

# SPARK NOTES

## NOVEMBER 2025

### PRINCIPAL'S MESSAGE

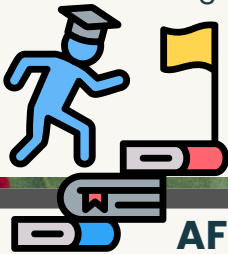
Dear SESS Families,

The school year is flying by! It was great to see so many families at Family Conferences on October 22nd. Please remember you can always connect directly with your child(ren)'s teacher(s) via email or by calling the school to make an appointment. We encourage you to reach out to your child(ren)'s teacher(s) if you have any questions. As parents, you are our number one partners in ensuring your child's success. Thank you for all you do to support our students and our school.

I wanted to send out some thank yous to our generous community. We have so many kind examples of generosity for our students - muffin makers keeping bellies full, Starfish backpacks for priority families, fresh produce for snacks and for our cafeteria program, coaches, drivers, cheerleaders, and more! We are so grateful to all of our community partners for your support of our students and their learning. We are lucky to be living and working in such a generous and supportive community!

If you are wanting to be more involved with the school, please come to the next PAC meeting on December 9th at 5:30pm in the library.

Sincerely,  
Stacey Smith



### NOVEMBER EVENTS

- 07 End of Term 1 - Secondary
- 08 Indigenous Veteran's Day
- 10 Remembrance Day Assembly
- 11 Remembrance Day-No School
- 13 Grade 6 Immunizations
- 13 Culture & Cooking in the Garden
- 14 OneSky Health Presentation Grade 8-12
- 26 Staff Inquiry-Early Dismissal

### AFTER SCHOOL ACADEMIC SUPPORT

We know that students are under pressure to keep up with their classes, and sometimes students need extra time, space, or help to stay on top of their studies. We are offering after school academic support each Tuesday & Wednesday from 3:00-4:00 to help support students and reduce stress. This support is available for any student in grade 8-12. If you have any questions about these sessions, please contact the school at 250-499-2727.

### DRESS FOR THE WEATHER

Winter weather has arrived! Please make sure elementary students are coming to school with warm clothes so they can spend recess and lunch hour outside. During the winter a good coat, mitts or gloves, a toque, and winter boots are needed. Snow pants are also beneficial.

### CONTACT INFO

Principal: Stacey Smith  
Email: [ssmith@sd53.bc.ca](mailto:ssmith@sd53.bc.ca)

Vice Principal: Katie Anderson  
Email: [kanderso@sd53.bc.ca](mailto:kanderso@sd53.bc.ca)





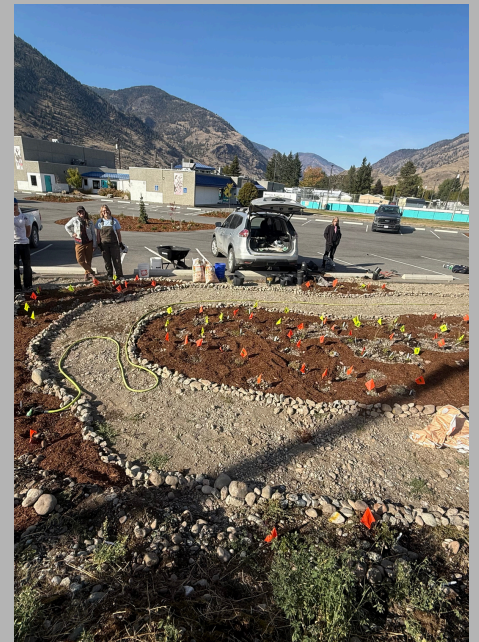
## CULTURE & COOKING IN THE GARDEN

The first Culture, Cooking, and Conversation event took place in our garden on Thursday, October 16<sup>th</sup>. Organized by Jenny Martin, our District Coordinator of Health & Wellbeing, this special day had our classes dropping into the garden to take part in tea, deer meatballs and Siya sauce. Our special guests, knowledge keepers Dyawen Louis and X<sup>w</sup>ayəskn (Clint Holmes) from USIB, were on hand to share stories. Our students were full of smiles, jumping in and helping prepare, cook, and serve food. Students could be overheard sharing their food connections and shared experiences, laughing and connecting. It was a beautiful day! Our next Culture & Cooking day will be November 13<sup>th</sup>, from 9:30–2:30.



## GRAD VOLUNTEERS

Our grads were given a volunteering opportunity to work on the land, cleaning out, landscaping, and planting a garden for the Recreation Centre. Students worked hard all day and were rewarded with a handsome donation to their grad class. Well done, Grads!



## FAMILY CONFERENCES

Thank you to all of our families who came out on October 22<sup>nd</sup> to meet their child(ren)'s teachers. It was so lovely to see everyone!







## SENIOR X-COUNTRY

On October 21st, the SESS Cross Country Team competed in the X-Country Valley Competition. Javraj Liddar performed well and beat his previous time by about three minutes due to training hard and a lot was learned that will help our team next year. Thank you Ms. Rowe for coaching!



