

*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.

**Southern Okanagan Secondary School**

6140 Gala Street
PO Box 990

Oliver, BC V0H 1T0
Phone: 250.498.4931

Fax: 250.498.6957

<http://soss.sd53.bc.ca/#/home/>

Email: soss@sd53.bc.ca

Principal's Message

The year is now in full swing at SOSS and there are many positive activities happening. Our staff goals for the school this year are built upon the goals we were working on last year and the inquiry questions our staff collaborates on each month.

- Increase Social Emotional Connections
- Enhance social/emotional connections between and amongst students and staff within and outside of classroom settings
- Provide further opportunities for connections through extra-curricular involvement
- Create more opportunities to develop school spirit

Increase Student Academic Connections

- Increase Project Based/ Inquiry Learning opportunities
- Utilize RTI approach to engage all learners
- Provide further experiential learning opportunities through the introduction of the EPIC Program
- Explore possibilities of having a school environmental sustainability program (enclosed school greenhouse)

Improve Student Self-Regulation

- Development and full implementation of Work Ethic Rubric for all classes
- Increase self-regulation skills for students with developmental disabilities

These goals will also be introduced and elaborated on at the District Education Forum, along with other school's goals, on October 14th at the School Board Office at 4:30 pm. Parents are welcome to attend this meeting.

Interim reports for any student who is currently "at risk" in one or more classes is being sent home Tuesday morning. "At risk" could include not handing in assignments, unsatisfactory effort, struggling with the course material, or poor attendance. Parent/Teacher interviews will be held on Oct. 21st from 2:00 pm to 4:00 pm and from 5:00 pm to 7:00 pm. This will provide an excellent opportunity for parents to sit down and meet with teachers to discuss any issues they may have or receive more information about specific courses and expectations.

Tracy Harrington and Alison Podmorow will once again be taking a group of 21 students to WE Day in Vancouver, at Rogers Centre, on October 21st. This is a fantastic opportunity for our students to gain valuable leadership motivation and skills and acquire a greater perspective on what young people are capable of in making a positive difference in our world.

Next Tuesday Oct. 13th, we have an important Grad parent meeting in the Library. We strongly encourage all parents of students in grade 12 to attend this 1 hour meeting. We will be

discussing many issues pertaining to graduation, scholarships and bursaries, prom, dry grad, and planning for the next steps after high school.

Also on Tuesday Oct 13th, at 7:00 pm in the Library, we are hosting a grade 8 parent meeting. This meeting is for parents to meet with counselors and administration to discuss SOSS and the transition from elementary school.

We are excited about offering students of grade 9 and 10 a fantastic opportunity next semester with our inaugural EPIC program (Experiential, Project Based, Indigenous, and Community). We are getting closer to filling our seats with students eager to experience learning that has a more project based, outside the classroom approach. Stay tuned for more details on this program as we get set to take off into an exciting and innovative new approach to delivering curriculum.

Finally, our Leadership students in conjunction with our Art Club, are performing at Swiller's Pond on Friday October 30th. A new community initiative, students will partake in a zombie walk. This will be open to children of all ages. More details to follow. I wish you all a Happy Thanksgiving. Enjoy breaking bread with friends and relatives and remember to appreciate one another and the gifts we have all been given. Go BlueJays!!

-M. Toneatto

Important Dates to Remember

October 9	Grade 8 Rotation change
October 12	Thanksgiving Day (no school)
October 13	Grad Parent Meeting, 6:00 pm– Library
October 13	Grade 8 Parent Meeting, 7:00 pm– Library
October 15	PAC Meeting, 6:30 pm– Library
October 20-21	WE Day field trip
October 21	Early dismissal- 12:45 pm
October 21	Parent Teacher interviews, 2:00-4:00 pm & 5:00-7:00 pm
October 22	Early dismissal– 12:45 pm
October 23	Professional Development Day (no school)
October 29	Early Dismissal — 12:05 pm, Staff Inquiry time
October 30	Grade 9 Immunizations

Reminder!

Please call the school and leave voice message about student absences. Phone 250-498-4931 and press 7 to record message



Great news!! Our cafeteria re-opened this week. We are pleased to see Mrs. Thomas back in the kitchen and look forward to all the yummy meals and snacks she has in store for our students. Welcome back Mrs. Thomas!

