



## PRINCIPALS MESSAGE

Where does the time go? It has been a busy few months here at SOSS. Sports teams and clubs are up and running and our Senior Girls Field Hockey team is in Victoria for provincials. The volleyball season will be coming to a close in the next few weeks and basketball will be starting soon.

Mrs. Podmorow and Link Crew have been organizing many activities to help build community and connect with each other. Halloween was a big hit as we had a different dress up theme each day. On Halloween, many staff and students "walked the runway" with their unique and creative costumes. Check out the pictures later in the newsletter.

Parent Teacher Interviews were held recently. If you didn't get a chance to connect with your child's teachers, please email them directly. The end of the term is November 10<sup>th</sup> 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.

The Literacy and Numeracy Assessments were held this week. There will be opportunities to write or re-write in the new year. The Maple Man cultural event will be held in the theatre on November 17. Thank you to Ms. Scott for organizing this awesome event for our students.

The district is currently reviewing our Strategic Plan. We will be looking to parents, staff, and students for input. We will be sending out more information on this shortly.

The Remembrance Day assembly will be organized by the Social Studies department and Student Voice on Thursday, November 10th. Thank you to Mrs. Stopa, Ms. Scott and Mr. Basso for taking the lead on this very important assembly.

The Breakfast Club is operating again this year. Students are greeted in the morning at the front door with music, smiles, and pre-packaged goodies. Thank you to Jamie Johnson, the cafeteria class, Mr. Wilms and the Admin team who help. 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.

Thanks to PAC for being so supportive of all our staff and students. We had a great turnout for the meeting last week. New members are always welcome. One of the items we discussed was the possibility of universal washrooms on the main floor. We are currently reviewing different options, timeframe and cost associated with the upgrade. The next meeting is November 17<sup>th</sup> in the library. More information from the PAC will be given later in the newsletter.

Mr. Kitt, 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 to stock up!

T. Harrington

### Dates to Remember

|             |                                       |
|-------------|---------------------------------------|
| November 10 | Remembrance Day Assembly              |
| November 11 | Remembrance Day, No School            |
| November 14 | Start of Term 2                       |
| November 15 | Grad Poinsettia /Greenery Orders due  |
| November 17 | PAC Meeting, 6:30pm SOSS Library      |
| November 18 | Grad Frozen Meat Orders due           |
| November 24 | Winter Formal School Dance, 6:30-9:30 |
| November 28 | Career Fair, Kelowna                  |
| November 30 | Inquiry Day, Early Dismissal 11:57    |
| December 2  | Grad Poinsettia/Meat Order pick-up    |



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## Yoga Club

Yoga Club will begin again on Monday, November 7th. This is open to all students who are interested in moving their bodies, practicing mindfulness, and improving their overall health and well being. You do NOT need to be flexible or fit to join yoga club! See Mrs. Stopa if you have any questions. We will meet in Room 204, the Spanish classroom, from 3-4pm.

## 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.*

**SAGA Club**—Fridays at lunch

**Student Voice**—Tuesdays at lunch

**Yoga Club**—Mondays afterschool

**Art Club**—Mondays afterschool

**Homework Club**—Monday – Thursday afterschool

Join  
a Club!

**The SNACK SHACK team is working hard, and we are open every day. Monday, Wednesday, and Friday between A & B Block. Tuesday and Thursday from 9:45-9:55. Now serving pizza pretzels. \$2.00 each Cash only please.**



## Quebec Trip

There will be a meeting for students who are going on the Quebec Trip next fall. At this meeting, fundraising options and the regular payment plan will be discussed. Please bring a lunch.

Meeting: lunchtime on Thursday, November 3<sup>rd</sup> in room 207.

Trip Itinerary: [Southern Okanagan - Montreal & Quebec City - October 2023 \(toogo.in\)](https://toogo.in)

Contact Mme Scott for more information: [cscott@sd53.bc.ca](mailto:cscott@sd53.bc.ca)

Merci!



## The Maple Man (*La Grande Coulée*) Workshop

Students in grade 8-12 who are enrolled in a French class this year at SOSS will attend a French-Canadian Cultural Workshop on November 17<sup>th</sup> during Block C. There will be a presentation, workshop and yummy taffy. It's going to be a great event! (NOTE: there will be a reimbursement to those who have pre-paid)

## GRAD INFORMATION

The Grad 2023 winter fundraiser has begun. Grads will be selling frozen meat and food items and an amazing selection of floral and greenery products.

The Frozen Food orders and payments are due back to the office by Friday, November 18<sup>th</sup>. You can order online for the frozen food at: [SOSS Grad Fundraising](#).

The Flower and Greenery order deadline is Tuesday November 15th. You can order online for the flower and greenery orders at: [Growing Smiles Fundraising](#).

Payment can also be made by cash or cheque. We can also accept debit and credit card payment in person at the school. Order forms are included with the Newsletter.

