



FRANCES KELSEY WEEK at a GLANCE

January 16th -20th, 2023

MON	TUES	WED	THUR	FRI
ADVISOR FLEX 9:00-9:50	ADVISOR 9:00-9:15	Q BLOCK 9:00-9:50	ADVISOR 9:00-9:15	ADVISOR FLEX 9:00-9:50
	B 9:15-10:33		C 9:15-10:33	
A 9:52-11:00		D 9:52-11:00		A 9:52-11:00
B 11:02-12:10	A 10:33-11:51	C 11:02-12:10	D 10:33-11:51	B 11:02-12:10
LUNCH 12:10-12:55	LUNCH 11:51-12:36	LUNCH 12:10-12:55	LUNCH 11:51-12:36	LUNCH 12:10-12:55
C 12:57-2:05	D 12:39-1:57	B 12:57-2:05	A 12:39-1:57	C 12:57-2:05
D 2:07-3:15	C 1:57-3:15	A 2:07-3:15	B 1:57-3:15	D 2:07-3:15

THIS WEEK

Monday

- Sr. Girls basketball practice at lunch.
- Intramural volleyball starts up today.
- Jr. Hockey game at KP.

Tuesday

- Jr & Sr. Boys Basketball practice after school.
- PAC meeting in the Library 6:15pm.

Wednesday

- Q Block today.

Thursday

- Interact Club at lunch.

Friday

- Sr. Girls basketball practice at lunch.

STUDENTS

For safety reasons, please line up for the busses in an orderly way, do not rush as a mob onto the busses. Please let the busses come to a full stop before approaching them. Thank you!

GRADS

Bursaries & Scholarships



Grade 12 students if you need help applying for bursaries/scholarships, stop by Career Centre to book an appointment.

SPORTS

Sr. Girls basketball practice Monday and Fridays at lunch.

Volleyball Intermural starts up Monday, Jan 16th. Team Captains please see Teams for your schedule.

Junior Whalers Hockey Game Monday, Jan 16th at 1:30 at Kerry Park vs LCS.

Jr & Sr boys basketball practice after school on Tuesday.

Cowichan Field Hockey
Since 1982

COWICHAN JUNIOR FIELD HOCKEY

Field hockey is a game of skill, speed and fun. The positions are similar to soccer, the skills are similar to hockey with a couple twists.

REGISTRATION
JANUARY 5- FEBRUARY 10, 2023
EVERYONE WELCOME!
Born 2004 - 2016
Season: April 3 to June 10

TO REGISTER OR FOR MORE INFO VISIT:
www.cowichanfieldhockey.ca

CONTACT
jrsfha@gmail.com

FUN

Games and practices are held at John Ferreira Turf Field, Duncan

COACHES WANTED
Sign up and make a difference!

CAREERS

WorkBC Centre – Career Fair - Jan 18, 2023 1:00 pm – 3:00 pm -United Church 246 Ingram St. Duncan BC

IMPORTANT WEX 12 NEWS – Starting Jan 2023, Students that hand in a completed WEX 12 package will receive a prize! Students that hand in a completed WEX 12 package **before January 31, 2023 will receive a bonus prize!!**



Posted on the Job Board:



- Island Return It
- Thrifty's
- Thrift Town
- Salvation Army
- Serious Coffee
- Great Greens

Check the board in Career Centre for more information and how to apply.

WorkBC FIND YOUR FIT TOUR – will be at FKSS Friday, Feb 3, 2023 9:00 am – 3:00 pm

Volunteer Fair at Shawinigan Lake Community Centre – Saturday Feb 4 10:00 am – 1:00 pm.

TASK – Interested in taking the Trades Awareness Skills & Knowledge (TASK) accepting applications for Feb 2024 intake. Please go to FKSS Career Centre for more information.

Emily Carr – Applications Close on January 15, 2023

This is the deadline to apply and [submit your transcripts and portfolio](#).

Check that you have completed all of the requirements listed on their [How to Apply Webpage](#)

VIU NEWS

Feb 22 at VIU Nanaimo is the [Discovery Day](#). Please sign up in FKSS Career Centre if you are interested in attending.

Spots are still available for **VIU ECE 130** starting in February 2023.

Grade 11 Students UNIVERSITY OF ALBERTA GETAWAY – is an exclusive event open to Grade 11 students from across Canada. Twenty lucky students will be selected to visit a Canadian University, and to see first-hand if Edmonton and the University of Alberta are the right fit for them. If selected, their experience will include accommodations, travel expenses reimbursement and a whirlwind weekend of exciting events both on campus and in Edmonton. Applications will be accepted until the end of day on TUESDAY, JANUARY 31, 2023 at uab.ca/getaway. More information and to apply visit <https://www.ualberta.ca/admissions/undergraduate/tours-and-events/uofa-getaway.html?>

Students interested in working in the Fire Service. North Cowichan is restarting their Junior Fire program. (Students are paid to train and maintain fire equipment but do not go on calls until they are 19). For more information: <https://www.northcowichan.ca/EN/main/departments/fire.html>

Summer RCMP Camp July 3-7, 2023. Sign up in the FKSS Career Centre

