



School District No. 67 (Okanagan Skaha)

KVR

Middle School/École Intermédiaire

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Principal: Steve DeVito Vice-Principal: Michelle Glibbery



December 2018



ADMINISTRATORS' MESSAGE



December is upon us and with it comes a number of exciting events! We have our first term report cards being issued soon. Our hope is to have these sent home on December 12th. We ask that students and parents spend some time going over report cards, reading the comments carefully, discussing first term successes and setting goals for the rest of the year.

Also, our musicians and artists are madly practicing and putting finishing touches on projects for our Winter Fine Arts Night to be held on December 19th. We are very proud of our band and art programs and are excited to hear and see the results of all the hard work of our teachers and students. Don't forget, too, that many of our grade teams and classrooms have plans for fun activities in preparation for the holiday season.

We would like to take this opportunity to thank all of our families and volunteers that have contributed to making our community a great one! We hope that everyone enjoys a wonderful holiday season and restful break!

Steve DeVito & Michelle Glibbery

A big THANK YOU to Samosa Express!!

On November 22nd, the Bhuhi Family and Samosa Express generously donated samosas and juice boxes to each student in our school. Students got a chance to experience food from another culture that they may not have tried before. We are humbled by this KVR family's "community spirit" and would like to say "THANK YOU!"

PAC

Reminder to all parents, that our PAC meets every second Wednesday of the month, in the KVR library, at 6:00. There will be **No PAC Meeting** in December.

The next meeting will occur on January 9th. (The first week we are back from holidays)



First Term Report Cards

First term report cards will be sent home on Wednesday, Dec. 12th. If you have any questions regarding report cards please contact your child's teacher.

Yearbook Sales

Yearbooks are a great keepsake of your child's year at KVR. Our grade 8 Yearbook Committee is hard at work on our 2018-2019 edition. If a student wishes to have a yearbook, they must pre-order with Ms. Tank or order online through 'School Cash Online' as there will be a very limited number available for purchase in the spring. The cost of yearbooks is \$40 until December 7th.

SUBWAY ORDERS for JANUARY

January Subway PAPER orders will be collected the first week back in January, with subway lunch starting January 15th. A special early subway day for January 8th will be made available through ONLINE ORDERS ONLY and the deadline for this ONLINE order will be December 21st. To receive Subway lunch on January 8th the order MUST be made ONLINE by December 21st.

KVR Athletics Update:

Volleyball season has come to a close. What a great season for all teams. Our student athletes represented KVR very well at all levels. The teams showed great sportsmanship and skills and made KVR proud. The grade 8 boys' and girls' teams went undefeated at the playoffs and placed first overall. The grade 6 & 7 boys' and girls' teams had a lot of fun at the play dates. A special thank you to our volunteer volleyball coaches. If it wasn't for them, we would not have had so much success. Thank you Mr. Sherburne, Mr. Schutz, Mrs. Walliser, Shelby, Mrs. Pirillo, Cam, Spencer, Mrs. Taylor, Ms. Cousins, Mr. Moseley, and Mr. Askey. Mr. McGrady and Mrs. Glibbery, thanks for being teacher sponsors.



Basketball season has just begun. Grade 6 & 7 play dates are being finalized soon and will occur at the end of January and beginning of February. Grade 8's have tournaments starting already. A special thank you to all of the players who tried out for the teams. For those who did not make the game team, the coaches are encouraging them to keep coming out to practices to help with their development. Also a big thank you to the volunteer coaches: Mr. Sherburne, Mr. Reid, Ms. Hannon, Mrs. Erickson, Mr. Duke, Mr. Manuel, Mr. Stokker, Mr. Schutz, Mr. Moseley, and Mr. Askey.

Badminton players are continuing to play every Wednesday morning. A lot of birdies are being smashed around by some great, developing players.

Climbing Club has started up, with climbing on Thursdays at the climbing wall. Thank you to Mr. Korvin and Mr. Sabourin for volunteering to coach these climbers.

Winter Fine Arts Night – Wed. Dec. 19th

Students should be practicing madly for this year's winter concert.... Thanks band parents for encouraging regular practice!



