DRK@SD23.BC.CA E-NEWS 250-870-5130

ÉCOLE DR. KNOX MIDDLE SCHOOL

OCTOBER 9 , 2025

DAYS	BLOCKS
Lundi le 13 oct./Oct. 13: Thanksgiving Day	No School
Mardi le 14 oct./Oct 14: Learning Lounge	2-1-4-3
Mercredi le 15 oct./Oct. 15: Learning Lounge	6-5-8-7
Jeudi le 16 oct./Oct.16: Early Dismissal 12:30pm Open House 5 pm - 7 pm	2-1-4-3
Vendredi le 17 oct./Oct 17:	6-5-8-7
Lundi le 20 oct./Oct 20:	4-3-2-1
Mardi le 21 oct./Oct 21: Learning Lounge	8-7-6-5
Mercredi le 22 oct./Oct 22: Photo Retakes Learning Lounge	4-3-2-1
Jeudi le 23 oct./Oct 23: Learning Lounge	8-7-6-5
Vendredi le 24 oct./Oct 24: Teacher Professional Day	No School

Highlights and Items to Note:

November 5 Grade 9 Take Our Kid to Work Day

Retake Day

Retake day if you missed photo day or need a retake of your school picture

Oct 22, 2025

Inside your school - Gym

Must bring student ID card for photo retakes

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

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 for more information.

Fall (Sept- Nov)

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

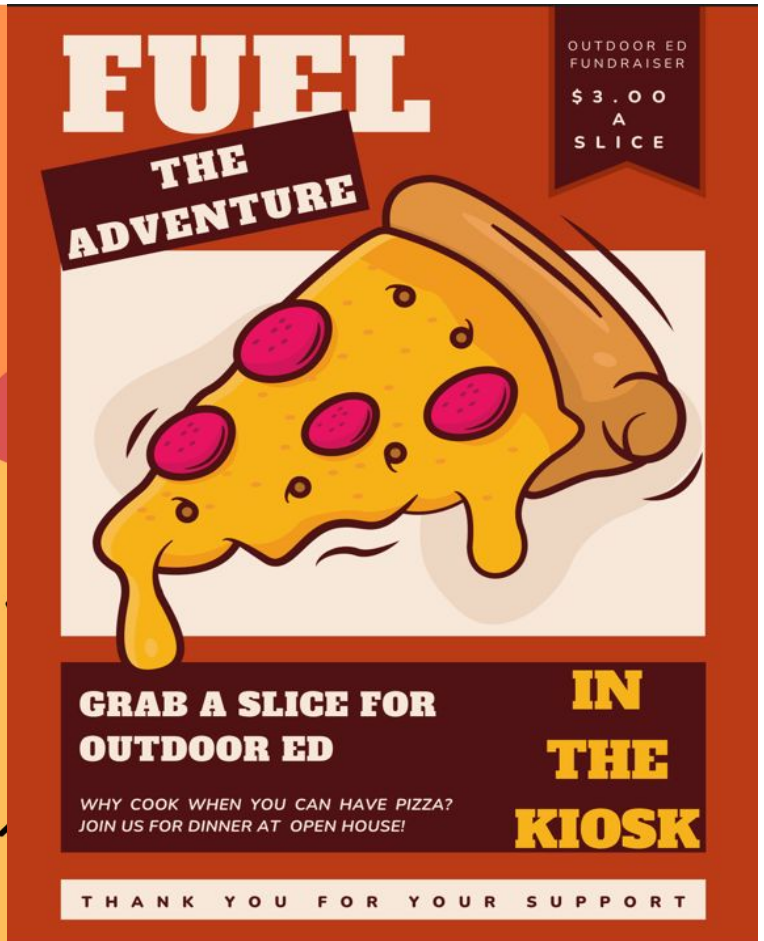
Spring (April-May)

Gr 7/8/9 Track and Field

Gr 7/8/9 Ultimate Frisbee

Gr 7/8/9 Archery

Join us for Open House and a Pizza Fundraiser
Thursday October 16 5-7 PM



If you have already completed the walking field studies permission form, please disregard!

