

Kamloops School of the Arts

KSA Community **Connection**

1390 Ninth Avenue, Kamloops BC V2C 3X5

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

Office Hours 8:00 am to 3:30 pm

NEWSLETTER FOR FEBRUARY 2026

Dear Parents, Guardians, and Caregivers,

February is a month that reminds us of the importance of love, kindness, and caring for one another. At KSA, our students continue to demonstrate these values daily by following the S.T.A.R. Belief Matrix and using their W.I.T.S. to solve problems with respect and responsibility. Just as we teach our students to navigate social hurdles, we value open communication between home and school when challenges arise. To ensure your concerns are resolved effectively, we ask that you always reach out to the classroom teacher or staff member directly involved as a first step. They have the most direct insight into your child's day and are your best partners in finding a solution; if a concern persists after that conversation, my door is always open. By working together directly, we model the very problem-solving skills we want our students to learn.

It is a busy month for our 495 KSA STAR Students! Our elementary basketball season is in full swing, and many classes are heading out on many field trips including skating—please ensure you've returned permission forms and sent your child with a CSA-approved helmet. For our secondary families, semester 2 is now underway; please note that Graduation fees are due February 5th, and Secondary Learning Updates will be published on MyEd on February 13th. We are also looking forward to Pink Shirt Day on February 25th as part of Diversity and Inclusion Month. Our teachers are engaging students in meaningful activities that promote anti-racism and respect, reinforcing the message that every student should feel valued, accepted, and proud of who they are.

Thank you for your ongoing support in making KSA a place where every student can thrive!

Warm regards, Kukwstsétsemc,

Blair Lloyd

Proud Principal of 495 KSA STAR Students!



ATTENTION

Do not park, drop off, or pick up in the staff parking lot *OR* in front of the school on 9th Avenue.

This is to ensure the safety of your student.

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. 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.

Graduation Newsletter

Graduation Updates

GRAD FEES ARE DUE FEBRUARY 5th. If you have not paid Grad fees you will receive email reminders, or follow up phone calls.

Graduation Information

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

Important Graduation Dates

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

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

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

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

If your student would like grad photo retakes, please have them come to the office to sign up.

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!





SUPPORT THE
AND THE KSA GRADUATING CLASS OF 2026
COLLECTING UNTIL MAR. 6



Have your wishlist items dropped off in the bin at the main office by March 6th or in person at Aberdeen Mall on March 7th, from 10am to 1pm across from Old Navy.

Help KSA collect the most items for our chance to win up to **\$1,000 WORTH OF ABERDEEN MALL GIFT CARDS** for our graduation festivities!

*Card is issued by Peoples Trust Company. Card funds are not insured by the Canada Deposit Insurance Corporation (CDIC) or any other government deposit insurer or agency.


aberdeenmall.ca





DRIVE EVENT DETAILS












- 1 EVENT IS SATURDAY, MARCH 7TH FROM 10AM - 1PM
- 2 DROP OFF LOCATION IS INSIDE ENTRANCE 3, ACROSS FROM OLD NAVY
- 3 EACH SCHOOL WILL HAVE A DESIGNATED AREA FOR THEIR DONATIONS TO BE MADE. LOOK FOR YOUR SCHOOL'S NAME
- 4 FOOD MAY BE DROPPED OFF, WE DO **NOT** NEED A SCHOOL REPRESENTATIVE TO STAY DURING THE EVENT (THOUGH YOU ARE WELCOME TO)
- 5 ALL DONATIONS WILL BE COUNTED BEFORE BEING TAKEN AWAY THAT DAY. RESULTS WILL BE POSTED AND EACH COMMITTEE WILL BE CONTACTED BY MONDAY, MARCH 9TH

Accepted Wishlist items

Food:

- Canned Ravioli
- Canned Veggies/Fruit Cups
- Canned Tuna/Chicken
- Soups/Rice/Sidekicks
- Kraft Dinner/Annie's
- Mr Noodles/Noodle Bowls
- Dry Pasta/Canned Pasta Sauce
- Cereal/Crackers
- Popcorn
- Bear Paws/Granola Bars
- Pepperoni Sticks/Seaweed
- Water/Gatorade
- Condiments - salt, pepper, ketchup, hot sauce

Hygiene:

- Shampoo & Conditioner
- Body Wash
- Hand cream
- Chapstick
- Deodorant
- Facial Wipes
- Hair brushes/Combs
- Laundry Pods
- Dryer Sheets
- Dish Soap
- Menstrual Products (tampons, pads, cups) light & regular needed please

Things to think about:

- These youth are often carrying these bags home on city transport, we need to think of safety, size and weight
- Individual sized items are preferred instead of "Family size"
- Aluminum cans and plastic jars are preferred over glass

How Items will be counted:

- 1 can/box/bottle/container = 1 item (cases will be individually counted)
- Only new, unopened boxes will be accepted and count towards total (no partial or opened items please)

SUPPORT THE KSA GRAD 2026

50/50 RAFFLE

\$10 EACH!
ONLY 2000 TICKETS
WILL BE SOLD!!!!

DRAW DATE
APRIL 22
2026
4:00 PM
AT KSA

UP TO \$10,000

PRIZE IS 50% OF TOTAL SALES

20
CLASS OF
26

BC GAMING LICENSE #167634

WINNERS CONSENT TO THE RELEASE OF THEIR NAMES BY LICENSEE

A Day in the Arts

January 27 was our Day in the Arts for grades 6 and 7, as well as incoming students. Students were paired with secondary leaders and were able to rotate through six stations, meet the teachers, and learn more about the programs available at Kamloops School of the Arts. This was a great opportunity for upcoming secondary students to learn what options will be available as well as learning the upcoming expectations and course schedule planning.

PINK SHIRT DAY

Wednesday February 25 is Pink Shirt Day! We encourage all families to wear pink and talk about the meaning of Pink Shirt Day. Pink Shirt Day began in 2007 when a student in Nova Scotia was bullied for wearing a pink shirt to school. It has since been recognized annually worldwide as a day to stand against bullying. Pink Shirt Day is an anti-bullying campaign that celebrates diversity and creates environments where all people can feel safe, valued and respected.



KINDERGARTEN REGISTRATION

February 2-6, 2026 - [Catchment Schools Registration Week](#)

- Registration process:
 - Find your catchment school using the School Locator and School Boundaries Map tools.
 - Complete Student Enrolment Form and provide it to your school or pick up a registration package from your catchment school.
 - Parents will be required to provide child's BC Services Card, proof of address, child's birth certificate, and custody agreement if applicable
 - Registration packages for students with an older sibling will have been sent home with that sibling in early 2026 (BY REQUEST only). Return completed forms to school with siblings.
 - If you have questions, please contact the school directly to book an appointment.
 - If you are unsure where to register, contact the School Board Office at 250-374-0679.
 - Parents are strongly encouraged to register children for Kindergarten during Kindergarten Registration Week (February 2-6, 2026).

SECONDARY COURSE SELECTION INFORMATION

Course Selection Week for Secondary students attending KSA in 2026-2027 is February 9-13. Course Selection sheets will be handed out and explained to students in Careers class on February 4th. Students can complete course selection online at home or go to The Commons during the lunch break, Mrs. Traudt will be present to support students.. Grade 7 students will receive course selection sheets on February 4th and will do course selection at school on February 9th with Mrs. Traudt and Ms. McDaniels.