Grade 8 Parents!

On Tuesday, October 13 there is a important parent meeting at 7:00 pm in the library. This is an opportunity to ask questions, meet other parents, learn more about what SOSS has to offer and what our expectations are in terms of policies & protocol. School counsellors and administrators will be in attendance if you have any queries about courses & course planning.

Grad Parents!

If your son/daughter is graduating this year you are asked to attend the Grad Parent meeting on Tuesday, October 13. This meeting will cover all things grad, such as the ceremony, grad trip, scholarships & bursaries, fees and more. The meeting is at 6:00 pm in the library. Administrators and school counsellors will be in attendance.

Terry Fox Run & Spirit Day

On September 24, SOSS staff and students participated in the 35th Annual Terry Fox Run. This year, we combined the annual run with an SOSS spirit day. Students were divided into four colour teams and encouraged to dress in their team colours for the event. For the event, students assembled in the gym for a motivational speech from Mr. Basso and a video of Terry Fox. Many students were motivated by understanding the true spirit of Terry Fox and his ability to bring a nation together for a cause. Students and staff then participated in some fun spirit games and competed with enthusiasm and energy. We then assembled on the lawn to participate in the run. This event really brought an increased awareness and a renewed sense of all that Terry Fox accomplished.

The colour teams also participated in a nickel drive which was a tremendous success. The students and staff of SOSS proudly raised \$1100 for the Terry Fox Foundation. This accomplishment has left everyone involved feeling proud to be a part of such a great community at SOSS.



*"The secret of your success is determined by your daily agenda."
-John C. Maxwell*

*"It's what you learn after you know it all that counts."
-John Wooden*

Field Hockey

Field hockey season is in full swing! The girls have competed in two tournaments and two league games. At their home Fall Festival tournament, the Sr Girls team played five matches and didn't suffer a single loss. They defeated Princess Margaret in league play in the same week. It was a great start to their season! This past weekend, they took to the road for a full weekend of play at UBC. In their first

game, the girls tied defending AA Provincial champs, Crofton House. The competition became much tougher after that, and the girls returned home without a win but with many valuable learning experiences. The team had yet another game this past Monday when they played Summerland on home turf. Despite only having one day off, the girls were able to muster enough energy to defeat the determined efforts

of Summerland. Well done girls! The Grade 8 girls team got their first real taste of play at the Fall Festival. It was a great opportunity for players to further develop their skills and learn what teamwork is all about. The girls will play again at the next Fall Festival on October 16 & 17. Mark your calendars and come out to support both the Sr & Gr.8 teams .

Volleyball

The grade 8 boys volleyball team has had a great start to the season. The team has played 4 matches against opponents in the South Okanagan and so far the record is Two wins, One tie, and one loss to a very strong Summerland team. The boys know what it takes to win and have fun at the same time. They are working hard to make the transition from elementary volleyball to high school level play. Well done team!

We have 14 girls playing grade 8 volleyball this year. The team is off to a great start as they defeated Princeton 2 sets straight, split with Skaha Lake, and lost two close matches to Osoyoos. The girls are working very hard in practice and the improvement in their

skills is noticeable on a daily basis. So fun to coach, these girls are going to be a huge part of girls' volleyball at SOSS in the future. The grade 8 girls roster includes: Japleen Aujla, Kiera Gaudet, Kimran Gill, Sharon Grewal, Bailey Hartle, Jordan Hofley, Avery Kane, Chyna Lee, Sydney Meyer, Michaela Mills, Grace Neily, Riah Podmorow, Muskann Sidhu, Jennifer Zepeda. At the start of the season we had a great turn out for Jr Boys tryouts. From this we were able to select a bigger group of guys who have lots of potential. We have had a shaky start to our season winning roughly half of the games we have played so far. The team has shown a lot of promise during our last tournament at TRU and the boys played some of their best vol-

leyball yet, which lead us to the finals in the B playoffs. The boys are continuing to practice hard and hoping to finish their season on a winning note. The Senior Boys Volleyball team is underway in a tough season in the Central Okanagan League. With games in Kelowna, Summerland and Penticton (Maggie) their experience has been building and the rest of the season looks promising. The boys are working hard to come together as a team as we approach the best of the west tournament in Kelowna on the weekend of Oct 16-17. The following weekend sees the team play at TRU where they will see many of the teams vying for a spot in provincials.

