



Hello Falcons!

The halls are buzzing, the classrooms are ready, and the energy is electric - because YOU'RE BACK! We hope your summer was full of adventure, rest, and fun, and now it's time to soar into a brand-new school year together!

We are absolutely thrilled to welcome each and every one of you back to our Falcon Family. Whether you're returning or joining us for the first time, know that you are an important part of what makes our school so special. This year is going to be filled with exciting learning, new friendships, and unforgettable memories.

Let's spread our wings, lift each other up, and make this year the best one yet. Falcons, let's fly high!

DAYS	BLOCKS
Lundi le 1 sept./Sept. 1:	No School
Mardi le 2 sept./Sept 2: Homeroom 8:45-11:45 am	Homeroom (TA)
Mercredi le 3 sept./Sept 3: Start your day in your homeroom	TA-1-2-3-4
Jeudi le 4 sept./Sept. 4: Start your day in your homeroom Grade level assemblies	TA-5-6-7-8
Vendredi le 5 sept./Sept 5:	1-2-3-4
Lundi le 8 sept./Sept 8:	3-4-1-2
Mardi le 9 sept./Sept 9:	7-8-5-6
Mercredi le 10 sept./Sept10:	3-4-1-2
Jeudi le 11 sept./Sept 11:	7-8-5-6
Vendredi le 12 sept./Sept 12:	3-4-1-2

Tuesday: Falcons can find their homerooms posted along the front of the building in the windows by grade level. Staff will be circulating after the welcome bell to help students find their homerooms.

Wednesday/Thursday: Falcons will start their day in their homerooms and then follow block rotations.

Friday: Falcons will start their day in their Block 1 class.

Highlights and Items to Note:

September 19	Terry Fox Run (wear red & white)
September 23	Photo Day
September 29	Orange Shirt Day
September 30	No School - National Day of Truth and Reconciliation

Dr Knox Staff Directory 2025-2026

Aitken, Cory	Teacher	cory.aitken@sd23.bc.ca
Auclair, Kevin	Vice Principal	kevin.auclair@sd23.bc.ca
Austin, Rebecca	Vice Principal	rebecca.austin@sd23.bc.ca
Beebe, Andrew	Teacher	andrew.beebe@sd23.bc.ca
Begley, Teresa	Teacher	teresa.begley@sd23.bc.ca
Brown, Justin	Teacher	justin.brown@sd23.bc.ca
Cadman, Daryl	Teacher	daryl.cadman@sd23.bc.ca
Carmichael, Sam	Teacher	sam.carmichael@sd23.bc.ca
Christian, Breanne	Teacher	breanne.christian@sd23.bc.ca
Corneil, Claudia	Teacher	claudia.corneil@sd23.bc.ca
Cram, Marika	Teacher	marika.cram@sd23.bc.ca
Culham, Melanie	Teacher	melanie.culham@sd23.bc.ca
Davies, Jeff	Teacher	jeff.davies@sd23.bc.ca
Fazlee, Amin	SWiS	amin.fazlee@sd23.bc.ca
Ferguson, Nina	Principal	nina.ferguson@sd23.bc.ca
Fiske, Cheryl	Counselling	cheryl.fiske@sd23.bc.ca
Foley, Shelley	Teacher	shelley.foley@sd23.bc.ca
Gadmer, Ashley	Teacher	ashley.gadmer@sd23.bc.ca
Gaucher, Kennedy	Teacher	kennedy.gaucher@sd23.bc.ca
Grinnell, Sam	Teacher	sam.grinnell@sd23.bc.ca
Groetchen, Tanya	Teacher	tanya.groetcher@sd23.bc.ca
Gubbels, Julia	Librarian	julia.gubbels@sd23.bc.ca
Guignard, Jaci	Counselling	jaci.guignard@sd23.bc.ca

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Gunn, Amy	Teacher	amy.gunn@sd23.bc.ca
Guthrie, Christy	Teacher	christy.guthrie@sd23.bc.ca
Hanson, Cami	Indigenous Advocate	cami.hanson@sd23.bc.ca
Harding, Kristina	Teacher	kristina.harding@sd23.bc.ca
Harris, Jamie	Teacher	jamie.harris@sd23.bc.ca
Harvey, Natasha	Teacher	natasha.harvey@sd23.bc.ca
Heichert, Kristen	Teacher	kristen.heichert@sd23.bc.ca
Hennessy, Catherine	Teacher	catherine.hennessy@sd23.bc.ca
Herman, Andrew	Teacher	andrew.herman@sd23.bc.ca
Hollemeyer, Karen	Learning Assistance	karen.hollemeyer@sd23.bc.ca
Howell, Kayla	Teacher	kayla.howell@sd23.bc.ca
Ihaksi, Jamie	Teacher	jamie.ihaksi@sd23.bc.ca
Jonsson, Alison	Teacher	alison.jonsson@sd23.bc.ca
King, Darcey	ELL Teacher	darcey.king@sd23.bc.ca
Knight, Aaron	Teacher	aaron.knight@sd23.bc.ca
Koblischke, Joella	Teacher	joella.koblischke@sd23.bc.ca
Koch, Megan	Teacher	megan.koch@sd23.bc.ca
Kohlman, Melissa	Teacher	melissa.kohlman@sd23.bc.ca
Kozak, Tanner	Teacher	tanner.kozak@sd23.bc.ca
Kudryk, Alicia	Teacher	alicia.kudryk@sd23.bc.ca
Kuepfer, Morgan	Teacher	morgan.kuepfer@sd23.bc.ca
Lavoie, Kyle	Teacher	kyle.lavoie@sd23.bc.ca

