

MARCH NEWSLETTER

Home of the Hornets!

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

So many events are happening at SOSS that it is hard to believe we are only one week away from Spring Break. This week we held our first Student Forum in recent memory at Fairview Golf Course. Forty-six students, representing the wide population we have, took part in a one day activity designed to spark dialogue around a variety of topics concerning student education. We are now analyzing the feedback we received which will help guide us in future decision making. The students were open, honest, and did an outstanding job.

Part of the Student Forum was focussed on our school's current timetable. We promised a review of this timetable and are using student feedback as part of this process. This week we will engage our staff in a similar process. Parent feedback is also welcomed as we look to decide whether to keep our current static timetable (classes occurring at the same time every day), or move to some type of rotating time table.

This Thursday, March 12th from 2:00 pm – 4:00 pm and 5:00 pm – 7:00 pm, Semester 2 Parent / Teacher interviews will be taking place at SOSS. Early that same day, students who are receiving a C- or less in their current classes will receive interim reports. I strongly encourage all parents to visit us to discuss your child's education before Spring Break.

With spring comes scheduling for the next school year. Counsellors are presently working with students to finalize their course selections for the 2015/16 school year. From these selections we will determine what courses and number of sections we will offer and then what staffing requirements we will need. Please discuss these selections and educational programs with your sons and daughters. Once all selections have been put into our computer system, we will send home a course verification for a parent to sign and return. Course changes can easily be made up to and including this step. Once we have built our timetable and

loaded all students, then changes can only be made pending available space in a course.

Please take a few minutes to complete the Parent Satisfaction Survey that is highlighted in this newsletter. We value your input and appreciate your cooperation with this. The SALTS trip is in high gear getting ready for our April 6-10 expedition from Victoria on a large sailing ship. We still have 2 spots available so contact M. Toneatto if your son or daughter has a desire to join our crew.

Finally, our students and staff are spending countless hours preparing for and rehearsing the SOSS production of High School Musical. Playing April 16th-18th, tickets are being sold at the school office. We hope to see you all come out to support our students. You won't be disappointed. Have a wonderful Spring Break!

-M. Toneatto

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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.

Did you know...

March is named after Mars, the Roman god of war, probably because the Roman battle season began in the spring.

Important Dates to Remember

| | |
|-------------|---|
| March 2-6 | Grad Photos |
| March 6 | Course Selection forms due |
| March 11 | Ab Ed Parent Information Night, 5:00pm, SOSS Atrium |
| March 12 | 12:45pm, Early Dismissal |
| March 12 | Parent/Teacher Interviews, 2-4pm & 5-7pm, Main Gym |
| March 16-27 | Spring Break, school closed *No PAC Meeting in March* |
| April 3 | Good Friday, school closed |
| April 6 | Easter Monday, school closed |
| April 6-10 | SALTS Trip |
| April 9 | 12:45pm, Early Dismissal |
| April 16 | PAC Meeting, 5:00pm *special time*, SOSS Library |
| April 16-18 | High School Musical performance, 7:00pm, Venables Theatre |



What's Happening at SOSS

Club Schedule

Writing Club— Mr. McKinnon

-Tuesdays at lunch

Art Club— Mrs. McVicar

- Thurs @ lunch
& Fri @ 3pm

Auto Club— Mr. Hofman

-Tues & Thurs @ 3pm

Math Club— Mr. Woollard

-Wed & Fri @ 3pm

Jazz Band— Ms. Ante

- Mon. @ 3pm

Beading— Ms. Terabasket

-Wed @ lunch, AbEd

Leadership— Mrs. Harrington

-as per announcements

Chronicle Writing— Mr. Kitt

-articles in by Friday

Running Club— Mrs. G.

-Tues & Thurs @ 3pm.

FitClub— Mrs. Stopa

-Wed @ 3pm

Yearbook

The 2013-14 yearbook is finished!! If you purchased a copy, please come and pick it up in the library. There is still time to buy this year's book. The cost is \$45.