Athletics Calendar

October 16/17	Sr Boys Volleyball @ Best of the West Tournament (KSS/UBCO)
October 16/17	Fall Festival field hockey tournament (#2)
October 20	Gr. 8 Girls Volleyball vs. SLMS, PSS & OSS- 4:00pm, Main Gym
October 23/24	Grade 8 Volleyball tournament- Main Gym
October 23/24	Sr Boys Volleyball @ TRU Howler Tournament (Kamloops)
October 28	Sr Boys Volleyball vs. SSS, PMSS & OKM- 5:00pm, Main Gym
October 29	Jr Boys Volleyball vs. SSS & Pen10- 4:00pm, Main Gym
November 4	Sr Boys Volleyball League playoffs (@ KCS)
November 9-12	Sr Boys Volleyball Zone playoffs



News from your PAC

SOSS Parent Advisory Council (PAC) Annual General Meeting
Thursday, October 15th
6:30 pm, SOSS Library - use the main Gala Street front entrance

We invite all SOSS parents and guardians to attend! Elections will be held for the positions of Chair, Co-Chair, Treasurer and Secretary. Our current chair and secretary are willing to stay on unless others are interested, but the treasurer will be leaving at the end of this school year. We need to involve a new person willing to learn the treasurer's duties with support from the current treasurer. The position must be filled in order for PAC to continue to exist and receive funding which goes towards the needs of our students.

Your input, questions and concerns are always welcome. Please email all discussion ideas to an executive member before the next meeting to ensure they are added to the agenda in time to be included.

Questions? Contact the executive:

Bibi Bailey	bibibailey@gmail.com
Paula Martins	redhaven@telus.net
Audrey Silbernagel	silbma@telus.net

Did you know...
October is Women's History month. The Canadian government established this in 1992

Take your Kid to Work Day

On the first Wednesday of every November, Grade 9 students will spend the day in the workplace of a parent, relative, friend or volunteer experiencing and learning about the world of work as they begin to explore possible career paths.

Research suggests that today's students will have multiple careers over the span of their working years. To be successful, they will need to master both new technologies and complex social and organizational systems. Learning in school becomes more effective and relevant if students can see where their education might lead them in the future. Spending a 'day in the life' of a profession or workplace is a fun and fascinating way to explore the world of work, think about career options, and make informed educational decisions.

This program is run by the Learning Partnership, and more information can be found on their website: <http://www.thelearningpartnership.ca/what-we-do/student-programs/take-our-kids-to-work>

Don't forget:
if you move or change your contact information please let the office know!

Opportunities in the Trades

Can you imagine your child's college program being paid for by the school district?

Or, being paid while they earn credits for high school graduation? Is your son/ daughter working in a trade right now? How about completing a diploma while still in school so that they may start a well-paying career when they graduate? If these ideas interest you, please contact Mr. R. Kitt at the school to discuss opportunities in:

- ◆ Work Experience
- ◆ SSA (Secondary School Apprenticeships)
- ◆ ACE IT (Accelerated Credit Enrolment in Industry Training)
- ◆ Dual Credit programs.

Study Tips for Parents

Finding Balance: Adolescent Screen Time and Learning

We've probably all heard the numbers about recommended screen time: two hours or less per day for children and adolescents, none for children under two. We probably also recognize that those limits aren't happening in most homes. A 2012 survey in the US showed that only 25% of boys and 29% of girls have less than two hours of screen time per day. The rest watch more—much more. But what does that actually mean? The short answer is: we just don't know.

It's already evident that screen time interferes with sleep, learning and face-to-face social interaction. But, lots is not known, since screen-based technology left behind research on its effects a long time ago. And, given what it takes to even get funding for such research, we're not about to catch up anytime soon. Relying on the tech industry itself to tell us what this all means, or what the rules ought to be, isn't exactly a good strategy either. Consider how that went when tobacco companies did their own research on cigarettes.

