesday, February 19

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 7th. Permission forms come out on January 14th with finalized details.

Activity	Approximate Cost
Downhill Skiing at Mt. Washington (helmets required)	\$35 - \$110 (Grades 8-12)
Snowboarding at Mt. Washington (helmets required)	\$35 - \$110 (Grades 8-12)
Duncan - swimming and bowling	\$20 (Grades 8-9)

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

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.

Times Colonist 10K



Time to get out those old running shoes and get ready for another TC10K run! This year's run along the Victoria waterfront is on Sunday, April 26. The Frances Kelsey Breakers has a team ready to go. Registration is on now until March 31 at the TC10K website: <https://runsport.ca/tc10k/>

Registration is open to all members of the Kelsey community including parents, students, friends and other family members. Mr. Launder will start training sessions at lunch or afterschool starting in late January for all interested students.

Governor General's Award



We are proud to announce that the recipient of the 2018-2019 Governor General's Academic Medal is Eileen Wallgrove. The Academic Medal recognizes outstanding academic achievement and is awarded annually to the student graduating with the highest average. Eileen is in her first year of the Science One program at University of British Columbia which focuses on integrating the sciences together. Congratulations, Eileen!



Photo by Lifetouch Canada

From the Kelsey Interact Club

Hello, my name is Rafael Park. I am a Grade 12 student and the president for the Interact Club at Frances Kelsey. We are a club that initiates and creates fundraisers and events to help charities. This year we've been involved with many activities throughout the school and community, but one of the biggest contributions we have made is for the Rotary Wheels for Learning. The Rotary Wheels for Learning is a project led by the Rotary Club of Gravenhurst, Ontario, which aims to provide bikes to rural children in Cambodia. We sometimes take for granted our ability to easily transport ourselves to school and forget how in other countries that are less fortunate, they don't have that opportunity. Those children have to walk many kilometres just to receive education. With these bikes, they are able to commute easily, and although it may seem trivial to us, it is life changing for these children. To contribute to this project, we donated \$300 that we collected through our fundraising which gives six bikes to six children in Cambodia. We hope our contribution helps improve the quality of life for the children in Cambodia.