



DRK@SD23.BC.CA

E-NEWS



250-870-5130

ÉCOLE DR. KNOX MIDDLE SCHOOL

OCTOBER 24 , 2025

DAYS	BLOCKS
Lundi le 27 oct./Oct. 27:	1-2-3-4
Mardi le 28 oct./Oct 28: Learning Lounge	5-6-7-8
Mercredi le 29 oct./Oct. 29: Learning Lounge School Spirit: Wear purple, orange or black to enter a draw	1-X-2-3-4
Jeudi le 30 oct./Oct.30: Learning Lounge	5-6-7-8
Vendredi le 31 oct./Oct 31: Halloween - Wear a costume - enter the contest	1-2-3-4
Lundi le 3 nov./Nov 3:	7-8-5-6
Mardi le 4 nov./Nov 4: Learning Lounge	3-4-1-2
Mercredi le 5 nov./Nov 5: Gr. 9 ONLY: Take Our Kids To Work Day Learning Lounge	7-8-5-6
Jeudi le 6 nov./Nov 6: Learning Lounge	3-4-1-2
Vendredi le 7 nov./Nov 7: Quarter 1 ends	7-8-5-6

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



Highlights and Items to Note:

Halloween Costume Contest

How to Participate:

Come to the gym before school on October 31st. Pictures will be taken of you with your costume. Top 5 costumes per category will be sent to teachers for a school wide vote. Prizes for top 2 winners per category.

Categories:

- Grade 7
- Grade 8
- Grade 9
- Group/Partner Costumes



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>



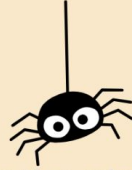
Phone the school, push "1" to report

Visit www.sd23.bc.ca/safearrival for more details



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:

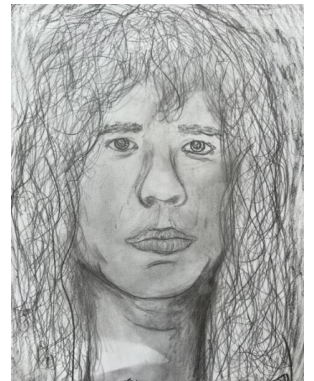
• Conform with established health and safety requirements for the intended activity (e.g., PE appropriate if a PE day) ★

• Not represent or promote alcohol or drugs.

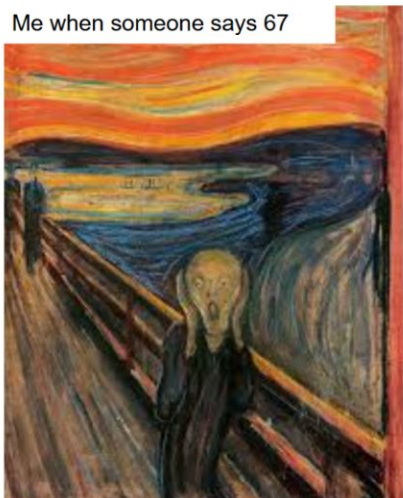
• Not depict disrespectful language.

★ • 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. ★



Me when someone says 67



By lil linky



Me when I realize tomorrows monday...

Me after i had thanksgiving diner



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.

NATIONAL YOUTH REMEMBRANCE



CONTESTS

Are you an
artist, writer
or filmmaker?

You could win local and national prizes including cash!!!

Come by the
library to find out
more.



Substance Use Prevention Series



Ministry of
Education and
Child Care

openparachute®

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](#)

Riding back to school?



Get back to BASICS

Learn more at:

busready.bctransit.com/basics



BUS ready

BCTransit

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



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

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.

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.

**FALL 2025
4 ON 4 VOLLEYBALL
PROGRAM**

OPEN FOR REGISTRATION

REGISTER NOW @ GOHEAT.CA

Community – Volleyball

PROGRAM OVERVIEW

This program focuses on skill building and game play using smaller sized courts and a 4 on 4 format. Fewer players means more contacts and a faster game to accelerate your development. Each of the 3 sessions will feature a warm-up, skill acquisition activities, and game play so athletes can apply what they have learned. Whether you are new to the game, playing on a school team or preparing for club tryouts, this program will help you develop your skills, prepare for 6 on 6, and have fun.

