

FKSS WEEK AT A GLANCE – March 10-14 2025



Mon, Mar 10 ABCD Day 1	Tues, Mar 11 BADC Day 2	Wed, Mar 12 CQDAB Day 1	Thurs, Mar 13 DCBA Day 2	Fri, Mar 14 AFBCD Day 1
-Spring spirit week. See below.	-Grad council at lunch. -Jr Boys 1 st Rugby game.	-Public Nurse in 1-3pm this week. -Badminton at lunch in gym.	-Grad Council Prom for Grad 12.	-last day before spring break.

GRADS:

IMPORTANT Scholarship/Bursary deadline is fast approaching. The deadline to hand in your packages to Norma is **NOON Friday, March 14th**. No exceptions. You should have requested your reference letters from the three (3) teachers you have chosen to write these for you. Please let Norma know next week how many transcripts you require for your bursary packages.

Grad hoodies have arrived and can be picked up in room 229!

Grad council is putting on their grade 12 Prom on March 13th. Grads must of purchased a ticket to be able to attend.

On behalf of the dry grad committee:

Grads: there is just 1 week left to get your Dry Grad ticket with lower pricing. Get your ticket here: <https://forms.gle/X5Uw9WUYjn6UXqrX8>

PARENTS:

We are excited to notify you of a valuable workshop from ERASE (**expect respect & a safe education**) designed to facilitate conversations about the safe and caring use of

technology at home and in the community. This session is highly recommended for parents, caregivers, grandparents, and youth aged 10 and up.

Family Session Details:

- **Date:** March 12th, 2025
- **Time:** 6:30 PM - 7:30 PM PST
- **Format:** Remote - via Zoom
- **Duration:** 60 minutes
- **Registration Link:** Reserve your spot

Workshop Highlights:

- Understanding digital media habits, oversharing, and digital addiction.
- The permanence of online posts and activities.
- The significance of your digital tattoo and how it affects perceptions (e.g., sports teams, college admissions, and potential employers).
- The importance of caring for peers both online and offline.
- Geo-locational settings and the dangers of social media and cell phone misuse.
- The social and legal consequences of cyberbullying behavior, as well as the possession and distribution of intimate images (sexting and sextortion).
- An anonymous student reporting tool to help you and your friends stay safe both online and offline.

This session will cover all things digital, from being a good digital citizen to understanding the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sextortion. They will also discuss some of the most prominent concerns currently surrounding the use of social media platforms, smartphones, and artificial intelligence.

This event is put on by **Erase "Expect Respect & A Safe Education."** Erase helps students, adults, and school staff in BC build safe, caring, and inclusive school communities. Please note that this workshop is organized by Erase and not our school. However, the admin team at FKSS highly recommends families to sign up for this informative session.

<https://www.eventbrite.ca/e/family-session-march-12-2025-remote-via-zoom-tickets-995631479557?aff=oddtcreator>



STUDENTS:

Spring into spring spirit week!

- Monday – Spring cleaning? Bring any helpful clothing or toys items for a fresh start going into spring. Bring all donations to the bin in front of the counseling office. This happens all week. Donations will go to the Salvation Army at the end of the week.
- Tuesday – Bring some spirit and vacation feels to your week, wear any Hawaiian themed shirt for Hawaiian shirt day!
- Wednesday – Go support our Kelsey café and grab a spring themed sweet treat for lunch.
- Thursday – Color wars with the grades. 12's pink, 11's blue, 10's green, 9's yellow, 8's purple. Staff, turquoise.
- Friday – Pj day! End the week feeling comfy.
- Friday-St Patrick's Celebration! Treasure hunt! Read the news breaker for your first clue to find your prize. Expect to see some gold and maybe a leprechaun or two.

Yearbook is taking photos for the yearbook of families at the school on during D block on March 11th and 12th. These photos are for siblings and family members who are here at FKSS together. i.e. teachers with children, nieces/nephews, etc. attending, or siblings, cousins who attend here together.

Checkmate, Champions!

