

**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.*

Southern Okanagan  
Secondary School  
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## Principal's Message

It is hard to believe how fast the month of October has gone. It is a great time to be reflective and appreciative of all the positive things we have going on in our lives. I hope all families had the opportunity to be together over the Thanksgiving weekend.

It was a busy month here at SOSS. Sports teams are heading towards Valley and Provincial Championships in the next short while. Congratulations to the Senior Girls Field Hockey team as they qualified for the Provincial Field Hockey Championships in Surrey November 8-10. A huge thank you to all of our coaches for the countless hours they spend with our kids. Without their commitment to athletics, our programs could not run.

We hosted the "Out in Schools" assembly which helped to facilitate discussion on bullying, homophobia, and stereotypes. The goal was to increase understanding

through education so that all students feel safe at school.

The second performance this month was called "Qwalena: The Woman Who Steals Children" which was a cultural event brought to life by Indigenous storyteller Dallas Yellowfly. The presentation of "Qwalena" tells a thought provoking, scary story about a girl who was bullied and not accepted in her community and how it impacted her life.

We had a very good turn out for our Parent Teacher Interviews. We adjusted the format to have more of an open house "feel", complete with student musicians, coffee, and cookies baked by our students. If you were unable to attend, but would like information on your child's progress, please contact their teachers directly. Please note that the end of Term 1 is November 7 and report cards will be going out shortly thereafter.

Mrs. Podmorow has started auditions for Rock of Ages. This is going to be a high energy, rockin' kind of show and more than a few of us will recognize the iconic songs. We will keep you updated

throughout the next few months.

Other opportunities for students include a variety of clubs. Hopefully, there is something for everyone's interests. Please note Times and details listed on the next page. Thank you to all of our staff members who are providing these opportunities to students and creating a warm and welcoming school culture.

Grade 9 immunizations were November 2nd and the next PAC meeting is on Thursday, November 30 at 6:30pm in the library. The PAC is always looking for new parents to join. You don't have to attend every meeting and it's a great way to become more involved in your child's education.

T. Harrington



## Important Dates to Remember

October 26	Start of Rotation 3 for Grade 8's
November 2	Grade 9 Immunizations
November 7	End of Term 1
November 8	Beginning of Term 2
November 8	Europe Trip 2019 Meeting, 6:30
November 9	Remembrance Day Assembly
November 10	Non-Instructional Day (No School)
November 13	Remembrance Day Stat (No school)
November 20	Grad Meat and Flower orders Due
November 22	Start of Rotation 4 for Grade 8's
November 22	Early Dismissal, 12:05 PM– Inquiry Time
November 30	PAC Meeting 6:30 @ SOSS Library



### OVERDUE STUDENT FEES

Reminder to all students with outstanding/overdue fees to please submit monies to the accounting office asap.



This year's school musical will be "Rock of Ages"! Auditions are well underway and we are excited to be filling a number of speaking and singing roles. Performance dates will be held on **March 1st, 2nd and 3rd at 7:00pm, with a matinee on the 3rd at 2:00pm.** Please watch for more information in the coming months. We are very excited to be presenting this show that is filled with iconic 80's tunes!

## Clubs & Activities

*The following clubs are currently being offered at SOSS. New members are always welcome, and students who have ideas for other clubs are encouraged to share their ideas.*

- Art Club**— Monday's at 3pm, Mrs. McVicar
- Film Club**—Monday's at 3pm, Mrs. McVicar
- Writing Club**— Tuesday's at lunch, Mr. McKinnon
- Alliance Club**—Wednesday's at lunch—Mrs. Illingworth
- Photography Club**— Wednesday's at lunch—Mrs. McVicar
- Skateboarding Club**— Thursday's at lunch—Mr. McKinnon
- Gardening Club**— Thursday's at lunch—Mrs. McVicar
- Games Club**—Wednesday's at lunch—Mrs. Windley

### Skateboard Club

Skateboard club has had an awesome first season. We travelled to Osoyoos, Keremeos, and Penticton to develop skills and have some fun skating. Highlights from our first sessions include Justice Baptiste's epic 50-50 on the Keremeos Hubba and a very creative game of S-K-A-T-E in Osoyoos.