Hornet Wear

Coming soon.....new Hornet Wear! Show your school spirit with hoodies, sweats, t-shirts and yoga pants detailed with our school logo.

| | |
|-----------------|------|
| White T's | \$9 |
| Charcoal T's | \$12 |
| Long Sleeve T's | \$11 |
| Sweatpants | \$20 |
| Yoga Pants | \$33 |
| Hoodies | \$53 |

A selection of these items are on display in the Atrium showcase, and will be available to order after Spring Break.

High School Musical

The cast and crew of High School Musical are currently rehearsing 4 days/week in preparation for the upcoming show. Tickets are \$10 for students and \$15 for adults. They will be on sale at the SOSS office after Spring Break. The show runs April 16-18th at 7:00pm.



SALTS

Fundraising has begun for the SALTS trip, but there are still a few spots left for anyone who is interested. See Mr. Toneatto or Ms. Ibaraki as soon as possible if you want to participate in this once-in-a-lifetime opportunity. The trip sets sail April 6-10th.

Grad Fundraising

Fundraising forms will be available next week for the next round of meat orders, and flower baskets for Mother's Day.

Grad Transition

Grads should see Mrs. Harrington asap to ensure they have completed all the requirements for Grad Trans. You must have finished by Spring Break or you will be removed from the Grad list.

Scholarships & Bursaries

Local scholarship and bursary forms are now available at the office, pick yours up now! A complete list of awards will be posted on the website shortly. See Mrs. Andrews if you have any questions.

ACE IT/Dual Credit Program

An ACE IT program is a program where students are working towards their certification in a trade governed by the ITA as they complete Level 1 Technical Training.

The ACE IT program enables students to earn both high school graduation credits as well as credit for the first level of technical training, usually at Post Secondary while still in high school.

Some students can enroll in a "Foundation" program, what used to be called "Pre-Apprenticeship" program in order to get hired as an apprentice. Programs vary in length from 24- 40 weeks.

These programs take students with little or no experience and provide them with the skills necessary to get hired in their particular trade. In addition, students receive Level 1 technical training as well as some work based training hours towards their apprenticeship.

In a Dual credit program, students are enrolled in a Post-Secondary institution where they receive both credits from that institution as well as high school credits. The only difference between ACEIT and Dual Credit is that Dual Credit programs are not trade programs where the student achieves Level 1 technical training. See Mr. Kitt for more details.

"Ask yourself: Have you been kind today? Make kindness your daily modus operandi and change your world."

-Annie Lennox

THANK YOU!!

Congratulations to all our Grads for a job well done on your Grad Trans presentations (pictured below is Jon Verbaan). It was fantastic to see the hard work and pride you put in to your presentations. A big thank you to all the staff and community members who took time out of their busy schedules to help out with this event.

Parent Surveys

The 2015 Satisfaction Surveys are being conducted during March and April. The survey is to be completed by parents and students in Grades 4, 7, 10 and 12. The surveys are online and will take approximately 5-10 minutes to complete. School computers are available for those who do not have online access at home. Please call the office to make arrangements. More information is attached at the end of this newsletter.



News from your PAC

Notice of time change for the April 16th PAC meeting!

The meeting will be at **5:00 pm** (rather than 6:30) so that we can be at The High School Musical production in time to set up the concession. The concession will offer goodies for sale during the intermission of all three performances on April 16, 17 and 18, with proceeds going towards the 2nd annual PAC Bursary. This \$500.00 bursary will be awarded in June to a deserving graduate of SOSS.

If you have any questions please contact Audrey Silbernagel at: silbma@telus.net or by phone at (250)498-2568.



Athletics

The winter sports season is now behind us and the spring season is underway. The Sr Girls soccer team have started practicing under the direction of volunteer coaches Andrew Mason and Andy Marsel, with teacher sponsor Ms. Ibaraki.

Tennis will be starting after Spring Break . If you're interested please talk to Mrs. Windley.

Mr. Kitt will be leading the Golf team once again this year. The boys hope to start hitting the links after Spring Break.

Grade 8 Boys

The grade 8 boys worked hard this season finishing 5th in the regular season out of 9 teams and 7th in the playoffs. Missing some key players down the stretch others stepped up and played extremely well. Congratulations on a strong season.

