

FKSS WEEK AT A GLANCE – January 19-23, 2026



Mon, Jan 19 AFBCD Day 1	Tues, Jan 20 AABB Day 2	Wed, Jan 21 CQDAB Day 1	Thurs, Jan 22 CCDD Day 2	Fri, Jan 23
-Ministry Assessments this week Gr10 & 12.	-Grad council. - PAC mtg 7pm.	-Q block today. -Public health nurse in.	- Create & Connect youth group at lunch. - Rock of Ages performance tonight. Tickets required. - Hockey Academy meeting via Zoom. 7pm	-Flex today. -- Rock of Ages performance tonight. Tickets required.

PARENTS:



Please Join Us

FKSS PAC Meeting

Tuesday January 20th 7:00pm

FKSS Library

All Parents/Guardians are Welcome!

Come and have a say in how we support the school.

Check out our Facebook Page for Updates and Virtual Link for Meeting Access:

Frances Kelsey Secondary PAC

Minutes can be viewed on the FKSS Website Under the Parent Section

FRANCES KELSEY HOCKEY ACADEMY

SEPTEMBER 2026 - JANUARY 2027

Offered in partnership with RPM Hockey Company, Frances Kelsey Secondary & School District 79



NEW PARENT - ZOOM MEETING

January 22 2026 at 7:00 pm
Meeting ID: 831 4341 5250
Passcode: 522178

CHARACTER • INTEGRITY • TRADITION

ABOUT THE ACADEMY



RPM & Frances Kelsey Secondary have developed a Ministry Approved program that provides students with the opportunity to obtain academic credit and pursue their sport of choice.

Academy is (coed, inclusive & available for all skill levels)
Available for players Grades 8-12.

RPM has been the popular choice of Parents, Players & Minor Hockey for over 45 years and Public Education for 22 years! That says a lot about the work we do day in and day out, season after season and year after year!



2026 HOCKEY ACADEMY INCLUDES:

- Academy Format - Semester - Sept. 2026 to Jan. 2027
- Students can play minor hockey & school sports
- Professional Instruction
- On Ice Development
- Sport Specific Training
- Tactical/Game Play
- Performance Testing
- Guest Speakers & Workshops
- Complimentary Soft Goods
- Special Events
- Volunteer Experience
- Personal Growth & Leadership

ACADEMY COST \$1,565

Once you have registered online at www.rpmhockey.com you must also notify the school that you would like to join their hockey academy.

Contact:

Frances Kelsey Secondary Hockey Academy	Corene Gillis	cgillis@sd79.bc.ca
Academy Administration	Craig Millin	craig@rpmhockey.com
Academy Administration	Holly Rogers	holly@rpmhockey.com
	Sam Porta	sam@rpmhockey.com



My son he has become an outstanding student as a result of mixing school with the sport he loves.

Putting my son in the Hockey Academy was the best thing I ever did for his hockey development and you can quote me. Parent - Midget Zone Player

My son went from Bantam C to Bantam AAA and he not only brings home great marks, he looks forward to going to school every day.

Building great kids in the classroom, on ice and in their community!

On behalf of the Dry Grad Committee:

On **Monday January the 26th the Dry Grad 2026 Committee** is hosting a Beef/Beverage fundraiser at the Cobblestone Pub in Cobble Hill. Tickets are \$35 and dinner includes either:

- Roast beef with mashed potatoes, chef's choice seasonal vegetables, rich house-made gravy and each guests' choice of select beer, wine, or cider. Non alcoholic beverages also available.
- Vegetarian option: Stuffed Portobello – Filled with cream cheese, spinach, and artichokes, baked with mozzarella and cheddar. Served with mashed potatoes and chef's choice seasonal vegetables.
- Beverage Selection: Includes one 12oz sleeve of select beer or 6oz glass of house wine. Non-alcoholic options also available.

We will be hosting a silent auction with many amazing items that have been donated by companies far and wide.

We will also be running a 50/50, so please bring cash for that.

Email Jenny at fkssdrygrad@gmail.com to secure your tickets today! Bring your friends and family!!

GRADS:

Grad Portraits second opportunity/retakes are coming to your school from January 26-29, 2026. Prestige Portraits is ready to welcome any students who didn't have a portrait session during their first visit to the school as well as any that requires a retake. There are two ways to book a session:

First timer session:

Please book online using the school postal code.

<https://schedule.prestigeportraits.ca/schedule/home.html>

Frances Kelsey's Postal code is V8H 1G3.

