

# JANUARY 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

Happy New Year Everyone!

With only two weeks until exams, students should be in full swing reviewing course material and handing in outstanding assignments before writing their finals. This is the last opportunity for students with "I's" to bring their marks to a passing grade. The library is open every day after school for students to work until 4:00. Exam week is January 25<sup>th</sup> to the 29<sup>th</sup> and the schedule is posted on our website and as an attachment in this newsletter. Students are not required to be in school if they do not have exams but are welcome to be here to attend study sessions or finish incomplete work they may have. Regular classes will not be in session during exam week.

On January 7th we had a student forum with the goal being to receive feedback from students on issues affecting their learning and their environment at school. Sixty students were randomly selected from all grades to participate in a two

hour session where they provided feedback on a number of issues ranging from student engagement to awards ceremonies. The information received will be discussed by the staff and recommendations for changes will be made. I would like to thank all the students for their willingness to provide us honest feedback in order to improve learning at SOSS.

Course planning for the 2016-17 school year will begin at the start of the second semester in February. Counsellors will have discussions with students on their plans for post-secondary and help guide them in choosing the most appropriate courses for next year. Please review the course planning book online with your son or daughters and be aware of the selections they are making. We will be sending home course verification sheets to parents once course planning is complete. Changes can be made soon after these sheets are sent home but it is important

to note the courses we will offer next year are dependent on student selections.

Our EPIC (Experiential, Project-based, Indigenous, Community) program for second semester is now full. We have twenty motivated grade 9 and 10 students, along with one grade 12 student who will be a peer tutor, who are excited to get started on this new learning adventure. The students will be taking Social Studies, Woodwork, Information Technology, and Physical Education in a blended method that will see them working on projects in and out of the school. A link will be added on our website where parents can follow the progress of this new initiative.

Please contact the school if you have any questions regarding your child's education at SOSS.

Marcus Toneatto  
Principal

## Important Dates to Remember

January 20	12:05pm- Early Dismissal for Inquiry time
January 21	PAC Meeting, 6:30pm, SOSS Library
January 22	Last day of Term 1 classes
January 25-29	Exam Week (see attached schedule)
February 1	First day of Term 2 classes
February 8	Family Day— school closed
February 19	Professional Development Day— school closed



### Reminder!

All visitors to the school must use the main entrance and check in with the office upon arrival.

### Grad Transition

Grad Transition is a required course for graduation. In order to fulfill the Grad Trans requirements, students must complete the following:

- ◆ 30 hours of work experience. This can be a paid job, or a volunteer position.
- ◆ 50 hours of daily physical activity, recorded in their Daily Physical Activity log (due January 11 to Mr. Basso)
- ◆ Successful completion of Planning 10

- ◆ Grad transition presentation. Students put together a showcase of their strengths, aspirations both in life and career, hobbies and any other awards or recognition they would like to share about themselves, and present it to a small group of their peers. Grad Trans presentations will take place in the library on February 2nd & 10th. Students must sign up for their presentation with Mrs. Andrews in the office.

Students needing guidance or assistance with Grad Trans

can see Mr. Basso during B block in the office.

### Tutoring

Is your son/daughter struggling in any of their classes? Could they use some extra support or guidance? We have an excellent roster of peer tutors available to assist students in a variety of subjects. If you think your child could benefit from a peer tutor, please contact Mrs. Nazaroff: mnazaroff@sd53.bc.ca, or 250-498-4931 ext.81811.

### S.A.L.T.S.

The SALTS (Sail and Life Training Society) trip is looking for participants for SOSS's third voyage! The trip will be happening March 28<sup>th</sup> to April 1<sup>st</sup>, 2016, sailing along the eastern coast of Vancouver Island in the Pacific Swift tall ship. The students take on all ship duties along with their SALTS leader to navigate the boat each day. On shore excursions are spent exploring the shores of small islands and inlets and learning about coastal habitat and nature. It is a great opportunity to see a very different part of BC and Canada, and make connections

with many peers in their school. If you have any questions, please see the SALTS website or contact Ms Ibaraki or Mr Kitt.



