

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 MARCH 2026

Dear Parents, Guardians, and Caregivers,

As we welcome the arrival of March, I want to reiterate the recent message sent to families from Superintendent Mike St. John regarding our unwavering commitment to school safety. KSA has reviewed emergency procedures and the well-being of our students and staff remains our highest priority. To enhance safety, you will soon notice new signage at our entrances reminding all visitors (including parents and relatives) to enter through the front doors of the school and report to the office for a name tag. We also ask for your continued cooperation with our traffic routines; for the safety of all children, please use Fraser Street for drop-offs and pick-ups—utilizing crosswalks and avoiding the staff parking lot behind the school.

Our school community remains vibrant and active as we head into Spring. We were proud to participate in Pink Shirt Day to stand against bullying, and our Junior Art class is currently hard at work on "The Lost Earring Project." In collaboration with artist Alanna Westerman, students are transforming donated jewelry into high-quality art to benefit the Kamloops Women's Shelter. I would also like to extend a sincere thank you to our PAC for their recent investment in new performance sound equipment, and I encourage all KSA to come out and possibly consider volunteering at one of our PAC events including the Family BBQ on June 18.

Looking ahead, please note that we have a Secondary only early dismissal for Parent/Teacher interviews on March 5th. Elementary Learning Updates will be published on March 13th. Spring Break will run from March 16th to 27th, with classes resuming on Monday, March 30th. For our Grade 12 families, please ensure grad fees are up to date and mark your calendars for the Commencement Ceremony at the TRU Grand Hall on June 12th.

Finally, I recognize that the recent news can be unsettling, and we encourage any families needing extra support to access the mental health resources available through the district.

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 all students.

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.

School Safety & Visitor Procedures

As part of our continued commitment to school safety, new signage will soon be installed at both the front and back entrances of the school. These signs will remind all visitors to report directly to the office through the front door of the school, where visitor name tags will be issued.

To maintain a secure and organized environment during after-school activities, all visiting sports teams and spectators are asked to enter through the gym entrance rather than the main school entrance.

PARENT TEACHER INTERVIEWS AND EARLY SCHOOL CLOSURE - SECONDARY ONLY

Secondary parents are reminded that March 5th is an Early Closure Day. Please arrange to have your secondary student picked up at **1:24pm**. Should parents want a Parent/Teacher Interview on this day, please register using the PTCFast website.

Only secondary students will have early closure in March.

Block	TIME	MINUTES
First Bell	8:20	10
Block D	8:30 - 9:30	60
Long Break	9:30-9:45	15
Block A	9:45-10:45	60
Lunch	10:45- 11:33	48
Block C	11:33 - 12:28	55
Block B	12:28-1:24	56
1:24pm - early dismissal		

Graduation **MARCH** Newsletter

Graduation Updates

- **FEES WERE DUE FEBRUARY 5th.** If you have not paid Grad fees you will receive email reminders, or follow up phone calls.
- **Baby Photos:** We are collecting baby photos to use when the students cross the stage and they will be included in the yearbook. Complete this [FORM](#) for submitting your photo by **Friday May 1, 2026.**
- **Arts Performances:** KSA has a tradition of including our graduating artists in the commencement ceremony. We encourage grads from all Art Majors to consider a drama, music, media arts or dance performance. Students can complete this [FORM](#) if they want to participate. Please sign up by **Wednesday, April 22, 2026.**



Graduation Information

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

COMPLETE SHORT SURVEY to help us with planning.

[Grad Banquet and Commencement 2026](#)

Important Dates for Grads

Friday, March 6 - Indigenous Grad Write Ups and Hoodie Orders due to Coco (IEW)

Wednesday April 22 - Last day to sign up for Grad art performances

Friday May 1 - Baby Photos due

Friday, June 12 - Commencements at TRU Grand Hall

Saturday, June 13 - Prom

TBA - District Honours Grad

TBA - Indigenous Grad

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!

bgc
Kamloops

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

Images of donated items: SunPepo, Cereal, Pasta, Shampoo, Soap, Hairbrush, and a jar of jam.

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

BC GAMING LICENSE #167634
WINNERS CONSENT TO THE RELEASE
OF THEIR NAMES BY LICENSEE

SUPPORT THE **bgc**
Kamloops

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!

