



Kamloops School of the Arts

KSA Community Connection

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PHONE: 250-374-3200 FAX: 250-377-2245

Office Hours 8:00 am to 3:30 pm

NEWSLETTER FOR JANUARY 2026

Dear Parents, Guardians, and Caregivers,

Happy New Year, and welcome back to all members of the KSA community! I hope you and your families had a restful winter break and are feeling refreshed for the year ahead.

As we begin 2026, I want to extend my sincere appreciation to our talented students and dedicated staff for the wonderful concerts and sharings in December. The performances were truly inspiring, and I continue to hear glowing feedback from families and community members. Thank you for showcasing the creativity, artistry, and hard work that make KSA such a special place.

Before the break, Learning Updates (Report Cards) were sent home. This is an excellent opportunity for students to reflect on their progress so far and set thoughtful goals for the remainder of the school year. January is a natural time to focus on growth, both academically and personally.

A key theme for us this term is **Growth Mindset**. At KSA, we believe that skills develop through practice, effort, and perseverance. A Growth Mindset helps students see challenges as opportunities, value learning from mistakes, and take pride in their progress.

As a school community, we are committed to nurturing an environment where every learner feels supported to take risks, try new strategies, and build resilience. These habits not only strengthen academic achievement but also foster confidence, curiosity, and lifelong learning.

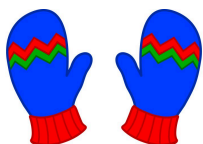
I encourage all of us—students, educators, and families—to reflect on how we can model and reinforce the Growth Mindset together. By celebrating effort, acknowledging improvement, and embracing challenge, we can help our students discover and achieve their fullest potential.

Kukwstsétsemc, **Blair Lloyd**
Principal, Kamloops School of the Arts

KSA HOLIDAY CHORALE NIGHT

This year's Holiday Chorale night was unbelievable, once again! Thanks to our elementary choir teachers, all the elementary teachers, secondary music teacher, Mr. Fichter, our secondary tech crew, and, as always, Mr. Froese for an incredible opportunity for KSA students to shine!

Thanks to the students, staff, and volunteers that set up, took down, and ran the 50:50!



WINTER GEAR

Winter is upon us! That means students need appropriate winter clothing. Please remember to send back winter gear, inside shoes, and a set of spare clothes. As it is now getting to be the colder months, please ensure that your child has warm mitts, hats, boots and jackets.

Graduation Newsletter

Graduation Updates

Graduation newsletters (linked above) and Parent Grad Meetings can be found on our [website](#).

Graduation Information

Transcripts can be ordered via the Ministry of Education website. [HERE](#) are directions on how to order them.

Important Graduation Dates

Wednesday, January 7, 2026 - Parent Meeting 6:30pm Drama Studio (enter using back doors in parking lot)

Monday, January 19, 2026 - Grad Photos (sign up will be at the office)

Tuesday, February 17, 2026 - Grad Photo Retakes @ SKSS

Wednesday, February 18, 2026 - Grad Photo Retakes @ SKSS

Thursday, February 5, 2026 - [Graduation fees due](#)

Friday, June 12, 2026 - Commencements at TRU Grand Hall



Grade 12 students will be running fundraisers to support their graduation! If you are interested, and you do not know a grade 12 graduate, please email ksagrad2025@gmail.com, they will help you out!



\$30 Rotary 
Club of Kamloops West

2026 Golf Cards

Use the card up to 4 times at each course

Pineridge Golf Course
Two green fees for \$45 Mon-Thurs anytime. Valid on green fees only, carts not included.

The Dunes at Kamloops
18 holes guest walking rate of \$80 Sunday to Wednesday after 1pm. Power cart extra. Must be booked in advance.

Bighorn Golf & Country Club
2 for 1, Based on our 18 hole prime season rack rate.

Shuswap Lake Golf Course at Blind Bay
25% Off one regular priced peak season prime time 18 hole green fee. Valid Mon-Thurs after 11am and Fri-Sun/Holidays after 1pm.

Chinook Cove Golf & RV
2 for 1 green fees only, weekdays after 1:30pm and weekends after 2:30pm. Excludes holidays.