### Did you know...

January is named after Janus, the god of beginnings and transitions

## Study Hacks, Part 2

Here are some more ideas on how to improve your studying. Try a few and see what works best for you!

### 11. Take Regular Study Breaks

When your brain is working, you need to take regular study breaks to help your brain absorb more information but also to keep you motivated and focused when you are working. Take a short break after 45-50 minutes study as your focus and concentration will become impaired after this period; anything new after 1 hour 30 minutes does not get assimilated—in other words, it don't stick!

### 12. Listen to the Correct Type of Music

Learn about music for studying by doing a quick search on it. The general rules are: choose music without lyrics that promotes a positive mood and doesn't overstimulate to the point of distraction. White noise and other soundscapes are easy to acquire. I recommend trying out Songza—an app that has playlists of all types of music. In it, search for the study and work music and try a few out until you find one that works.

### 13. Make Your Study Space Portable

We may be creatures of habit with favourite seats in the library but information retention actually improves when you vary the places where you study.

### 14. Practice, Practice, Practice...

Practicing sample answers to past exam questions can help train your brain to retrieve information. Create realistic, exam-like condition and test your understanding.

### 15. Don't Stay Up All Night Before an Exam

Make sure to get adequate rest the nights leading up to your exams. When you sleep, your brain assimilates the information you have learned when studying so getting a good night's sleep will help you remember those pesky maths formulas you need for your exam!

### 16. Discover New Ways to Learn

Trying new methods of studying can help you find what really works for you. Use technology to your advantage by watching educational TED Talks or downloading useful dictionary apps for example. We learn differently based on our personality type, relative strengths, and optimal times of alertness in the day, to name a few. Get to know yourself better as a learner in the process.

### 17. Use Scents or Gum to Jog Your Memory

This may seem a bit random but spraying an unfamiliar scent while you're studying can help jog your memory when you spray it again just before an exam. Chewing a strange kind of gum will work the same way.

### 18. Study in a Group

Studying in a group can help you collect new insights to enhance your learning experience. Just make sure everyone there has the same goal of actually preparing for the exam. This isn't the time to get caught up with friends; have a common purpose.

### 19. Meditate

Studies say that meditation can help students stay focused when studying. Not only will meditation help you concentrate when studying but it will help reduce pre-exam stress as it improves both mental and physical health.

### 20. Stay Positive.

It's amazing how a positive attitude can impact on your exam results or motivate you to complete that assignment when all you want to do is go to bed!

*"If you do not change your direction, you may end up where you are heading."*  
-Lao Tzu

### Joke of the month:

*Q. This word I know?  
Six letters it contains,  
take away the last and  
twelve remain.  
What am I?*

*A. "dozens"*

## Hornets Basketball

### Grade 8 Boys

The grade 8 boys basketball team has shown a lot of improvement since the beginning of the season and their skills have greatly improved since we started back in November. Our record right now is 1 win and 2 losses but it is still early on in the season with many more games to play and we hope get some more wins in before the playoffs come in February.

### Junior Girls

This year, the junior girls team consists of players from grade 8,9, and 10, as well as a few senior players who are assisting and providing invaluable guidance to the girls. The girls are working hard to build their skills and grow together as a team. Come cheer them on at home this week as they take on the Princeton Rebels. They will also travel to Princeton this weekend to play in their first tournament of the year. Here

they will play teams from Princeton, Chase and Ashcroft. Go Hornets Go!

### Junior Boys

The Jr boys had a good start to there season. They are 10-1, after finishing second in the Fulton Tournament in December and going undefeated at the Salmon Arm Jamboree. They are off to Abbotsford & then To Mt Boucherie the first two weekends in January. They are looking forward to a big league game against Penticton on January 21st which could decide first place in the league. The team will host the Sagebrush Shootout on February 5th & 6th.

### Senior Boys

The Senior Boys Basketball team started the season slowly as they tried to find their own identity as a team. They thought their skills and knowledge of the game would carry them through. Fewer players and a new coaching staff made it so everyone con-

cerned had a lot of learning to do.

