

Our Mission:

At SOSS, we inspire and support individuals to develop their full potential and to demonstrate a respectful, responsible commitment to community and society.

**Principal's Message**

Spring Break is only days away and we are well into our second semester. Students have nearly all completed their course selections for next year and course verification sheets will be sent out following the break. As we are now six weeks into the second semester, interim reports are being sent home for students who are at a C- or lower in any subject. Parents for students who have received more than one interim report will be phoned in the next two days to encourage those parents to come out to Parent/Teacher interviews that are being held this Thursday. We would like to see as many parents as possible on Thursday, March 10th – Times: 2:00 - 4:00 pm and 5:00 – 7:00 pm. All teachers will be available during these times in our main gymnasium so please come out to discuss your child's progress.

Provincial exam marks have been released from semester one. SOSS students scored higher than the provincial average in every one of the seven different exams that were written. In Socials 11 the average was 9% higher than the provincial average and in Foundations and Pre-Calculus Math it was 7% higher. Way to go SOSS students.

Good luck to our Sr. Boys Basketball team as they travel to Langley to compete in the Provincial AA Championship tournament this week. The boys won the Valley tournament hosted at our school two weeks ago and enter the Provincials ranked 8th. They will meet the 9th seeded St. Thomas Aquinas in the first round at 8:30 am on Wednesday morning. We know they will represent our school and the Valley very well in Langley.

A huge call out to all those who are involved in this year's musical production of Footloose that will be performed at the Venables Theatre on April 21st – 23rd. This show looks to be amazing so get your tickets early as these performances will fill up quickly.

I hope to see many of you this Thursday at Parent/Teacher interviews. Have an amazing Spring Break and enjoy the fantastic weather we have been experiencing.

-M. Toneatto

**Southern Okanagan
Secondary School**
6140 Gala Street
PO Box 990
Oliver, BC V0H 1T0

Phone: 250.498.4931
Fax: 250.498.6957
Web:
<http://soss.sd53.bc.ca/#/home/>
Email: soss@sd53.bc.ca

Reminder!

Please call the school voicemail if your son/daughter is sick, going to be absent, or will be missing school for an appointment. Phone 250-498-4931 and press 7.

Important Dates to Remember

March 6	Course Selection forms due
March 8	Early dismissal, 12:45pm
March 10	Early dismissal, 12:45pm
March 10	Parent/Teacher Interviews, 2-4pm & 5-7pm, Main Gym
March 14-25	Spring Break, school closed
March 28	Easter Monday, school closed
March 29	School reopens after Spring Break
	No PAC Meeting in March
Mar 28-Apr 2	SALTS Trip
April 21-23	Footloose, the Musical performance, 7:00pm, Venables Theatre

**Graduates of 2016!**

Please remember to be checking our grad page on the school website regularly to learn about important dates and scholarship opportunities. Deadlines are approaching quickly. Provincial scholarships have been redesigned as of this year. Just search B.C. Provincial Scholarship Program and read about the following scholarship opportunities:

- ◆ B.C. Excellence Scholarships
- ◆ BC. Achievement Scholarships
- ◆ District/Authority Scholarships
- ◆ Graduation Program examinations Scholarships
- ◆ Pathway to Teacher Education Scholarship
- ◆ Passport to Education
- ◆ Secondary Apprenticeship Scholarships

If you have applied to any post secondary institutions please be sure to check your email account regularly. The information they send is very important and often time sensitive. Don't forget to check each institution's Financial Aid section as there may be awards you can be applying for.



SOYSA is currently recruiting assistant coaches for the Mini Program. The commitment is Tuesday evenings & Saturday mornings, April thru June. See Mrs. Stopa if you're interested.

Grad Fundraising

Spring fundraising opportunities are now available. Help reduce the cost of your grad fees by selling meat products and flower baskets for Mother's Day. See Mrs. Andrews in the office to pick up your order forms. Don't forget to bring in your grocery receipts. These are used to buy gift cards for Super Valu and Buy Low, which are then used to purchase supplies for grad events.

Grad Photos

Re-takes are set for April 7th.

