



September 19, 2025



DAYS	BLOCKS
Lundi le 29 sept./Sept. 29: Orange Shirt Day	1-2-3-4
Mardi le 30 sept./Sept 30: National Day for Truth and Reconciliation	No School
Mercredi le 1 oct./Oct. 1: Learning Lounge	5-6-7-8
Jeudi le 2 oct./Oct.2: Learning Lounge	1-2-3-4
Vendredi le 3 oct./Oct 3:	5-6-7-8
Lundi le 6 oct./Oct 6:	3-4-1-2
Mardi le 7 oct./Oct 7: Learning Lounge	7-8-5-6
Mercredi le 8 oct./Oct 8: Learning Lounge	3-4-1-2
Jeudi le 9 oct./Oct 9: Learning Lounge	7-8-5-6
Vendredi le 10 oct./Oct 10: Implementation Day	No School

Highlights and Items to Note:

- October 10
- October 13
- October 22
- October 24
- Implementation Day - No school
- Thanksgiving - No School
- Photo Retakes
- Professional Day - No school

Riding back to school?



Get back to **BASICS**

Learn more at:



busready.bctransit.com/basics



BUS Ready



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



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.

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

We are kicking off our annual fundraising campaign for the Terry Fox Foundation & gearing up for our Terry Fox Run on September 19th! You can participate in this campaign by sending your child with a "toonie for Terry" (but we will take any amount of cash, not just a toonie 😊). Each classroom will have a collection bin to put their donation in. If you would like to donate online, please [click here](#). Thank you for your support of this event & worthy cause! Terry started raising money for cancer research 45 years ago & together we can help Terry "finish it."

OKANAGAN COLLEGE BASKETBALL FALL PROGRAMS

FALL 3V3
BOYS & GIRLS; GRADES 1-9
SEPTEMBER 7 - NOVEMBER 22/23

FALL MICROBALLERS
BOYS & GIRLS; AGES 3-5 YEARS
SEPTEMBER 13 - NOVEMBER 22

FALL 5V5
GR 6-8 BOYS, GR 9-12 BOYS & GR 9-12 GIRLS
SEPTEMBER 7 - NOVEMBER 10



SEE TIMES, LOCATIONS AND INFO HERE
WWW.GOCOVOTES.CA

2025/26 HOME SCHEDULE

DATE	TIME	OPPONENT
OCT 17	5:00pm - 7:00pm	COVOTES
OCT 18	6:00pm - 8:00pm	COVOTES
NOV 14	6:00pm - 8:00pm	COVOTES
NOV 15	6:00pm - 8:00pm	COVOTES
NOV 21	6:00pm - 8:00pm	COVOTES
NOV 22	6:00pm - 8:00pm	COVOTES
JAN 09	6:00pm - 8:00pm	COVOTES
JAN 10	6:00pm - 8:00pm	COVOTES
JAN 23	6:00pm - 8:00pm	COVOTES
JAN 24	6:00pm - 8:00pm	COVOTES
FEB 13	6:00pm - 8:00pm	COVOTES
FEB 14	6:00pm - 8:00pm	COVOTES



UBCO HEAT SCHOOL DAY GAME
UBCO HEAT WOMEN'S VOLLEYBALL VS. MACEWAN GRIFFINS- FRIDAY NOV 7TH

LOCATION: UBCO Gymnasium- 3211 Athletics Court, Kelowna, BC

TIME: 10:30am- Arrival
11:00am- Game Starts
12:45pm- Game Ends *approximate timing

FEE: Free for students and chaperones!

LUNCH: \$10 pre-purchased lunch option (pizza slice, chips, & drink)
(Lunch numbers to be submitted to chantelle.labrie@UBC.ca by Wednesday OCT 30)

FOOD/DRINKS: Snacks & drinks will be available for purchase at our concession, or bring your own nut free lunch

REGISTER: Seating is limited, schools will be accepted on a 1st come 1st served basis. Email chantelle.labrie@UBC.ca to reserve your seats today!

Bring a Heat poster and receive a prize!

Your space to focus,
learn, and succeed

LEARNING LOUNGE

Tuesdays, Wednesdays and Thursdays
2:55-3:25

CENTRAL OKANAGAN PUBLIC SCHOOLS



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





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.

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).

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 the school Principal if you are facing a financial hardship that may restrict the ability of your child to access a school program.

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.

Fall 2025 Teen Programs & Certifications

City of Kelowna

Volleyball Training

Volleyball Training for Teens is run by Volleyball BC. This program has been modified and specifically designed for 14-19 year-olds who are a beginner or intermediate player of volleyball. It focuses on how to properly bring in and spike and serve the ball.

