ÉCOLE DR. KNOX MIDDLE SCHOOL E-News

Bi-Weekly Newsletter

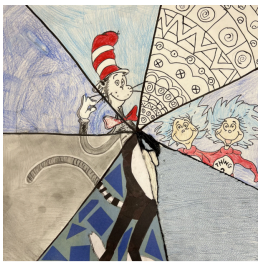
Principal's Message

October 30, 2026



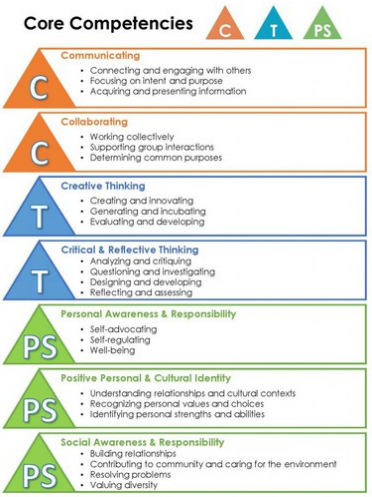
A Note from the Principal: It is an exciting day at DRK with so many in costumes - great energy and so much fun!! With November just around the corner, we encourage families to take time early in the school year to talk with their students about **the goals they hope to achieve.** Whether those goals realte to learning, friendships, leadership, extracurricular involvement or personal well being, having clear intentions helps students stay focused and motivated. **Congratulations to all of our DRK fall athletes** for their amazing effort and competitive spirit! A huge thank you goes out to our coaches. At DRK we pride ourselves on offering a wide variety of school sports for our Falcons, and we often rely on staff and community members to make these programs possible. If you are interested, please ensure you have an **updated Criminal Record Check on file**. As well, please ensure the office has the most updated current phone numbers and emergency contact information listed in your student's portal. **Thank you for verifying your child's information. (Refer to information below)** Marking its 32nd year, **Take Your Kid To Work Day** is on Wed., Nov. 4th. This national event offers a valuabble career exploration day for Grade 9 students. Please ensure you complete the digital permission form and short survey to ensure your child can participate. Our **student photo retake day** was this week. Please scan the QR code on your child's photo card, or enter their access code at Artona's website to order your photos. On Tuesday, I'll be hosting a **Student Voice Event**, bringing together students from across Grades 7–9 to hear more about their experiences at Dr. Knox. I'm looking forward to listening, learning, and gaining a better understanding of what's working well for our students and where we can continue to grow. Yours in education, Janet Williams







VP Voice - Every Learner, a World of Possibilities



Every child deserves to feel valued, experience belonging, and discover their interests and strengths. Each learner's journey is unique, with many ways to learn, contribute, and thrive. As educators and families, how can we nurture these possibilities while preparing students for a future we cannot yet fully imagine?

Artificial intelligence, evolving technology, and new ways of working are reshaping our world. Strong academic foundations remain essential, alongside the skills to apply knowledge, explore unfamiliar ideas, and respond to change.

Our students need to learn not only what to think, but how to think, how to work with others, how to adapt, and how to continue learning throughout their lives.

Sir Ken Robinson championed creativity alongside literacy in education. That connection remains relevant: the World Economic Forum's *Future of Jobs Report 2025* identifies creative thinking, analytical thinking, resilience, and flexibility among the skills employers value.

British Columbia's Core Competencies help bring these skills into everyday classroom learning. They encompass communication, collaboration, creative and critical thinking, identity, personal awareness, and social responsibility. When students explain an idea, try a different approach, consider another perspective, or ask for support, they are developing these competencies alongside their academic understanding. Each student demonstrates this growth differently.

Why Reflection and Goal Setting Matter
Recognising growth takes practice. Questions such as *What am I proud of? What helped me when something was difficult? What could I try next?* help students understand themselves as learners. These conversations encourage something powerful: **students becoming active participants in their own growth.**

With guidance and accessible ways to express themselves, students learn to notice progress and choose meaningful next steps. Goals can be small and personal: trying a new strategy, sharing an idea, or recognising when to ask for help. Growth looks different for everyone, and every step deserves recognition.