We would like to acknowledge the kind support of the Oliver Legion for their generous donation to the Oliver Small Wheels Park. We would also like to thank Kali Protectives for the donation of helmets. Our last trip of the 2017 season was at Penticton. Highlights of the trip included Dustin Cachola pushing his limits on the big banks and John Peace's big efforts on the small banks. This final trip before the cold and rain built confidence and we saw a ton of improvement in a single session. Way to go, guys! We will start up again in the Spring with more great trips planned including our year-end finale to Kelowna. In the meantime, come out and watch some great skateboard films and videos, help us plan some fundraisers and get stoked on the heavy gnar! Beginners, photographers, and anyone else who wants to support the club are welcome to join us on trips. If there are any girls who are interested in skating, but don't know how yet, talk to Mr. McKinnon about a girls-only session. You don't need a helmet or a board – both can be provided. All you need is a positive attitude and a willingness to try. See you at the skatepark!

### Reminder!

Respect our school zone. The parking lots are for staff & students only. Please use Gala Street to drop off & pick up .

## News from your PAC



*Believe you can and  
you're halfway there.  
-Theodore Roosevelt*

The SOSS PAC would like to welcome Sue Leinor as our new Treasurer! You're doing great! Thank you to Susan Fraser who so faithfully served on the PAC and is now taking a much-deserved rest. We appreciate you!

Rob Zandee (Trustee) reported that SOSS is up 25 students this year, bringing our numbers up to 482. He also indicated that the school board is taking on a huge focus on numeracy at the elementary level as they want to better prepare students for high school. For more information on school board meetings, please go to [www.sd53.bc.ca](http://www.sd53.bc.ca).

It's always exciting to hear the details in our administrators report on the latest initiatives in our school, such as the Mentorship group for grade 12 students and how our very own Inquiry leaders are leading learning at SOSS.

### Recent spending decisions:

- Grade 9 immunizations – juice boxes
- Gardening Club - \$300
- Pending- will we continue to contribute to Missoula Theatre - to help with production costs.

PAC meetings are a great place not only to be informed, but to ask questions and share your views on any matter relating to the school including, but not limited to: programs, policies, services, facilities, plans and activities. Come be a voice, lend a hand, have an impact!!

To find PAC meeting dates, executive names, and previous meeting minutes, please visit our school website under the Parents tab. Any questions, comments or agenda items for the next meeting can be directed to [sosspac@gmail.com](mailto:sosspac@gmail.com).

**November 30th will be the Annual General Meeting, at 6:30 in the SOSS library.** Anyone interested in volunteering for a position, or just observing and listening is welcome to attend.



### Grad Fundraising

Students are reminded to please pick up order forms from the school office for the Fundraising to help offset your grad fees. Deadline for all orders is November 20. The office is still collecting grocery till tapes from Buy-Low. These are collected, tallied and submitted for coupons to help offset some of the costs related to school and grad activities.

*Is your son/daughter going  
to be missing school?  
Phone our voicemail  
messaging service at  
250-498-4931, press 7 to  
leave a message.  
soss.sd53.bc.ca*

## Field Hockey

The SOSS Field Hockey teams hit the field right after school began on Friday. Lacking a local league, the grade 8s and 9s played in a fun 5-a-side Junior tournament at home, joined the Seniors for some of their league games, and finished the



SOSS Field Hockey at Valley Championships in Kelowna

season with a mini-tournament against Princess Margaret and Summerland. The Senior Girls hosted 12 teams during the annual SOSS Fall Festival, played very well at the festival in Chilliwack, and qualified for Provincials with a second place finish at Valleys. The team is thrilled to have the expertise of new P.E. and Social Studies teacher Mrs. Russo, who played field hockey for the University of Victoria. The Provincial Championships are November 8th to 10th in Surrey. Good luck to field hockey Hornets Madison Boen-Shekula, Makayla Marcy, Chyna Lee, Riah Podmorow, Grace Neily, Lauren

Bjornson, Faryn Janzen, Navrit Dhaliwal, Brooke Fuller, Taylor Rodie, Marlysse Trampf, Loveleen Gill, Anya Nazaroff, Neha Chahal, Megan Murray, Madelyn Bjornson and Katelyn Wiens .



