

SOUTHERN OKANAGAN SECONDARY SCHOOL



HOME OF THE HORNETS



PRINCIPAL'S MESSAGE

Where does the time go? It has been a busy few months here at SOSS. Sports teams and clubs are up and running. Our Cross-Country team headed to Provincials on Friday, November 1st and our Senior Girls Field Hockey team heads to the Island on Tuesday for their Provincial Championships being held November 5-8. Additionally, our Senior Boys Soccer team played in the Valleys on Thursday. The volleyball seasons will be coming to a close in the next few weeks with high hopes for a strong finish.

Mrs. Podmorow and Link Crew have been organizing many activities to help build community and connect with each other. On Halloween, many staff and students "walked the runway" with their unique costumes. Check out the pictures later in the newsletter. Mrs. Pod and her theatre students are in the early stages of planning for this year's production of Footloose which will be held early in the spring.

Family Conferences were held recently. If you didn't get a chance to connect with your child's teacher, please email them directly. The end of the term is November 7th and report cards will be available online the following week. We will send out a notification email to let you know when they are posted. Mrs. Goncalves will send out a message regarding Spaces. This is the program the whole District is using for grade 8 & 9 student reporting. If you need some help gaining access, please reach out. The Remembrance Day assembly will be organized by Mrs. Stopa and Mrs. Goncalves and held on November 8th. Thank you to Mrs. Stopa and Mrs. G for taking the lead at this very important assembly.

The Breakfast Club is filling the tummies of some very hungry students. Students are greeted in the morning at the front door with music, smiles, and delicious food. Thank you to Jamie Johnson, the cafeteria class, and the Admin team who pull this together every morning. It is a fantastic way to help students start their day. Also, a huge thank you to Sam Marsel and her team for continuing to support our Priority Families with the Starfish Program and to Linda Larson for dropping off milk and muffins on a regular basis. A big shout out goes to President's Choice Charity as they recently donated 450 items for the food cart. Thanks also to Mr. Wurflinger, who is teaching students how to peel and dehydrate some of our fruit and how to make apple sauce so we can enjoy healthy snacks all year long. We are extremely grateful that so many are playing a key role in this important initiative of addressing food insecurity.

Mrs. Burns, Mr. Burns, Ms. Ibaraki and I met with the grad parents two weeks ago. We will continue to send out information via Teams and on our website. Our Meat & Flower Grad Fundraising has already begun. See one of our grads or check out the website to stock up!

As a final reminder, when you do your recycling, if you use the Express Return Program, you can put in the school phone number (250-498-4931) and put a sticker on the clear bag. All funds go directly back to our students. It's a quick and easy way to support our kids.

Take care and stay safe.

T. Harrington



IMPORTANT DATES

NOVEMBER 5 - MADD CANADA PRESENTATION
NOVEMBER 7 - QUARTER 1 ENDS
NOVEMBER 8 - REMEMBRANCE DAY CEREMONY
NOVEMBER 8 - NATIONAL INDIGENOUS VETERANS DAY
NOVEMBER 8 - QUARTER 2 BEGINS
NOVEMBER 11 - REMEMBRANCE DAY, NO SCHOOL
NOVEMBER 21 - PAC MEETING, 6:35 PM
NOVEMBER 27 - INQUIRY DAY, EARLY DISMISSAL @ 11:55
NOVEMBER 28 - SCHOOL DANCE, 6:30-9:30PM

CROSS COUNTRY RUNNING TEAM

The Hornet's Cross Country Running Team has been busy over the past two months. All their hard work led them to the Thompson-Okanagan Valley Championships last week. Our lone Jr. Girl, Madison Wornardt finished her 4 KM run in a time of 18:29 to finish 63rd overall. The Jr Boys had a strong outing finishing 8th overall in team points. The boys were

led by Tayvon Allen (33), Toby Lefebvre (55), Daniel Horan (58), Sohayl Khodarahmi (79), and Sam Moore (85). The Sr. Boys team was on a mission last Tuesday showing the rest of the field why they attended the Provincial Championships last year.

Overall, the team finished 2nd overall and first overall in the AA category. The team was led by a number of strong performances from Curran Davies (3), Thomas Horan (4), Zach Stone (6), Josh Allen (9), Jesse Wyatt (22), Jude Splane (23), Hugo Pickell (24), Ari Kendrick (28) and Rocky Toon (31).

The Sr. Boys represented SOSS at the B.C. X-Country Provincial Championships in Vancouver on November 2, 2024 and came away with the 3rd place Bronze. Way to go Hornets!