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)
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

Athletic Department

Elementary basketball is in full swing with Tier 3 (Grade4/5) just getting their season started. KSA has 6 elementary basketball teams this year! A huge Slam Dunk thank you to our volunteer Coaches (Coach Tim, Coach Jake, Coach Ditte, and Coach T) for all of their work with our bball teams. **Go Stars GO!**

Boys Tier 1	Competitive
Feb 3	Aberdeen @ KSA
Feb 10	Dufferin @ KSA
Feb 17	Dallas @ KSA

Girls Tier 1	Recreational
Feb 5	Lloyd George 1 @ KSA
Feb 12	Dufferin @ KSA
Feb 19	Dallas @ KSA
Feb 26	Dufferin @ KSA



Girls Tier 3

Feb 4	KSA 1 @ Pac Way	Aberdeen 2 @ KSA 2
Feb 11	KSA 1 @ Ralph Bell	Summit @ KSA 2
Feb 18	KSA 2 @ Pac Way	KSA 1 - BYE

Boys Tier 3

Feb 4	Pac Way @ KSA 1	KSA 2 @ Dallas
Feb 11	Ralph Bell @ KSA 1	KSA 2 @ Pac Way
Feb 18	Aberdeen 1 @ KSA 2	KSA 1 @ Aberdeen 2

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>

FEBRUARY PAC UPDATE

IMPORTANT PAC DATES:

- **Sun, Feb 1** – order deadline Chopped Leaf PAC Hot Lunch
- **Wed, Feb 11** – Chopped Leaf PAC Hot Lunch
- **Wed, Feb 11** – order deadline PAC Popcorn Perorders
- **Wed, Feb 18** - PAC Meeting 6pm
- **Fri, Feb 20** - Movie Night
- **Spring 2026** - PAC AGM - Volunteer as an executive member!
- **Thur, Jun 18** - PAC Family BBQ - We need a leader to run it!



KSA PAC's Family Movie Night Friday, Feb 20th!

Presenting: The Wild Robot

Gym Doors open 5:30, Movie at 6pm in the Gym

Cost: minimum donation \$5/family

Bring your own seating! Pillows, camp chairs, etc.

All students **MUST** attend with an adult.

There will be popcorn and a small concession and **PRE ORDERED PIZZA!** Please preorder by Feb 16th on Munchalunch

If you are able to do a few small tasks at the Movie Night, please email: board@ksapac.ca or message Samantha Gidora to volunteer.

FAMILY BBQ! June 18 2026

We've got the date booked - now **we need a leader!** Please email board@ksapac.ca or message one of the members or communications team if YOU CAN RUN THIS EVENT. It isn't a lot of time, but more than our current team can do this year. There is so much help and pre-organized for the leader, it is an easy job! And, a fantastic way to show your kids how our community comes together to support each other and our student's opportunities. Volunteer sign-up for all the small jobs will come in the spring.

PAC investments...

The executive is pleased to share: another long-term investment for our Performances

Equipment was voted in at our last meeting! We have funds to purchase the perfect soundboard, and now have three state-of-the-art speakers to use as monitors on the floor for the performers to hear well in the gym, and for use as speakers for other events. Your support makes all these things possible!

PAC HOT LUNCH

The KSA PAC is excited to offer fun hot lunches once a month! **Feb 11** is from **Chopped Leaf**, and the order deadline is **FEB 1st**.

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!

Upcoming hot lunch dates: **February 11** – Chopped Leaf; **March 12** – Panago; **April 16** – Moon Wok; **May 20** – Señor Froggy, **June 19** – Panago. Please order at least **2 weeks before** each delivery date.



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

The deadline to pre order popcorn is February 11.

Prepaid popcorn will be delivered every Thursday for K-7 classrooms.

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

NEXT PAC MEETING: Wed Feb 18, 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.

DONATION OF ART SUPPLIES

We wish to express our profound thanks to the Estate of Jennifer Alley-Britton (1949-2022) for a wonderful gift of art supplies and books. These materials will benefit this year's students, and generations of students to come.

The supplies include considerable amounts of various media (ink, pencil, pastel, watercolour, acrylic, and oil); paper; sketchbooks; brushes; easels; and portfolio cases. Our Library now has scores of “how-to” books on various artistic techniques, as well as surveys of art history, and books featuring individual artists, eras, or galleries. These printed resources will benefit all students in SD73 who have an interest in art.