## Volleyball

### Senior Boys

The Senior Boys Volleyball team have wrapped up their exhibition tournament schedule for the year. The Hornets participated in tournaments at Pen Hi, Vernon Christian, Kelowna, and TRU. Results for the Senior Boys have been mixed; there have been moments of brilliance and periods of inconsistency this season. The Senior Boys Volleyball team have a record of 2 wins and 4 losses in the South-Central League that they play in. Wins have come versus Summerland and Kelowna Christian while losses have been to George Elliott, Princess Margaret, and Summerland. This year's teams in the South Zone, Princess Margaret, Summerland and SOSS, are very close in ability. The South Zone Champion will be the team that steps up during the playoffs November 6th and 8th. We hope that the Hornets will peak at the right time and surprise some teams

as playoffs arrive. Championships run November 17 and 18 in Vernon. Three teams will qualify for the Provincial Championships November 28th -December 2nd in Langley.

Top Row: Mr. Podmorow, Cobie Mackey, Daelen Bontorin, Matthew Wilson, Devon Nemeth, Jonah Cook, Miss. Ibaraki  
Bottom Row: Tyson Marsel, Cooper Seminoff, Ethan Williams,

*Strength doesn't come from what you can do, it comes from overcoming the things you once thought you couldn't.*



### Junior Boys

The Junior Boys volleyball team has improved significantly this year. They placed 8th out of 24 teams at the KSS Best of the West tournament and at the TRU tournament this past weekend. We have 1 more tournament next weekend as they gear up for playoffs. We are really pleased with how hard they work and the level of play they are demonstrating.

Pictured Left: Junior Boys having dinner at the last tournament.

Top: Edgar Oliveira, Trey Fortune, Bret Rollison, Andrew DeVos, Aidan Kitt. Bottom Left to Right: Connor Kitt, Rex Baptiste-Lock, Kyton McFadden, Tyler Antunes, Riah Podmorow, Scarlet Patzer.



### Junior Girls

The Junior Girls Volleyball team had a great tournament in Kamloops this past weekend. They won their pool on Friday and ended with a win on Saturday. The highlight of the tournament was watching an inter-squad game with the TRU Men's team and getting to meet some of the players after the match.

With one week left of league play before playoffs the team is going to work on offence this week. The team continues to improve and this weekend they played their best defense of the season. Court sense and teamwork continues to improve and each of the girls continues to grow as individual athletes. Coaches Jake Meyer and Stacey Smith are incredibly proud of the girls and the growth they have shown so far and are excited to see what the end of the season will bring!

To the left is a picture of most of the Junior Girls volleyball team with TRU player and our referee from Saturday's matches.

Left to Right:  
Amy Tite, Sydney Meyer, Kamryn Meyer, Nataliya Morezewich, Jennifer Zepeda, Bailey Hartle, Bridget Miller, Avery Kane, Nya Trakalo



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### Athletics Calendar

**November 6-8**  
**Senior Boys South Zone**  
**Volleyball Championships**

**November 8-10**  
**Senior Girls Field Hockey**  
**Provincials,**

**November 17 & 18**  
**Senior Boys Volleyball Valley**  
**Championships**

**November 28-December**  
**Senior Boys Volleyball Pro-**  
**vincials**

*What is right is not al-  
 ways popular and what  
 is popular is not always  
 right.*

*-Albert Einstein*

### Grade 8 Girls Volleyball

Back row: Katie Cleave,  
 Arshveer Ghadu,  
 Emma Lougheed,  
 Myaia Koenig, Abby  
 Kamann, Kelsey Szoke,  
 Kamryn Meyer, Ava  
 Podmorow, Isabella  
 Bontorin.

Bottom row: Emily  
 Streeter, Kyra Schafer,  
 Stella Quadvlieg, Lacey  
 Graves, Paloma Villa



The grade 8 girls volleyball team has now finished the regular season and are excited to head into playoffs on Monday, Nov. 6th and Tuesday, Nov. 7th. The girls have been working hard all season and have had some recent success on incorporating hitting and blocking into their game play. Good luck at playoffs!