Junior Boys

The junior boys did well this season placing 2nd overall (grade 10 team) and 3rd overall (grade 9 team) going into the playoffs. For the playoffs we combined our two teams to form one junior team and with the extra players at our disposal we were hoping to do well in playoffs and make it to valleys. Due to illness and injury we were not able to play our best during the playoffs and lost to Osoyoos in the semi finals. We had one game left against Keremeos

and we were able to finish the season on a high note winning that game which put us in 3rd place overall in the zone.

These boys have improved a lot since the beginning of the season and next year having many of the grade 9's moving up to grade 10 we hope to have a more successful season next year.

Junior Girls

The Junior Girls Basketball team had a great season this year! The season started off slowly but ended with the girls earning a spot at the Zone playoffs. Each year we have both new and more seasoned players joining the team. What was different about this year was that the girls worked together as a cohesive unit to become a much stronger team than in previous years. In the end the girls played incredibly hard and came third overall in

Zone Playoffs. We couldn't be more proud of them.

Senior Boys

The senior boys had a successful season despite their performance at the Valley's winning 1 and losing 2, costing them a berth to the Provincials. The team played in 6 tournaments: Westsyde 3rd, GW Graham 2nd, Immaculata 2nd and tied for first at the Maggie Play day. They also had an action packed trip to Honolulu where they played in the Kalaheo Classic.. The team were 5-1 in league play and went on to win the zone for the 8th time in 9 years. The team had a record of 23-15 which is very respectable. The Hornets are graduating the following players: Austin Basso, Brett Harrington, Raj Bahniwal, Karn Mann, Blake Miller Yuckin, Anmol Malhi, Jasdeep Sandhu and Sukh Mann. We are hoping that the losses this year will encourage those players returning to work hard to get the Hornets back on top. Go Hornets!

Back row: Coach Gill, Austin Basso, Anmol Malhi, Jasdeep Sandhu, Blake Miller-Yuckin, Kulbir Grewal, Raj Bahniwal, Coach Basso, Manager Pravin Dhaliwal.

Front row: Karn Mann, Harmeet Brar, Brett Harrington, Manjot Dhaliwal, Manveer Brar, Gurshan Dhaliwal, Shawn Sandhu.

"Good habits formed at youth make all the difference."
-Aristotle



March Fun Facts:

- Birthstone: Aquamarine
- Flower: Daffodil
- Zodiac signs: Aries & Pisces
- March 14 is Pi Day
- March is Women's History month

Grade 8 Boys

Back row: Coach Mr. Buttar, Brendon Somerville, Tanmeet Brar, Arshveer Sohi, Jagjit Khaira, Jonah Cook, Manmeet Dhaliwal, Coach Mr. Cheema
 Front row: Conner Vu, Sahil Deol, Jesse Gibson, Zack Edwards

**Grade 9 Boys**

Back row: Coach Mr. Wilson, Harshbir Khangura, Sahij Gill, Harsh Gill, Sunny Sra.
 Front row: Sunny Dhaliwal, Justin Dhillon, Shan Gill, Ethan Williams, Tyson Marsel, Vishal Ratte.

Grade 10 Boys

Back row: Coach Mr. Baptiste, Tony Abellan, Kanver Brares, Arshan Gill, Manjot Dhaliwal, Manager Jagdeep Sandhu.
 Front row: Harshbir Khangura, Sunny Dhaliwal, Ravdeep Brar, Sunny Sra.

**Jr Girls**

Back row: Coach Ms. Ante, Laatya James, Ali Lantz, Harjeet Khaira, Tatum Brogan, Keianna James, Coach Ms. Frank.
 Front row: Kali Gabriel-Baptiste, Manvir Ghadu, Simi Gill, Ishika Gill.



Jazz Band Trip

23 students from the music department travelled to Moscow, Idaho, USA for the Lionel Hampton Jazz Festival on February 26-28th. They attended clinics and workshops, watched amateur and professional concerts, and saw a university basketball game. The fundraiser concert on February 19th brought in \$1300 towards this trip. A big thank you to everybody who supported these students! Pictured at left: Connor Schulze-Baldwin, Zack Arnold and Siobhan Detkavitch. Photo credit: Lyonel Doherty

Grade 8 & 9 Band

On Tuesday, March 3rd, the Grade 8 and 9 band students (pictured at right) attended the Penticton Concert Band Festival. They played three pieces for a panel of adjudicators, saw the Kwantlen University Wind Ensemble, and had a fun day at the SS Sicamous, Doc's Driving Range, and Mykonos Pizza. Congratulations to all of these students for an excellent performance.