MASQUERADE BALL

Our first dance of the school year is coming up on November 28 and the theme is "Masquerade Ball".

Tickets are \$15 and will include your own Masquerade Mask.

Stay tuned for details on when tickets will be available for purchase!



SKATEBOARD CLUB

Skateboard Club has had a good fall session. The weather has cooperated and we're wrapping up in the first week of November. It's been a great season watching everyone progress and learning new tricks.



We have one more session in November for transition and street skating coaching with the nice folks at Airhouse. We look forward to developing some skills and confidence on the miniramp.

A HUGE thank you to the Indigenous Education Advocates and Mr. Baerg for their generous donations of skateboards and helmets. We appreciate your support and promise the gear will find its way to a good home.

National Indigenous
Veterans Day

November 8



SOSS ATHLETICS

Senior Girls Field Hockey

The Senior Field Hockey Hornets have had a great season playing a wide variety of competition. They have won lots of games, lost lots of games, and are still growing. If you didn't catch them play against OKM on the 30th, it was a great exhibition of their much-improved possession game. The Hornets defeated South Kamloops to win the Okanagan berth to Provincials, and leave for Victoria on the 5th, where they will play at UVic. Great job team!



Junior Girls Field Hockey

The Junior Girls Field Hockey team wound up its season on Saturday, November 2nd by hosting the South Zone Championships. The team has had a successful year, adding several new players and learning lots. This year's roster includes: Neera Brar, Alli Barisoff, Deepika Brar, Violet Chevis, Arpan Gill, Zoe Jones, Aloe Kendrick, Ophena Pepe, Cristina Sancho Espeleta, Neveah Prosper, Iknoor Gill, Cienna Fossett, Elvira Rodriguez, Anissa Khodarahmi and Fernanda Lopez. The team played a combination of 6-aside and 11-aside hockey this year and tested their skills on turf at the Chilliwack tournament earlier this month. They came home with one win, two ties and only one loss. Their final home game against Summerland this Monday included two goals for and none against. The Hornets showed how much they have grown as a team.

Junior Girls Volleyball

"The Junior Girls Volleyball team have had a busy fall season. With four tournaments and league games ranging from Princeton to Penticton, the team has had plenty of time to bond. There is a wide range of experience within the team with some members having only played for a few months whilst others have experience at the club level. This has allowed for huge amounts of development and support between players both at practices and games. One of the goals for the season was to improve on our in game focus and determination. As the season has progressed, this is showing more and more! Hopefully it continues into our playoff match on Tuesday, November 5th against Princeton Secondary School. It has been a lot of fun and we can't wait to see the outcome next week!



Senior Girls Volleyball

The senior girls volleyball team has had a great season competing in league and tournament play. This past weekend they participated in the Mount Sentinel tournament, which was held in South Slokan and Nelson. They finished the weekend with 5 wins and 2 losses, winning the consolation side of the tournament bracket with a 5th place finish. This upcoming weekend the team will be in Osoyoos for a final tournament before heading into playoffs on Wednesday versus Summerland. The team must win that match to move on to the Valley Championships. Go Hornets!





GRAD INFORMATION

GRADE 12 IS A BUSY YEAR! GRADS ARE ENCOURAGED TO GET INVOLVED. THERE ARE PROM AND GRAD COMMITTEES THAT MEET DURING THE LUNCH HOUR EVERY FEW WEEKS. EXTRA BONUS: STUDENTS CAN USE THESE MEETING TIMES AS VOLUNTEER HOURS FOR THE CLC 12 COURSE. THE PROM COMMITTEE HAS ALREADY DECIDED ON A DATE AND LOCATION FOR PROM (MAY 24 AT THE OLIVER COMMUNITY CENTRE HALL) AND ARE CURRENTLY WORKING ON MENU AND DECORATING IDEAS. THE GRAD COMMITTEE IS WORKING ON THE DRY GRAD TRIP. A SURVEY WENT OUT FOR ALL GRADS TO VOTE ON THE LOCATION OF THEIR CHOICE.

GRADS WILL ALSO ONCE AGAIN BE FUNDRAISING FOR THEIR GRAD FEES WITH THE SALE OF PLANTS AND MEAT AND FROZEN FOOD ITEMS. ORDER FORMS ARE INCLUDED IN THIS NEWSLETTER AND WILL ALSO BE AVAILABLE ON THE SCHOOL WEBSITE AND IN THE OFFICE. ALL ORDERS WILL BE AVAILABLE FOR PICKUP ON FRIDAY, DECEMBER 13TH!