### Grade 8 Boys Volleyball

Back Row: Mr.  
 Baptiste, Ansh  
 Sharma, Braedon  
 Nemeth, Brayden  
 Lee, Lakken  
 Stelzner,  
 Simrdeep Mann,  
 Dylan Methven  
 Front Row:  
 Eiktaran Bahniwal,  
 Phat Thai, Davis  
 Noakes  
 Missing : Ethan  
 Teigen

It was great so see that many of our Grade 8's were interested in playing volleyball this year for both the boys and the girls. With the Gr.8 boys things were a little rocky at first as for some volleyball was a new sport, but these boys showed that they were ready to improve and get better. In our league, there are just 4 teams, Summerland, KVR, Skaha, and us, so we have had the opportunity to play each of these teams many times throughout the season. Each time we played the boys have shown improvement and were getting better and better with each game they played. Now that the regular season has finished we are in 2nd place going into playoffs. Playoffs will be at Skaha Lake Middle School next Tuesday on Nov.7 and our first game will be against KVR. Hopefully the boys can finish strong in their first game so that we can go on to the final game and have a shot at getting first place in our zone. After playoffs, volleyball will be finished for the season but most of the boys are getting excited to continue on with the next school sport and play some basketball. It has been a great season so far and I hope these boys continue on with volleyball and try out for the Jr. Boys Volleyball team next year.

# Halloween Fun





## **BETTER SIGHTS, BETTER GRADES FOR 2017-2018**

At FYI Doctors, we know how important vision is to our patients. Unfortunately, each year in Canada, thousands of students go undiagnosed and untreated for even the most basic vision problems. Studies show there is a direct correlation between poor eye health or vision and poor performance at school.

### **FYI DOCTORS WILL BE GIVING AWAY 16 FREE PAIRS OF GLASSES**

How the program works:

The **BETTER SIGHT, BETTER GRADES** program is easy.

If you would like your child to be entered into a draw for a complete pair of complimentary glasses

Contact the office in one of 3 ways:

- Phone: 250-495-2020
- Email: [Osoyoos@fyidoctors.com](mailto:Osoyoos@fyidoctors.com) or
- Drop in to the office # 3 - 6511 Main Street

Fill out a ballot for your child to be entered into the draw that will be held on **December 15, 2017**

There will be 2 complete pairs of glasses eligible for each school in our district.

A complete eye exam is required and is covered by MSP until the student is 12 years old or it is \$25.00 for students 13 and older.

The coupon is good at all three FYI Doctors locations and must be used by May 1, 2018





**Healthy Families BC** is the Province's health promotion plan to encourage British Columbians to make healthier choices.

### **Children 6-11 years**

This is an important time in your child's emotional development. By listening to and valuing your child's opinions you nurture your child's self-esteem, social skills and communication skills

### **Teens 12-18 years**

As children enter adolescence, they go through big changes – physical, emotional and social. Friends become more important and they may want more privacy. From building trust to talking about tough topics, this advice will help you and your child navigate the teenage years. For more information see:



THE PSYCHOLOGY  
FOUNDATION  
OF CANADA

LA FONDATION  
DE PSYCHOLOGIE  
DU CANADA

### **The Psychology Foundation of Canada- Resources for Parents**

- A series of **tip sheets for parents of pre-teens** available in over 10 different languages.
- A series of **'parent handouts'** from the Every Mind Matters newsletter that covers a wide range of ages/stages and topics.
- **"Parenting for Life" booklets**– downloadable at this link.

# PARENTING ANXIOUS KIDS- OLIVER

A 3-Session program for parents of  
anxious children and teens

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Some anxiety is normal but if your child's anxiety seems to be worse than other kids, or stops them from enjoying their day to day life, we can give you some tools to help them cope!

## Program Information:

Wednesdays: 6:30 – 8:30 pm Cost is free.

