

ÉCOLE DR. KNOX MIDDLE SCHOOL



E-News

Bi-Weekly Newsletter

Principal's Message

October 2, 2026

Dear Families of Dr. Knox Students,

In a blink of an eye, we're into October. A huge thank you to everyone for supporting our fundraising endeavour for the Terry Fox Foundation!!! The run day was a success. Thank you to our school community!

Attendance: All learning is important. Unnecessary absences and lates have a significant impact on student learning. Your support with ensuring your child is at school, and on time, is greatly appreciated. If your child is struggling with consistent attendance, please reach out to our support team so that we can work together to support your child. We currently have some students who are **consistently finding it challenging** to get to their first class on time after lunch. Beginning Monday, students who are late will be asked to spend a portion of their lunch the following day in the Connect Room for "**Lunch Late Learning.**" This is a short opportunity to reset, make a plan, and work on strategies to help them get to class on time.

Volunteers and Criminal Record Checks: We are grateful for the many parents and community members who support learning opportunities, field trips, athletics, and other school activities. In accordance with School District No. 23 procedures, all volunteers who will be working with students must have an approved Criminal Record Check (CRC) on file **before** volunteering independently with students.

To complete the volunteer process:

1. Obtain a Volunteer Disclosure Statement and Police Information Check form from the school office.
2. Present two pieces of identification, which will be verified and copied.
3. Complete and sign the required forms, including the Volunteer Code of Conduct.
4. The school will forward the paperwork to Human Resources, who will submit the Criminal Record Check request to the RCMP.
5. The RCMP will send the completed Police Information Check directly to the volunteer.
6. The volunteer must return the original Police Information Check to Human Resources.

7. Once Human Resources has received and processed the RCMP clearance, the volunteer will be added to the District's approved volunteer database and may begin volunteering with students.

Because this process can take some time, we encourage anyone interested in volunteering this school year **to begin the process as soon as possible**. If you would like to volunteer, please contact the school office and we will be happy to assist you with the required forms. Please know that your CRC is good for up to five years in our district, at any school site.

Safety first: At Dr. Knox, we hold six fire drills per year: three in the fall and three in the spring. We also hold an earthquake drill and a hold and secure/lockdown drill twice during the year. The earthquake drill provides students with a procedure to follow should they experience an earthquake anywhere, and anytime. On Oct. 27, we will practice a hold and secure drill, the purpose is to practice a safety procedure to be used in the event that students and staff are required to remain in a safe location during critical situations. Parents and visitors at the school during drills will be included in the practice.

VP Voice - Looking Ahead Together

As we wrap up our first month of the school year, I keep coming back to a quote from George Couros: **“Change is an opportunity to do something amazing.”**

September has brought new beginnings for all of us. For me, joining Dr. Knox as vice-principal has meant becoming part of a new community, building relationships, and continuing to grow as a leader. I am grateful for the opportunity to extend my leadership in service of all students. For staff, a new year means getting to know new students and discovering what helps them thrive. For students, it can mean new teachers, classmates, courses, friendships, and opportunities to begin again. As lifelong learners, we are all continuing to grow, adapt, and learn from one another. One new beginning I am especially excited about is **Student Matters**, our student voice group that meets Thursdays at lunch in Room 220. Its purpose is simple: to hear directly from students about what matters to them, because what matters to our students matters to us.

Already, students have shared that they care about belonging, kindness, fairness, mental health, feeling heard, having opportunities to participate, and seeing their ideas lead to meaningful action. Everyone is welcome to join Student Matters. It is never too late to bring an idea, join a conversation, or help make a positive difference in our school and community.

As we move further into the year, I look forward to seeing what will unfold as our students, staff, and families continue learning, connecting, and building this community together.

And together, we have **an opportunity to do something amazing**. Ms. Elizabeth Isabelle, VP



Terry Fox Run 2026!

The Next Two Weeks:

Monday/lundi, October 5: 5-6-7-8

skix^wiws

- World Teacher Day!