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Loewen, Juliana	Teacher	juliana.loewen@sd23.bc.ca
Marrs, Morgan	SEL Teacher	morgan.marrs@sd23.bc.ca
McLane, Tamiko	Teacher	tamiko.mclane@sd23.bc.ca
Murdain, Shauna	Learning Assistance	shauna.murdain@sd23.bc.ca
Nightingale, Kae	Teacher	kae.nightingale@sd23.bc.ca
O'Dell, Joshua	Teacher	Joshua.odell@sd23.bc.ca
Parmar, Emma	Teacher	emma.parmar@sd23.bc.ca
Parrotta, Nikki	Teacher	nikki.parmar@sd23.bc.ca
Roberts, Dave	Teacher	david.roberts@sd23.bc.ca
Rodriguez, Enrique	Teacher	enrique.rodriguez@sd23.bc.ca
Sands, Morgan	Teacher	morgan.sands@sd23.bc.ca
Senger, Michael	Teacher	michael.senger@sd23.bc.ca
Sichon, Natalie	Teacher	natalie.sichon@sd23.bc.ca
Sinhuber, Erika	Teacher	erika.sinhuber@sd23.bc.ca
Stanford, Brendan	Teacher	brendon.stanford@sd23.bc.ca
Stanley, Lisa	Teacher	lisa.stanley@sd23.bc.ca
Stariha, Aaron	Teacher	aaron.stariha@sd23.bc.ca
Stone, Christel	Teacher	christel.stone@sd23.bc.ca
Stone, Lori	Teacher	lori.stone@sd23.bc.ca
Tadeo, Kristen	Resource	kristen.tadeo@sd23.bc.ca
Vernet, Suki	Teacher	suki.vernet@sd23.bc.ca
Weremy, Alexa	Resource	alexa.weremy@sd23.bc.ca

Quick Links



DRK Website: <https://drk.sd23.bc.ca/>

DRK Calendar: <https://drk.sd23.bc.ca/calendar-main>

DRK Athletic Calendar: [athletic calendar](#)

DRK Parents: <https://drk.sd23.bc.ca/parents-drk.sd23.bc.ca>

Erase Bullying Reporting Tool: <https://erasereportit.gov.bc.ca/>

Please review the Code of Conduct with your child.

DRK Code of Conduct: <https://drk.sd23.bc.ca/codeconduct>



Students are to power off and store their cell phones and other personal devices at school upon arrival for the day.

For the entire school day (including lunch and breaks), we are a cell phone free zone!



Students must have athletic shoes to participate in gym!

Students are to wear clothing on PE days that allows for full participation in all athletic activities.



We are a closed campus. Students are to stay at school for lunch.

If you live a short walking distance away and your student wants to regularly go home for lunch - have your student pick up a permission form from the office.



Dr Knox has a student-run school store where our students can purchase snacks and light refreshments. Pizza is available most Fridays!

Store will be operational in mid-September. Cash only.



Energy drinks are not permitted at Dr Knox.

If students bring energy drinks to school they will be confiscated.



e-Bikes, e-Scooters and other “e-Vehicles” at Dr Knox



As we launch into another exciting school year, we want to remind families of our **continued restriction on students using electric transportation devices** - including e-bikes, e-scooters, electric skateboards, and other low-powered motorized vehicles - to and from school.

We encourage students to use traditional bicycles, walking, or public transit as safe and reliable alternatives.

Thank you for your continued support in keeping our Falcons safe and focused on learning. If you have questions or need help exploring transportation options, please contact the school office.