Calling all chess enthusiasts, strategists, and people who just like dramatically saying “check” even when it’s not their turn! Join us **Tuesday, March 11, in Room 122** with **Mr. Grbavec** as we prepare for the **District Chess Tournament**. Or just come by Room 122 and play!

Don’t miss out—because if you do, you’ll be *left in check with no mate!* See you Tuesday!

SPORTS:

Rugby 7s

Boys game on Tuesday, March 11th. Meet at the front of the school at 11:45 am.

You **MUST** hand your permission forms in to Mr. Cosford before you can leave! See Cosford on Monday if you need a Mouthguard or Cleats. We will return around 7:30 pm

No Practice for Girls Rugby On Tuesday, 11th . Please see Mr. Cosford in room 127 if you plan on playing Rugby this season as we currently do not have enough for a team!!

Are you interested in Track and Field? We are holding an information meeting for all students who would like to be a part of the FKSS Track and Field team this season!

Date: Tuesday, March 11

Time: Lunch

Location: Portable 5 (new ones at the back of the school)

Come learn about the upcoming season, meet the coaches, and get all the details you need to be involved.

Grade 8 & 9 JR Girls Soccer Try-Outs Wednesday, March 12th 3:30-4:30.

CAREERS:

WORK EXPERIENCE 12-Students who have completed the WEX intro seminar, please check in at the Career Centre this week. For those students who have completed their 90 hours, please submit the remaining units to get WEX 12 credit on your transcript THIS school year. There is a prize for completion and BONUS SWAG all this month!!

SUMMER EMPLOYMENT IN THE TRADES

Federal Student Work Experience Program at DND - Esquimalt

8 weeks of paid work experience from July 3 - Aug 27, 2025

Available trades include Metal fabrication, welder, shipwright, pipefitter, electrician, sheet metal and more! Applications in the Career Centre – **deadline is April 4, 2025**

JOB BOARD new this week

Dinter Nursery

Rusticana

Bridgemans

North Cowichan – Lifeguard. Aquatic Attendant

Country Grocer

CVRD – Summer jobs listed

STEP UP YOUTH VOLUNTEER PROGRAM

The [Step Up Youth Program](#) is an Island-wide program that offers Vancouver Island youth aged 15 to 18 the opportunity to volunteer at select Island Health hospitals and long-term care homes. See info in the Career Centre and poster attached.



The Step Up Youth volunteer role:

The Step Up Youth Program runs from October - April each year.

The primary objective of Step Up Youth Volunteers, ages 15-18, is to provide compassionate support to patients, residents, visitors, and staff.

Their presence and contributions foster a positive and comforting environment. Volunteers gain valuable experience in healthcare, develop essential skills including communication and leadership, and make a meaningful difference in the lives of others.

Care · Learn · Lead

The volunteer experience may include:

- **Social Engagement:** Spending time one-on-one with patients or residents for friendly conversations, working on crosswords together, playing board games, reading, or simply listening.
- **Mealtime Support:** Assisting patients or residents with non-medical tasks, such as helping them during mealtime (i.e. taking lids off soup, delivering water).
- **Exercise:** Accompanying an ambulatory patient/resident on a short walk or pushing a patient/resident in a wheelchair with permission from staff. Volunteers must remain within the grounds of the site.
- **Creativity:** Creating cards or art projects to share with patients or residents or decorating for special events and holidays.
- **Musical Entertainment:** Playing or listening to music.

Healthcare guest speakers:

Step Up Youth volunteers are invited to participate in a monthly Guest Speaker series featuring a diverse range of healthcare professionals. Past speakers have included physicians, nurses, medical imaging technicians, psychiatrists, social workers, dietitians, pharmacists, occupational therapists, and more.

Interested?

Visit www.islandhealth.ca/stepupyouth for more info
Email stepupyouth@islandhealth.ca with any questions

Step Up and **C•A•R•E**

Step Up and **LEARN**

Step Up and **LEAD**

Volunteer Resources & Engagement: Trusted. Included. Valued.