All orders will be ready for pickup Friday, December 2nd between 3:30 – 6:00 PM in the parking lot in front of SOSS.

If you have any questions, please contact Mr. Kitt or Mrs. Koffler.





# SOSS FIELD HOCKEY

## Junior Field Hockey

Congratulations to the Junior Girls Field Hockey Team for finishing their season winning the South Zone Championship this past weekend, October 29th, 2022. The season started with an eager group of grade 8s and 9s wanting to learn and compete. The Fall Festival and the trip to the Chilliwack tournament were also highlights of the season.

Individually, we saw huge growth in many of our players in terms of their skill development. Grade 8s Audrey Noftle and Vienna Von Burg were not only brave but tenacious as they took on this new sport. Both showed speed and determination as forwards who pushed hard to put the ball in the net. Maia Bellingan and Olivia Goncalves ensured the defensive line stayed strong with big hits and big plays when needed. Harnoor Brar showed that she can play defense of both sides of the field, which is no easy task. Rounding out our defense was Meredith Lester who consistently took the ball off her opponent's stick and always remained calm, and Rowan Stopa whose slap hit was unmatched this year. Hugo Pickell and Lilah Smith held the midfield together all year and were always ready to learn and try new skills. Olivia Veenendaal, Ishmeet Dhaliwal and Kis-met Dhaliwal could be counted on for lots of upbeat energy and drive to the net, and forwards Hargun Mann, Sarah Saysomsack, and Esha Tung were the finishers we needed on the front line. Finally, our team would not be complete without our brave Grade 8 goalie, Nicole Le Boutillier. Nicole stepped up and did an outstanding job for us this season. Collectively, the team enjoyed each other, took care of each other, and pushed each other to be better. They were a pleasure to coach, and we look forward to what they will do in the future.



## Senior Field Hockey



The Senior Field Hockey Team hoped to do well on the October 25<sup>th</sup> at Valley Championships in Kelowna, but as this was the first time since 2019 that SOSS has competed at Valleys, everyone was nervous heading into the big day. In their first game against Keremeos, the Hornets were focused on getting the ball by Keremeos' star goalie, which Anabel Lefebvre managed to do, finally, after the team's many attempts. SOSS's goalie, a defensive star in her own right, Kaylee Klassen, barely touched the ball, but knew that wouldn't be the case against South Kamloops in the Championship game later that afternoon. A strong first 15 minutes from the Hornets put the offensive Titans on their heels, and resulted in a huge goal by Kate Noftle. The Hornets hung on for the rest of the game, and survived a barrage of shots and short corners in the last few minutes to win the game and the Valley Championship!! The Valley trophy that has sat comfortably in the gym display case since 2019 made a return journey to

SOSS on a bus full of very happy Hornets. The team is heading to Provincials Championships in Victoria on November 1<sup>st</sup>. We are most thankful to have this last opportunity to play with our 4 wonderful graduating teammates: Caydnce Anderson, Harleen Mann, Takdir Dhaliwal, and Phi Thai.

## News from PAC

**WELCOME BACK PAC GENERAL MEETING OPEN TO ALL PARENTS/GUARDIANS ON Thursday, November 17, 2022 @ 6:30pm IN THE SOSS Library**  
The Welcome Back General Meeting gives parents the opportunity to hear from our School Principal, Mrs. Tracy Harrington and the PAC Executive Team. Come and listen to what will be happening at the school for the remainder of the year. Get to know other parents at the school and ask any questions of Mrs. Harrington and SOSS PAC Executive. We look forward to seeing you on November 17th as we all build our school community.

### **NEW \$25 PAC Optional Donation – Student Quick Pay**

The Parent Advisory Committee (PAC) would like to introduce SOSS parents to this new annual contribution that supports your children in both the classroom and in extra-curricular and sporting activities. The 2022/2023 PAC \$25 voluntary contribution is available now on the **Student Quick Pay**. For parent/guardian donors (so they can log in and have the donation attached to their child: <https://www.studentquickpay.com/ossd53/> For community donations: <https://www.studentquickpay.com/ossd53/MyAccount/Main.aspx?webitemid=120> 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. Please see the attached for more info or email us at [sosspac53@gmail.com](mailto:sosspac53@gmail.com).

# SOSS VOLLEYBALL

## Grade 8 Girls Volleyball



The grade 8 girls volleyball team had a monstrous start to their year in October. The girls hosted the third annual Hornet's Nest Invitational the weekend of October 14/15. The team went all the way to the final eventually losing in a heartbreaking third set to Vernon Secondary School. The Hornets would get their chance at redemption as they travelled to Vernon for the Monster Smash Tournament to compete against 20 of the best teams around the Okanagan. The girls



finished 5th overall after beating Vernon Secondary handily in straight sets. The girls ended their regular season action with two huge wins against OSS and Princeton Secondary School to finish the season undefeated, a huge accomplishment! This WIN has given the Hornets home court advantage in the playoffs. We will be hosting the semi-finals and finals on Tuesday, November 15th against the other top teams across the South Okanagan division. The team would like to say a huge thank you to all the parents and fans for coming out and supporting the team this year! Your support has given us a huge boost during our games!