Doors open for our Fine Arts night at 6:30. Come and check out the art display in our Multipurpose Room. Band concert begins at 7:00 pm. Hope to see you there!

Mental Health Literacy:

Myths about mental illness contribute to stigma and stereotypes. Below you will find three common myths. To see ten common myths, visit the Canadian Mental Health Association website at <https://cmha.ca/documents/myths-about-mental-illness>

Myth #1: Mental illnesses aren't real illnesses.

Fact: The words we use to describe mental illnesses have changed greatly over time. What hasn't changed is the fact that mental illnesses are not the regular ups and downs of life. Mental illnesses create distress, don't go away on their own, and are real health problems with effective treatments. When someone breaks their arm, we wouldn't expect them to just "get over it," nor would we blame them if they needed a cast, sling, or other help in their daily life while they recovered.

Myth #2: Mental illnesses are just an excuse for poor behaviour.

Fact: It's true that some people who experience mental illnesses may act in ways that are unexpected or seem strange to others. We need to remember that the illness, not the person, is behind these behaviours. No one chooses to experience a mental illness. People who experience a change in their behaviour due to a mental illness may feel extremely embarrassed or ashamed around others. It's also true that people with a history of mental illness are like anyone else: they may make poor choices or do something unexpected for reasons unrelated to symptoms of their illness.

Myth #3: Bad parenting causes mental illnesses.

Fact: No one factor can cause mental illnesses. Mental illnesses are complicated conditions that arise from a combination of genetics, biology, environment, and life experiences. Family members and loved ones do have a big role in support and recovery.

Mental Health Literacy Resource of the Month:

Stan Kutcher's "How Do I Parent My Teen?" publication has a wealth of information for parents! The link was missing in last month's newsletter, so please see below!

<http://teenmentalhealth.org/wp-content/uploads/2014/07/13-How-do-I-parent-my-teen-2016-issuu.pdf>

Gr. 7 Team

The grade 7 team is excited to be connecting with Carmi Elementary School during the morning of Dec. 18th to facilitate a school-wide gingerbread house making event. Each of our grade 7 students will be paired with an elementary student in this fun community building activity.

All grade 7's are going to Apex for a "Tubing Adventure" Friday, Dec. 21st (leave KVR @ 9 am, return @ 2 pm) Permission slips will go home a week prior to the trip.

Parents are welcome to join us!

French Immersion Information Night

There will be a French Immersion Information Night for new registrants (grade 6 next year) on Thursday, January 24, 2019 at 7:00 pm at KVR in the Multipurpose Room. A letter, along with an application form regarding next year's Grade 6 French Immersion classes, is being sent home in January with all grade 5 students. Application forms will also be available January 24th at all elementary schools and the Board Office (425 Jermyn Ave., Penticton), or on the district website at www.sd67.bc.ca Deadline for applications is noon on Feb 1st, 2019

LIBRARY

Students are encouraged to return or renew any overdue library books before the winter break. A call out will be sent home to students with overdue books or lost items.

Disability Parking

Please note that we have families in our school who need access to the handicapped parking stalls at various times throughout the day. We ask that, if you require these spaces, to please have your decal clearly displayed.

Please be conscientious and do not park in the handicapped parking stall as it is vital that it be used by those who need it.



Upcoming Dates to Remember!

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| Dec. 1 st | • Term 2 Begins |
| Dec. 7 th | • Deadline to purchase yearbooks at 'early bird' price of \$40 |
| Dec. 12 th | • Term 1 Report Cards Issued |
| Dec. 18 th | • Gr. 7s to Carmi for Gingerbread House building Activity |
| Dec. 19 th | • Gr. 6 Swim Day |
| Dec. 21 st | • Winter Fine Arts Night |
| | • Gr. 6 Gingerbread House Activity |
| | • Gr. 7s Tubing at Apex |
| Jan. 8 th | • Last Day of Classes before Winter Break |
| Jan. 24 th | • First Day back after Break |
| | • Gr. 5 Parent Info Night for French Immersion 2019/20 |