



# UPSTREAM

## KELOWNA



**A PREVENTATIVE APPROACH TO SCHOOL DISENGAGEMENT, AIMED AT HELPING STUDENTS REDUCE BARRIERS TO RESILIENCY BOTH AT SCHOOL AND AT HOME.**

## DEAR PARENTS/GUARDIANS AND STUDENTS,

On February 9, 2026, Grade 8 students at École Dr. Knox Middle School completed the Upstream Student Needs Assessment.

## Check-Ins begin March 3, 2026

Students identified as needing additional supports will have an opportunity to meet with an Upstream Support Person and be connected to supports and services, if they choose.

## WHAT IS A CHECK-IN?

- 10-30 minutes, 1:1 chat at school, during school hours
- Discussion about challenges student may be experiencing, and any support they may need.
- Student may decline support and complete a 1 minute survey to inform research.

## To learn more about Upstream, Contact:

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