Start Date: **November 8, 2017 (Wed)**

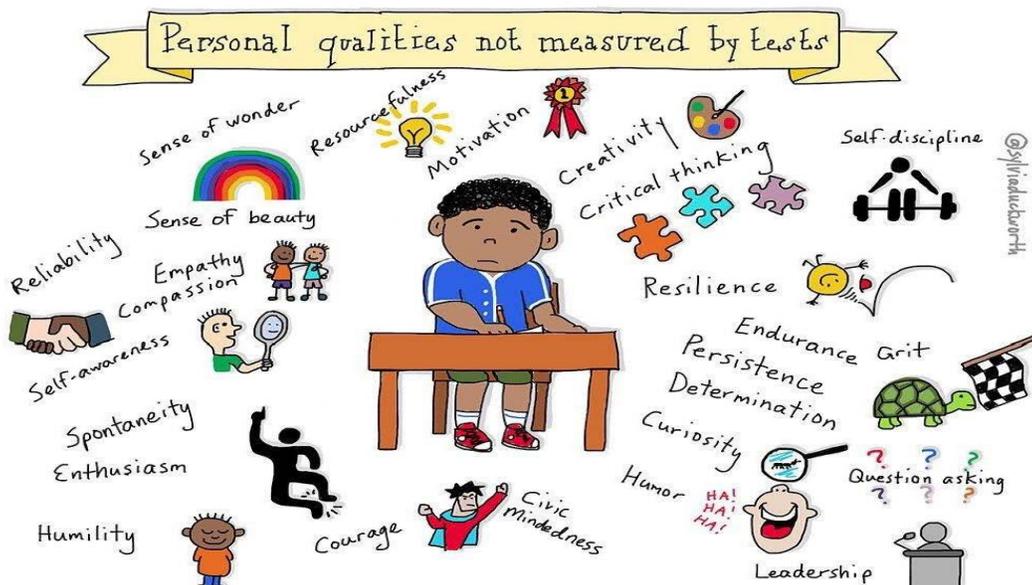
End Date: November 22, 2017 (Wed)

Where: **South Okanagan Secondary Library**

6140 Gala Street, Oliver, BC

To Register: Contact Reception - 250-487-4422

**WE DO ASK THAT YOU COMMIT TO ALL 3 SESSIONS**



Mon	Tue	Wed	Thu	Fri		
Oct 30 Broccoli Cheese Soup 🥕  Chicken Bacon Ranch Wraps 🥕	Oct 31 HAPPY HALLOWEEN Potato Bacon Soup  Chili Dogs	1 Gyoza aka Potstickers (3/\$1.00)  Japanese Ramen Noodle Bowl 🥕	2 Take a Bite of BC Day ☺️ Tomato Basil Soup 🥕  Bruschetta 🥕 & Garlic Parmesan Pasta 🥕	3  Pizza		
6 ♡ Canada ♡ Black Bean Soup 🥕  Poutine 🥕	7 Mushroom Soup 🥕  Chicken Pot Pie	8 Wonton Soup  Chow Mein 🥕 Honey Garlic Chicken	9  Pizza	10 Curriculum Implementation No School		
INTERNATIONAL FOOD WEEK - - Try something new!						
13  No School	14 INDIA Tomato Saar Soup 🥕  Vindaloo Beef & Naan Chai Tea Lattes	15 TURKEY Lentil Soup 🥕  Shawarma (chicken wraps)	16 USA Oven Fried Chicken Mashed Potato 🥕 Broccoli Bacon Salad  Apple Pie	17  Pizza		
20 Red Pepper Chowder 🥕  Beef Dip Sandwiches	21 Chicken Rice Soup  Lasagna 🥕	22 Tortellini Tomato Spinach Soup 🥕  Chicken Caesar Salad 🥕	23 Chicken Tortilla Soup  Macaroni & Cheese 🥕	24  Pizza		
<h1>NOVEMBER 2017</h1>			Entrée	\$3.00	Dessert	\$0.50-1.00
			Soup + Fresh Focaccia	Small \$2.50 Large \$3.00	Juice	\$1.00
			Veggie + Dip	\$0.75	Pizza	\$2.50/slice



= vegetarian option available

\*\*menu subject to change – check cafeteria TV ☺️

**CAFETERIA MENU**  
**\$30 PUNCH CARDS AVAILABLE IN THE CAFETERIA**