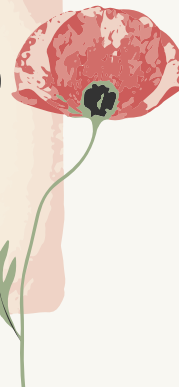
## Remembrance Day



On Monday, November 10th, SESS will hold a whole-school Remembrance Day assembly. We would like to thank the members of the Royal Canadian Legion Branch 192 for their participation in our upcoming event. Staff and students will be focusing on activities for Remembrance Day and Indigenous Veterans' Day all week long.



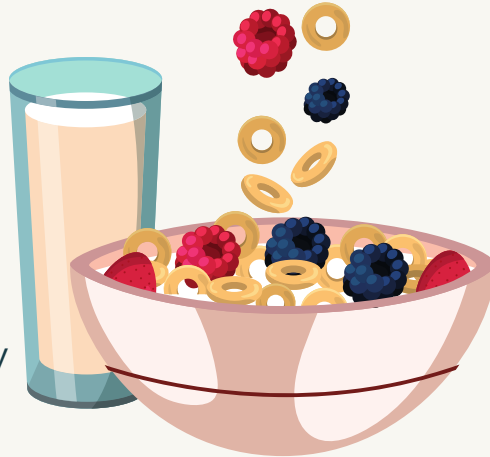
Lest We  
Forget.





## BREAKFAST CLUB

The SESS breakfast program continues to offer a varied and healthy breakfast every morning! All students in grades 5-12 are welcome to drop by for a free breakfast. The program is organized by staff and community volunteers.



## TERM 1 SECONDARY REPORT CARDS



By mid November, Term 1 Reports for secondary students will be available for parents. If your child is in grade 8 or 9, their report will be available through the [Spaces EDU e-portfolio tool](#). Parents should have recieved an email invitation to join Spaces. Students in grades 10-12 will be receiving a report through MyEducation BC. If you are struggling to access either of these platforms, please stop by the school and speak to Ms. Rooney or Ms. Bidoka.

## FREE ONLINE WEBINAR FOR CAREGIVERS

Child and Youth Mental Health (CYMH) is pleased to offer a free online webinar to caregivers of School District 53 exploring the topic of School Avoidance and the potential link to Mental Health.

Date: Wednesday November 12, 2025  
Time: 6:00 pm – 7:30 pm via Microsoft teams.



Please see attached poster for details including live Teams Meeting Link and be sure to share out to anyone who may be interested in attending this informative and interactive event.

<https://teams.microsoft.com-link>

Grad 2026



In October, the Graduates of 2026 volunteered for several community events and met to select this year's Grad Committee.

A few reminders for the graduates:

- Monitor the deadlines for applications for post-secondary institutions
- Continue with CLC tasks and Capstone project progress
- The next Grad vs. Staff event will take place in November. Stay tuned for the exact date.
- Grad Breakfast will be on November 26
- Join the Grad 2025 SPACES group for updates on all things Grad!





# sparks

**OF THE  
MONTH**

Sparks of the month for October were: In November, students will be learning about and practising our **S** – for Self-Regulation. Looking forward to seeing our November Sparks of the month!



## IT'S VOLLEYBALL SEASON!



Also its Elementary Volleyball Season now until December 8<sup>th</sup>. Thank you to our coaches: Ms. Chmelyk, Mishak, Ms. DJ, and Mr. Pillipow!





## BAND CAMP @ TULAHEAD





HALLOWE'EN AT SESS





CYMH Presents...

# PARENTING THROUGH THE CHAOS

## SCHOOL AVOIDANCE:

JOIN US FOR A FREE, INTERACTIVE, ONLINE WORKSHOP EXPLORING THE UNIQUE CHALLENGES OF SCHOOL REFUSAL AND THE LINK TO MENTAL HEALTH.

WEDNESDAY NOVEMBER 12, 2025 6-7:30 PM

**WORKSHOP LINK CLICK HERE:**





# NOVEMBER

## Events

NOV

7

*End of Term 1 -  
Secondary*

NOV



8

*Indigenous Veteran's  
Day*

NOV



10

10:15-11:15

*Remembrance Day  
Assembly*

NOV

11

*Remembrance Day -  
NO SCHOOL*

NOV

13

*Grade 6  
Immunizations*

NOV

13

*Culture, Cooking &  
Conversation in the  
Garden*

NOV

14

*OneSky Health  
Presentations*

NOV

26



12:00

*Staff Inquiry  
EARLY DISMISSAL*







# KEREMEOS FUTSAL

**WINTER SEASON 1: NOV 12 - DEC 17, 2025**

**WINTER SEASON 2: JAN 7 - FEB 25, 2026**

Join our brand new **PFC Community Futsal program** supported by PFC technical and coaching staff. Futsal is played on a small indoor court with a low-bounce ball, creating a fast-paced environment where players improve their ball control, passing, movement, and creativity. Fun for all ages and no experience necessary!

