

## **FKSS WEEK AT A GLANCE – May 19-23, 2025**



<b>Mon, May 19</b>	<b>Tues, May 20</b> BADC Day 1	<b>Wed, May 21</b> CQDAB Day 2	<b>Thurs, May 22</b> DCBA Day 1	<b>Fri, May 23</b> AFBCD Day 2
-Victoria Day, Schools are closed.	-Canadiana (wear red or best Canadian outfit). -PAC meeting 7pm library.	-Public Nurse in. -Q block-Grad games in Theatre and important meeting for grads. -Q block Gr 11s, attendance then small gym. -Switch-a-Roo dress up day.	-CWAVS workshop. - Band T-shirt or rockstar dress up day. - Disneyland Dance trip leaves.	-Freezie Friday (every Friday). - PJ/Crazy hair day.

### **GRADS:**

**Q Block on Wednesday, May 21<sup>st</sup>** will be held in the Theatre. Grad games and an important meeting for grads (grad guide, rehearsal schedule, fees, etc.) Please attend wearing your grad shirts.

### **STUDENTS:**

**May Spirit Week Ahead - Let's Rock**

20 – Tuesday Canadiana (Wear Red or Your Best Canadian Fit)

21 – Wednesday Switch-a-Roo (Students dress like teachers/staff and staff dress like students)

22 – Thursday Rocks - Battle of the Bands (Band Tees or dress like a rockstar)

23 – Friday Come as You Are (Pajama/Crazy Hair Day)

**Leadership Course Credit NEXT YEAR** - Do you have leadership potential or want to build those skills? Students involved in any leadership roles throughout the school including club leaders, grad council, athletics council, and Interact Club are eligible to get credit for Leadership 10/11/12 next school year. Students **must complete a course add form** and return it to Norma in counseling. Younger students are also eligible with parent permission as it requires time outside of school hours.

The Leadership course will meet at lunch one day a week with smaller committees, clubs, and focus group meetings at other times. Sign up now to assure this opportunity continues to be available.

**Yearbooks** - We have placed our final order for 24/25 FKSS Yearbook. Once they are gone, we cannot order more. GRADS especially, please be sure you get your order in, so you won't be disappointed in June. If there are any remaining books, they will be offered first come first served when they arrive. The price is now \$80 and can be made online through schoolcash online or in person at the office.

**On Tuesday during Lunch There will be a bake sale**, where proceeds will go towards the Trevor Project. The Trevor Project, which helps LGBTQ+ youth. Baked goods range from \$1.50-\$3.

If you would like to know more about The Trevor Project, please check out this website!  
<https://www.thetrevorproject.org/>

**Freezie Friday!!** Be sure to grab your jumbo freezie at Munchies for a toonie and help support student activities at FKSS.

**Cowichan Valley Youth Services (CVYS)** is thrilled to present the "Look at You" Public Speaking Workshop—a dynamic, one-day event designed to empower youth aged 15–30 with effective communication skills and self-confidence.

**This free workshop offers participants:**

- Proven techniques to craft and deliver impactful speeches
- Strategies to manage public speaking anxiety
- Interactive sessions to practice and refine speaking abilities
- Personalized feedback in a supportive environment

**Workshop Details:**

- Date: Wednesday, May 28, 2025
- Time: 9:00 AM – 3:00 PM
- Location: 294 Coronation Avenue, Duncan, BC

To register email [office@cvyouth.ca](mailto:office@cvyouth.ca)

**CAREERS:**

**UPCOMING CAREER FIELD TRIPS TO CAMOSUN COLLEGE:**

Please sign up in the Career Centre - limited space!

- **May 29, 2025, all day** - CiCan World of Choices – explore a variety of trades and technology areas Students in grades 9-12.

### **Camosun Scholarship Opportunity for Grade 12's**

If you are signing up for a Trade at Camosun next year, please see us in the Career Centre as there are scholarship funds available.

**Course registration @ VIU Cowichan Campus room 125** – in-person support with choosing your courses and registering online! Thursdays, May 15, 22, 29. 3:30 to 5:30 pm. Questions? Contact: [advising.cowichan@viu.ca](mailto:advising.cowichan@viu.ca)

**UVIC Gustavson School of Business – "Finance 101: Personal Finance for Students Preparing for College and University"** aimed at bolstering students' financial readiness for university life. The workshop promises a glimpse into Gustavson's approach to finance, delivered in an enjoyable and engaging manner. **Wednesday, May 21st from 5:30 pm to 7:00 pm (90 minutes). Thursday, May 22nd from 11 am to 12 pm (60 minutes). Dates and times are in Pacific Standard Time (PST). REGISTER AT: <https://www.uvic.ca/gustavson/programs/info-sessions/index.php#ipn-bcom>**

**George Bonner Fun Fair – Friday May 30, 2025. Volunteer needed.** Please sign up in the Career Centre for a time slot to volunteer for the fun games.

**Cobble Hill Fun Fair Aug 2, 2025 – Volunteers needed.** A 2 hr shift earns a day pass for the fair and of course points in the Karma Bank. Please sign up in the Career Center.

**Interested in learning how to become an RCMP?** Frances Kelsey Secondary will be hosting a RCMP RECRUITMENT PRESENTATION **May 26, 2025, 10:30 am to 11:30 am in the library. Please sign up in the Career Centre.**



### **Bus Passes Replacement**

Replacement fee for lost and altered passes is \$10.00. Payment can be made for replacement passes via e-transfer to [buspasspayments@sd79.bc.ca](mailto:buspasspayments@sd79.bc.ca) or by credit card at 250-748-1066 ext 276 Replacement passes will be sent with your students afternoon driver.