Families will see reflection and goal setting in students' learning updates, but their value extends well beyond reporting. **The process matters far more than the final product.** At home, asking your

child what they are discovering about themselves as a learner can open a meaningful conversation.
Learning for Life, Not Just for School

At DRK, we want students to recognize that they have ideas worth sharing, strengths worth celebrating, and the ability to make a positive difference.

Academic achievement matters deeply, but so does learning to communicate confidently, think creatively, navigate challenges, collaborate, demonstrate empathy, and take responsibility for one's choices.

We cannot predict every challenge or opportunity our children will encounter, but we can help equip them with the curiosity, confidence, creativity, and resilience to embrace whatever comes next.

Our goal is not simply to prepare students for their next grade, or even their first job. It is to help them become thoughtful, adaptable, compassionate, and lifelong learners who are ready to thrive in a world of possibilities.

And that is something worth celebrating!

Elizabeth Isabelle
Vice-Principal

The Next Two Weeks:



Monday/lundi, November 2: 1-2-3-4
skixʷiẇs

Tuesday/mardi, November 3: 5-6-7-8
sʔaslasq̓t

- Learning Lounge afterschool room 108
- Student Voice Event

Wednesday/mercredi, November 4: 1-2-3-4
skaʔɬásq̓t

- Grade 9 Take Your Kids to Work Day
- Learning Lounge afterschool room 108

Thursday/jeudi, November 5: 5-6-7-8
smasq̓t

- Learning Lounge before school room 108

Friday/vendredi, November 6: 1-2-3-4
scəlkstasq̓t

Monday/lundi, November 9: 7-8-5-6
skixʷiẇs

Tuesday/mardi, November 10: 3-X-4-1-2
sʔaslasqɯ̓t

- Remembrance Day Assembly @ 10:00 am
- Learning Lounge afterschool room 108

Wednesday/mercredi, November 11: No School - Remembrance Day
skaʔɬásqɯ̓t

Thursday/jeudi, November 12: 7-8-5-6
smasqɯ̓t

- Learning Lounge before school room 108

Friday/vendredi, November 13: 3-4-1-2
scəlkstasqɯ̓t

- End of Quarter 1



Pumpkin Patch Fun



DRK Athletics



Student Vote



Highlights and Items to Note:

November 4 Gr. 9 Take Your kids To Work Day - PARENT PERMISSION REQUIRED
November 10 Remembrance Day Assembly 10 am @ DRK Gym
November 11 No School - Remembrance Day
November 13 End Of Quarter 1
November 16 Start of Quarter 2
November 20 Harmony Day
November 27 Cultural Performance by Andrew Allen

Student Verification Form Reminder

Dear DRK Families,

This year, the verification process is going paperless. Instead of receiving a printed form, we are asking all families to access the **SD23 Parent Portal** and review and verify your family's information directly online. Please take a few minutes to check that your information is accurate and up to date. Having current contact and emergency information is especially important should we need to reach you during the school day.

"How to guide" attached? myeducationbc-parent-verification-guide V2.pdf

If you are new to this system, or first time logging into the family portal, and need support on how to **access your family portal?** You can also refer to our website for detailed 'how to' here https://drk.sd23.bc.ca/parent-portal, but generally, you would:

1. *Visit https://www.myeducation.gov.bc.ca/aspen*
2. *Make sure popups are enabled for your browser*
3. *Your user name will be:* ***fam23firstname.lastname (this is the parent's first name)***

4. *Your temporary password will be a generated password (NOTE: Both user name and password are case sensitive.)*
5. *Enter your user name and password then click Log On to access the system. You will be prompted to change your password and fill out some information so that in future you can click "I forgot my password" to receive a new password.*

Once inside the MyEducation BC system you can navigate around to view information for your student(s). When Written Learning Updates and Student Schedules are posted you will find it under Published Reports.

Enter your personal login and temporary password. It will tell you that your password has expired and you need to create a new one. This new password will require a Capital, Lower Case Letters, A Number, A Special Symbol and at least 8 characters long.

Thank you for helping us keep our school records accurate and for supporting our move toward more sustainable, paperless communication.



Student Leadership Events & Initiatives

STAY TUNED

Fun events are on the way!