ABERDEEN MALL aberdeenmall.ca

Coffee House

On February 25, Kamloops School of the Arts hosted a highly successful Coffee House performance that showcased the incredible talent, creativity, and courage of our students. The evening featured an impressive variety of acts, including bands, solo musicians, singers, dancers, video presentations, and even stand-up comedy, creating an engaging and energetic atmosphere from start to finish.

Students demonstrated strong performance skills, musicality, and stage presence, while many also took meaningful risks by trying something new or performing outside of their comfort zones. Whether performing solo for the first time, debuting material, or experimenting with a new art form, students showed confidence, preparation, and growth.

The Coffee House was a powerful example of how KSA students embrace creativity and challenge themselves in supportive performance spaces. Congratulations to all performers for an outstanding evening, and thank you to the staff and students who helped make the event such a success.



Drama Department

The technical theatre program wants your old tools! Do you have a million extra hammers, screwdrivers, and measuring tapes laying around? We will happily take your old tools and give them a little life again.

The Junior Drama Production of **'Too Many Ghosts'** will be performing March 11th & 12th at 7-8:30 PM. Tickets are \$10 each and available to purchase from the office or at the door.

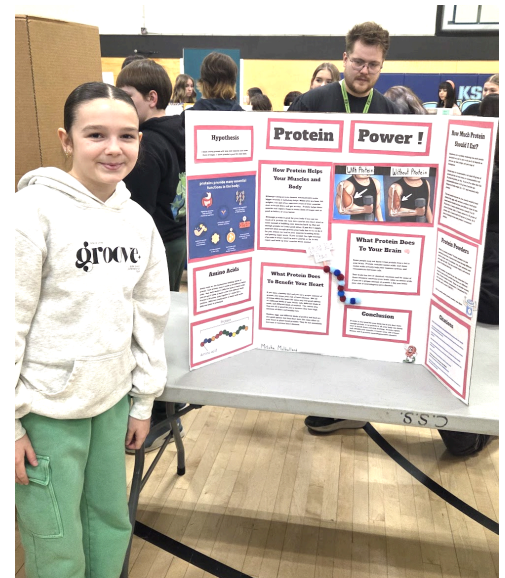
Science Fair 2026: Curiosity in Action

This year's Science Fair was a vibrant celebration of inquiry across our classrooms. Preparation was both structured and student-driven. Students engaged in brainstorming sessions, developed testable hypotheses, identified variables, and moved through the full scientific process — planning, experimenting, collecting data, revising, and presenting their findings. What began as uncertainty for some, quickly grew into excitement and ownership as students realized their ideas were meaningful and worth exploring.

Our classrooms were filled with thoughtful problem-solving, collaboration, and perseverance. Students compared methods, helped one another troubleshoot, and refined their work with care. Creativity was woven intentionally into the process, with display boards designed as clear visual stories grounded in evidence and scientific thinking. Many students used lunch hours and home time to refine experiments and presentations, demonstrating remarkable commitment.

One of the most powerful outcomes was the growth in confidence. Students who were initially hesitant, stood proudly beside their projects, clearly explaining their hypotheses, variables, and conclusions. The fair showcased not only strong scientific thinking, but also resilience, collaboration, and pride.

The 2026 Science Fair was more than an exhibition — it was a celebration of curiosity, creativity, and the growing confidence of our young scientists.



Swim Team

Is your Grade 4 to 7 child ready to take their swimming to the next level? Our Elementary Swim Team is perfect for confident swimmers who want to strengthen their strokes, refine technique, and enjoy some friendly competition. Swimmers should be able to independently complete 25 metres, feel confident in the deep end while receiving instruction from the pool deck, and be ready for a skill-building program designed to enhance existing abilities.

If your student is interested in participating, please have them reach out to Mrs. Bouwmeester.

Athletic Department

The winter season brought some outstanding basketball to the KSA gym. We saw the exciting formation of our Jr. Boys team, a group that came together quickly and proved just how competitive and successful we can be on the boys' side. The future is incredibly bright for this squad.

Our Jr. Girls finished second overall in the standings, missing first place by just one point — a testament to their hard work and consistency all season long. The Sr. Girls continued their strong tradition, advancing to the Okanagans for the second straight year and battling all the way to an overtime finish in their final game. Their resilience and determination were impressive to watch.