Dear Parents and Guardians,

Thank you to all the parents/guardians who have completed the General Walking Parent Permission Form. We still have 200 families that need to complete this form. Teachers are eager to take their classes beyond the school grounds and require that all students have permission. If you have trouble with the submit button not showing up, click again in the last name field. It helps populate the submit button!

At École Dr. Knox, teachers often extend learning beyond the classroom walls. This may include short, local walking field studies such as hikes in PE, exploration of nearby wetlands, or orchard tours. To support these valuable learning opportunities, we require a completed [Parent Permission Form for General Walking Field Studies]. This form provides your informed consent for your child(ren) to participate in all local, on-foot excursions.

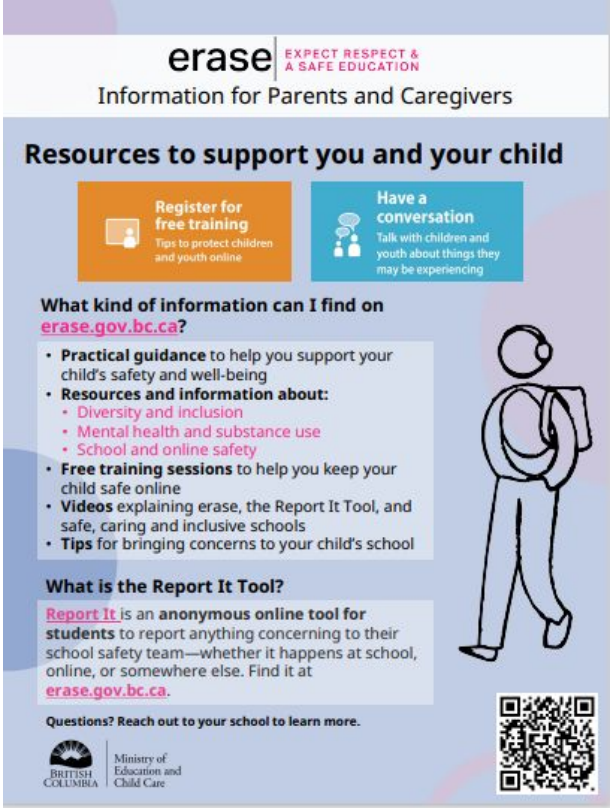
Please note that teachers will always communicate their plans to take students off school property **at least 24 hours in advance**.

Please complete the form for **each of your children** using the link and unique code provided below:

[PARENT PERMISSION LINK HERE] *(also available on our homepage)*
Code: **173747**

Important: *The legal name you provide must exactly match the student information we have on file.*

Thank you for your prompt attention to this matter and for helping us make local learning opportunities possible.



GRADE 9

TAKE OUR KIDS TO WORK DAY

TAKE OUR KIDS TO WORK DAY RETURNS ON WEDNESDAY, NOVEMBER 5, 2025, FOR ITS 31ST YEAR, OFFERING NEW OPPORTUNITIES FOR STUDENTS TO EXPLORE CAREERS IN PERSON.

AT DR. KNOX MIDDLE SCHOOL, WE'RE EXCITED TO TAKE PART — AND WE HOPE ALL OUR STUDENTS WILL JOIN IN THIS MEANINGFUL DAY OF EXPLORATION AND LEARNING!