\$30

See website and card for details and restrictions. kamloopswestrotary.club

Talk to a KSA Grad 2026 student
Or Email KSAGrad2026@gmail.com
To get yours today!




2026 Great Deals Restaurant Cards

Visit each restaurant up to 4 times!

HOJA MONGOLIAN GRILL
256 Victoria St.
Two for one lunch or dinner ANYTIME.

MOXIES KAMLOOPS RESTAURANT
225 Lorne St.
Half price wine ANYTIME.

DENNY'S North Shore
898 Tranquille Rd
Free appy with purchase over \$40.
All week 5pm-9pm.

NOBLE PIG
650 Victoria St.
Buy one appetizer and get the other for half price ANYTIME.

UNDERBELLY
120 5th Ave
Buy one appetizer and get the other for half price ANYTIME!

THE COLUMBIA DINER
555 Columbia St W.
Two for one lunch or dinner entrée.
Any day, anytime.
See website and card for details and restrictions.
kamloopswestrotary.club



\$30

How To Buy!

Talk to a KSA Grad 2026 student
Or Email KSAGrad2026@gmail.com
To get yours today!



KSA GRAD CLASS OF 2026

Every can or bottle makes a difference!



Visit either Kamloops location of General Grant's and drop off your empties

- South Shore - 'KSAGrad 2026'
- North Shore - 'KSA Grad 2026' or account #634

Donate your returns through your Return-It Express account to:
<https://app.return-it.ca/ksagrad2026>

Or take your empties to any Return-It Express location in BC

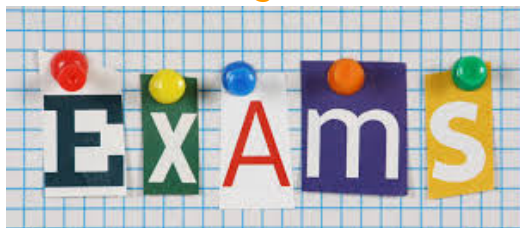


- - Empties must be in a clear bag
- - Punch in the code 12503197091
- - Print the sticker, then stick it on the bag and place it in the container

For more information:
KSAGrad2026@gmail.com

Let's recycle for a purpose!

**Provincial Assessments for
students in grades 10-12**



Literacy 12 Exam - Wed. Jan 14th 8:45 - 12

Literacy 10 Exam - Thurs. Jan 15th 8:45 - 12

Numeracy 10 Exam - Fri. Jan 16th 8:45-12

KINDERGARTEN REGISTRATION

School of Choice Information Night

January 14, 2026 6:30 PM (virtual session) [ZOOM link here](#)

Meeting ID: 659 5646 1493

Passcode: 259977

School of Choice Registration - January 19-23, 2026

Catchment Schools Information Night

January 28, 2026 - 6:30 PM (virtual session) [ZOOM link here](#)

Meeting ID: 634 1071 0053

Passcode: 389554

Catchment Schools Registration - February 2-6, 2026



January 19-23, 2026 - Registration Week for Schools of Choice

- Registration process:
 - i. Pick up a registration package from your School of Choice starting January 19th. Return completed forms to school **by** 12 PM on Friday, January 23, 2026.
 - ii. Parents will be required to provide the child's care card, proof of address, child's birth certificate, and custody agreement if applicable.
 - iii. Registration packages for students with an older sibling will be sent home with that sibling (BY REQUEST only). Return completed forms to school with siblings.
- Registration is NOT first come, first served. If there are more children registered than there are seats at the School of Choice, a random draw will be held.
- For details on Schools of Choice, read more [here](#).



SECONDARY COURSE SELECTION INFORMATION

Course Selection for Secondary students attending KSA in 2026-2027 is quickly approaching. Course Selection sheets will be handed out and explained to students in Careers class.

KSA SKATING SCHEDULE 2026

The City of Kamloops has provided our school with ice times for skating! Permission forms will need to be signed and returned to your teacher. Students are asked to bring skates, a CSA-approved helmet, gloves, and warm clothes. Please reach out to your teacher for more information and if you have any questions.