The Chilliwack tournament taught the boys to trust and believe in each other and their coaches. They learned that they cannot live and die on 3 point shots; they had to get back and play solid defense and stop fast break points against them. The Hornets have had to develop an inside game along with help on defense. Trusting and helping each other on offence and defense has aided in development of team players. Our goal at the beginning of the season was to make it to the Provincials. That has changed. We are now playing with the goals of win the Zones, Valleys and Provincials. If we keep improving and playing the way we are now those dreams will soon become reality.

*"Lead with your strengths, not your weaknesses."*

-Unknown



## Athletics Calendar

January 14	Jr Girls vs PSS , 4:00pm, Main Gym
January 14	Jr Boys vs PSS, 5:30pm, Main Gym
January 18	Jr Girls vs BCSS, 4:00pm, Main Gym
January 18	Sr Girls vs BCSS, 5:30pm, Main Gym
January 21	Jr Boys vs Pen, 4:00pm, Main Gym
January 21	Jr Girls vs Pen, 5:30pm, Main Gym
January 26	Gr 8 Boys vs PSS, 4:00pm, Main Gym
January 27	Sr Boys vs SSS, 6:30pm, Main Gym
January 28	Jr Girls vs SESS, 4:00pm, Main Gym
January 28	Jr Boys vs SESS, 5:30pm, Main Gym
January 30	Jr Boys OK/Kootenay Challenge, Main Gym



## News from your PAC

Happy New Year!

We invite all parents and guardians out to the next Parent Advisory Council meeting Thursday, January 21st. The meeting will be at 6:30 pm in the SOSS library - use the school's front entrance on Gala Street. Come out and observe or ask questions of school administration or fellow parents. There are only 4 meetings left this school year: January, February, April and May.

Important!! We are in need of someone to replace outgoing Treasurer Paula Martins, as she steps down after her son's graduation in June! If you think you might be willing to learn this position, please come and check us out! Paula is willing to mentor her replacement.

Questions or agenda items can be forwarded to the executive prior to the meeting by emailing [ssospac@gmail.com](mailto:ssospac@gmail.com)

## Satisfaction Surveys

Are you a parent of a current grade 10 or grade 12 student? If so, we would like your feedback. The Ministry of Education Satisfaction survey provides important information to the Ministry, the School District and our school regarding the progress of SOSS and education in general. If you have a child in grade 10 or grade 12 you will be receiving an email with the survey link. Please take 5 minutes of your time to complete this survey.

Special note, if you have a child in both grades, you may complete the survey twice. Once for each child's experience.

For those of you without email or web access, you are welcome to come into the school and we will set you up so you may complete the survey here at SOSS.

For more information about the survey you may go to the ministry page [www.bced.gov.bc.ca/sat\\_survey](http://www.bced.gov.bc.ca/sat_survey)

We thank you in advance for your participation.

# Thank you!

The staff and students would like to thank the BC Tree Fruit store in Osoyoos for their weekly apple donations for our students. We very much appreciate it! As well, they are offering a 10% discount to our parents, staff & students. Simply clip out the ad (right) and take it in to the Osoyoos location.

### January Fun Facts:

The third week in January (17-23) is National Non-Smoking Week in Canada



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# Red & Green Day



**TWIN  
DAY  
YAD  
NMT**





# Pancake Breakfast Christmas Chaos





## • SOSS ABORIGINALS •

What's coming up...



EPIC Program  
Starts February  
Semester 2



Indigenous education,  
Canada's future. | L'éducation des autochtones.  
L'avenir du Canada.