Peer Tutoring

It is important that students get off to a strong start in their academic courses. If you think your child may need extra assistance, we can connect them with a peer tutor. Please contact Mrs. Nazaroff: mnazaroff@sd53.bc.ca, or 250-498-4931 ext.81811 to take advantage of this excellent service.

Music Trip

Ms. Ante still has space available in the Spring Music Trip to Vancouver on May 24th and 25th. For \$150, students will have the opportunity to see the musical Billy Elliot, watch a Vancouver Symphony concert, tour the Sarah McLachlan School of Music, and spend a day at Grouse Mountain. Please contact Ms. Ante for more details. (lante@sd53.bc.ca).

Did you know...

The Anglo-Saxons called March Hyld moanth, which means Stormy month or Hraed moanth which means rugged.



School District No. 53 (Okanagan Similkameen)

The Board of Education of School District No. 53 (Okanagan Similkameen) will be holding meetings in Osoyoos at 7:00 pm as follows:

- March 8** Sonora Community Centre gym, 8505 68th Avenue
-second community consultation meeting
- April 6** Osoyoos Secondary School gym, 5800-115th Street
-special meeting to vote on motion

Please visit the school district website at
<http://www.sd53.bc.ca/district/osoyoos/> for further information.

"If you think you're too small to make a difference, try sleeping in the same room as a mosquito."

-Dalai Lama

News from your PAC

At the most recent PAC meeting, held Thursday, February 25th, we were pleased to have parent Susan Fraser express her willingness to take on the treasurer duties next year. We look forward to Susan joining us shortly, and thank her for volunteering.

A HUGE thank you goes out to outgoing treasurer Paula Martins for her diligent work with the PAC accounts and related tasks for almost 5 years. Both administrators and fellow PAC members have appreciated Paula's thoroughness and cheerful attitude. She will be greatly missed.

We invite you to the next Parent Advisory Council meeting which will be Thursday, April 21st.

Footloose, the Musical



The cast and crew of Footloose are in full rehearsal mode! Show dates are set for April 21-23rd and the show starts at 7:00pm. Tickets will be on sale after spring break in the SOSS library. Seating is reserved so come in asap to get your tickets. Cost is \$15 adult, and \$10 for students. The Saturday matinee tickets are half-price. Don't miss out on another amazing production from the SOSS Drama department!



Athletics

Grade 8 Boys

The grade 8's finished 6th overall in league play before going into the playoffs. Things still looked pretty promising for us as we had a fairly close and competitive league, so it could be anybody's game come playoffs. The boys played some of their best basketball of the season, but came just a little short as we lost all of our games by only 5 points at most, so they were all close games and could have gone either way. The boys should be proud of how they played and with the amount of improvement they have shown in the later part of the season. Now they just need to keep practicing and be ready for next year when they play on the Junior basketball team.

Junior Boys

The Junior boys basketball team finished their season with a 24-6 record. They were undefeated South Zone Champions and finished 5th in a very difficult Valley Tournament. Four junior team members are now playing with the senior team and made strong contributions in the Sr 'AA' Valley championships and will be going to the Sr 'AA' provincial tournament March 9-12. This bodes well for the next couple of years for our Sr basketball team.

Junior Girls

This year was a building year for the Junior Girls basketball team as we combined girls from grade 8 to 12. The girls made great strides with their skills, game sense and teamwork. It was a challenging year in league play but we were very successful in away tournaments where the team placed second in both. We would like to thank the grade 8s for stepping up, giving it their all and never giving up against any of the Jr and Sr teams that we played. A special thank you to Lataaya James for all of her hard work and dedication. We are very proud of all of the girls and look forward to next year! Go Hornets Go!