Location	Date	Time Start	Time End	Classes (Teachers)
Memorial Arena	Thur Jan 8, 26	10:45 am	11:45 am	1.Alpaugh 2.Sadik 3.McDaniels
Sandman Center	Tue Jan 13, 26	10:45 am	11:45 am	1.Wilson 2.Norman
Sandman Center	Tue Jan 20, 26	10:45 am	11:45 am	1. Wilson 2.Norman
Mac Island OLY Ice	Mon Jan 26, 26	10:15 am	11:15 am	1.Pavluk 2.Nadolny
Mac Island OLY Ice	Mon Feb 2, 26	9:00 am	10:00 am	1.Pavluk 2.Nadolny
Mac Island OLY Ice	Mon Feb 9, 26	9:00 am	10:00 am	1. Covington 2. Piroddi
Mac Island OLY Ice	Wed Feb 18, 26	10:15 am	11:15 am	1. Pavluk 2. Nadolny
Mac Island OLY Ice	Wed Feb 25, 26	9:00 am	10:00 am	1. Covington 2. Piroddi

Head Lice (From Interior Health, Recommended Head Lice Management document)

Head lice can affect anyone, and are most common in the 3-11 year old age group. Head lice are annoying and may cause itching, but they do not cause disease. Reactions to head lice can subject children to teasing, bullying and isolation. For these reasons, head lice infestations should be treated.

Current research shows that school exclusion, early dismissal and no-nit policies do not prevent or control head lice infestations. In fact, these practices further stigmatize children, erode their self-esteem and interfere with learning. No-nit policies in schools and daycares are discouraged by both the Canadian Pediatric Society and American Academy of Pediatrics.

If there are economic reasons that a student's parents cannot purchase treatment supplies, the school will obtain the recommended products on the parents' and student's behalf.

What can Parents do to help prevention of head lice?

Take a proactive approach in understanding lice facts and myths:

- Check the heads of all family members on a weekly basis.
- Increase this to daily head checks when a case of head lice has occurred in your child's classroom or one of the family members has been in contact with head lice.
- Treat only when live lice or live nits are found.
- Learn what these look like as it is easy to misdiagnose. Use a recommended treatment.
- Teach your child about prevention of head lice (avoiding head to head contact, not sharing hats, brushes, helmets, etc.).
- Tie long hair back.
- Refer to the Interior Health School Health Website for more information
<http://www.interiorhealth.ca/YourHealth/SchoolHealth/HeadLice/Pages/default.aspx>

Athletic Department

Volleyball season has wrapped up and our teams excelled.

Secondary basketball season is upon us. The schedule is below. Elementary basketball season will be kicking off this month. Tier 1 begins at the end of January and Tier 3 begins in February. More information to come. If interested, talk to Mr McBride.



KSA SECONDARY BASKETBALL SCHEDULE

Senior Girls

Date	Day	Location	Time		Home	Away
Dec.5/6	Fri/Sat	Barriere	6:30	Tournament		
Dec.15	Mon	KCS	5:00	G	KSA	Desert Sands
Jan.7	Wed	KSA	6:45	G	KSA	Barriere
Jan 9/10	Fri/Sat	Ashcroft	6:30	Tournament		
Jan.21	Wed	KSA	6:45	G	KSA	KCS
Jan.26	Mon	St. Ann's	6:45	G	St. Ann's	KSA
Feb.2	Mon	@ 4th				
Feb.5	Thur	@ 1st				
Feb.6	Fri	@ 1st				
Okangans:	Date:	Girls - Feb.13/14 - Kelowna				
Provincials:	Date:	Girls - Feb.25-28 LEC				

Jr. Girls and Boys (same schedule except for tournaments)

Date	Day	Location	Time		Home	Away
Dec. 12/13	Fri/Sat	Ashcroft	6:30	Tournament	(just Girls)	
Dec.16	Tue	Clearwater	5:00/6:30	G/B	Clearwater	KSA
Jan.8	Thur	KSA	5:00/6:30	G/B	KSA	Desert Sands
Jan.15	Thur	Barriere	5:00/6:30	G/B	Barriere	KSA
Jan.29	Thur	KSA	5:00/6:30	G/B	KSA	KCS
Jan 30/31	Fri/Sat	Barriere	6:30	Tournament	(just Girls)	
Feb.9	Mon	Playoff				
Feb.11	Wed	Playoff				
Feb.12	Thur	Playoff				

MESSAGE FROM THE FOODS DEPARTMENT

Did you receive nice new kitchen gear for Christmas? The Foods Program will happily take your old stuff off your hands. We are specifically looking for hand mixers, blenders, forks and large mixing bowls, but are always happy to receive donations.