## Grade 8 Boys Volleyball



The Grade 8 Boys Volleyball team is now working toward the end of their season. On October 28<sup>th</sup> and 29<sup>th</sup> the Hornets travelled to Vernon and participated in the Vernon Monster Smash Tournament which featured 16 boys' teams as well as 20 girls' teams from the Okanagan region. The boys had a very successful first day, of the tournament, winning 3 consecutive matches as well as the costume contest! ( See pic to the left) During the championship round the Hornets had 1 more win before losing to a strong Vernon Christian team and a more consistent Fulton Secondary team. The Hornets finished a respectable 7<sup>th</sup> out of 16 teams.

On November 1st the boys hosted their final matches of the regular season defeating both KVR and Summerland Middle School in 3 sets in a solid team effort. On Tuesday, November 8th, the Grade 8 Boys will travel to Summerland to play in a South Zone Semi-final vs Summerland Middle School. Good Luck Hornets!!



**The Winter Formal Dance is coming up!**

**DATE: NOVEMBER 24, 2022**

**TIME: 6:30PM-9:30PM**

**PLACE: SOSS ATRIUM, ENTER THROUGH THE FRONT DOORS**

**COST: \$8 REGULAR TICKET  
\$12 VIP TICKET**

## Indigenous Education

Snk'lip and Grizzly Crew is starting up, and indigenous students can still sign up, or hand in their forms.

We are starting a drum group and it is open to all who are interested. We will learn a couple songs and present at assemblies.

## Career Fair

Students in Grade 10 will be attending the Education and Career Fair in Kelowna at the Grand Hotel on Monday, November 28<sup>th</sup>.

Permission forms with more information will be sent home soon. Questions? Contact Mrs. Burns at [jburns@sd53.b.ca](mailto:jburns@sd53.b.ca).



## Entrepreneurship and Marketing



As a part of the Grade 9/10 Entrepreneurship and Marketing class, students are participating in a project aimed at learning more about the local entrepreneurs in our area. Each student is facilitating an interview with a person of their choice to share the skills, challenges, advantages and opportunities which come with being an entrepreneur.



From learning how the idea was sparked to the decisions made about how to market their business and products, students are gaining a wealth of knowledge from our local community. So far we have met the brains behind Toonmade Music, IG Wealth Management (see picture) and Black Sage Butchers. Congratulations to the students and their investment in this project so far.

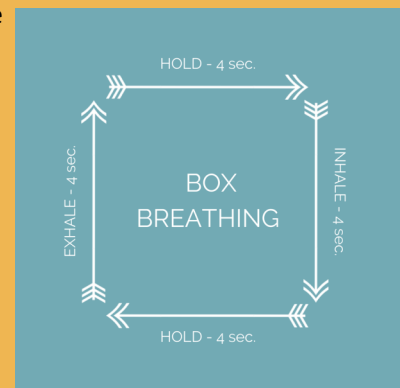
## Mental Health Booster

The Mental Health Booster Program is underway for students at SOSS. The purpose of the program is to teach students about their mental health, empower them with understanding about how their brain and hormones work, and introduce mindful techniques and strategies to help them cope with everyday and extraordinary stressors in their lives.

Those who have opted in to the program have been placed in small grade groups, and are meeting twice a month with Mrs. Stopa. So far, students are reporting that they feel more calm, relaxed and grounded.

Here is a technique called Box Breathing that the Grade 11's learned last month:

The Grade 9's & 10's are working on "fogging the mirror" and "ocean breath". They practiced focusing their thoughts on their inhales, then their exhales. This practice of being in the moment with their breath will help minimize fight, flight or freeze responses when they feel triggered and allow them to return more quickly to a "thinking" state when their brain does go "offline." The program is set to run all year, and has room for more participants. If you think your child would benefit and they are interested in taking part, please touch base with Mrs. Stopa at [hstopa@sd53.bc.ca](mailto:hstopa@sd53.bc.ca).



## Foods 9/10

This month in Ms. Frank's Foods 9/10 classes, students have been studying Indigenous Food sources with our IEA Shan Peltier. Students began by watching a documentary on Food Sovereignty and Food Cycles sparking great discussion. They are currently researching local food sources to create informative posters for the school hallways and were treated to a fantastic cook off with proteins donated by Shan and OIB. Students learned how to traditionally cook salmon, sheep, elk and venison paired with a Three Sister salad (zucchini, beans and corn), wild rice pilaf with morel mushrooms, roasted carrots and a wild blueberry dessert. What an awesome experience! Lim'limpt!





# Halloween

