



April 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5  11:30 Golf Team Penticton	6 <i>Early Dismissal at 12 Noon</i> Parent/Teacher Interviews 1-4 and 5-7pm	7 <i>Early Dismissal at 12 Noon</i> 4pm Girls' Soccer Summerland at SESS 	8	9
10	11  11:30 Golf Team Summerland	12  4pm Girls' Soccer Game: OSS vs SESS	13	14	15	16
17	18 <i>Professional Development Day</i> No School	19  4pm Girls' Soccer Game: Princeton at SESS	20  11:30 Golf Team Twin Lakes	21  Secondary Dance 6pm Cafeteria	22 <i>Secondary Report Cards Mailed Out</i>	23
24	25	26  4:00 Girls' Soccer game at Princeton Secondary School	27 9:30 Elementary month end Assembly 11:30 Golf - Osoyoos. Early Dismissal 12 Noon - Inquiry Time	28	29	30



The 2016 South Okanagan Valley Golf Season is upon us and SESS is fielding the largest golf team in years. We have 15 student athletes representing SESS this season. To encourage junior golfers, local golf courses generously provide golfers a round of golf, prizes and a meal at a reduced rate. Students get a chance to play many of the local elite courses to experience and learn the game of golf. Any student interested in becoming a member of the golf team please see Mr. Turnbull.

2016 SOUTH OKANAGAN VALLEY GOLF SCHEDULE

Location	Day	Date	Tee Times
Penticton	Monday	April 5	1:00 Shotgun
Summerland	Tuesday	April 11	1:30 Shotgun
Maggie-Twin Lakes	Wednesday	April 20	1:30 Shotgun
OSS - Osoyoos	Wednesday	April 27	Noon Shotgun
Princeton	Tuesday	May 3	Noon Shotgun
Fairview South Valleys	TBD	May 9 -13	Tee Times
Valleys	TBD	May 16-20	TBD
Provincials	Sun-Tues	June 5-7	Christina Lake





Skills Canada Results

On March 4, 2016, 22 students from SESS represented our school at the Skills Canada Regional Competition at Okanagan College in Kelowna. All of our participants demonstrated outstanding knowledge and skills in their field of interest, some even making the news, see link below. <http://globalnews.ca/news/2559326/student-skills-competition/>

SESS won the following metals:

Gold

Maria Nugteren - Culinary Arts

Prem Sidhu – Gravity Cars

Silver

Clayton Campbell - Auto Service Tech

Sasha Zebroff – Drafting

Tyson Agar – Gravity Cars



FOSTER FAMILIES NEEDED

The Ministry of Children and Family Development is experiencing a chronic shortage of foster homes in the Okanagan. In the South Okanagan we need many families to come forward, especially those with the time and energy to parent teens and young people with disabilities. If you or anyone you know is interested in becoming a foster parent, please call now for more information. **250 770 7524**



SESS Bottle Depot 2015/2016

900 Sparks Drive, Keremeos, BC

Bottle Depot Guidelines

- * It Must have a Barcode
- * It must have been purchased in Canada
- * You must have paid a deposit
- * It must be a beverage

Please.. no soup, milk products, tin cans, home brew bottles, or American containers.

Simply leave your beverage containers at the Depot door anytime that is convenient for you! We appreciate the use of clear bags for safety reasons.

A big thank you once again to the community for your continued support of the School Bottle Depot. The benefits to the students of SESS are many; Funds for band students, sports teams, Resource Room field trips, new technology in classrooms etc.

Secondary School Students Only
Yearbooks

Pre-order

April 11-29, 2016

At lunch outside the cafeteria.

Cost: \$38

(\$43 to have your name on the cover)

Cheques can be made out to SESS—please include your child's name on the memo line



Secondary School Students Only



2016 South Okanagan Girls Soccer League Schedule

	A League Games	AA League Games	Exhibition Games
April 05			Osoyoos at Oliver
April 07	Princeton at Osoyoos	Oliver at Summerland	Summerland at Keremeos
April 12	Keremeos at Osoyoos		Princeton at Oliver
April 14		Summerland at Maggie	Oliver at Princeton
April 19	Princeton at Keremeos		Osoyoos at Summerland
April 21		Maggie at Oliver	
April 26	Keremeos at Princeton		
April 28		Summerland at Oliver	
May 03	Osoyoos at Princeton		Keremeos at Oliver
May 05		Maggie at Summerland	Oliver at Osoyoos (May 4)
May 10	Osoyoos at Keremeos	Oliver at Maggie	

Games are to be 40 minute halves and will start at 4:00pm. Qualification of the A and AA Valleys will be based on the league results within each division (All games within a division will count, no playoff). In other words, games between A and AA schools will not be used for the determination of the teams that will qualify for their respective Valley championships.