Snacks and Lunches

We have seen an increase in students requesting food at the office. Please ensure you have sent enough snacks and lunch for your student(s). If your child attends after school care, they may need extra food for their time at daycare. Growing minds need a lot of food!



KSA PAC NEWS



There are several ways in which you can be an active parent at Kamloops School of the Arts. Our Parent Advisory Council meets on a regular basis, and the meeting dates are published in the school newsletters and on the PAC KSA Facebook page <https://www.facebook.com/groups/ksapac>

JANUARY PAC UPDATE

We made it!! Enjoy your well-deserved two weeks off, families!

IMPORTANT PAC DATES:

- Wed, Jan 14 - PAC Meeting 6pm
- Wed, Jan 21 – Red Robin

PAC HOT LUNCH

The KSA PAC is excited to offer fun hot lunches once a month! Jan 21st is from Red Robin, and the order deadline is Jan 11th. The next set of Hot Lunch and Popcorn sales for Feb-June will go live mid-January on Munch-A-Lunch.

To place your order, please visit: <https://munchalunch.com/schools/ksa>

Remember to select the “Kamloops School of the Arts (PAC)” button at the bottom!

POPCORN THURSDAYS \$1 & SLUSHIE DAYS \$2!

The next round of convenient popcorn pre-orders (for the second half of the year) will start in mid January. Students can always buy popcorn on Thursdays without pre-ordering.

Slushie Purchases - Pod 1 Jan 15th, Pod 2 Jan 22nd, Pod 3 Jan 29th.

Students can always buy popcorn on Thursdays without pre-ordering.

MOVIE NIGHT? - Planning is in the works...let us know if you want to help!

NEXT PAC MEETING: Wed Jan 14, 2026, 6pm. In The Commons (by the Elementary/Large Dance Studio), everyone is welcome! Park in the staff lot and come in through the parking lot doors.

STAY UP TO DATE

For the latest news and updates, use the KSA PAC Facebook page:

<https://www.facebook.com/groups/ksapac>. We recommend that you turn on your notifications for this group so you don't miss anything.



SECONDARY COLLABORATION (STAR) BLOCK 2025/2026

We are excited to inform you about our upcoming Secondary Collaboration Days at Kamloops School of the Arts. These sessions are designed to provide a valuable opportunity for secondary teachers to engage in Collaborative Inquiry, fostering a learning environment where educators can focus on new strategies to support student growth.

Collaboration Days will take place on the following dates:

- **January 29**
- February 26
- April 23
- May 28
- June 18



During the Collaboration Block (8:30 - 9:45 AM), secondary teachers will work in teams to explore ways to enhance student learning. The focus of this time will be on Collaborative Inquiry, which encourages teachers to engage in reflective discussions and informed action.

Secondary students are invited to come to school at the regular time in the morning (8:30 am) and will be supervised by a selection of secondary teachers and Certified Education Assistants to catch up on school work, participate in a school club or spend time reading a novel. Students who are caught up on their school work have the option to come for the start of D block at 10:00 am. As per the new technology policy, cell phones and any other devices that connect to the internet will not be allowed during the collaboration block.

Please note: This new Collaboration schedule **ONLY** affects *secondary* students, elementary students will continue to follow regular scheduled day.

COUNSELLING CORNER

CELEBRATE AND APPRECIATE

Our children and teenagers are often reminded about what's not going well for them, for others, or in our world. We need to teach them to see the beauty and the blessings that surround them, every day, to focus on what **is** going well and what we **do** have.

A positive attitude helps them to feel safe, to feel happy, satisfied, and appreciative.

