



DRK@SD23.BC.CA

E-NEWS



250-870-5130

# ÉCOLE DR. KNOX MIDDLE SCHOOL

## December 19, 2025

| DAYS  | BLOCKS  |
|---|---------|
| Lundi le 5 janv./Jan 5:                         | 5-6-7-8 |
| Mardi le 6 janv./Jan 6:<br>Learning Lounge      | 1-2-3-4 |
| Mercredi le 7 janv./Jan 7:<br>Learning Lounge   | 5-6-7-8 |
| Jeudi le 8 janv./Jan 8:<br>Learning Lounge      | 1-2-3-4 |
| Vendredi le 9 janv./Jan 9:                      | 5-6-7-8 |
| Lundi le 12 janv./Jan 12:                       | 3-4-1-2 |
| Mardi le 13 janv./Jan 13:<br>Learning Lounge    | 7-8-5-6 |
| Mercredi le 14 janv./Jan 14:<br>Learning Lounge | 3-4-1-2 |
| Jeudi le 15 janv./Jan 15:<br>Learning Lounge    | 7-8-5-6 |
| Vendredi le 16 janv./Jan 16                     | 3-4-1-2 |

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****Central Okanagan Public Schools (SD23)****3** options to report a student AbsenceUse 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](http://www.sd23.bc.ca/safearrival) for more details

## Highlights and Items to Note:

January 5, 2026  
January 23Welcome Back - Winter Vacation Over  
Semester 1 Ends, Quarter 2 Ends

## A PRESENTATION FOR PARENTS WITH PAUL DAVIS

### TOPICS INCLUDE

SOCIAL MEDIA  
SMARTPHONES  
AI & EDUCATION  
CYBERBULLYING  
INTIMATE MESSAGING  
ONLINE GAMING  
ONLINE GROOMING  
PRIVACY



ÉCOLE KLO  
MIDDLE SCHOOL  
JANUARY 19, 2026  
6:30 PM

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CONSTABLE NEIL BRUCE  
MIDDLE SCHOOL  
JANUARY 20, 2026  
6:30 PM



Ministry of  
Education

MyEducationBC

PARENT  
PORTAL

### Substance Use Prevention Series



Online Learning for Parents, Caregivers, and Guardians

#### 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](#)



## NOTICE

**PLEASE CLEAN UP  
AFTER YOURSELF**



Mr. Stackhouse loves this school and keeps it nice and clean for all of us. Please don't make Mr. Stackhouse sad by littering outside or damaging our bathrooms.



## STAFF & STUDENTS

**NO ENERGY  
DRINKS  
ALLOWED AT  
SCHOOL**



## Interested in Coaching?

At Dr. Knox we pride ourselves on a wide variety of school sport opportunities for our Falcons and often rely on community members to support us in this! We're always looking for parents and community members who would like to help coach our school sport teams. If you're interested in sharing your skills and supporting our student athletes, please contact our Athletic Director, Tanner Kozak [tanner.kozak@sd23.bc.ca](mailto:tanner.kozak@sd23.bc.ca) for more information.

### 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

### New! Mental health resources for families

New videos and information are available by mental health experts at BC Children's Hospital who share your culture and language.

- Resources are available in many languages to support diverse families, including Arabic, Cantonese, English, Mandarin, Punjabi, Spanish, Tagalog, Tamil, Ukrainian, and for Black communities.
- Topics include anxiety, substance use, family transitions, and more.

When it comes to your child's mental health, you are not alone. Check out these multi-language mental health resources [here](#). New content will roll out until late Fall 2025.

This campaign is a partnership between BC Children's Health Bridge, BC Children's Kelty Mental Health Resource Centre, and Our Kids' Health.

## FEED YOUR NEED FOR SPEED



**Supportive coaching, friendly  
teammates, fun racing  
opportunities, team spirit,  
excitement and adrenaline!**

All ages and experience levels welcome!!

Check out our Facebook page or email  
[kelownaspeedskate@gmail.com](mailto:kelownaspeedskate@gmail.com) for registration info

**\* FREE Try-It Session Dec. 15th @ MNP Place \***

**NEW • NEW • NEW**

**Multi-Language Mental Health Resources for Families**

Information and resources to help and caregivers support the mental and well-being of their families is important.