Retakes (please note that these students won't be able to book online and must call directly): Please contact **Customer Service:** 866-457-8212

Weekdays: 6:00 AM – 4:00 PM PST

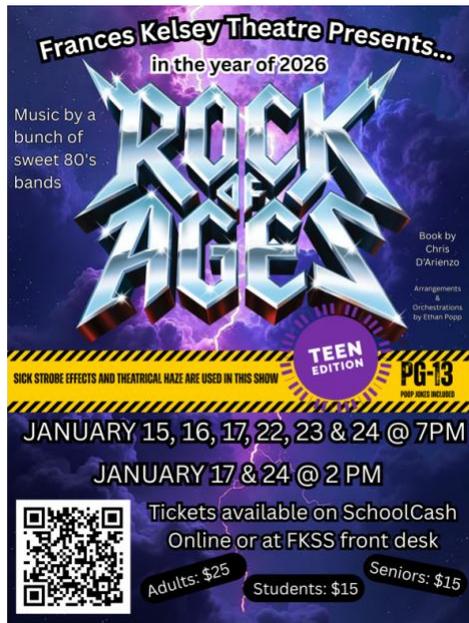
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- **Free Retakes:** Students who are unhappy with the quality of their images or experienced technical issues will receive a retake session at no cost.
 - **Paid Retakes:** Style changes such as a new haircut, hair color, glasses, or similar updates will be charged at the regular session fee.

STUDENTS:

Kelsey Gear can now be picked up at Munchies during flex. Bring your receipt for pick up. Also, Pink hoodies and Kelsey Workwear is coming soon. Stay tuned.

International students who want to be in the yearbook please meet outside of room 229 for a group photo. Also, please bring any photos you may want to share for the international page.

Ministry Assessment lists are posted by the student information board. Grade 10-12 please look for your name and record the date if your name is posted. Assessments are running from January 12-22nd. An email was emailed home on January 8th with information.



The kids in Frances Kelsey Theatre are at it again, bringing high energy entertainment to the community. This year's show is ROCK OF AGES: teen edition. A trip down memory lane to a simpler time when hair was big and love was simple.

The Broadway musical Rock of Ages tells a love story between a small-town girl and a city boy set against the backdrop of 1980s Hollywood's Sunset Strip. The musical features the music of Foreigner, Whitesnake, Poison, Twisted Sister, Styx (and more) and promises '80s rock anthems and power ballads, including "Every Rose Has Its Thorn," "I Wanna Know What Love Is," "Here I Go Again," and if you don't stop believing...maybe you'll hear even more...whether you're dead or alive.

The kids have been working hard to put this show together, and it's the most excellent ride into the past! Bring all your friends! Tickets are \$25 for adults and \$15 for seniors/students. Get your tickets at Schoolcash online (link below), or at FKSS office.

<https://sd79.schoolcashionline.com/Fee/Index>

It's that time of year! Time to register for the TC 10K happening in Victoria April 26, 2026. Register here: <https://raceroster.com/events/2026/104489/37th-annual-tc10k-powered-by-runsport>

For the discounted price use our team name: **Frances Kelsey Breakers**. See Mrs. G in Room 135 if you have questions. Note: Select your t-shirt size when registering for our team. If we get 10 people registered, shirts will be at FKSS Friday, April 24 for pick-up. If not, you will have to pick up your own shirt in Victoria before race day.

SPORTS:

Whalers Hockey game Monday, January 19th- Juniors vs BCS at Kerry Park. Game from 1-2:48pm.

FKSS Rugby BOYS AND GIRLS The First Training session for both girls' and boys' rugby will be **Wednesday January 28th 3:30 - 4:30**. Come give Rugby a Try! See Mr.

Cosford for more details. Bring cleats (if you have them) and warm clothes you don't mind getting dirty!!

 <p>COWICHAN FIELD HOCKEY</p>	<p>JUNIOR OUTDOOR (APR-JUN)</p> <p>Field hockey is a game of skill speed and fun. The positions are very similar to soccer, the skills are similar to hockey with a couple of twists.</p>
<p>2026 JUNIOR REGISTRATION</p>	

EVERYONE WELCOME

Ages: 6-18 (born 2019-2007)
Season: March 30th - June 6th

Practices: M-T-W
GH-U14 Games are on Saturdays
U19 Games are on weekday nights

Registration December 1st - February 21st

To **REGISTER** or for more **INFO** visit our website at:
www.cowichanfieldhockey.ca

or

Contact: Diane Barr
jrscfha@gmail.com



COACHES NEEDED

Games & practices held at the Sportsplex
John Ferreira Turf Field



Registration is now open for the 2026 minor lacrosse season!

Canada's national summer sport and the Creator's Game, lacrosse is a great way to develop speed, agility, quick decision-making and coordination! Our dedicated coaches encourage teamwork and conditioning. Lacrosse is excellent cross-training for other sports

Cowichan Thunder welcomes players ages 5-16, and beginners of any age are encouraged. Practices begin in March, and the season runs until late June.

Want to give it a try before you sign up? FREE drop-in runs at the Cowichan Community Centre from 4:30-5:30 p.m. on Jan. 11, 18, and 25, and Feb. 1 and 22.

cowichanthunder.ca
cowichanthunderlacrosse@gmail.com
Find us on Facebook and Instagram @cowichanthunder

SIGN UP TODAY!