Indspire Youth Conference and Career Fair  
Vancouver BC  
February 9-13th 2016

Students from SOSS, OSS & SESS will be  
travelling to Vancouver to tour Universities  
and participate in Indspire Conference

### Osoyoos Indian Band Youth Programs Archery

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



# SOSS EXAMS & TUTORIAL SCHEDULE

## JANUARY 2016

MONDAY, JANUARY 25, 2016

Tutorials	Room
<b>8:30-10:00</b>	
SS11 Riordan	
Math Gruntman	
<b>1:00-2:30</b>	
SS11 Podmorow	

MONDAY, JANUARY 25, 2016

EXAMINATION 9:00-12:00	#'s	ROOM	INVIGILATOR
<b>ENGLISH 12 (Abbie, L block B)</b>	21		
<b>ENGLISH 12 (Laver, block D)</b>	18		
Communications 11 (Abbie, D, block B)	17		
English 11 (Laver, block B)	30		
Socials 10 (Basso, block D)	21		
Socials 9 (Basso, block B)	25		
	93		

MONDAY, JANUARY 25, 2016

EXAMINATION 1:00-4:00	#'s	ROOM	INVIGILATOR
<b>SCIENCE 10 (Wurflinger, block A)</b>	19		
<b>SCIENCE 10 (Lang, block B)</b>	19		
<b>SCIENCE 10 (Lang, block C)</b>	25		
Pre-Calculus 12 (Gruntman, block B)	27		
Physics 11 (Lang, block A)	26		
Socials 8 (Stone, block B)	27		
Socials 8 (Riordan, block B)	28		
	108		

December 4, 2015

TUESDAY, JANUARY 26, 2016

Tutorials	Room
<b>8:30-10:00</b>	
SS11 Podmorow	
<b>1:00-2:30</b>	
SS11 Riordan	
Math Gruntman	

TUESDAY, JANUARY 26, 2016

EXAMINATION 9:00-12:00	#'s	ROOM	INVIGILATOR
<b>ENGLISH 10 (Abbie, L, block A)</b>	23		
<b>ENGLISH 10 (Abbie, L, block C)</b>	26		
<b>COMMUNICATIONS 12 (Bridges)</b>	1		
Law 12 (Riordan, block A)	28		
Math 9 (Seminoff, block A)	22		
Math 9 (Gruntman, block D)	22		
Science 8 (Fuller, block A)	27		
Science 8 (Fuller, block D)	29		
	128		

TUESDAY, JANUARY 26, 2016

EXAMINATION 1:00-4:00	#'s	ROOM	INVIGILATOR
Chemistry 12 (McIntyre, block C)	28		
Chemistry 11 (McIntyre, block D)	14		
Punjabi 9/10 (Stone, block A)	21		
English 8 (Abbie, L, block D)	19		
Biology 11 (Wurflinger, block B)	20		
	102		

December 4, 2015

WEDNESDAY, JANUARY 27, 2016

Tutorials	Room
<b>8:30-10:00</b>	
Math Gruntman	
<b>1:00-2:30</b>	

WEDNESDAY, JANUARY 27, 2016

EXAMINATION 9:00-12:00	#'s	ROOM	INVIGILATOR
<b>SOCIAL STUDIES 11 (Riordan, block D)</b>	22		
<b>SOCIAL STUDIES 11 (Podmorow, block A)</b>	11		
Biology 12 (Wurflinger, block D)	16		
English 9 (Abbie, D, block C)	18		
English 9 (Laver, block C)	20		
French 8 (Abbie, D, block D)	14		
French 8 (Nazaroff, block A)	25		
	93		

WEDNESDAY, JANUARY 27, 2016

EXAMINATION 1:00-4:00	#'s	ROOM	INVIGILATOR
Punjabi 11/12 (Stone, block D)	24		
Science 9 (Fuller, block C)	22		
Science 9 (McIntyre, block A)	28		
	74		

December 4, 2015

THURSDAY, JANUARY 28, 2016

EXAMINATION 9:00-12:00	#'s	ROOM	INVIGILATOR
<b>APPRENTICESHIP &amp; WORKPLACE MATH 10 (Seminoff, block B)</b>	15		
<b>FOUNDATIONS OF MATH &amp; PRE-CALCULUS 10 (Gruntman, block A)</b>	28		
Foundations of Math 11 (Seminoff, block C)	18		
Apprenticeship & Workplace Math 11 (Seminoff, block D)	24		
Pre-Calculus 11 (Gruntman, block C)	30		
Math 8 (Wilson, block D)	23		
	95		

Friday, January 29, 2016

"I" day

Adjudication

Marks due

December 4, 2015



**SCHOOL DISTRICT NO. 53 (OKANAGAN SIMILKAMEEN)  
NOTICE OF  
KINDERGARTEN REGISTRATION**

**January 11 - March 11, 2016**

1. Children who will be five years old by December 31, 2016, may begin their first year of Primary (Full Day Kindergarten) in September, 2016. These will be children who were born in 2011.