- » Boys and Girls U4 - U10+
- » One session per week
- » PFC training shirt included
- » \$100-\$125 per season OR \$200 for all 14 weeks of indoor fun!

**LIMITED SPOTS  
AVAILABLE!**

**Location:** SESS Elementary School gym  
**FULL DETAILS AND REGISTER AT**  
**[PINNACLESFC.CA/WINTER-PROGRAM](https://PINNACLESFC.CA/WINTER-PROGRAM)**



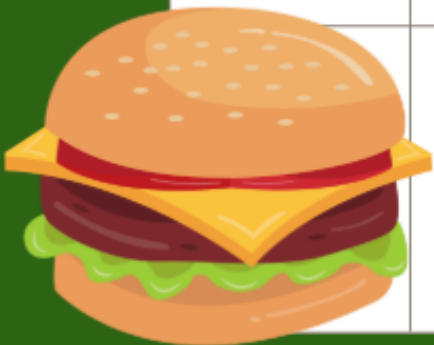


# November 2025

## Lunch Time



| MON                           | TUE                 | WED                   | THU                       | FRI                |
|-------------------------------|---------------------|-----------------------|---------------------------|--------------------|
| 3<br>Shepherd's Pie           | 4<br>Burritos       | 5<br>Perogie Piles    | 6<br>Cheesy Ham Melts     | 7<br>Chef Special  |
| 10<br>Chicken Burgers         | 11<br>No School     | 12<br>Mac n Cheese    | 13<br>Pizza               | 14<br>Chef Special |
| 17<br>Chicken Club Sandwiches | 18<br>Penne Alfredo | 19<br>Hamburgers      | 20<br>Teriyaki Rice Bowls | 21<br>Chef Special |
| 24<br>Chicken Pita Plates     | 25<br>Tacos         | 26<br>early dismissal | 27<br>Pizza               | 28<br>Chef Special |



*Cafeteria*







*Oliver Mini-Ball 2026. Season 3<sup>rd</sup> is here. Let's Go!!*

**Oliver Mini-Ball Dates:**

**January 4,11,18,25**

**February 1,8, Semi Finals 22**

**March 1, Finals**

**\*All sessions will be at SOSS Main Gym**

**Divisions:**

|                         |                                    |
|-------------------------|------------------------------------|
| <b>Rookie Division:</b> | <b>Boys &amp; Girls Grades 2-3</b> |
| <b>Pro Division:</b>    | <b>Boys &amp; Girls Grades 4-5</b> |
| <b>All Stars:</b>       | <b>Boys &amp; Girls Grades 6-7</b> |

**Times:**

|                  |                         |
|------------------|-------------------------|
| <b>Rookies</b>   | <b>1:00 pm- 2:30 pm</b> |
| <b>Pros</b>      | <b>2:45 pm- 4:15 pm</b> |
| <b>All Stars</b> | <b>4:30 pm- 6:00 pm</b> |

**Costs: \$200 per player. Deadline to register is December 19th, 2025.**

**Cost includes:**

- 1. 8 WEEKS OF ORGANIZED BASKETBALL with Oliver hoops legend SPENCER MCKAY!**
- 2. Each session will be 1 hour of skill development, followed by 30 min. games**
- 3. Oliver Mini-Ball reversible uniform.**
- 4. Minimum 1-2 coaches per team.**

**\*ALL PARTICIPANTS MUST BRING A BASKETBALL TO EACH SESSION. League cost DOES NOT include a basketball. Basketballs can be purchased from NBN for \$25.00.**

**Players should bring a water bottle and must wear proper indoor shoes and**



Divisions will fill up quickly, so we will create a wait list for late registrants.

**Release form:** In consideration of the acceptance of this application for registration, I, intending, parent/guardian to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I sustained and suffered by me in connection with my association with or entry into this league and which may arise out of my traveling to, participating in or returning from the league. We are unaware of any illness or injury that would prevent full participation in the league.

The NBN Staff reserves the right to send a player home without a refund if he/she is in violation of league rules and regulations after the second week of the league.

Name of Player: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Grade: \_\_\_\_\_ Male or Female

School: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Contact#: \_\_\_\_\_

email: \_\_\_\_\_

Please check correct Division:                      Rookie: Grades 2-3 \_\_\_\_\_  
                                                                         Pro:     Grades 4-5 \_\_\_\_\_  
                                                                         Allstars: Grade 6-7 \_\_\_\_\_

Need a basketball: Yes\_\_\_ No \_\_\_ (if YES, please add \$25 to the registration fee).

Need a reversible: Yes\_\_\_ No\_\_\_ (if Yes please add \$25 to the registration fee).

Please check your reversible size: Youth S\_\_\_ M\_\_\_ L\_\_\_  
                                                                         Adult S\_\_\_ M\_\_\_

**Make Cheque Payable to NBN Basketball: Drop off at Oliver Elementary school, Tuc El Nuit, or Sen Pok Chin Schools. Or you can e-transfer to [smckay15@gmail.com](mailto:smckay15@gmail.com) please make a note in the message in the e-transfer as to who the payment is for and the league they will be in.**