Content Available

**Mental health resources for families**

**OUR KIDS' HEALTH**

**BC Children's Hospital**  
Transforming Health Through Knowledge

**Health Bridge**  
Transforming Health Through Knowledge

**Kelty Mental Health Resource Centre**



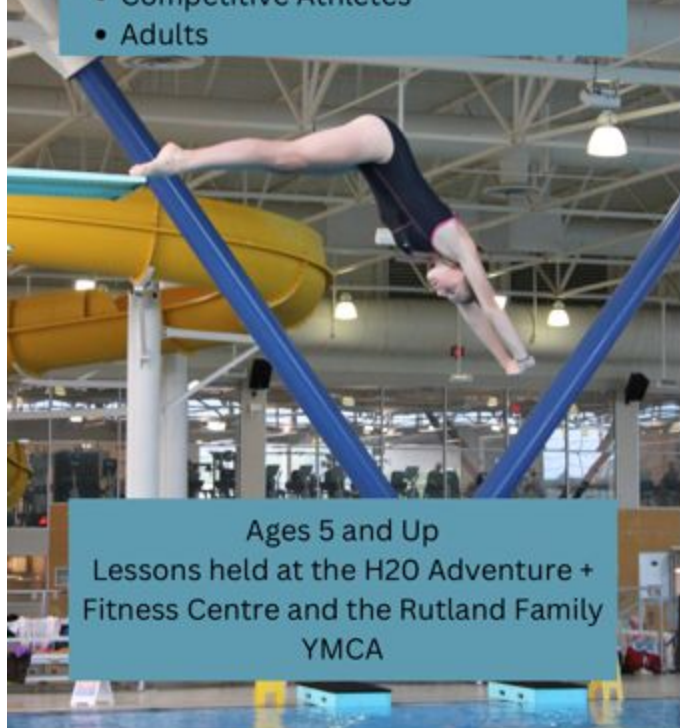
# Take the Plunge

Learn to Dive with KSDC



1 meter and 3 meter springboard diving lessons for:

- Beginners
- Competitive Athletes
- Adults



Ages 5 and Up  
Lessons held at the H2O Adventure +  
Fitness Centre and the Rutland Family  
YMCA

Email [ksdc.general@gmail.com](mailto:ksdc.general@gmail.com)  
with any questions

*Junior Coyotes*  
**WINTER PROGRAMS**

**WINTER 30N3**  
Gr 1-9 Boys & Girls  
Sundays | Jan 4 - Mar 8

**MICROBALLERS**  
Boys & Girls | Ages 3-5  
Sundays | Jan 4 - Mar 8

**WINTER 50N5**  
Gr 6-8 Boys | Jan 10 - Mar 8  
Saturdays & Sundays

**CHRISTMAS CAMP** Gr 1-12 Boys & Girls | December 27-28

[WWW.GOCOYOTES.CA](http://WWW.GOCOYOTES.CA)



**NEW VINTAGE THEATRE**

NEW SESSION STARTS WEEK OF JAN.10

# THEATRE CLASSES

Winter 2026

THEATRE FOR ALL

|   |   |
|---|---|
| <b>YOUTH CLASSES (AGES 6-11)</b>  | <b>ADULT CLASSES</b>  |
| MISSION POSSIBLE-A SPY STORY<br>SATURDAYS, 10-11AM                                | IMPROV GAMES NIGHT<br>MONDAYS, 5:30-7PM   |
| K-POP MUSICAL THEATRE CLASS-ORIGIN STORY<br>SATURDAYS, 1-2PM OR MONDAYS, 4-5:30PM | LET'S MAKE A MURDER MYSTERY<br>MONDAYS, 7-8:30PM  |
| ALICE IN WONDERLAND<br>SATURDAYS, 2-3PM   | DIRECTING & PLAYWRIGHTING<br>WORKSHOPS-JANUARY & FEBRUARY   |
| <b>TEEN CLASSES (AGES 12-17)</b>  | <b>SPRING BREAK CAMPS-MARCH</b>   |
| DOWN A DARK HALL-MYSTERY PLAY<br>SATURDAYS, 11-12:30PM                            | WEEK #1-SING! DANCE! ACT!-YOUTH<br>WEEK #2-HEROES & VILLAINS-YOUTH<br>WEEK #2-MUSICAL THEATRE-TEENS |

**NEWVINTAGE.CA**



Please remember that throwing  
snow/snowballs is not  
permitted at school.



# RECYCLING RIGHT KEEPING OUR SCHOOL CLEAN



| Yes please!   | No thanks!  |
|---|---|
| Aluminum & Steel Cans   | Styrofoam   |
| Newsletters & Magazines   | Plastic Bags  |
| Office Paper  | Chip Bags   |
| Glass Bottles & Jars  | Medical Sharps  |
| Plastic Bottles, Cups & Jugs  | Juice & Milk Cartons  |
| Cardboard   | Paper Towels & Napkins  |
| Envelopes & Junk Mail<br><small>"including the ones with clear windows"</small> | Lightbulbs & Electronics<br><small>"note: recycle at Leon County Household Hazardous Waste"</small> |



## Reminder

**PHE:** use the restrooms by the gymnasium

**First floor classrooms:** use restrooms by the library

**All portables:** use restrooms by the library

**Second floor classrooms:** use the restrooms upstairs



## Hallway/Dismissal Expectations

- Please wait to be dismissed from your seat
  - This helps keep dismissal calm, safe, and organized
  - Staying seated prevents crowding at the door and keeps the hallway clear
  - Teachers will be visible at doors and in hallways to support a safe, smooth end to the day
- Keep the hallways safe
  - Walk, don't run
  - Keeps hands and feet to yourself



On PE days  
please wear  
the correct  
shoes!



