

DECEMBER NEWSLETTER 2019

Home of the Hornets!

Principal's Message

The holidays are fast approaching and there is excitement and energy as we enter the last two weeks before the break. Link Crew hosted the first school dance of the year with a Hollywood theme. The students were all decked out in their finest attire and many of them danced for the entire evening. A big thank you to all the chaperones for volunteering their time and to Mrs. Podmorow and Link Crew for organizing.

The fall sports have wrapped up and the winter sports are in full swing. Thank you to all of our coaches for providing these opportunities for our students.

A big thank you to Miss Ruby and Mr. Kitt for organizing the Grad Meat and Flower Fundraiser again this year. This event helps our grads to pay off their grad fees. Thank you to everyone who supported this event and we hope you enjoy your purchases.

The Grade 10 students attended the Education and Career Fair in Kelowna on Monday, November 25th. The event is designed to introduce secondary students to a variety of post-secondary education choices, career and employment options, and labor market information to assist with career planning. It is also a great opportunity for students to visit with recruiters from various post-secondary institutions across Western Canada.

Mrs. Podmorow and her Drama class are busily working on Christmas Chaos. This yearly performance is a much loved and highly anticipated tradition at SOSS as you are never truly sure of the final script. There are always many laughs and a few inside jokes; a definite highlight prior to the holiday break. This year's Christmas Chaos performance will be on Friday, December 20th. This year we are again preparing holiday hampers in an effort to give back to our community.

And finally, Student Voice, with support of Mrs. Gittel, Ms. Ibaraki, Mrs. Dhaliwal and the Administration are hosting a pancake breakfast on Friday, December 20th which is free to all staff and students. The Foods class under the guidance of Ms. Frank will be providing cookies and hot chocolate for everyone following Christmas Chaos.

Have a happy and safe holiday season. We look forward to working with all of you in 2020!

-T. Harrington



OVERDUE STUDENT FEES

Reminder to pay all outstanding school fees and Athletic fees to Mrs. Koffler as soon as possible. Thank you!

Important Dates to Remember

December 16	Start of Rotation 5, Grade 8's
December 16-20	Spirit Week Dress-up
December 20	Pancake Breakfast, Atrium 7:45am
December 20	Christmas Chaos, 10:30am (Frank Venables Theatre)
December 20	Last Day of Classes before Winter Break
January 6	First Day of Classes after Winter Break



Holiday Spirit Dress-up Days

Dress-up days will be December 16–20.

Monday:	Lumberjack Day
Tuesday:	Jersey Day
Wednesday:	Twin Day
Thursday:	Christmas Spirit Day
Friday:	Black Friday

Student Voice

The Student Voice Athletics Club just wrapped up their 3 on 3 lunchtime Intramural Basketball Tournament. Six teams from grades 8, 9 & 10 competed in a round robin for playoff seed positioning. When the dust settled, the finals showcased two talented rosters of students, The Snipers (Gavin Mann, Yuvraj Panaich, Balpreet Sidhu & Dilshaan Dhaliwal) tipped off against B & B (Braedon Nemeth, Brayden Lee, Phat Thai & Riley Sommerville). The B & B squad pulled off a gutsy win (20-16) in a game that was close into the final minute. A big thank you to all students who participated and volunteered to score keep throughout the tournament. The Student Voice Athletics Club will be looking to run a lunchtime Floor Hockey Tournament in the coming weeks. Be sure to look and listen for sign up announcements!



Follow SOSS on Instagram at [sossoliver](#) to see all the fun and exciting things happening around the school.

Christmas Chaos

For over 20 years, the SOSS Drama department has been bringing holiday cheer to the school in the form of "Christmas Chaos" "Christmas Chaos" is an ever-changing play full of silliness, glee and general merriment that comes along with the holiday season. This hilarious show will be taking place on Friday, December 20th at 10:30 in the Frank Venables Theatre.



Clubs & Activities

The following clubs are currently being offered at SOSS. New members are always welcome, and students who have ideas for other clubs are encouraged to share their ideas.



- Glee Club**—Mondays at lunch
- Art Club**—Tuesdays at 3pm
- STEM Club**—Tuesdays at 3pm
- SAGA Club**—Wednesdays at lunch
- Just Dance Club**—Wednesdays at lunch
- Girls Can Talk Club**—Thursdays after school

Did you know....

The name December comes from the Latin *decem* for "ten", as it was the 10th month in the Roman Calendar.