Watson Elementary School Gym
Thursday
• 14/12/ September 21 - October 12
• 14/12/ November 4 - December 1
8:30 - 9:30pm

Parkinson Rec Centre Gym
Monday
• 14/12/ September 22 - November 3
• 14/12/ November 11 - December 12
4:30 - 5:30pm

Pickleball for Youth

Join this exciting ball class for teens, perfect for beginners or those wanting to improve. The class covers fundamentals like rules, techniques, and strategies, emphasizing teamwork and sportsmanship. Teens will gain confidence as they court while enjoying active and fun time.

Carson Park Middle Gymnasium
Ages: 12Y - 18Y
Saturdays
22/10/ September 6 - 27
22/10/ October 12 - December 12
12:30 - 1:30pm

Tennis for Teens

Beats, rally, and improve your game! This fun and active class helps teens build tennis fundamentals, including proper grip, footwork, and stroke technique. Taught by experienced instructors, it's a great way to stay active, meet new friends, and enjoy the game in a supportive setting.

Age: 12Y - 18Y

Robertson Park
Wednesday
14/12/ September 24 - October 8
9:00 - 10:00pm

City Park Tennis Court
Thursday
14/12/ September 24 - October 2
9:00 - 10:00pm

In the Kitchen

Vegan Teen Cooking

In this class, teens will learn how to make nutritious, delicious meals that are vegan.

Parkinson Rec Centre Kitchen
Ages: 12Y - 18Y

22/10/ Wednesday, October 22
Lecti "Meat" Meals with Spaghetti and Marinara Sauce

22/10/ Wednesday, November 13
Black Bean Quesadilla with Mango Salsa & Crema

22/10/ Monday, December 8
Pud Thai with Tofu

Baking for Teens

In this engaging course, teens will acquire essential baking skills such as measuring, mixing, kneading, and decorating. They'll have to make classic cookies, muffins, cupcakes, and simple breads, gaining hands-on experience and confidence as they create their own sweet or savory treats at home.

Tuesdays
• 22/10/ September 16 - October 21
• 22/10/ October 28 - December 1
Parkinson Rec Centre Kitchen
12Y - 18Ypm
Ages: 12Y - 18Y

Babysitter Certification

Participants will gain the skills to provide age-appropriate care for young children while showcasing effective emergency prevention and essential first aid support - all through a Red Cross Certified program.

Parkinson Activity Centre - Activity Room
9 AM - 4 PM
Ages: 12Y - 18Y
Saturdays
• 12/10/ September 30
• 12/10/ October 18
• 12/10/ November 22

Drop-in Basketball

Join us for basketball! This program welcomes all skill levels, emphasizing fun, teamwork, and fitness. Feel free to bring your own ball, and remember to bring a dark athletic shirt or jersey along with your water bottle.

Carson Park Middle Gymnasium
Ages: 12Y - 18Y
Saturdays
September 13 - 27
October 13 - November 15
November 22 - December 12
4:30 - 5:30pm

Quick & Delicious Cooking for Teens

Why up your cooking skills on a regular basis? This paired class teaches teens how to make simple, tasty meals and snacks using basic ingredients and kitchen tools. Perfect for building confidence, independence, and real-life cooking skills - no experience needed!

Parkinson Rec Centre Kitchen
Ages: 12Y - 18Y

22/10/ Monday, September 15 - October 6
22/10/ October 13 - November 10
22/10/ November 17 - December 4

Free Youth Nights

Youth Night is the perfect way for young people to hang out, meet new friends, and enjoy a night of activities. This always-includes a free movie, game time and other fun activities.

Parkinson Rec Centre
Ages: 12Y - 18Y
• Saturday September 20
• Saturday October 18
• Saturday November 15

REGISTER NOW

rec.kelowna.ca
250.469-8800

City of Kelowna

PLAY ELITE

PREMIER ATHLETIC TRAINING

VOLLEYBALL FALL PROGRAMMING

FOR BOTH GIRLS & BOYS

GR 6-10: SKILLS TRAINING

Our **TECHNICAL TRAINING** skills program focuses on **high-end volleyball skill-development** through weekly sessions to compliment school ball, running weekly in preparation for club tryouts!

GR 9-12: POSITIONAL INTENSIVES

In our **POSITIONAL INTENSIVES** program players will learn skills specific to their role - setters, middles, outsides & passers. Taught by former university players who played the same position!

GR 9-12: NEXTGEN SQUADS

Our **NEXTGEN SQUADS** program gives club players who are unable to play school volleyball a place to practice in preparation for club tryouts in November and December!

REGISTER TODAY!

FIND OUT MORE!



By participating in our “Toonies for Terry” fundraising campaign, you helped raise \$1,140.10 for



THE TERRY FOX FOUNDATION



We exceeded our goal!!
Way to go Falcons!!



École Dr Knox Middle School

Acct: **250-870-5130**

RETURN IT EXPRESS!

COLUMBIA
BOTTLE DEPOTS

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!