Senior Boys

The senior boys are on a run as they have won 10 straight games. During that run the team won the PVSS tournament, the Shoe game for the 9th straight year, zone championships and this past weekend they captured the Valley championships. The Valleys was a display of just how good the Hornets can be when they put their mind to playing team ball. The team defeated Seaton of Vernon 106-50 then in the semi-finals the Hornets defeated Summerland 77-39. In the final the Hornets started slow but had a strong second half and sealed the Valley championships with a 90-49 win. Gurshan Dhaliwal was named as tournament MVP to go along with his South Central league first All Star award. Manjot Dhaliwal had an excep-

tional tournament earning an All Star award which complemented his First All star performance in the league. Manveer Brar was also named to the All Star team adding to his 2nd All Star award in the league. The team consists of the following seniors who will now play their final games at the provincials March 9-12: Jamie Fortune, Manveer Brar, Shawn Sandhu, Harmeet Brar, Kulbir Grewal (league MVP) Gurshan Dhaliwal. Grade 11's Manjot Dhaliwal and Jagdeep Sandhu round out the senior players. Continuing the tradition of bringing junior players along, they are adding Matthew Wilson, Sahij Gill, Justin Dhillon and Dilshan Gill to their roster. Go luck Hornets, here's to a strong run at the provincials!

Spring Sports

Spring season sports are now underway. The girls soccer team have begun practicing and a meeting of interest for the tennis team took place this week. The golf team will get started after Spring Break.

"Do something wonderful, people may imitate it."
-Albert Schweitzer



Grade 8 Boys

Back row: Bret Rollison, Rex Baptiste, Ikemjot Gill, Andrew deVos, Preetinder Dhaliwal, coach Ryan Baptiste

Front row: Kyton MacFadden, Ethan Poole, Harshveer Sran, Aidan Kitt, Ikembir Gill.



Jr Girls

Back row: Coach Ms. Ante, Grace Neily, Kiera Gaudet, Riah Podmorow, Simi Gill, Laatya James, Keianna James, coach Ms. Frank.

Front row: Alysha Evans, Madison Boen-Shekula, Stephanie Matevia, Neha Chahal, Ali Lantz, Makayla Marcy

Junior Boys

Shan Gill, Ethan Williams, Tyson Marsel, Sunny Dhaliwal, Harsh Gill, Harshbir Kangura, Sahij Gill, Matthew Wilson, Sunny Sra, Manmeet Dhaliwal, Jonah Cook, Devon Nemeth, Vishal Ratte, Justin Dhillon. Coaches: Mr. Wilson & Mr. Fuller



Senior Boys

Coach Greet Gill, Gurshan Dhaliwal, Harmmeet Brar, Manveer Brar, Shawn Sandhu, Jamie Fortune, Kulbir Grewal, Jagdeep Sandhu, Manjot Dhaliwal, coaches Kevin Chase & Sunny Buttar.

Showcase Assembly

The Winter Recognition Assembly was held on March 1st. Academic awards for Semester 1 were presented to Honor Roll (3.5-4.0 GPA), Merit (3.0-3.49 GPA) and Work Ethic (all G's or E's) recipients. The assembly was student led; emceed by Sally Lee and Alicia Schutz, with assistance from Rebekah Thomas, Aiden Cook, Tatum Brogan, Kenzie Harrington, Ben Somerville, Josiah Somerville and Mikayla Podmorow.



Above, from right: Tina Raposo, Sarah Stanley, Maxine Houe.

Below, from top right: Jr Girls basketball players, Neha Chahal & Simi Gill with coach Ms. Frank.; Jr Boys Matthew Wilson, Sahij Gill, coach Dan Fuller, Justin Dhillon, Tyson Marsel & Shan Gill.; Sr Boys Shawn Sandhu, Harmeet Brar, Jagdeep Sandhu, Gurshan Dhailwal, Jamie Fortune, Manveer Brar, Kulbir Grewal & Manjot Dhaliwal; Grade 8 Boys Bret Rollison & Harsh Sran with coach Mr. Baptiste.



"No one can make you feel inferior without your consent."

-Eleanor Roosevelt

Study Tips from the L.A. Room

The 3 R's of Habit Change: How To Start New Habits That Actually Stick

Adapted from <http://jamesclear.com/three-steps-habit-change>

What you repeatedly do (i.e. what you spend time thinking about and doing each day) ultimately forms the person you are, the things you believe, and the personality that you portray.