Special mention should be made about a set of ten books entitled The Unheralded Artists of BC Series, published by Mother Tongue Publishing Ltd. (Also, there is a separate pocket guide to the whole series.) These beautifully illustrated books cover the lives, works, and challenges of thirteen British Columbia artists who dedicated their lives to their art, but never received much notice or acclaim. These books show that Art is indeed a true vocation, however elusive fame or fortune may be

Mrs Alley-Britton was an enthusiastic hobbyist with a remarkable range of interests. Born and raised in Vancouver, she moved to Kamloops in 1995. She contributed to the well-being of her adopted home in many unseen and unsung ways. She had a lifelong interest in the education of young minds. This donation is consistent with her ideal that everyone should have a chance to discover their talents, and opportunities to nurture and develop them.

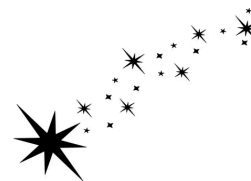
Thanks also go to Ms Lia Kubin, Ms Jennifer Pendergast, and students in the Friday afternoon class for receiving, cataloguing, and storing this wonderful donation.

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:

- **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

Kindness is contagious 😊

When we treat our children and teens with kindness, they become kind and caring adults.
Love, kindness, and compassion make everyone feel better and make the world a better place.

"TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND."

- LEO BUSCAGLIA

RANDOM ACTS OF KINDNESS
FOUNDATION
www.randomactsofkindness.org



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](#).

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.

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.

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 the 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>

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

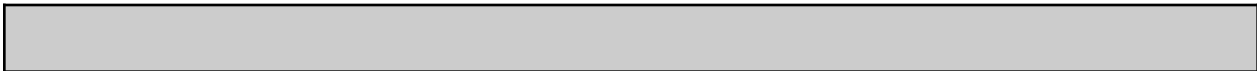
Students who bring devices such as cell phones, iPods or similar items will be instructed to keep them in their backpacks or lockers for the duration of the school day unless requested by the teacher for classwork. As per AP 350.1, the safekeeping of these devices are solely the responsibility of the 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.



KSA PAC PRESENTS
FAMILY MOVIE
Night



FRIDAY FEBRUARY 20
KSA GYM

DOORS AT 5:30
MOVIE AT 6:00



MunchaLunch preorders are now open!

PIZZA is by **PREORDER ONLY**

Deadline to order is **February 16!**



Concession
will be
available!



Minimum donation \$5/family
All students **MUST** attend
with an adult
Bring your own seating
(camp chair, etc.)

KSA PAC NEEDS YOU!

Are you an accountant or just great with numbers?
Do you love staying organized and want to be involved in
the heart of our school community?

KSA PAC is seeking a new Treasurer for next year!

You don't need to be an expert—just someone
comfortable with basic bookkeeping and able to
attend monthly PAC meetings. The books are already
well maintained, making for an easy transition!

Time commitment is approx. 6-10 hours per
month; sometimes more, sometimes less





Ages 13-18

* No cost to participate!

Learn to Manage Stress

Mind Medicine Groups

Everyone experiences worries and stress. Mind Medicine Groups are here to help young people develop coping strategies and build social connections.

To register, contact:

Arpuneet Kaur

Arpuneet.kaur@secwepemcfamilies.org

250-320-7608

Ruben Ferrero

Ruben.ferrero@secwepemcfamilies.org

778-694-4979

Mind Medicine - 7 Weeks

Wednesdays – 3pm to 4.30pm

Starting date: January 28th

153 Kootenay Way, Kamloops

This free program is run by caring, trained staff,
in a safe supportive environment.

Snacks and beverages will be provided.

Secwépemc Child and Family Services:

153 Kootenay Way, Kamloops, BC

Ph: 250-314-9669 Fax: 250-314-9609



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.

FEBRUARY 2026	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](#)