Parents or guardians may register these new students from  
Monday, January 11 to Friday, March 11, 2016 at the following schools:

Cawston Primary	250-485-4434	8:15 am - 2:45 pm
Okanagan Falls Elementary	250-497-5414	8:00 am - 2:30 pm
Oliver Elementary	250-498-3468	8:00 am - 3:30 pm
Tuc-el-Nuit Elementary	250-498-3415	8:00 am - 3:30 pm
Osoyoos Elementary	250-495-7248	9:00 am - 3:00 pm
YouLearn (Call for Appt)	250-498-4597	8:30 am - 7:00 pm (Mon to Wed) 8:30 am - 1:00 pm (Thurs)

2. ***Please bring your child's birth certificate and Medical Card with you.*** Should you require further details, please contact your local school.
3. Parents may defer the entry of their child into Kindergarten for one year but registration must occur in the following school year.
4. Early registration assists the district with plans for September, 2016. Also, Kindergarten spaces in a school may be limited and placement is done on a first come, first serve basis.

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**SCHOOL DISTRICT NO. 53 (OKANAGAN SIMILKAMEEN)  
PARENTS OF GRADES 1 TO 12 STUDENTS  
REGISTERING OR REQUESTING A CHANGE OF SCHOOL  
SEPTEMBER 2016**

Parents or guardians may enroll their son or daughter in an educational program at any school in our district, as outlined in Section 74.1 of the School Act, and providing there is space available in the respective grade. Registrations prior to June 10, 2016 will be accepted on a first come, first served and availability basis. Beginning June 13, 2016, registrations will be accepted in the following priority order as per section 74.6 of the School Act:

- (a) a catchment area child who, in the previous school year, attended the school at which the educational program is made available;
- (b) a catchment area child;
- (c) a non-catchment area child;
- (d) a non-school district child

**For further information, please contact your local school's principal.**

Personal and Professional Development

# CONTINUING STUDIES

okanagan  
college

## Passport to Employment

### WOULD YOU LIKE TO WORK IN THE HOSPITALITY & RETAIL INDUSTRY?

Get the real-world education you need to pursue a career in the food, wine and tourism industry of the South Okanagan. Topics include essential employment skills, professionalism in the workplace, as well as front desk, housekeeping and cashier training. You will also earn valuable industry recognized certificates, including: **FoodSafe, WorldHost, Serving it Right and WorkSafe BC Occupational First Aid.**

### Okanagan College

**Starts January 23 – ends mid-April**

(exact schedule to be determined)

Classes may move between our Oliver Centre and Osoyoos

To apply for a chance to get job-ready for an exciting tourism career, please call Sharon Reems at 250-492-4305, ext 3401 or email [sreems@okanagan.bc.ca](mailto:sreems@okanagan.bc.ca)



## FREE

Destination Osoyoos is funding this program for current high school students in Oliver and Osoyoos. Students will also receive four high school credits for successfully completing the program.



**Destination  
Osoyoos**  
Tourism Services

[www.okanagan.bc.ca/cs](http://www.okanagan.bc.ca/cs)



# **Looking for some volunteer hours or summer cash?**

**We are looking for reliable Junior Coaches, Assistant Coaches and Junior Referees for our Spring Club Mini program.**



**If you would like to help out, have some fun and make a difference we would love to hear from you!**

**Contact Oliver Head Coach Matthew Wood to sign up or learn more:**

**[author.m.wood@gmail.com](mailto:author.m.wood@gmail.com)**