Tuesday/mardi, October 6: 1-2-3-4

sʔaslasq̣t

- Land Based Learning
- Learning Lounge afterschool room 108
- Upstream Implementation Gr. 8

Wednesday/mercredi, October 7: 5-6-7-8

skaʔhásq̣t

- Learning Lounge afterschool room 108

Thursday/jeudi, October 8: 1-2-3-4

smaſq̣t

- Learning Lounge before school room 108

Friday/vendredi, October 9: Administrative Implementation Day - NO School

scəlkstasq̣t

Monday/lundi, October 12: Thanksgiving - No School

skix^wiws

Tuesday/mardi, October 13: 7-8-5-6

sʔaslasq̣t

- Learning Lounge afterschool room 108

Wednesday/mercredi, October 14: 3-4-1-2

skaʔhásq̣t

Thursday/jeudi, October 15: 7-8-5-6

smaſq̣t

- Learning Lounge before school room 108
- Early Dismissal @ 12:30 pm
- Open House@ DRK 5:00 pm

Friday/vendredi, October 16: 3-4-1-2

scəlkstasq̣t

Highlights and Items to Note:

October 9 Implementation Day - No School

October 12 Thanksgiving Day - No School
 October 23 Professional Development Day - No School
 October 28 Photo Retake Day
 November 6 Diwali and Indigenous Veteran's Day
 November 10 Remembrance Day Assembly
 November 11 Remembrance Day - No School
 November 13 End of Quarter 1

Athletics:

ATHLETICS

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



DRK Athletics

Gr 9 Boys Volleyball

- Monday practice 3-4:30pm
- No practice Weds!
- Thursday games @ 5:30pm RSS

Gr 8 Boys Volleyball

- Host games tonight @ 5:30pm
- No practice Weds
- Thurs practice 3-4:30pm

Gr 9 Girls Vball

- Tuesday practice 4:30-6pm
- Thursday games @ 5:45pm GESS

Gr 8 Girls Vball

- Games tonight: Team white @IMM 5:30pm
Team black @ AHALL 5:30pm

X-Country Running

- Practice Mon & Thursday 3-4pm
- Race tomorrow for Gr. 9s and 8s

Rugby

- Practices Mon, Tues
- Game this thursday Knox vs Knox scrimmage!



DRK Athletics

Gr 7 Boys Volleyball

- First practice Tuesday (Sept 29)
3-4:30pm
- Come ready with shorts, good shoes and a water bottle.

Gr 7 Girls Volleyball

- Stay tuned for practice times and further announcements!



WEB Waffle Day



Where Everybody Belongs!

CLUBS



MONDAY	Countryballs Club in room 210 at lunch
TUESDAY	Chess Club in room 204 at lunch SOGI club in room 115 at lunch Art Club in room 120 after school
WEDNESDAY	Math & Puzzles Club in room 203 at lunch
THURSDAY	Student Matters at lunch in Room 220 Anime Club at lunch in room 205
FRIDAY	Dungeons & Dragons in room 206 at lunch Karaoke Club in room 115 at lunch

School Store Daily Specials

PIZZA FRIDAY STARTS THIS WEEK!

\$2.50 a slice - maximum 2 slices per person

Pepperoni → kiosk

Cheese → near front doors

Ham & Pineapple → near school store

Gluten-free Cheese → near school store



Bulletins

YOU'RE INVITED TO A

Parent Information Night

Online and In-Person
Child Safety



DATE

November 4, 2026



TIME

Doors open: 5:30pm
Presentation:
6:00-7:00pm

Question period to
follow



LOCATION

School Board Office
(1040 Hollywood Rd. 5)
LC Meeting Room 355

SCAN OR CLICK TO SIGN UP



TOPICS COVERED



Why talking about bodies and personal safety matters



Prevention of online exploitation



Child abuse prevention strategies



How to talk to your child about their body and personal safety



Strategies and tools for parents and caregivers

PRESENTERS



Cpl. Renee Brand

Kelowna RCMP's Child Abuse Unit



Sgt. Celina Gammie

Kelowna RCMP's Vulnerable Persons Unit



Natalie Howe, RN

Interior Health
Population Health
Program Specialist



SDC IS BACK

★ THE SUSTAINABLE DEVELOPMENT CHALLENGE IS BACK FOR 2026-2027, CONTINUING THE LEGACY OF GLOBAL CITIZEN EVENTS AND YOUTH-LED COMMUNITY INNOVATION.

★ A PROVEN OKANAGAN YOUTH PROGRAM WITH A LEGACY OF TURNING IDEAS INTO ACTION.