We can't always control what happens to us, but we can choose how to respond to it.

Let's help them see and celebrate our beautiful, diverse world.

A lovely little movie: [Gratitude](#)

ACCESSING MYEDBC FOR PARENTS/STUDENTS

Upcoming learning updates (report cards) will be uploaded to the [MYED portal](#). MyEducationBC (MyEd BC) is a secure student information system set up by the province of BC. Security is guided by the rules and regulations of the School Act and Freedom of Information and Protection of Privacy Act (FIPPA).

The [MyEd BC Parent Portal](#) is available for parents to access:

- Attendance information
- Report cards
- GradeBook marks (for those classes using the MyEd BC Gradebook)
- Your current contact information
- Individual Education Plans (and progress reports)
- Verification sheets
- Course schedule
- Course selection
- Student Portfolio

To learn more about accessing the portal, please click [HERE](#).

**Learning
Updates**

CHECK OUT THE KSA WEBSITE FOR SCHOOL INFORMATION!

Great information can be found on our [website](#).

Keep up-to-date by visiting our school [calendar](#).

Please note: events/dates are subject to change - please check with the teacher/organiser to confirm.

FEES PAID VIA SCHOOL CASH ONLINE

Starting September 2025 individual student fees (enhancement fees for field trips and athletics for example) will include a processing fee for all payment transactions using online payment options. This processing fee, which was approved by the Board after the budget consultation process last spring, represents actual costs the Board incurs for using online fee payment services. Cash and cheque payments will not incur this processing fee. We recognize that fee increases can be challenging for families. School District 73 is committed to ensuring that no student is excluded from an educational program or activity or extracurricular activity because of financial need as outlined in the District's Administrative Procedure 506: Student Financial Assistance.

You can access [School Cash Online](#) on our [website](#).

ATTENDANCE

At KSA the provincial curriculum is taught through an integrated arts program. Consistent attendance is a vital component of the program and absolutely necessary in order for a child to succeed. Significant student absences and lateness will impact your child's ability to do well and achieve success in the educational program we offer at KSA. However, on occasion it is necessary for your child to be away due to illness or other factors. If you know your child will be absent from school please call 1-844-350-2647 to report an absence or download the Safe Arrival app for smartphones. Please do this **prior to 8:20 am**.

SAFE ARRIVAL APP & REPORTING ATTENDANCE

Parents/guardians are to report absences on Safe Arrival. Safe Arrival handles the majority of parent/guardian contact (including phone calls) when a student absence needs to be reported. This system allows parents/guardians to interact directly with the system in the following ways:

To report an absence you may choose to:

- call the toll free # 1-844-350-2647
- access the following website: <https://go.schoolmessenger.ca>
- download app from [Google Play](#) or [Apple's App Store](#)



Please choose the reason for your child's absence from school: sick, family vacation, etc. Don't forget to wait for confirmation # to ensure your child's absence has been recorded. If you do not connect with the system **by 8:20 am** on the day of your child's absence from school and when the teacher has completed attendance for the class, then a report will be dispatched for all and the system will issue a call.

If you need to sign your student(s) out during the day, please also notify your teacher(s) in advance when possible, so they can plan accordingly.

PARKING AND TRAFFIC

We believe strongly in the safety of our children, therefore, please make sure you are aware of parking and traffic routines at our school. Students are reminded to follow road safety at all times. Students are required to use the crosswalk and look both ways before crossing the street.



There is no drop off, pick up, or parking available in the staff parking lot OR in front of the school on 9th Avenue.

Parents are asked to drop off/pick up their child on Fraser Street.
The roadway by the bridge on Fraser street is drop off only.
Please do not park in this area.

AFTER SCHOOL PLANS

Please ensure you have made after school care plans for your child(ren) and have communicated this plan with your child(ren) prior to the start of the day. If your plans have changed throughout the day, please notify the school office and the teacher when possible. Elementary students are dismissed at 2:39pm. High school students are dismissed at 2:54pm.

When elementary students leave during the day due to illness or an appointment, a parent, guardian or pre-approved adult must come *into the office* to pick them up. Our staff must speak directly to the child's parent or legal guardian before they will be permitted to leave. If you know your child will be leaving early, please *also* inform your [teacher](#) prior to the date.