But what if you want to improve? What if you want to form new habits? How would you go about it?

Turns out, there's a helpful framework that can make it easier to stick to new habits so that you can improve your health, your work, and your life in general.

The 3 R's of Habit Change

Every habit you have — good or bad — follows the same 3-step pattern.

1. Reminder (the trigger that initiates the behavior)
2. Routine (the behavior itself; the action you take)
3. Reward (the benefit you gain from doing the behavior)

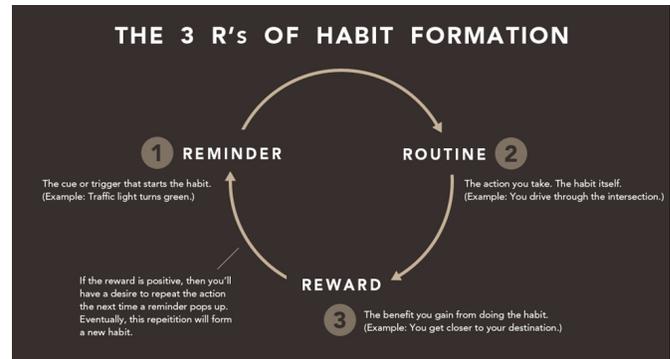
What a Habit Looks Like When Broken Down

Your phone rings (reminder). This is the reminder that initiates the behavior. The ring acts as a trigger or cue to tell you to answer the phone. It is the prompt that starts the behavior.

You answer your phone (routine). This is the actual behavior. When your phone rings, you answer the phone.

You find out who is calling (reward). This is the reward (or punishment, depending on who is calling). The reward is the benefit gained from doing the behavior. You wanted to find out why the person on the other end was calling you and discovering that piece of information is the reward for completing the habit.

If the reward is positive, then you'll want to repeat the routine again the next time the reminder happens. Repeat the same action enough times and it becomes a habit. Every habit follows this basic 3-step structure.



1. Choose Your Reminder

Picking the correct reminder for your new habit
write down two lists:

- the things that you do each day without fail
e.g.) brush teeth, sit down for dinner, etc.
- the things that happen to you each day without fail.
e.g.) A traffic light turns red, a song ends, etc.

2. Choose a Habit That's Incredibly Easy to Start

Start small! In other words, make it so easy you can't say no. Like reading over study notes for 2 minutes in the evening, or doing 5 pushups.

3. What is Your Reward?

This is the most important part: reward yourself *every* time you complete your new action. By the way, only go after habits you want for yourself; it's hard to pursue a goal that's important only because someone else says it is.

Change is tough. It doesn't come overnight and you have to figure out what works for you as a reminder and a reward for any new habit you want to form. But the slow road to doing things that will ultimately make you feel better and live better is worth it if you stick to it.

For an extended version of this, check out the full article at: <http://jamesclear.com/three-steps-habit-change>.

Foods & Nutrition 9/10

"Intelligence is the ability to adapt to change."

-Stephen Hawking



It was Cupcake Challenge day last week in Mrs.Lang;'s Foods 9/10 class. The theme was "Seasons".

Top left: Gericia Cooper, Glynne Hopkins, Zack Arnold, and Chase Kowatsch show off their creations.

Top right: Komal Dhaliwal and Kaylan Gerrard present to the judges.

Above left: Sophia Bontorin, Kayleigh Antunes and Ben Traas hold their "winter" themed cupcakes.

Right: Megan Murray, Kendra Leinor, Sarah Stanley.



