

*April Newsflash***SOSS Enrichment Fund Golf Scramble**

The 20th annual SOSS Enrichment Fund Golf Scramble takes place this weekend, April 11th and 12th, at Fairview Mountain Golf Course. All proceeds from this charity tournament go towards scholarships and bursaries for our Grads. We would like to thank Fairview Mountain for the generous donation of the golf course for this event, and to John Chapman, John Echlin and many others who make this event possible.

SOSS Presents**DISNEY'S HIGH SCHOOL MUSICAL**

SOSS students and staff have been hard at work putting together this year's show – *Disney's High School Musical*.

The play was cast in December and rehearsals began in early January. The cast and crew have been hard at work ever since! Around forty SOSS students are involved in the production.

The original musical boasts catchy songs and energetic choreography. The show tells the story of high school jock Troy Bolton and brainiac Gabriella Montez who join forces to star in the school musical. During the course of show, the two discover a love for singing and for each other! As the two attempt to break out of their cliques, their world and their school turn upside down!

SOSS's musical stars Tony Abellan as Troy Bolton and Lauren McGibbon as Gabriella Montez. Kaden Chernoff and Bethany Smith play the theatrical duo, Ryan and Sharpay Evans, who are most upset by the upheaval of the Status Quo. Carlos Estrada is Troy's best friend Chad and JoJo Abellan is Taylor, the leader of the East High's Science Club. Also featured in the cast are Tatum Brogan as Coach Bolton and Mikayla Podmorow as Ms. Darbus.

The creative team includes Alison Podmorow (Director/Producer), Lisa Ante (Music Director), Nimrit Toor (Choreographer), Rod Kitt (Technical Director), Steve Podmorow (Set Design and Construction), Nathan Woolard (Assistant Director) and Sarah Riordan (Scenic Artist).

Disney's High School Musical is ideal for all ages. It will be presented at the Frank Venables Theatre in Oliver, BC on April 16, 17 and 18 at 7:00pm. Also, there is a matinee on Saturday, April 18 at 2:00pm. Get your tickets now from the SOSS office.

Yearbooks

Thanks to all the students who have picked up their yearbooks from last school year. We have 20 left if you missed out. Cost is now \$50; pay Ms. Jones or Mrs. Goncalves in the library.

Spring Sports

Ms. Lang is running a spring program for Grade 8 field hockey. Any Gr.8 girls interested in playing should see her asap.

The golf team began play this week under Mr. Kitt's direction, and Mr. Leinor and Ms. Windley are coaching our tennis team.

Grade 8 Selfie Eggs-Travaganza

Last Thursday, the Leadership Club organized a special Easter event for the Grade 8's. Afterwards, they were treated to a hot dog feast, prepared and served by the Grade 12's.

**Important Dates to Remember**

April 9	Early Dismissal—12:45pm
April 16	PAC Meeting— 5:00pm, Library
April 16-18	High School Musical Production
April 17	ICBC Presentation, 9:40am
April 22	Last day of 3rd Term
April 29	Early Dismissal— 12:05pm

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Healthy Together



A MONTHLY NEWSLETTER

Self-Regulation

Children and youth can use self-regulation techniques to improve their own well-being and be more calm, alert and ready to learn. The tools to self-regulate are different for everyone and can be calming or energizing depending on the state a person is in.

Physical Activity Ideas for Self-Regulation:

- Go for a run or walk.
- Take a moment to move freely to music.
- Try sitting on a balance ball.
- Find a quiet space for deep breathing, yoga poses, or tai chi.



VISIT: www.self-regulation.ca for more self-regulation tools and techniques and <http://keltymentalhealth.ca/healthy-living/mindfulness> for more information about mindfulness.

Mindful Eating

Mindful eating involves focusing on the present moment, eating without distractions (e.g. TV, computer, phone), and being aware of the experience of eating with no expectations or judgement. Eating mindfully helps build a healthy relationship with food, increase the enjoyment of eating and improve recognition of hunger and fullness cues.

Try This Mindful Eating Activity:

- 1 Remove any distractions and take a small piece of food (e.g. apple slice, raisin, or orange segment).
- 2 Close your eyes and take 3 to 5 relaxed breaths.
- 3 Open your eyes. Pick up the food and imagine that you have never seen it before.
- 4 Explore the food with all your senses. Keep your attention on the experience of the food.
 - **Sight:** notice the colour, unique features, etc.
 - **Touch:** notice the texture e.g. hard or soft, moist or dry, sticky, etc.
 - **Smell:** notice the aroma and mouth or stomach reactions to the smell e.g. saliva building in the mouth, hunger cues, fresh scent, etc.
 - **Taste:** notice how it feels in your mouth and the flavour of the food e.g. changes in flavour intensity, sweet or salty, chewy, etc.
 - **Sound:** notice the sounds as you touch and taste e.g. crunch, squish, pop, etc.
- 5 Gently bring your awareness back to your breath.

Action Schools! BC supports Healthy Schools BC, a key initiative of the Healthy Families BC strategy building the capacity to effectively implement healthy school initiatives using a comprehensive school health approach. For school based information visit www.actionschoolsbc.ca or www.healthyschoolsbc.ca. For general nutrition information and to speak to a registered dietitian call HealthLink BC at 811, or visit www.healthlinkbc.ca.

