



DRK@SD23.BC.CA

E-NEWS



250-870-5130

ÉCOLE DR. KNOX MIDDLE SCHOOL

NOVEMBER 7, 2025

DAYS	BLOCKS
Lundi le 10 nov./Nov 10: Quarter 2 Begins Remembrance Day Assembly	2-1-4-3
Mardi le 11 nov./Nov 11: Remembrance Day	No School
Mercredi le 12 nov./Nov 12: Learning Lounge School Spirit - White Lie Day	6-5-8-7
Jeudi le 13 nov./Nov 13: Learning Lounge	2-1-4-3
Vendredi le 14 nov./Nov 14: Staff vs Student volleyball game @ lunch	6-5-8-7
Lundi le 17 nov./Nov 17:	4-3-21
Mardi le 18 nov./Nov 18: Learning Lounge	8-7-6-5
Mercredi le 19 nov./Nov 19: Learning Lounge	4-3-2-1
Jeudi le 20 nov./Nov 20: Learning Lounge	8-7-6-5
Vendredi le 21 nov./Nov 21:	4-3-2-1

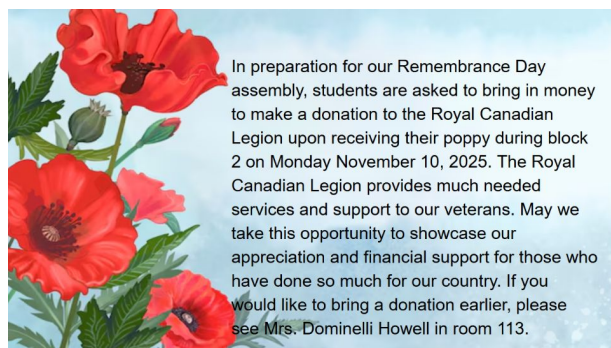
School Store Daily
LUNCH SPECIALS
AVAILABLE DAILY FROM 11:33 UNTIL SOLD OUT

**MONDAY**
PIZZA POPS**\$2****TUESDAY**
CHEESE TORTELLINI PASTA
AND TOMATO SAUCE**\$3.00****WEDNESDAY**
CHICKEN FINGERS AND FRIES**\$4.50****THURSDAY**
HOT DOG ONLY - \$1.50
COMBO: HOT DOG + CHIPS=\$2**\$1.50
\$2****FRIDAY**
PIZZA DAY**\$2.50**

Highlights and Items to Note:

December 1
December 2
December 22

Term 1 Ends
Term 2 Begins
Winter Vacation Begins



In preparation for our Remembrance Day assembly, students are asked to bring in money to make a donation to the Royal Canadian Legion upon receiving their poppy during block 2 on Monday November 10, 2025. The Royal Canadian Legion provides much needed services and support to our veterans. May we take this opportunity to showcase our appreciation and financial support for those who have done so much for our country. If you would like to bring a donation earlier, please see Mrs. Dominelli Howell in room 113.

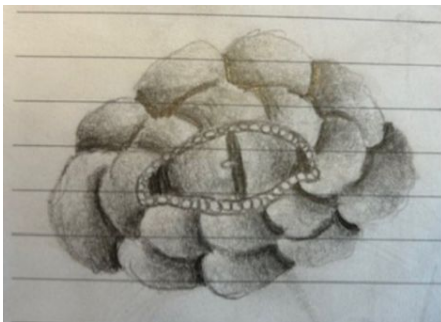
**Central Okanagan Public Schools (SD23)****3**

options to report a student Absence

Use the free **SafeArrival** App on your SmartphoneUse the **Parent Portal Online**
<http://sd23safearrival.schoolconnects.com>

Phone the school, push "1" to report

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



Substance Use Prevention Series

Online Learning for Parents, Caregivers, and Guardians



Ministry of Education and Child Care

openparachute®

Supporting Youth Wellness: Substance Use Prevention Series

The BC Ministry of Education and Child Care has launched a Substance Use Prevention Series designed to empower parents, caregivers, and guardians with practical tools to support youth in making healthy choices. This free resource includes three recorded webinars (each with a live Q&A), plus additional video responses to common questions.

Topics include:

- Building effective prevention strategies at home
- Promoting open conversations about substance use
- Supporting youth mental health and decision-making

These sessions are ideal for anyone looking to strengthen their role in guiding young people toward wellness and resilience. [Access the series here](#)

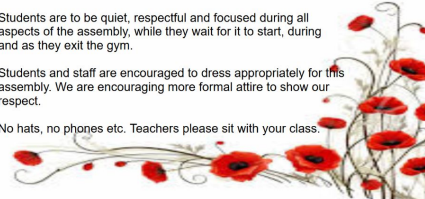


Behaviour Expectations for Remembrance Day Assembly

Students are to be quiet, respectful and focused during all aspects of the assembly, while they wait for it to start, during and as they exit the gym.

Students and staff are encouraged to dress appropriately for this assembly. We are encouraging more formal attire to show our respect.

No hats, no phones etc. Teachers please sit with your class.



Riding back to school?



Get back to BASICS

Learn more at:

busready.bctransit.com/basics



BUS ready

BCTransit

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.



Ministry of Education and Child Care





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!