MARCH CAFETERIA SPECIALS \$3.00

Tues. Mar. 1	Taco salad
Wed. Mar. 2	Fish and Wedges
Thurs. Mar 3	Poutine
Mon. Mar. 7	Pasta (macaroni or penne)
Tues. Mar. 8	Chili
Wed. Mar. 9	Soups and Grilled Cheese
Thurs. Mar. 10	Caesar Salad and Wings

~Spring Break~

Tues. Mar. 29	Penne Pasta
Wed. Mar. 30	Pizza
Thurs. Mar. 31	Chicken Stew and Potatoes

All Fridays - Ordered in Pizzas, \$ 2.50 a slice

Everyday Cafeteria Menu

Milk (125ml)	\$1.25	Cheese bun	\$1.50
Milk (250ml)	\$2.25	Pizza Pretzel	\$2.50
Milk to Go	\$2.50	Cookie	.50
Vitamin Water	\$2.50	Loaf	\$1.00
Minute Maid	\$2.00	Brownie	\$1.00
V-8	\$2.00	Muffin	\$1.25
Canned Drinks	\$1.25	Granola Bars	.75
Flavored Water	\$1.00	Fiber One Bar	\$1.00
Salad Bowl	\$2.00	Special K Bars	\$1.00
Sub Sandwich	\$3.00	Gum	\$1.50
Egger	\$2.00	HALLS	\$1.50
Sausage Egger	\$3.00	TicTacs	\$1.50
Pepperoni Sticks -	\$1.25	Chips	.75 - \$1.25

SOSS Aboriginal Education

Upcoming Events

- ◆ The *Celebration of Traditions Pow Wow* will be held on April 1 & 2 in Keremeos at Similkameen Elementary Secondary School Gym. Students are encouraged to attend and permission slips will be handed out after spring break.
- ◆ There are exciting new prizes in this year's *Aboriginal Arts & Stories Competition!* This is an amazing opportunity for young Aboriginal writers and artists. Please check out the posters around the school or in the Aboriginal Room for more detailed information or follow the link to the website: <http://www.4edu.ca/archives/email/2015/Historica/AAS-E-feb-3-2016-T.html>
- ◆ We have a number of our students attending *The Gathering Our Voices Youth Conference* in Victoria during Spring break. Young people from all across Canada are invited to join us to explore, to learn and to engage with our culture among peers. This year's conference is rooted in culture.
- ◆ Students will have the opportunity to make new connections, rekindle old bonds, engage their passions and discover a new drive. Some of the questions addressed at the conferences will be: How can we improve the present? How can we create a brighter future for ourselves? Are we prepared to face the upcoming challenges? The power is in the YOUTH! Check out the website for to see what our youth will be experiencing! www.gatheringourvoices.bcaafc.com/about
- ◆ A new face in the Aboriginal Room! Sonya Jensen has taken a leave to pursue further education in Language. Please Welcome **Jeremy Crow** to SOSS as the new Aboriginal Support Worker. He will be working with Alanna Waunch supporting students. If you need any help or support please don't hesitate to contact either of them at the school.
- ◆ Parent teacher interviews are being held on March 10th from 2-4 & 5-7.
- ◆ **Aboriginal After School Support** – The Aboriginal room is open from 8:00-8:30 & 2:45-3:30 for students who need some extra support with their studies or help studying for tests.





SCHOOL DISTRICT NO. 53 (OKANAGAN SIMILKAMEEN)

EMPLOYMENT OPPORTUNITY

EDUCATION ASSISTANT

DATE: MARCH 31, 2016 AT 2:30 PM

LOCATION: OKANAGAN FALLS ELEMENTARY SCHOOL

How to join our team!

Attend this session to gather information about employment opportunities as an education assistant in our district including:

- information about our district, student demographics and the work of education assistants
- how to become a certified education assistant
- positions and duties
- employment information
- hiring opportunities and process
- application requirements

The district will shortlist and pre-hire applicants to begin work after successful completion of an approved education assistant course including a successful practicum in one of our schools.

For more information call 250-498-3481

Manager of Human Resources, Susan Trower Ext. 102

District Principal of Student Support Services, Terry Collis Ext. 106

How can you prepare?

Visit our website at www.sd53.bc.ca and review our education assistant job descriptions and application guidelines.

What our EAs say about their work:

“Being an EA is a very rewarding job...I love working with children and seeing their success”.

“Every day offers new challenges and you work alongside students as they move forward”.

“As an EA you watch a student be successful and know that you are part of the success”.

SCHOOL DISTRICT NO. 53 (OKANAGAN SIMILKAMEEN)

6161 Okanagan Street
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