BECOME AN SDC MENTOR

- (01) A 5-month youth social entrepreneurship challenge. (02) Okanagan youth, supported by local mentors and educators. (03) Youth move from problem → idea → action → pitch.



SCAN THE QR CODE TO
BECOME A MENTOR
OR EMAIL: SDC@BOCC.CA

★ Your role as a mentor:
GUIDE A YOUTH TEAM.
We provide the curriculum,
resources + support.

★ Presented & implemented by
IMPACT TOOLBOX BOCC

Learn more or apply here: <https://impacttoolbox.org/sdc/>

MENTORS NEEDED!

Mentorship changes lives
for youth and mentors.
Join our program!

AS A MENTOR YOU WILL...

- Share your passion for climate action while supporting student learning and innovation
- Create a local solution with a team of students grades 6-12
- Meet with your CARE team in person or via Zoom
- Commit 10-15 hours from March to mid-May, 2027

FOR MORE INFO



Kasey@freshoutlookfoundation.org

CARE CLIMATE ACTION
RIPPLE EFFECT



WWW.CLIMATEACTIONRIPPLEEFFECT.ORG

CARE: Climate Action Ripple Effect – Community Mentors Needed

Do you care about kids, climate, and your community? **We need you!** CARE (Climate Action Ripple Effect) is seeking passionate community mentors to work alongside and support small teams of middle and secondary students as they design **real world solutions** to local climate challenges. No matter your skills, background, or area of interest, we can match you with a CARE student team in your community. Your guidance can help empower young innovators, strengthen community connections, and make a meaningful difference.

By becoming a CARE mentor, you will help advance all three priorities of our new District Strategic Plan by supporting student learning and agency, strengthening family and community connections, and contributing to a sustainable future for all learners.

Join us in helping students turn their ideas into action and create positive change in our communities.

For more information, visit [Climate Action Ripple Effect](https://www.climateactionrippleeffect.org) or see the attached poster.

REMINDER: NO PERSONAL DIGITAL DEVICES AT SCHOOL

INCLUDING PHONES, HEADPHONES, AIRPODS
TABLETS, IPADS, SMART WATCHES

CORE STUDENT RULES



Hallway Highway Expectations



Walk At All Times

No running anywhere inside, including coming from portables into the main school doors.



Move With Purpose

Keep the hallways moving efficiently. Do not gather or block the center of corridors.



Stay To The Right

Walk on the right side of the hallway to keep two-way traffic flowing smoothly.



Hands To Yourself

Keep your hands, elbows, and body to yourself at all times while moving through halls.



Wait To Be Dismissed

Dismissal is from your desk area. Never line up or crowd around classroom doors.



Calm Keeps Us Safe

Orderly, respectful movement protects everyone and ensures a positive day.



DIVE INTO THE FUN, MAKE A SPLASH

AND SWIM IN SYNCH WITH THE KELOWNA DOLPHINS THIS YEAR!

REGISTRATION FOR THE **2026-2027** SEASON IS NOW OPEN!






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.

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



FREE

Youth Nights

City of Kelowna

OUR NEXT YOUTH NIGHT

Oct 3rd

6 - 9 PM | GR 6 - 9

Come to Parkinson Rec Center
for a free, fun-filled night.
Pizza and candy included!

More info at
kelowna.ca/calendar

FREE
& GAMES



FREE

Youth Nights

City of Kelowna

OUR NEXT YOUTH NIGHTS

Nov. 7th & Dec. 5th

6 - 9 PM | GR 6 - 9

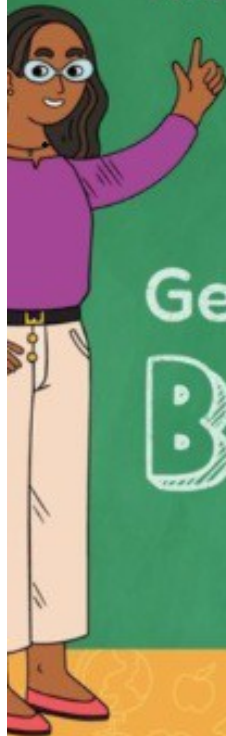
Come to Parkinson Rec Center
for a free, fun-filled night.
Pizza and snacks included!

More info at
kelowna.ca/calendar

FREE
& GAMES



Riding back to school?



Get back to BASICS

Learn more at:



busready.bctransit.com/basics



BUS ready



BC Transit



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