Athletics:

ATHETICS

Fall (Sept- Dec)
Gr 7/8/9 Volleyball
X-Country Running
Gr 7/8 Rugby
Gr 7/8 Girls Field Hockey

Winter (Dec-Feb)
Gr 8/9 Basketball

Extended Winter (Feb-Mar)
Gr 7 Basketball

Spring (April-May)
Gr 7/8/9 Track and Field
Gr 7/8/9 Ultimate Frisbee
Gr 7/8/9 Archery









School Store Daily Specials


HOT LUNCH
MENU
MONDAY
Rotating Menu
TUESDAY
Tortellini pasta with red or white sauce
$3
WEDNESDAY
Chicken Fingers and Fries
$4.50
THURSDAY
Hot Dogs
FRIDAY
Pizza

Bulletins


REMINDER:
NO PERSONAL DIGITAL
DEVICES AT SCHOOL
INCLUDING PHONES, HEADPHONES, AIRPODS
TABLETS, IPADS, SMART WATCHES

CELEBRATE NATIONAL CHILD DAY

A FREE Community Event for Children, Youth & Families

FRIDAY NOVEMBER 20

Parkinson Recreation Centre

3:00 PM 7:30 PM

FUN FOR THE WHOLE FAMILY!

- Lawn Games
- Cooking Activities with EcoCooks
- Popcorn
- Free Swimming
- Prizes and Giveaways
- Pizza & Family Games 6 :00- 7:30pm

Everyone Welcome!

Come celebrate children and families and the important role they play in our community.



CLUB VOLLEYBALL PROGRAM

PROGRAM FEATURES

- MULTIPLE TEAMS IN EACH AGE
- COMPETITIVE TRAVEL OPTIONS
- EXPERIENCED TEAM OF COACHES
- CENTRAL GYMS FOR PRACTICE
- YOUR CHILD'S MENTAL HEALTH IS OUR FIRST PRIORITY

GENESIS ATHLETICS is a community-run, registered non-profit, which strives to create an *elite playing environment* where *all players benefit* from athletics, and youth of *all backgrounds feel accepted.*"

GIRLS PROGRAM

11U-U18 Teams (Grades 5-12)

BOYS PROGRAM

11U-U18 Teams (Grades 5-12)

FOR MORE INFO

To find out more go to:

GENESISATHLETICS.CA

REGISTER NOW


Kelowna Dolphins
DIVE INTO THE FUN, MAKE A SPLASH
AND SWIM IN SYNCH WITH THE KELOWNA DOLPHINS THIS YEAR!
REGISTRATION FOR THE 2026-2027 SEASON IS NOW OPEN!
PROGRAMS AVAILABLE FOR YOUTH AGES 5 TO 20 AND FOR ADULTS.
RECREATIONAL, LIMITED COMPETITIVE AND PROVINCIAL COMPETITIVE PROGRAMS AVAILABLE FOR ALL AGES.
BUILD SKILLS, MAKE FRIENDS, GAIN CONFIDENCE AND BE PART OF A SUPPORTIVE TEAM ENVIRONMENT!
FUN, FITNESS AND PURPOSE— IN AND OUT OF THE POOL!
EMAIL registrar@kelownadolphins.com
VISIT kelownadolphins.com
FOR MORE INFORMATION ABOUT SCHEDULES AND FEES.


YOU'RE INVITED TO A
Parent Information Night
Online and In-Person
Child Safety
SCAN OR CLICK TO SIGN UP
DATE
November 4, 2026
TIME
Doors open: 5:30pm
Presentation: 6:00-7:00pm
Question period to follow
LOCATION
School Board Office
(1040 Hollywood Rd. S)
LC Meeting Room 355
https://tinyurl.com/sd23parentnight
TOPICS COVERED
Why talking about bodies and personal safety matters
Prevention of online exploitation
Child abuse prevention strategies
How to talk to your child about their body and personal safety
Strategies and tools for parents and caregivers
PRESENTERS
Cpl. Renee Brand
Kelowna RCMP's Child Abuse Unit
Sgt. Celina Gammie
Kelowna RCMP's Vulnerable Persons Unit
Natalie Howe, RN
Interior Health Population Health Program Specialist
Central Okanagan Public Schools
Together We Learn
Interior Health
LIGHT SNACKS & REFRESHMENTS
provided

FREE

Youth Nights

City of Kelowna

OUR NEXT YOUTH NIGHTS

Nov.7th & Dec.5th

6 - 9 PM | GR 6 - 9

Come to Parkinson Rec Center for a free, fun-filled night.
Pizza and snacks included!