"A smile is a curve that sets everything straight."
-Phyllis Diller

Grade 8 Mini GT Fair



This year, we introduced a Mini Grad Trans fair for the Grade 8's. Many of the students enjoyed putting their portfolios together and presenting them to staff and volunteers.

Pictured are Ashley Ganzeveld and Gerica Cooper.

Showcase Assembly

The Showcase Assembly was held on February 26th. Awards were presented to students for Work Ethic, Honour Roll, and Athletics. Staff and students were treated to performances by Eamon Riordan-Short & Lane Busby (below left), Sierra Callander (middle), and Tatum Brogan (below right). A big shout out of thanks to Mrs. Harrington and her Leadership Club for helping to facilitate this event. Congratulations to all our students in their First Semester achievements!

"Coming together is a beginning, keeping together is progress, working together is success."

-Henry Ford



Volunteer Opportunity

SOYSA is currently recruiting youth coaches for its spring program. In addition to the volunteer positions, there are four paid positions up for grabs. If you're interested, please see Mrs. Nemeth in the office.



Art Foundations 11/12

Oil pastel artwork inspired by Georgia O'Keefe.

Right: Anastasia Levant

Below: Caitlynn Cawston

"Knowledge will give you power, but character respect."
-Bruce Lee

Foods & Nutrition 11/12



Right: Selina Preston shows off her cupcake creations for the Chopped Challenge.

Left: Manveer Brar icing his cupcakes

Below: Gavin Buttar samples some homemade chicken stock



Technology Education



Top Left: Will Kamann, Daelen Bontorin & Michael Pendlington in the wood shop.

Top right: Max McGibbon & Will Kane in the metal shop.

Left: Mr. Hofman with his class in the wood shop.

Notes from the District Social Emotional Committee

Does any of this sound like your child or teen?

- ◆ not wanting to participate in unfamiliar activities
- ◆ wanting to stay home sick on the day of a school presentation
- ◆ crying every day before going to school, because a parent does not stay
- ◆ refusal to go on school field trips
- ◆ crying when the child sees a bee or a large dog that comes close
- ◆ having an upset stomach every time there is an important test at school
- ◆ lashing out or screaming
- ◆ being very slow in play or failure to join in with other children

If so, your child may be experiencing anxiety. Anxiety is a normal emotion that is essential for survival. Specialists in child development have also noticed that certain fears are more common at certain ages. For example, it is normal for young children to experience some anxiety around strangers, and for older children and teens to experience some performance anxiety in front of peers.

Anxiety is the most common mental health concern for children and adults. **The good news: anxiety can be successfully managed!** Parents play an essential role in helping their child or teen manage anxiety.

Why is it important to talk about anxiety? Children and teens often don't recognize their anxiety for what it is. Instead, they may think there is something "wrong" with them. Children may focus on the physical symptoms of anxiety (e.g. stomachaches). Teens may think they are weird, weak, out of control, or even going crazy! These thoughts might make them feel even *more* anxious and self-conscious. Therefore, the first step is to teach your child about anxiety and how to recognize it. Self-awareness is essential!

Anxiety is normal. Everyone experiences anxiety at some point in time. For example, it is normal to feel anxious when on a rollercoaster or before an exam. **Anxiety is not dangerous.** Although anxiety feels uncomfortable, it is temporary, and will eventually decrease. **Anxiety is adaptive.** Anxiety helps us prepare for real danger, such as crossing a busy street. It can also help us perform at our best, and motivate us to study for an exam or practice for a big game. When we experience anxiety, it triggers our "fight-flight-freeze" response, and prepares our body to react. For instance, our heart beats faster, to pump blood to our muscles, so we have the energy to run away or fight off danger. Without it, we would not survive. Still, difficulty with anxiety can cause considerable distress or interference in everyday life.

Please go to <http://www.anxietybc.com/> for more information about anxiety and how your child can be supported.