WATCH FOR A DIGITAL PERMISSION FORM AND SHORT SURVEY TO HAVE YOUR CHILD PARTICIPATE IN THIS AMAZING OPPORTUNITY

5 NOVEMBER 2025

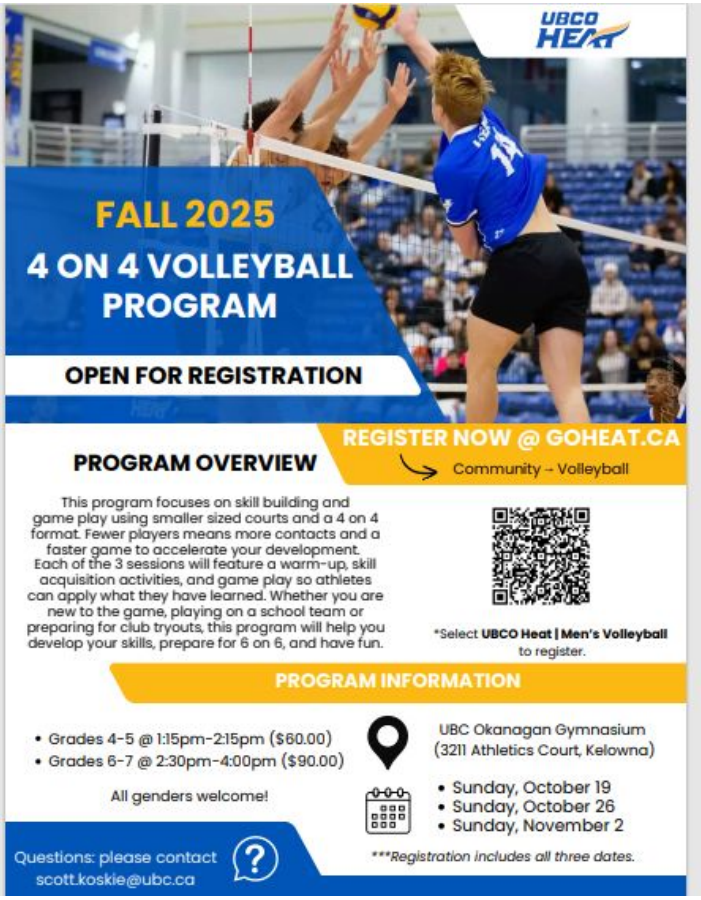
HalloweeN

Costumes at Dr Knox

We encourage students to be creative and express themselves while respecting the following guidelines, in line with our dress code in the Dr. Knox student handbook. Student costumes must:

- Conform with established health and safety requirements for the intended activity (e.g., PE appropriate if a PE day)
- Not represent or promote alcohol or drugs.
- Not depict disrespectful language.
- Not depict or promote violence, racism, sexism, or discrimination; and not be intimidating to others.

Please leave your masks at home – wearing masks will not be permitted during the school day.



BC Children's Hospital | Health Bridge | Kelty Mental Health Resource Centre

OUR KIDS HEALTH

Digital Toolkit

Culturally relevant mental health resources for children and youth

Share the BC Children's Hospital and Our Kids' Health campaign with parents and caregivers on your social media channels, in your waiting rooms, and in newsletters!

About our campaign

BC Children's Health Bridge and BC Children's Kelty Mental Health Resource Centre have partnered with Our Kids' Health to create culturally relevant, accessible mental health resources in multiple languages to help families promote their mental health and wellness.

The short videos and written posts feature clinicians from nine cultures, and are available in Arabic, Cantonese, Mandarin, Punjabi, Tamil, Spanish, Tagalog, Ukrainian, English, and for Black communities. They touch on key mental health topics such as anxiety, eating disorders, talking to your child about mental health, self-harm and more. The campaign will run until late Fall 2025.

Looking for the Resources?
You can find the videos and information all in one place at: keltymentalhealth.ca/multilanguage

Newsletter blurb

Does your organization have an online newsletter? Add this blurb to help us spread the word!

See blurb >

Posters

We've prepared posters you can download or put up in your waiting room to help us share the news.

See poster >

Social media

Does your organization have Facebook or Instagram? We've prepared content you can share.

See posts >

What you can do

Share these mental health resources with the families and caregivers in your network.

Back To School Reminders

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.

The Central Okanagan School District's Appeals Process

Board Policy 460 – Appeals states that, "*A student or a parent of a student who is entitled to an educational program in the Central Okanagan Public Schools may appeal a decision of an employee of the Board of Education which significantly affects the education, health or safety of the student*". For a complete description of the Appeals Policy, along with the recommended steps to follow in attempting to solve a problem, please refer to Policy 460 – Appeals, that can be accessed from the 'Board Policies' link under the Board of Education heading on the School District homepage (www.sd23.bc.ca).

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The Central Okanagan School District's Sanctuary Schools Policy

Board Policy 421 – Sanctuary Schools upholds the Board's commitment to providing educational opportunities for all students who are ordinarily residents in the Central Okanagan, including those with precarious immigration status or no immigration status. Student registrations that pertain to Policy 421 – Sanctuary Schools will be processed through the Welcome Centre.
Policy 421 - Sanctuary Schools