More info at
kelowna.ca/calendar

FREE



erase | EXPECT RESPECT & A SAFE EDUCATION

Information for Parents and Caregivers

Resources to support you and your child

Register for free training
Tips to protect children and youth online

Have a conversation
Talk with children and youth about things they may be experiencing

What kind of information can I find on erase.gov.bc.ca?

- **Practical guidance** to help you support your child's safety and well-being
- **Resources and information about:**
  - Diversity and inclusion
  - Mental health and substance use
  - School and online safety
- **Free training sessions** to help you keep your child safe online
- **Videos** explaining erase, the Report It Tool, and safe, caring and inclusive schools
- **Tips** for bringing concerns to your child's school



What is the Report It Tool?

Report It is an **anonymous online tool for students** to report anything concerning to their school safety team—whether it happens at school, online, or somewhere else. Find it at erase.gov.bc.ca.

Questions? Reach out to your school to learn more.

BRITISH COLUMBIA | Ministry of Education and Child Care


Arts Blast
WHERE KIDS CREATE TOGETHER AND TAKE THE STAGE
2027 SPRING/SUMMER CAMPS
Award-winning arts camps for kids ages 5–12 to play, create, and explore music, theatre, and visual art together, ending the week with a performance on the Mary Irwin Theatre stage. Guided by expert artist-instructors, kids build confidence, self-esteem, and creative skills.
5 DAY CAMP - Time: 9 AM – 4 PM
• March 15-19
• July 5–9
• July 12–16
• July 19–23
• July 26–30
• August 9–13
• August 16–20
• August 23–27
• August 30–September 3
4 DAY CAMP - Time: 9 AM – 4 PM
• March 22-25
• August 3-6
JAZZ CAMP
$485
Time: 9 AM – 4 PM
August 16-20
"The teachers, programming, and energy was so positive and enriching, and I highly recommend them for parents looking for a safe, positive, culturally rich camp activity for your kids!"
-Danielle
Scan to Learn More
250.717.5304
421 Cawston Ave, Kelowna BC
RotaryCentrefortheArts.com
@RotaryCentrefortheArts
ROTARY centre for the arts


DR KNOX
Priorité:
Ensemble, nous prenons des risques pour pratiquer et améliorer notre français.
LES ATTENTES:
1. Je communique en français dans chaque classe.
2. Je contribue à une communauté francophile.
3. J'ai le courage de persévérer.

Helpful Links for Parents

DRK PAC

RECYCLE WITH RETURN-IT AND SUPPORT THE PAC

It's simple and convenient!

1. Sign-up for a free **Return-It Express** account (if you don't already have one) in the App or at www.return-it.ca/.
2. Bring your unsorted containers in sealed, clear bags to a Columbia Bottle Depot location:
   - 1936 Kent Rd
   - 680 Dease Rd
   - 1314 St. Paul St
3. Use the phone number you registered with to log in at an Express Kiosk.
4. Print your tags, tag your bags, and leave them at the depot.
5. They'll sort and count the containers and credit your Express Account.
6. In your App, choose to donate the refund to **Dr. Knox PAC**.

See www.return-it.ca/app/donation-details/ for full instructions.

Return-It App | Return-It

Getting started is simple! Whether you're new to the Return-It App or just looking for guidance, this page has everything you need. Find step-by-step tutorials on navigating the welcome page, redeeming your funds, checking your recycling history, and more. Make the most of your app experience.

return-it.ca

School Contact Info

Principal: Mrs. Janet Williams
Vice Principal A-K: Rebecca Austin
Vice Principal L-Z: Elizabeth Isabelle
Email: drk@sd23.bc.ca
Website: drk.sd23.bc.ca
Location: 121 Drysdale Blvd.



Phone: (250) 870-5130



École Dr. Knox Middle School

drk@sd23.bc.ca

Contact