THANK YOU

Our Hornet community would like to again thank President's Choice Children's Charities for their very kind donations to our breakfast and lunch programs. A surprise delivery of food items arrived at SOSS the other day! Thank you President's Choice!



GRAD AMAZING RACE



HALLOWEEN



BOO!





Southern Okanagan Secondary School
Class of 2025 - Winter Fundraiser

Flower/Plant Order Form

Customer:

Phone:

SOSS Grad:

Email:

QTY	Products supplied by Growing Smiles Fundraising	TOTAL
	6.5" Red Poinsettia 	\$15 \$
	6.5" White Poinsettia 	\$15 \$
	Indoor Tropical Planter 	\$35 \$
	Holiday Wreath 	\$35 \$
	Table Top Trio 	\$25 \$
	Hanging Greenery Bough 	\$35 \$
	Outdoor Greenery Arrangement 	\$50 \$
TOTAL ITEMS		TOTAL \$
☐ Cash		☐ Debit/Credit
☐ Cheque # _____		

<https://southernokanagansecondary.growingsmilesfundraising.com/>

ORDER ONLINE by Wednesday, Nov 27th

Or pay by cash or cheque payable to SOSS. All orders must be PREPAID.

Southern Okanagan Secondary School

Class of 2025 - Winter Fundraiser

CUSTOMER COPY - PLEASE BRING FOR PICKUP

Customer:

QTY	Products supplied by Growing Smiles Fundraising
	6.5" Red Poinsettia 
	6.5" White Poinsettia 
	Indoor Tropical Planter 
	Holiday Wreath 
	Table Top Trio 
	Hanging Greenery Bough 
	Outdoor Greenery Arrangement 
TOTAL ITEMS	
☐ Cash	
☐ Debit /Credit	
☐ Cheque	
TOTAL \$	

Pick up on Friday, Dec 13th at SOSS
between 3:30PM - 6:00 PM

Thank you for supporting SOSS Grads!



Southern Okanagan Secondary School
Class of 2025 - Winter Fundraiser

Meat/Frozen Food Order Form

Customer:

Phone:

SOSS Gradi:

Email:

QTY	Products supplied by Gordon Food Service	TOTAL
	Bacon <i>fresh 5kg box</i>	\$85 \$
	Bacon <i>fresh 2.5 kg box</i>	\$45 \$
	Prawns <i>21-25 ct/ 2lb bag</i>	\$25 \$
	Chicken Breasts <i>boneless skinless 4 kg</i>	\$65 \$
	Chicken Cordon Bleu <i>36x15 G</i>	\$100 \$
	Bacon Wrapped Scallops <i>frozen 86 x 10z</i>	\$85 \$
	Chicken Fingers <i>frozen lightly breaded 80 ct/4kg</i>	\$85 \$
	Meatballs <i>cooked and frozen 227 kg bag</i>	\$45 \$
	Ginger Beef <i>4.8 kg box</i>	\$70 \$
	Pork Breakfast Sausage <i>5kg box</i>	\$65 \$
	Perogies - Three Cheese <i>160 ct/ 5.5 kg</i>	\$26 \$
	Soup - Wicked Thai Chicken <i>1.8 kg bag 6-8 servings</i>	\$25 \$
	Soup - Broccoli Cheddar <i>1.8 kg bag 6-8 servings</i>	\$20 \$
	Soup - Loaded Baked Potato <i>1.8 kg bag 6-8 servings</i>	\$20 \$
	Tortellini 3-cheese <i>frozen 2 x 2 kg</i>	\$55 \$
	Deep-Dish Apple Pie <i>unbaked 10"</i>	\$25 \$
	Cinnamon Buns <i>20 ct x 90g (w/ icing, bake to approx 4")</i>	\$100 \$
	New York Cheesecake <i>227 kg</i>	\$50 \$
	Cheesecake 10" Variety <i>3kg (New York, Turtle, Strawberry, Tiramisu)</i>	\$50 \$

☐ Cash	☐ Debit/Credit	☐ Cheque # _____
TOTAL \$		
TOTAL ITEMS		

<https://www.studenttaukapay.com/ossd53/MyAccount/Main.aspx?webbitemid=303>

Order Online by Wednesday, Nov 27th

Online orders can be placed using the link above with Credit Card payment. Order forms can also be submitted to SOSS in person with Cash, Cheque & Debit Card payment. All orders must be prepaid.