PROGRAM INFORMATION

- Grades 4-5 @ 1:15pm-2:15pm (\$60.00)
- Grades 6-7 @ 2:30pm-4:00pm (\$90.00)

All genders welcome!

UBC Okanagan Gymnasium
(3211 Athletics Court, Kelowna)

- Sunday, October 19
- Sunday, October 26
- Sunday, November 2

Questions: please contact scott.koskie@ubc.ca

***Registration includes all three dates.

NEW • NEW • NEW

Multi-Language Mental Health Resources for Families

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

Content Available

Mental health resources for families

OUR KIDS' HEALTH

BC Children's Hospital

Health Bridge

Kelty Mental Health Resource Centre



WE WANT YOU!

COME PLAY RUGBY FOR THE KELOWNA CROWS!

NOW RECRUITING BOYS AND GIRLS AGES 12-17 TO JOIN OUR CLUB. OUR U14 TEAM IS ESPECIALLY EAGER TO MEET YOU! THE SEASON IS ALREADY UNDERWAY AND LOOKING STRONG.

**ONLY \$250
REGULAR COST \$325**



www.kelownacrows.com
 EMAIL JUNIORDIRECTOR@KELOWNACROWS.COM FOR THE DISCOUNT CODE



Strong Neighbourhoods YOUTH Development & Engagement Grant

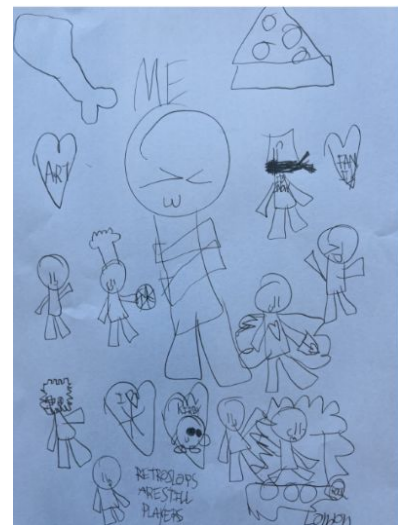
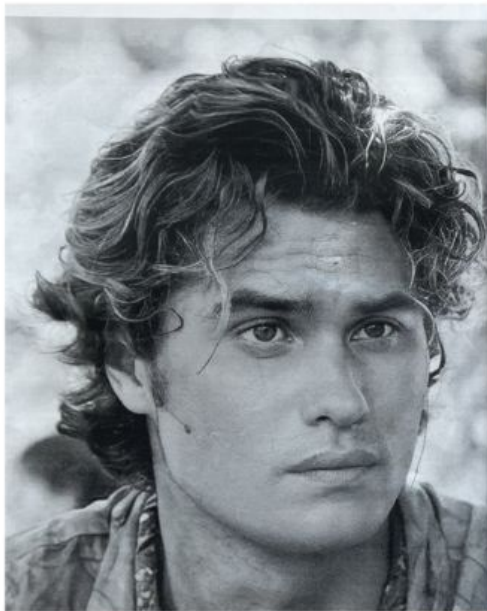
Be a leader. Build connection in your community. The City of Kelowna offers up to **\$1,000** in matching grant funds for youth-led community projects or events.

Have an idea that will improve your neighbourhood or build relationships? Team up with fellow youth aged **13-24** in your community to get creative and take the lead. Rack up volunteer hours, boost your resume, hone your leadership skills, and build friendships while improving your community.



City of Kelowna

neighbourhoods@kelowna.ca
kelowna.ca/neighbourhoods



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](#)



École Dr Knox Middle School
Acct: 250-870-5130

RETURN IT EXPRESS!



- Place your empty beverage containers securely into a "Blue" or transparent bag.
- 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
- 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!
- 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.
- 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!