SOSS Aboriginal Education

Upcoming Events

- **R' Native Voice** - Tuesdays afterschool 3:00-6:00pm February 2015 - May 2015
**This is a Credited Program for Senior Students, please come in to find out more information.
- **Afterschool Program with Sonya** - Thurs & Fri 3:00-4:00pm
- **Parent/Student Information Night** - March 11th 5:00pm in SOSS Atrium. Guest speakers from Career Education Teacher, UBC-Okanagan, Selkirk College, RNV Coordinator, Osoyoos Indian Band Representatives.
- **Canoe Dry Land Training** -Wednesdays starts Feb 18th Afterschool Bus pick up from the school to bring to SenPokChin.
Advanced paddling strokes, Safety, H.E.L.P, Hydrodynamics 101
- **Cultural Activities coming up**
-Spotted Lake Visit Pick Sage & Cultural Speaker, First week after the Spring Break date depending on the weather, sign up in Ab.Ed Room
-SD53 Annual Pow-Wow-April 10th & 11th at OSS High school in Osoyoos
- **Stop in the Ab.Ed room to find out what activities we will be doing during lunch hours. Crafts with Sandy the third Wednesday of every month, stop in and sign up!!**

Speak Out and Be Heard!!

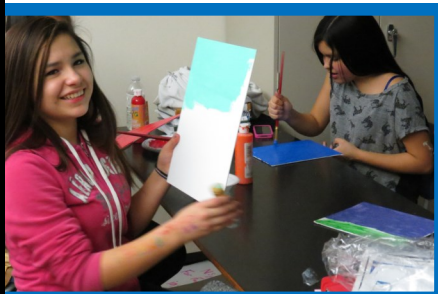


R'Native Voice is a ten week workshop-based after-school program created to support Aboriginal Youth.

Youth will develop tools to help guide them for the future through the teachings of their culture and history.

Workshops focus on:

- Okanagan Cultural & Traditions
- Mental, Physical, Spiritual, Emotional Health
- Self-Empowerment
- Unity

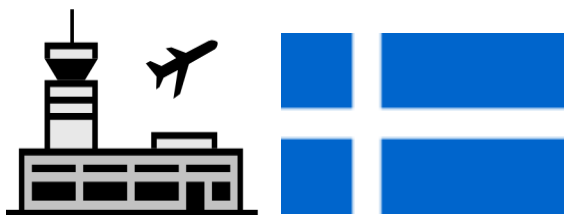


Upcoming Fundraisers

SHETLAND ISLANDS YOUTH EXCHANGE 2015

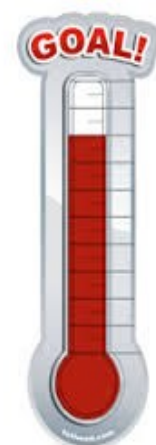


- **Snow Bird Dinner & Loonie Auction @ NkMip Campground & RV Park - Osoyoos March**
- **Art Raffle—Art Donations from Local Artists—Draw set for the End of March—Tickets will be selling first week of March**
- **Hot Dog sale at Super Value & Buy-Low March 7th & 14th**
- **On-Going Bottle Drive—Youth can pick up bottles or bottles can be dropped off at the Youth Centre**



FOR FURTHER INFORMATION CONTACT
MATTHEW BARAN 250.689.0508

**We are
still
working
hard to
reach our
goal !**



Parent Information

Date: March 11th, 2015
Time: 5:00 PM

We would like to invite you to join us for an information night for parents & students to learn about grad requirements, alternative education programs, post secondary information and more to assist students with their future. We will discuss programs we currently have running in school & in the community. We have also invited 'Role Models' to come in and talk to the students about their experiences. Dinner will be served, speakers to follow.

- OIB Education Coordinator
- Okanagan Training & Development Coordinator
- Post Secondary Recruiter
- School/Community Program Coordinators
- Career Education Counsellor
- School Administrator
- More



Location: SOSS Atrium
RSVP to Sonya by Mar.9

School District 53

Contact Sonya Jensen
Phone: 250-498-4931 Ext. 81809
E-mail: sjensen@sd53.bc.ca or
awaunch@sd53.bc.ca