Similkameen Swim Club

Registration

Similkameen Swim Club runs a ten week program beginning **Monday June 6 - Wednesday August 17, 2016.**

Turtle (Age 3-6)

Focused on being comfortable in the water with a buddy or small group. Swimmers will be introduced to all four strokes and basics of starts and turns. Minimum requirement: comfortable in the water without a parent.

Tuesday/Thursday 3:30-4:00

Price: \$115 + \$45 (Insurance) TOTAL: \$160

Maximum 12 participants

Beginner (Age 5-8)

Focused on the fundamentals of competitive swimming. Swimmers will be introduced to all four strokes and basics of starts and turns. Minimum requirement: able to swim 10 m unassisted.

Tuesday/Thursday 3:30-4:00

Price: \$115 + \$45 (Insurance) TOTAL: \$160

Maximum 16 participants

Junior (Age 7-11)

Focused on the fundamentals of competitive swimming. Swimmers will be introduced to all four strokes and basics of starts and turns. Swimmers will have a higher fitness level and repeated practice of all strokes. Minimum requirement: able to swim 50 m unassisted.

Monday/Wednesday/Friday 3:30-4:15

Junior A: (all 3 sessions) Price: \$175 + \$45 (Insurance) TOTAL: \$220

Junior B: (choice of 2 practices a week) Price: \$140 + \$45 (Insurance) TOTAL: \$185

Maximum 16 participants in Junior group

Senior (Age 11+)

Focused on the fundamentals of competitive swimming. Swimmers will be introduced to all four strokes and basics of starts and turns. Swimmers will have a higher fitness level and repeated practice of all strokes. Minimum requirement: 50 Fr must be under 1:00.

Monday/Wednesday/Friday 4:15-5:30, Tuesday/Thursday 4:00-5:30

Senior A: (all 5 sessions) Price: \$250 + \$45 (Insurance) TOTAL: \$295

Senior B: (choice of 3 practices a week) Price: \$200 + \$45 (Insurance) TOTAL: \$245

Maximum 16 participants in Senior group

This year we will have a deadline for registration. After May 31, there will be a \$25 late fee for each swimmer(s).

For more information or registration forms please contact Kelly Winn at kwinn75@hotmail.com.



CAFETERIA MENU

APRIL 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
					Potato Bacon Soup	
					Build a Sandwich	
3	4	5	6	7	8	9
	Corn Chowder	Chicken Noodle Soup	Early Dismissal at Noon	Early Dismissal at Noon	Cream of Mushroom Soup	
	Build a Sandwich Bar	Chili	No Lunch	No Lunch	Build a Sandwich Bar & Deli Trays	
10	11	12	13	14	15	16
	Cream of Broccoli Soup	Chicken Noodle Soup	Chicken Tortilla Soup	Squash Soup	Pea and Potato Soup	
	Build a Sandwich Bar	Butter Chicken & Naan	Build a Sandwich Bar	Soft Tacos	Build a Sandwich Bar + Deli Trays	
17	18	19	20	21	22	23
	Professional Development Day	Chicken Noodle Soup	Roasted Red Pepper Soup	Sweet Potato Soup	Lasagne Soup	
	No School	Sushi	Build a Sandwich Bar	Meatball Subs	Build a Sandwich Bar + Deli Trays	
24	25	26	27	28	29	30
	Won Ton Soup	Chicken Noodle Soup	Early Dismissal at Noon	Cream of Mushroom Soup	Potato Bacon Soup	
	Build a Sandwich Bar	Sushi	No Lunch	Pizza	Build a Sandwich Bar + Deli Trays	

Cafeteria Prices

Soup	\$2.00	Small Salad Bar	\$2.50
Large Salad Bar	\$4.50	Sandwiches/Subs	\$3.00
Entrees	\$4.00	Milk/Juice/Water	\$1.00
Cookies and Squares	\$0.50	Muffins and Desserts	\$1.00





PARENTING ANXIOUS KIDS -Keremeos

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

Wednesdays: 6:00 – 7:30 PM
Start Date: April 20, 2016 (Wednesday)
End Date: May 4, 2016 (Wednesday)
Where: Cawston Primary