Basketball

Senior Boys

This year for the Senior Boys Basketball team we have a solid group of boys ready and excited to play basketball. In our first league game we played the 2nd ranked team in the province, George Elliot, and sadly came short as they were a tough team and it was still early in the season for our boys. On December 6 & 7 we hosted our 59th Annual Okana-Qen Basketball tournament. In our first game we beat Summerland 71-66 in a close and exciting game. We then played LV Rogers and easily beat them 81-51, which put us in the championship game against Valleyview. In the final game the boys came out strong but fell a bit short and

were trailing by 17 points at the half. In third we were able to fight back and close the gap and bring it back to 5 points. In the end, due to us having a smaller bench and being tired, we were unable to come out with the win, and Valleyview beat us 71-60. The boys should be happy though as we came in 2nd place, which is a great start to our season and we also placed higher compared to last year's team in our home tournament. It is just the beginning of the season, and we have lots of work to do, but the boys will only get better from here.

Athletics Calendar

December 13-14
Junior Girls Winter Classic
Home Tournament

January 10-11
Grade 8 Boys Hoop-Fest
Home Tournament

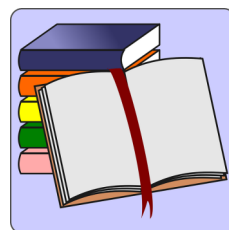


Greetings from the Library



"Educating the mind without educating the heart is no education at all."
-Aristotle

Happy Holidays from the Library! Our annual Advent Calendar and book tree continue to be a treasured tradition here at SOSS. With students rushing to win the daily challenge the excitement is contagious. We invite all of our students to come down to the library to sign out something to read over the holiday break as there is something here for everyone. We also have available our online option for books and audio books called Sora. Please follow this link to find instructions on how to access the website, as well as the link to the website itself: https://soss.sd53.bc.ca/apps/pages/index.jsp?uREC_ID=1060903&type=d&pREC_ID=1356716 Merry Christmas, Happy New Year, and have a restful and safe holiday season.





Indigenous Education Program

December 20, 2019 will be the Holiday Luncheon in the Gathering Room for all Indigenous students, teachers and anyone else that is hungry for the yummiest food!

The Equestrian Wellness Program with Indigenous Male students has completed its four session pilot. The program is to support our learners to engage, learn boundaries and self-regulation through Equine Facilitated Therapy.



TALKING WITH TEENS ABOUT VAPING

TIP SHEET



Get more information: Canada.ca/vaping-info

BEFORE THE TALK: GET THE FACTS

Vaping is not harmless

- › Vaping can increase your exposure to harmful chemicals.
- › Vaping can lead to nicotine addiction.
- › The long-term consequences of vaping are unknown.
- › It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries.

Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it can alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Children and youth may become dependent on nicotine more rapidly than adults.

Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary widely. Some vaping liquids have low levels, but many have levels of nicotine similar to or higher than that of a typical cigarette. Quitting vaping can be challenging once a teen has developed an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant. Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

Vaping nicotine can alter teen brain development.

Vaping versus smoking

For people who smoke, completely replacing cigarette smoking with vaping will reduce their exposure to harmful chemicals. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products.

Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed. There is no burning during vaping; instead, the liquid is heated. This process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the aerosol.

Did you know?

- › Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- › Vaping devices may also be used for other substances such as cannabis.
- › Vaping products can be difficult to recognize:
 - Devices come in a variety of shapes and sizes, and some resemble a USB flash drive;
 - Liquids can have high levels of nicotine and come in a variety of flavours;
 - Vaping may not leave a lingering identifiable smell; and
 - Add-ons like vinyl "skins" or wraps can also render these items harder to recognize.
- › Vaping products have many names, such as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs. They may also be known by various brand names.
- › The *Tobacco and Vaping Products Act* prohibits vaping products to be sold or given to anyone under the age of 18. Be aware of the laws in your province or territory, as some have increased the age to 19.





Get Active, Feel Good and Thrive

Mind Fit, Ages 13-19

Learn how to cope with low mood, depression and/or anxiety.
Mind Fit can help improve mind and body wellness. Plus, it's fun!

Next Information Session: Thursday January 9 & 16 3:30-5:30pm

Program Location: Oliver Parks and Recreation, 6359 Park Dr, Oliver

Contact us to register today, mindfit@ymcaokanagan.ca

The program is run by caring, trained staff, in a safe supportive environment. **There is no cost to participate.**



SD# 53 Annual Powwow Fundraiser

Come out and enjoy a Bannock Taco dinner, a Loonie Auction & 50/50 Draw

Date: Tuesday, December 17, 2019

Location: OIB Community Hall
(6046 Sandpoint Drive Oliver, BC)

Time: 5:30p.m.

Taco dinner and pop or water:
\$8 per person or \$25 per family of 4 or more



Everyone Welcome!

***All proceeds go to our SD# 53 Annual Powwow Event
held April 17 & 18, 2020 at SOSS***

**Organized by Tuc-El-Nuit Elementary, OK Falls Elementary & Southern Okanagan
Secondary School Indigenous Advocates**