Together We Learn

Central Okanagan Public Schools (SD23)

3 options to report a student Absence



Use the free **SafeArrival** App on your Smartphone



Use the **Parent Portal Online**
<http://sd23safearrival.schoolconnects.com>



Phone the school, push “1” to report

Visit www.sd23.bc.ca/safearrival for more details





DROP OFF & PICK UP PROCEDURES

Help us keep our Falcons safe and our school zone running smoothly by following these dos and don'ts:



What You Can Do:

- Choose a pick-up spot a short walking distance from the school or arrive 10-15 minutes after dismissal to avoid peak congestion
- Park in the guest parking lot located alongside the school sports field or in the city designated 2 hour street parallel parking areas
- Drive cautiously and stay alert for children crossing
- Yield to school buses at all times and allow them priority access



What's Not Allowed:

- No entry into the front driveway or staff parking lots for drop-off or pick up
- No idling or parking in non-designated areas - do not idle/stop at yellow curbs or block driveways
- No U-turns in school zones



School Zone Speed Limit:

Please adhere to the speed limit of 30 km/h from 7:30 am to 5:00 pm on school days



Student Medical

It is the responsibility of the parent/guardian to inform the school of their child's medical condition. If your child has a life-threatening medical condition, there are medical forms that must be filled out. Epi-Pens and medication may be kept in the school Medical Room IF the appropriate documentation is completed. FORMS MUST BE COMPLETED EVERY YEAR. Please come to the main office or email drk@sd23.bc.ca to request medical forms.

School Calendar & Website

Please check the DRK Website for important and upcoming events. The School Calendar may be found on the DRK Website on the main page. Link to Website: [DRK Website](#)

School Fees

School Fees have not yet been assigned. You will receive a separate email soon!

Central Okanagan School District's Financial Hardship Clause - Within Board Regulation 425R - Student Fees (see www.sd23.bc.ca), the Board of Education has indicated "that a student will not be excluded from any educational program due to financial hardship." Clause 8.5 in the Regulations states "Principals are directed to establish a procedure in each school which will allow for the private and confidential consideration of financial circumstances of individual students and families. Such procedures will preserve the dignity of families who may be unable to pay." Please contact your Alpha VP if you are facing financial hardship that may restrict the ability of your child to access a school program.

Reporting Incidents Racism and Bullying

At Dr. Knox Middle School, we are committed to fostering a safe and inclusive environment for all students. We encourage parents to speak to their children to see if they are experiencing bullying or racism. If you become aware of any incidents of racism or bullying involving our students, we request that you report them promptly. Your vigilance helps us address these issues effectively in a timely manner and ensures that every student feels respected and supported.

How to Report:

Report to the school: If you observe, or your child reports, any inappropriate behavior, such as racist comments, slurs, or bullying, please report it. You can reach out to your child’s teacher or directly contact the school.

Anonymously Report Online: We also encourage you to use the Erase Bullying website <http://www.erasebullying.co/> to report incidents anonymously. Erase is a valuable resource that empowers students, parents, educators, and community partners to address challenges, share concerns, and learn about complex issues affecting students. We have been promoting this within the school to students and want to ensure that parents are also aware of this tool.

Thank you for your cooperation in promoting a respectful and caring environment at Dr. Knox Middle School.

The **erase|Report It** tool lets you send a secure, anonymous and confidential message to your school district's safe school coordinator, who will follow up on it right away. You do not have to provide your name unless you want to.



i need help |

you're not alone – everyone needs to ask for help sometimes



tell someone |
notify your school or report it anonymously

erase = expect respect & a safe education





i need help | you're not alone – everyone needs to ask for help sometimes



call 911 |
report an emergency

If you aren't sure if your situation is an emergency, go ahead and call. It's better to be safe than sorry.



talk to someone |
chat with a counsellor or trained professional

Get in touch with a counsellor or a trained professional to talk about real-life stuff that you or a friend might be dealing with.



tell someone |
notify your school or report it anonymously

If there's something worrying you or your friends at school, let an adult know who can help resolve the situation.



PAC Recycling

the easier way to recycle

Return your empties in 3 easy steps and support the DRK community

- 1** Bring your unsorted containers in clear or transparent bags of 70-75 litre capacity to an Express site (6 bag max).
Tip: put only a maximum of 12 glass bottles in each bag to prevent breakage.
- 2** Use the the school phone number to print your bag tags at an Express Kiosk **(250) 870-5130**
- 3** Tag your bags, and leave them in the drop area.

They do the sorting and count the containers, and our PAC Express Account will be credited with the refund.





École Dr Knox Middle School

Acct: **250-870-5130**

RETURN IT EXPRESS!



1. Place your empty beverage containers securely into a "Blue" or transparent bag.
2. Visit one of three Columbia Bottle Depot locations:
 - 1936 Kent Road (convenient if you are heading to the mall or a Costco trip)
 - 1314 Paul Street (downtown w/free parking, accepts end of life electronics and donations for Pathways Diverse Abilities)
 - 680 Dease Road
3. Go to the express kiosk. Input 250-870-5130, then select how many bags you have. Once you're finished, the kiosk will print off labels for you to stick on each bag. It's very important that each bag receives its own sticker. If you print extras, you can bring them home and pre-stick for the next trip!
4. Please note there is a 6-bag limit per day and there is a maximum of 12 glass bottles per bag to keep staff safe from breakage and back strains.
5. Place your bags into the Express drop off and you are done! Your bags will be sorted, counted, and you can feel great that your refund will be donated to the school.



IT'S THAT SIMPLE!