Southern Okanagan Secondary School
Class of 2025 - Winter Fundraiser

CUSTOMER COPY - PLEASE BRING FOR PICKUP

Customer:

QTY	Products supplied by Gordon Food Service
	Bacon <i>5kg</i>
	Bacon <i>2.5kg</i>
	Prawns
	Chicken Breasts
	Chicken Cordon Bleu
	Bacon Wrapped Scallops
	Chicken Fingers
	Meatballs
	Ginger Beef
	Pork Breakfast Sausage
	Perogies - Three Cheese
	Soup - Wicked Thai Chicken
	Soup - Broccoli Cheddar
	Soup - Loaded Baked Potato
	Tortellini 3-cheese
	Deep-Dish Apple Pie
	Cinnamon Buns
	New York Cheesecake
	Cheesecake 10" Variety

☐ Cash	☐ Debit/Credit	☐ Cheque
TOTAL \$		
TOTAL ITEMS		

Pick up on Friday, Dec 13th at SOSS
between 3:30PM - 6:00 PM

Thank you for supporting SOSS Grads!



You are invited to participate in this free 2-part caregiver workshop teaching “Emotion Focussed Family Intervention” Skills.

You will learn:



- ❖ Address difficult topics, or “hard to reach” loved ones
- ❖ Parent blocks- when we feel “stuck”
- ❖ De-escalation Skills
- ❖ New ways to offer support to your sensitive/reactive child
- ❖ Methods to enhance communication and reduce stress
- ❖ Support in helpful creative ways

When: Mon, Nov 25, Dec 2

6-730 pm

Where: Via TEAMS Meeting

Facilitated by CYMH



*Please confirm your participation by phone 250-487-4422 or email Chad.teigen@gov.bc.ca



I'm Megan Edwards, the District Youth Peer Support Worker. I spend time in each high school weekly supporting the students as an integrated member of the team. I've been in Oliver for 9 years and with the school district for 5. I started off as an EA and started this position in January 2023.

Peer Support is a relatively new addition to the circle of support in our schools, and, understandably, there are many questions surrounding the idea. I hope to answer a few for you!

Peer Support Workers are care supporters who identify as having lived/living experience of mental health and/or substance use challenges. They utilize their experience as expertise, and along with peer support training, provide emotional/practical support, validation, acceptance and mentorship to those facing similar situations and regardless of circumstances.

The goal of peer support is to recognize the student as an expert in their own life and work collaboratively with them on their goals. The focus is to ensure they feel supported in their situation, that they and/or their caregivers are receiving the proper support, school based or community based, and are not left feeling isolated. This is different from a counselling role in that I can share my personal experiences, I don't offer clinical advice, and can offer connection to community support.

I'm available Monday and Wednesday at SESS; Tuesday and Friday at SOSS and Thursday at OSS. I can also be reached at medwards@sd53.bc.ca. Please reach out with any inquiries.

I'm excited for this upcoming year. It's going to be a great one!





\$25 PAC Optional Donation – Student Quick Pay

Dear Parents, Guardians and SOSS Supporters, As we settle into our regular routines of our

busy lives, our school year holds so much promise,

dreams and hopes. Our children are the only future we have. And we, the SOSS Parent Advisory Committee (PAC), want to support your children in both the classroom and in extra-curricular and sporting activities. The 2024/2025 PAC \$25 voluntary contribution is available now on the Student Quick Pay website. <https://www.studentquickpay.com/ossd53/>

Below is a list of some of the things the PAC supported last year and previous years. To allow us

to continue with this support this year and next, we are asking parents to please consider donating on your Student Quick Pay. Your donations enhance your child's school experience in so many ways. Your \$25 PAC donation works alongside the BC Gaming Grant funds that the PAC applies for each year. You can get more information on the PAC web pages that are accessed through the school website.

SOSS PAC FUNDS HAS PROUDLY SUPPORTED:

Scholarships – Welcome Back BBQ - Principal's Excellence Fund - Staff Appreciation Lunch - Curricular Purchases in Support of School (Teachers in class additional spending requirements to support student learning) - Grade 12 Grad Committee - Grade 8 Welcome Package - Guest Speakers for Students - Athletic Uniforms - Sports Equipment - Equipment for Student Clubs - Provincial Competitions Transportation for Extracurricular Events

Here is what you need to do to support our school:

1. For parent/guardian donors (so they can log in and have the donation attached to their child: <https://www.studentquickpay.com/ossd53/>

2. For community donations:

<https://www.studentquickpay.com/ossd53/MyAccount/Main.aspx?webitemid=120>

Thank you for your donation!! Sincerely,

SOSS Parents Advisory Council