



DRK@SD23.BC.CA

E-NEWS



250-870-5130

ÉCOLE DR. KNOX MIDDLE SCHOOL

NOVEMBER 21, 2025

DAYS	BLOCKS
Lundi le 24 nov./Nov 24:	5-6-7-8
Mardi le 25 nov./Nov 25: Learning Lounge	1-2-3-4
Mercredi le 26 nov./Nov 26: Learning Lounge	5-X-6-7-8
Jeudi le 27 nov./Nov 27: Learning Lounge CLOSED	1-2-3-4
Vendredi le 28 nov./Nov 28:	5-6-7-8
Lundi le 1 dec./Dec 1:	3-4-1-2
Mardi le 2 dec./Dec 2: Learning Lounge Term 1 Ends	7-8-5-6
Mercredi le 3 dec./Dec 3: Learning Lounge	3-4-1-2
Jeudi le 4 dec./Dec 4: Learning Lounge	7-8-5-6
Vendredi le 21 nov./Dec 5	3-4-1-2

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:

December 1
December 2
December 22Term 1 Ends
Term 2 Begins
Winter Vacation Begins

A heartfelt thank you to all our staff and students for exemplifying Falcon Excellence during our Remembrance Day Assembly. Your respect and participation made this event truly meaningful.

**Central Okanagan Public Schools (SD23)****3**

options to report a student Absence

Use the free **SafeArrival** App on your SmartphoneUse the **Parent Portal Online**
<http://sd23safearrival.schoolconnects.com>

Phone the school, push "1" to report

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

Hallway/Dismissal Expectations

- Please wait to be dismissed from your seat
 - This helps keep dismissal calm, safe, and organized
 - Staying seated prevents crowding at the door and keeps the hallway clear
 - Teachers will be visible at doors and in hallways to support a safe, smooth end to the day
- Keep the hallways safe
 - Walk, don't run
 - Keeps hands and feet to yourself



Substance Use Prevention Series

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



NOTICE

**PLEASE CLEAN UP
AFTER YOURSELF**



Mr. Stackhouse loves this school and keeps it nice and clean for all of us. Please don't make Mr. Stackhouse sad by littering outside or damaging our bathrooms.

STAFF & STUDENTS

**NO ENERGY
DRINKS
ALLOWED AT
SCHOOL**



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.

FEED YOUR NEED FOR SPEED



**Supportive coaching, friendly
teammates, fun racing
opportunities, team spirit,
excitement and adrenaline!**

All ages and experience levels welcome!!

Check out our Facebook page or email kelownaspeedskate@gmail.com for registration info

*** FREE Try-It Session Dec. 15th @ MNP Place ***

NEW • NEW • NEW

Multi-Language Mental Health Resources for Families

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

Content Available

Mental health resources for families

OUR KIDS' HEALTH

BC Children's Hospital
Transforming Health Through Knowledge

Health Bridge
Transforming Health Through Knowledge

Kelty Mental Health Resource Centre

RECYCLING RIGHT KEEPING OUR SCHOOL CLEAN



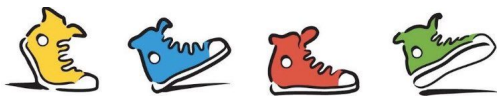
Reminder

PHE: use the restrooms by the gymnasium

First floor classrooms: use restrooms by the library

All portables: use restrooms by the library

Second floor classrooms: use the restrooms upstairs



On PE days
please wear
the correct
shoes!



- Athletic Running Shoes are required
- Water bottle must be filled up at START of class
- Weather and activity appropriate clothing

Central Okanagan Public Schools Proposed Calendar for 2026-2027 School year

2026-2027

Days in session	189 (3 summer Pro Days August)
Number of days of instruction	182
Number of non-instructional days	7
Schools open	Tuesday, September 8
National Day for Truth and Reconciliation	Wednesday, September 30
Administrative Implementation Day	Friday, October 9
Thanksgiving Day (schools closed)	Monday, October 12
Teacher Professional Day	Friday, October 23
Remembrance Day (schools closed)	Wednesday, November 11
Winter vacation period (schools closed)	Monday, December 21 – Friday, January 1
Statutory holiday (schools closed)	Friday, January 1
Schools reopen after Winter vacation	Monday, January 4
Teacher Professional Day (Support Staff In-Service Day)	Friday, February 12
Family Day	Monday, February 15
Spring vacation period (schools closed)	Monday, March 15 – Thursday, March 25
Schools reopen after Spring vacation	Tuesday, March 30
Good Friday (schools closed)	Friday, March 26
Easter Monday (schools closed)	Monday, March 29
Victoria Day (schools closed)	Monday, May 24
Administrative Day (students do not attend)	Wednesday, June 30



École Dr Knox Middle School

Acct: **250-870-5130**

RETURN IT EXPRESS!

COLUMBIA
BOTTLE DEPOTS

- 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!