COMMUNICATION WITH THE SCHOOL

If you have any questions that come up during the year, there are a number of ways to get in touch:

1. Send an email. Staff and administration can be reached using the first letter of the staff member's first name's initial, followed by the last name @sd73.bc.ca. (Example: John Smith: jsmith@sd73.bc.ca) There are a few exceptions but staff email addresses are also listed on our [website](#).
2. Call the school at 250-374-3200. Office hours are 8:00 am to 3:30 pm.



MEDICAL POLICY

Please contact the school if your child has any health issues or potentially life-threatening conditions that we need to be made aware of. No medications (prescription or non-prescription) are to be administered by school district employees without prior written consent of the parent/guardian and doctors must sign a Request for Administration of Medication at School form which includes written medical advice from a physician. This form must be renewed/resigned each school year.

CELL PHONE EXPECTATIONS

KSA is fully committed to aligning its personal digital device expectations/policy with the new language mandated by Ministerial Order M89. This commitment is a



result of collaborative efforts involving staff, parents, and students. The aim is to promote online safety and create focused learning environments for all students. As part of this commitment, KSA is in the process of developing new policies that adhere to the updated language set out in AP 350. These policies will further reinforce the school's dedication to the safety and learning of its students.

Guidelines for Personal Electronic Devices - ELEMENTARY

Students who bring devices such as cell phones, iPods or similar items will be instructed to keep them in their backpacks or lockers for the duration of the school day unless requested by the teacher for classwork. As per AP 350.1, the safekeeping of these devices are solely the responsibility of the owners. We ask that students use the office phone when calling parents during the day due to illness or urgent matters. Students may use e-type readers for quiet reading times upon permission of the teacher. Electronic devices may be used for school activities with the teacher's permission, but no other recording/photographic devices may be used at any time. Cell phones or other devices are prohibited during recess and/or lunchtime. Failure to comply with this policy will result in the confiscation of the electronic device which will be retained by the teacher and/or turned in to the office for follow-up with administration.

KSA Phone/Technology Policy - SECONDARY

The KSA Secondary Phone/Technology policy addresses the appropriate use of all electronic devices during our regular school day. To that end, the following expectations must be adhered to with regard to proper and responsible technology use:

- Electronic devices are not allowed at KSA during instructional time. Cell phones/headphone devices may be used for educational/health-related reasons at the discretion of the individual teacher. Failure to comply with this policy will result in the confiscation of the electronic device which will be retained by the teacher and/or turned in to the office for follow-up with administration.
- Cell phones and other technology may be used at secondary break times.
- Creating or recording photos, videos, sound, or other digital artifacts without consent is prohibited at KSA at any time during the school day unless under the direct supervision of a teacher for educational reasons only. At no time will the use of any personal electronic device invade or infringe upon the personal privacy or safety of any member of the school district community.

Chronic cell phone misuse may result in the ban of the student's cell phone from the school. Students and staff can also refer to the following Administrative Policies for further information: School District #73 AP – 350.1 – Technology: Student Acceptable Use School District #73 AP – 350 – Student Code of Conduct.

AVANT GARDE



KSA DANCE

Breaking through new artistic ground and possibilities

January 8: 10:30 | January 12: 12:45 | January 13: 9:00 & 9:30

Screens aren't the enemy — but balance matters. Many parents are unsure what 'healthy screen time' actually looks like for different ages. This visual breaks it down simply, so you can make informed choices that support your child's well-being. *Remember: it's not just how long a child is online, but how they're using screens, how regulated they are before and after, and how supported they feel in between.* Use this guide as a starting point, not a strict rule book — every young person's needs are different.

Recommended Screen Access by Age

These recommendations are based on global child health guidelines and current research. They are not rigid rules; they are starting points to support healthy development.

Under 2

Avoid screens other than video calls with family. The developing brain depends on real-world interaction, movement, and eye contact.

Ages 2–5

Aim for around 1 hour per day of high-quality, adult-guided content. Break screen time into short periods rather than long passive sessions.