- Athletic Running Shoes are required
- Water bottle must be filled up at START of class
- Weather and activity appropriate clothing

erase

EXPECT RESPECT & A SAFE EDUCATION

BRITISH COLUMBIA

## I need help

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

Talk to someone

Get in touch with a counsellor or a trained professional to talk about things you or someone you know may be dealing with.

Report it anonymously

The erase Report It tool is an easy way to send a message to your school safety team, who can help.

Call 911

If you aren't sure if your situation is an emergency, you can still call. Help is available.

Learn about erase and access the Report It tool

erase.gov.bc.ca





**Central Okanagan  
Public Schools**  
Together We Learn

**French Immersion Kindergarten  
Informational Session: Tuesday, January 13, 2026  
@ 6:00-7:00 pm Zoom Link: [sd23.org/french](https://sd23.org/french)  
This meeting will be recorded and posted on the  
District website**

**ONLINE APPLICATION for STUDENT ENROLLMENT begins on  
Monday, February 2, 2026, at 7:00 am for 2026 - 2027 School Year**  
(for kindergarten, new students, and school of choice for K – 12)

Schools will be open at 7:00 am to provide support to parents that require assistance.

Documentation Submission Deadline: **Friday, March 13, 2026**

If you are new to Canada, please contact the Welcome Centre for enrollment information at (250)870-5155

**HOW TO APPLY**

**PLEASE NOTE:** *The application process is online only. You are required to have a valid email account.*

In your web browser type: <https://www.sd23.bc.ca/school-enrollment>

**No internet access?** Please contact your school for assistance.

**Online applications begin on Monday, February 2, 2026 at 7:00 am.** Applications will be assigned a date-time stamp on a first-come, first-served basis, which will factor into a student's placement priority.

Complete the online application as early as possible, and provide the required documents listed below directly to the school in by email or in person by **Friday, March 13, 2026**.

1. Student's **Birth Certificate** or other government issued proof of age and citizenship.
2. **Proof of Parent/Guardian B.C. Residency**
  - a. Combination BC Driver's License and Services Card (copy of both sides); or,
  - b. BC Services Card (copy of both sides) **and** one item from the list of Supporting Documentation (3.) below; or,
  - c. Proof of application for BC Medical Services Plan and one item from the list of Supporting Documentation below.
3. **Supporting Documentation/Proof of Parent/Guardian Living Address**
  - Ownership of a dwelling or long-term lease or rental of a dwelling;
  - Documentation indicating British Columbia residence (i.e. utility bill);
  - British Columbia registration of an automobile;
  - British Columbia Driver's License (copy of both sides); or,
  - A current income tax return filed as a British Columbia resident.

**AFTER Thursday, September 3, 2026**

**New in-catchment area enrollments:** Parents will be notified by a confirmation email when the school has accepted the student's application for enrollment. Board Policy 405R – Student Placement (Regulations), will be used to determine student placement and priority.

**New out-of-catchment area enrollments:** Parents will not be notified until after the summer enrollment period is over and all in-catchment area students have been placed.

**Qualifying age:** The School Act requires that a child must be five years of age by December 31, 2026, to qualify for school enrollment in September 2026. No exceptions.

For further information, please visit the School District website [www.sd23.bc.ca](https://www.sd23.bc.ca) or call (250) 860-8888.

# Central Okanagan Public Schools Proposed Calendar for 2026-2027 School year

2026-2027

|   |   |
|---|---|
| Days in session   | 189<br>(3 summer Pro Days August)       |
| Number of days of instruction                           | 182                                     |
| Number of non-instructional days                        | 7                                       |
| Schools open  | Tuesday, September 8                    |
| National Day for Truth and Reconciliation               | Wednesday, September 30                 |
| Administrative Implementation Day                       | Friday, October 9                       |
| Thanksgiving Day (schools closed)                       | Monday, October 12                      |
| Teacher Professional Day                                | Friday, October 23                      |
| Remembrance Day (schools closed)                        | Wednesday, November 11                  |
| Winter vacation period (schools closed)                 | Monday, December 21 – Friday, January 1 |
| Statutory holiday (schools closed)                      | Friday, January 1                       |
| Schools reopen after Winter vacation                    | Monday, January 4                       |
| Teacher Professional Day (Support Staff In-Service Day) | Friday, February 12                     |
| Family Day  | Monday, February 15                     |
| Spring vacation period (schools closed)                 | Monday, March 15 – Thursday, March 25   |
| Schools reopen after Spring vacation                    | Tuesday, March 30                       |
| Good Friday (schools closed)                            | Friday, March 26                        |
| Easter Monday (schools closed)                          | Monday, March 29                        |
| Victoria Day (schools closed)                           | Monday, May 24                          |
| Administrative Day (students do not attend)             | Wednesday, June 30                      |

## 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/](http://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/](http://www.return-it.ca/app/donation-details/) for full instructions.