To Register: Contact reception - 250-487-4422

WE DO ASK THAT YOU ATTEND ALL SESSIONS



HEALTH PROMOTING SCHOOLS NEWSLETTER APRIL 2016

HEALTHY SCHOOLS SUCCESS STORIES

Partnerships and Services

This month we are sharing a story from the Nelson Star about a successful Farm to School Program happening at South Nelson Elementary School. The weekly salad bar was inspired by a Farm to School grant. It is now going strong and runs as a regular school program. To read the article see: <http://www.nelsonstar.com/news/369722601.html>

ABORIGINAL EDUCATION TEACHER RESOURCES

Teaching and Learning

RedxTalks.org

Ashley Callingbull, Cree from Alberta, currently holds the crown of Mrs. Universe. Ashley has been commended for leveraging her title to advocate for missing and murdered Aboriginal women and Indigenous rights. Ashley shares her story and continues to inspire people around the world. In this [4 minute video](#) Ashley is speaking about how her culture helped her take care of herself so that she could help others. RedxTalks is a TEDx type presentation with indigenous speakers/topics. Additional speakers can be seen at: <https://vimeo.com/redxtalks>

HEALTH LITERACY FOR ADOLESCENTS

Teaching and Learning

Health Literacy and Adolescents: Some Novel Approaches

Date: April 13, 2016 12:00 PM PDT **FREE Webinar**

The BC Health Literacy Network is presenting a free webinar on supporting children and youth to understand health information and what it means to be “healthy”. Professor Deborah Begoray (University of Victoria) and Assistant Professor Patti Ranahan (Concordia University) invite you to join them for a webinar conversation about new perspectives on health literacy and innovative programs to help young people and youth-serving professionals use and understand health information. This webinar will be of interest to people working in health, education, child and youth care, social work and other interested groups.

Please register at: <https://attendee.gotowebinar.com/register/5927375199172955139>

After registering, you will receive a confirmation email containing information about joining the webinar.

SAFETY

Teaching and Learning



Brain Waves is a practical and fun concussion awareness and brain and spinal cord education program now available to elementary school children and their teachers. The program was originally developed for students in grades 4-6; however, the material can be adapted for an older audience. Teachers, public health workers, and community workers who wish to get involved or learn more about the program can contact brainwaves@parachutecanada.org.

NUTRITION

Teaching and Learning



Carrot Rewards



Improve your knowledge to earn points by completing quizzes on healthy living topics like:

- nutrition, meal planning and grocery shopping
- physical activity and what's right for you
- mental wellbeing and the connection between physical and mental health
- low risk drinking and smoke free environments

clinic visits and regular flu shots

Participating loyalty programs: Aeroplan, Scene, More Rewards, Petro-Points

See more at: <https://www.healthyfamiliesbc.ca/carrot-rewards#sthash.9MPE1dVb.dpuf>

TOBACCO REDUCTION

Teaching and Learning

World No Tobacco Day 2016

The theme for World No Tobacco Day is “Get Ready for Plain Packaging”. Plain packaging of tobacco products is an important demand reduction measure. It reduces the attractiveness of tobacco products, restricts use of tobacco packaging as a form of advertising, limits misleading packaging and labelling, and increases the effectiveness of health warnings

The World Health Organization has declared May 31 as this special day. To learn more visit: <http://www.who.int/campaigns/no-tobacco-day/2016/en/>

Tobacco Free Sports

Toronto has joined the list of major baseball cities working to take tobacco out of baseball. To read more about tobacco and tobacco free sports visit: http://www.tobaccofreekids.org/press_releases/post/2016_02_29_baseball_toronto

Smoking in the Movies

Dr. Robert Schwartz from Ontario Canada has prepared a wonderful short video explaining how we can be so certain that smoking in movies causes kids to smoke and why the R rating (18A in Canada) will save lives and money. Please visit: <https://www.youtube.com/watch?v=PLENXpOztdU&feature=youtu.be>

Community Partnerships

IH Tobacco Contacts: Do you need to reach the Interior Health Tobacco Team?

Email: tobacco@interiorhealth.ca

For previous newsletters: [Health Promoting Schools Newsletters](#)

Or contact:

Valerie Pitman

phone: 250-364-6221

RN BN BSPsyc

email: valerie.pitman@interiorhealth.ca

**Knowledge Coordinator for Healthy Schools
IH Promotion and Prevention, Trail, B.C.**