Ages 5–11

Aim for balanced use: around 1-2 hours daily of recreational screen time. Prioritise sleep, physical activity, social interaction, and outdoor play before screens.

Ages 11–14

Focus on routines and boundaries rather than strict minutes. Protect sleep by avoiding screens at least one hour before bedtime. Encourage tech-free mealtimes and shared family spaces.

Ages 14–18

Guide young people toward self-regulation: discussing dopamine loops, online safety, body image, cyberbullying, and how screens affect mood and sleep. Maintain clear expectations around routines and night-time boundaries.

If you'd like the full bitseize Healthy Screen Habits Info Sheet to go with today's visual, comment SCREEN below and I'll DM it to you.

The Contented Child

HEALTH PROMOTING SCHOOLS

HEALTHY EATING

Neurodiversity and Eating Disorders

Eating disorders are complex mental health conditions that affect individuals across all ages, genders, and backgrounds. Neurodivergent children and youth may be at increased risk of exhibiting disordered eating behaviours or developing an eating disorder. EmbodyBC has resources for parents and professionals. Check them out here: [Neurodiversity and Eating Disorders - a guide for parents & professionals](#)

MENTAL HEALTH

Recognizing Self-Harm: How to Support Your Child

Self-harm is when someone intentionally hurts themselves to cope with difficult emotions. It's a way some teens express or manage intense feelings, not necessarily a desire to end their life. It's natural to feel shocked, confused, guilty or angry when you find out that your child is self-harming. Check out resources to learn more about self-harm and how you can help. Remember: You're not alone, and neither is your child. With the right support, things can get better.

See the resources here:

[Talking About Self-Harm: A Guide for Parents and Caregivers | Kelty Mental Health](#)

PHYSICAL LITERACY

Outdoor play

Outdoor play is a basic childhood need and taking risks is a necessary part of play. Whether jumping in a pile of leaves, climbing a tree, or playing street hockey, children are often happiest when playing. These kinds of experiences are a lot less common for kids today. Check out UBC's [OutsidePlay](#) which has resources for parents, ECEs, and teachers on outdoor play.

Keep non-sporty kids moving

There are kids who would prefer to draw than to dive. Kids who prefer to read than to run. And kids who prefer to investigate than to inline skate. Just like the clothes you prefer to wear, sport and physical activity is a matter of personal choice and taste. But no matter how much a kid likes sport or not, being active and moving everyday is good for all kids. So how do you get your non-sporty kid to be active? Try these [tips](#) from Active for Life to incorporate what they love with movement.

IMPORTANT KSA DATES

Please note: events/dates are *subject to change*- please check with the teacher/organiser to confirm.

JANUARY 2026	5	Return to classes
	7	Grad Parent Meeting
	14	School of Choice Info Night
	19	Grad Photos
	26	Secondary Project Completion
	27	End of semester 1 for secondary students
	27	Secondary Project Completion
	29	STAR Collaboration session for secondary students
FEBRUARY	2	Semester 2 begins
	5	Grad fees due
	6	Pro-D Day (no school)
	13	Secondary Learning Updates published on MyEd
	16	Family Day (no school)
	17	Grad photo retakes at SKSS
	18	Grad photo retakes at SKSS
	25	Pink Shirt Day
	26	STAR Collaboration session for secondary students
MARCH	13	Elementary Learning Updates published on MyEd
	16	Spring Break begins
	30	Return from Spring Break
APRIL	3	Good Friday (no school)
	6	Easter Monday (no school)
	20	End of term 3
	21	Term 4 begins
	23	STAR Collaboration session for secondary students
	27	Pro-D Day (no school)

MAY	1	Secondary Learning Updates published on MyEd
	15	Pro-D Day (no school)
	18	Victoria Day (no school)
	28	STAR Collaboration session for secondary students
JUNE	12	KSA Graduation Commencement
	18	STAR Collaboration session for secondary students
	24	Secondary project completion
	25	Last day of elementary classes
	26	Administration day (no school)
JULY	1	Canada Day
	2	Secondary Learning Updates published on MyEd

SD73 Important dates can be found [HERE](#)