But before we start equating smart phones with cigarettes, let's not forget that our screens are amazing tools that give us more ability to access information and interact with others than the human race has ever known. Your children have never known a world without cell phones, and many have seamlessly integrated them into their lives. As such, they understand better than we do that not all screen time is created equal. The intensity of the content we consume online varies greatly, as does its impact on us. Spending two hours updating your Instagram profile and browsing Facebook is not the same as two hours of Grand Theft Auto 5. Your children are going through all of the challenges of adolescence, as we all did. Unlike your experience of being a teenager, though, they are doing it in two worlds: one physical, the other online. They will become adults in a world where their next potential date or employer will Google them before considering any relationship. We all remember how difficult the real world was for us when we went through the awkward teenager stage. But that was nothing compared to the mob rules of social media, where the cost of a lapse in judgment or a mis-construed statement can sometimes ignite an almost instantaneous destruction of a person's character. Our online culture of humiliation¹ rewards slander and even threats. And we are all participants.

But it's not all doom and gloom. You can participate in positive ways. Talk to your kids about what goes on online and the impact it has. Better yet, listen to what they have to say about it. And talk about healthy limits too. Recent research has shown that, when parents set rules on screen time for their kids, shockingly, *it actually works*. And when it comes to improving well-being and learning, this matters. The average family spends about 35 minutes per day together during the work week. The average adolescent, when doing homework, is probably toggling between three activities simultaneously (and doing none of them well, says all the research, in spite of what your kids might tell you about how good they are at multitasking). If we want our kids to learn and be successful through high school, we need to first look at what kind of environment is necessary for that. That includes screen time, social time and looking after one's physical health. But it also includes teaching your kids that quieting down and reflecting on what goes on in a given day matters too. That means taking the bold step to turn off screens and create that space where they can grapple with who they are, and who they want to be in a world that is changing faster than any of us can really conceive.

¹For a powerful look into this, see Monica Lewinsky's March 2015 TED Talk: "The Price of Shame".

"Don't find fault, find a remedy"
-Henry Ford

Fun Fact
Halloween is the second most successful commercial holiday after Christmas

Veterans Tulip Garden

The Town of Oliver has been awarded a 70th Anniversary Dutch-Canadian Friendship Tulip Garden. You are welcome to join in the celebration and planting of tulips on:

Friday October 16th at 1:30 in the afternoon

Oliver is to receive 700 tulips being distributed across Canada to winning communities in celebration of the first gift of 100,000 Dutch tulip bulbs sent to Canadians in 1945 as a symbol of appreciation for the role Canadian soldiers played in the liberation of the Netherlands and the hospitality Canada provided to the Dutch Royal Family in Ottawa during WWII.

“We feel very fortunate,” said Mel Wiker & Jim Stewart, Sgt. at Arms Oliver Legion 97 “to have received one of these Gardens as we understand that the Canadian Garden Council, the organization behind the Friendship Tulip Garden program, received more than 400 applications.”

Veterans, school children and the public are invited to attend the planting ceremony where the story of the Dutch princess born in Ottawa during WWII and the history of the enduring friendship bond between Canada and the Netherlands will be retold so that it may live on for future generations. Wear as much red & white as you can, bring your lawn chair and enjoy a few hours of children singing, friendship, bulb planting, spreading peace and remembering sacrifices made. Most of all; what a great day to give thanks to and honor our Veterans.

Mr. Podmorow’s Social Studies 11 class, and Mr. Basso’s AP World History class, will both be attending this very special event.



*“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”
-Melody Beattie*

*“Act as if what you do makes a difference. It does.”
-William James*



BRITISH COLUMBIA

PARENTING ANXIOUS KIDS- OLIVER A 3-Session program for parents of anxious children

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:

Tuesdays: 6:30 – 8:30 pm
Start Date: Oct 20, 2015
End Date: Nov 3, 2015
Where: SOSS Library 6140 Gala Street, Oliver, BC

To Register: Contact Shannon - 250-487-4422
WE DO ASK THAT YOU COMMIT TO ALL SESSIONS



• SOSS ABORIGINALS •

What's going on...



R'Native Voice

8 Week After-School Program
Starting October 6th Tuesday's 3:00-6:00pm



**EPIC Program
Forum Oct 9th**

Selected group of Aboriginal
Grade 9&10's meeting to dis-
cuss upcoming program

Osoyoos Indian Band
Youth Programs

Archery
Monday's 4:00-6:00 @ Oliver Cadet Hangar
Meet at Youth Centre 3:30

Canoe
Thursday's 3:00-6:00 on Osoyoos Lake
Pick up from the High School



Spirit Day



Terry Fox Run

