ÉCOLE DR. KNOX MIDDLE SCHOOL E-News

Bi-Weekly Newsletter

Principal's Message

November 13, 2026



A Note from the Principal:
Happy Friday the 13th!!! It is a great time to pause and reflect on a busy, meaningful stretch at DRK. Our students have been working hard in their classes, and we are proud of the positive energy they continue to bring to our school community.

Honouring Remembrance Day On Tuesday, November 10, our school community gathered for our annual Remembrance Day Ceremony. A heartfelt thank-you goes out to Mrs. McLane, Mrs. Hennesy, Mrs. Sinuber, and our Remembrance Day Committee for their thoughtful planning, as well as to our Colour Guard, choir students, student presenters, and staff who contributed to the service. We are especially proud of our entire student body for observing the ceremony so mindfully and respectfully.

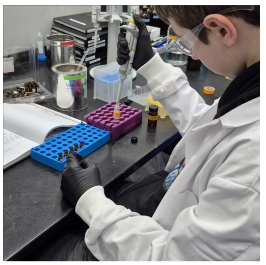
Mindful Responses Matter: This month our school-wide Social Emotional Learning (SEL) lesson explores **Self-Management** through the **Emotion Cycle**, helping students recognize different levels of emotional intensity and understand how feelings influence behavior. Using relatable scenarios, students are practicing the vital skill of pausing between an emotional trigger and their response so they can make thoughtful choices rather than reacting on impulse. Grounded in BC's Core Competencies and the First Peoples Principles of Learning, DRK's SEL model is essential for nurturing student well-being, building stronger peer connections, and empowering young people to navigate challenges both inside and outside the classroom.

Harmony Day: On November 20, we will recognize Harmony Day across our District. While we value the rich diversity of our DRK community every day, Harmony Day is a special opportunity to celebrate the unique gifts that each individual brings to our school. At DRK, we respect all differences and remain committed to fostering a culture that is sensitive, inclusive, and safe for every student.

Morning Breakfast Program We want to ensure all of our students start their day well-fed and ready to learn. Breakfast is available every morning in the MPR for any student who needs it. There is no need to sign up, students can simply stop by for some good brain food before heading off to class.

Thank you for your continued support of our students and school community. Have a wonderful weekend!
Yours in education, Janet Williams







VP Voice

VP VOICE: Message from Ms. Austin

Taking Care of our School



We are very fortunate to have a beautiful school, and with 1,100 students and more than 100 staff sharing our building each day, taking care of it truly is a shared responsibility.

Recently, we have seen an increase in mess in both our lunchtime areas and washrooms. This includes food and garbage being left behind, garbage being put into toilets, and water being deliberately spread across washroom floors. Beyond creating extra work for others, some of these situations can create safety concerns and make spaces unavailable for students who need them.

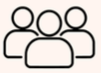
Our custodians take pride in caring for our school, and we can show our appreciation by taking responsibility for the messes we create rather than leaving them for someone else.

Middle school is an important time for young people to develop independence and responsibility. Putting garbage where it belongs, cleaning up a spill, using our washrooms appropriately, and leaving a space ready for the next person are simple expectations. They are also important ways students show respect for their school, their peers, and the people who care for our building every day.


Put garbage where it belongs


Clean up spills


Use restrooms appropriately


Leave space ready for the next person

The Next Two Weeks:

Monday/lundi, November 16: 6-5-8-7
skixʷiẇs

- Start of Quarter 2

Tuesday/mardi, November 17: 2-1-4-3
sʔaslasqx̌t

- Learning Lounge afterschool room 108



Wednesday/mercredi, November 18: 6-5-8-7
skaʔłásqɬt

- Sportswear Day
- Learning Lounge afterschool room 108

Thursday/jeudi, November 19: 2-X-1-4-3
smasqɬt

- Learning Lounge before school room 108
- SEL Lesson #3

Friday/vendredi, November 20: 6-5-8-7
scəlkstasqɬt

- Harmony Day

Monday/lundi, November 23: 4-3-2-1
skixʷiẇs

Tuesday/mardi, November 24: 8-7-6-5
sʔaslasqɬt

- Learning Lounge afterschool room 108

Wednesday/mercredi, November 25: 4-3-2-1-X
skaʔłásqɬt

- Flocks Event #3
- Learning Lounge afterschool room 108

Thursday/jeudi, November 26: 8-7-6-5
smasqɬt

- Learning Lounge before school room 108

Friday/vendredi, November 27: 4-3-2-1
scəlkstasqɬt





Highlights and Items to Note:

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



Nov 18 - Sportswear Day
Wear something sporty to earn Flock points & be entered into a prize draw!

Nov 25 - Flocks Event #3
Wear your Flock colour to earn points!
More assembly games & classroom challenges coming your 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, AIRPODS, TABLETS,
IPADS, SMART WATCHES
AND META GLASSES

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.

PARENT / CAREGIVER SUPPORT at FOUNDRY

TUESDAY NIGHTS OUT
NOV - DEC
EVERY TUESDAY FROM 6:30 - 8:00

For parents / caregivers of young people ages 12 - 24 whether or not your young person is accessing Foundry services

November 3
Breath Workshop
with Tanis McRae

November 10
Paint Night
Your young person is welcome!

November 17
How to Respond and Not React I
Emotion Focused Family Therapy

November 24
How to Respond and Not React II
Emotion Focused Family Therapy

December 1
Cozy Holiday Baking

December 8
Holiday Gift Making

December 15
A Wellness Break

WORKSHOP

Sunday, November 15, 1:00 - 4:00 pm
How to Respond and Not React
An Introduction to Emotion Focused Family Therapy
*** Registration Required ***

One on One Peer Support
Connect in person at Foundry, by phone, or even at a coffee shop - a safe and confidential space to talk about what's happening with your young person. We offer understanding, guidance, and resources to help you navigate services and feel supported in the process.

Tuesday Nights Out
(every Tuesday at 6:30 pm, 501 Main St.)
excluding statutory holidays
A place where you can share experiences, seek advice and connect with others who truly understand

Book Club
(Thursdays at 6:30 pm, 501 Main St.)
excluding statutory holidays
Books are chosen by the group and include titles on parenting, personal growth and fiction

Workshops
On topics including parenting, wellness, youth mental health and youth substance use

Family Advisory Committee
An opportunity for parents/caregivers to have a voice in shaping family support at Foundry

For more information, call or text Alison at 250-462-2714

·FOUNDRY· PENTICTON

OneSky Community Resources



GENESIS ATHLETICS CLUB VOLLEYBALL

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



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.

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