A sincere thank you to all of our athletes for their commitment, effort, and the pride they show representing our school.



Next up, we shift to girls soccer and are excited to introduce ultimate frisbee to the lineup. It's shaping up to be another fantastic season ahead!

Lost Earring Project

Jr. Art Begins the 'Lost Earring Project'

On February 18th, the Jr. Art class had a visit from Alanna Westerman, the artist in charge of the 'Lost Earring Project' which raises money for the Kamloops Women's Shelter. Local artists, including our Jr. Art class have been invited to create original high-quality pieces of art from the old, broken or unwanted jewellery that have been donated to the Kamloops Courthouse Gallery and Artisan Market.

Alanna spoke of her passion for recycled and found art pieces which she has had since she was a young girl. She showed the students some of her prior creations and then demonstrated some of the ways everyday objects such as cups, dolls, tins and empty thread spools might be put together to create something new and interesting. Alanna inspired the students with her passion and creativity, they were all very keen to get to work on their own ideas and projects after her visit.

The Jr. Art class will be working on the 'Lost Earring Project' until the end of March. If you would like to donate any old or broken jewellery or other interesting items to our art class, you may contact their teacher Jennifer Pendergast at jpendergast@sd73.bc.ca, drop it off in the main office where there is a box for the items, or bring it to the Kamloops Courthouse Gallery. All art that is created will be available for purchase starting on May 1st, with 50% of the sales donated to the Kamloops Women's Shelter and the other 50% going to the artist. Some artists, such as Alanna Westerman herself, plan to donate 100% of the proceeds to the Kamloops Women's Shelter. Any support of our students and this valuable fundraiser is greatly appreciated.

By Jennifer Pendergast



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!
Please pack cutlery for your child(ren).

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>

MARCH PAC UPDATE

IMPORTANT PAC DATES:

- **Mar 12** - PAC Hot lunch by Panago (order by Mar 2)
- **April 2026** - PAC Meeting, no date determined yet
- **Wed May 27** - PAC AGM & Last Meeting* - volunteer as a new exec member!
- **Thur, Jun 18** - PAC Family BBQ



NEXT PAC MEETINGS: If needed, March 11th, 6 pm. April date to be determined

PAC AGM & MEETING: Wed, May 27

This is the one to show up for! And, it will *likely* be the last meeting of the school year, sets up the new exec for September. All positions will be open for KSA parents/guardians to be a part of this great group. We are especially interested in **finding a Treasurer!**

Positions descriptions can be found in KSA PAC's Constitution & Bylaws, or contact Loni (lonihorsley@gmail.com) or board@ksapa.ca for more info.

<https://www.facebook.com/groups/ksapac/permalink/2525338530968998/>

Please recruit your parent friends to come out and get nominated!

FAMILY BBQ! June 18 2026

Get ready to celebrate! We'll need volunteers for that day, sign up to come

PAC HOT LUNCH

The KSA PAC is excited to offer fun hot lunches once a month! **March 12** is from **Panago**, and the order deadline is **March 2nd**.

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!

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

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

STAY UP TO DATE

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

<https://www.facebook.com/groups/ksapac>. We

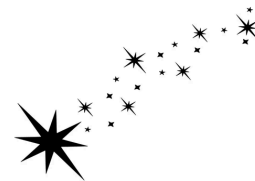
recommend that you turn on your notifications for this group so you don't miss anything.

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:

- **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

Lately we have had to deal with some very tragic events and unpredictable times.

As adults our job is to ensure our children and teens are taken care of, that they feel safe and protected, that we are there for them to help them deal with their big problems and worries. If we are calm and managing our anxiety our children and teens will manage their anxiety more effectively.

Please ensure they are not exposed to news that may overwhelm and distress them, be available for age-appropriate discussions to help ease their worries.

Take care of yourselves too 😊

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



4. Chandeliering

2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



gozen.com

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>

Head Lice Assistance & Guidance

Struggling with nits? Ria Johnstone, a former ECE with extensive experience in early learning environments, is offering supportive and knowledgeable head lice assistance. Ria provides a calm, discreet, and family-centered approach to help you navigate outbreaks effectively and with total reassurance.

Whether you need a second set of eyes for a head check or guidance on removal strategies, Ria is here to make the process easier and less overwhelming. These services are being offered on a volunteer basis to support our school community.

Contact Ria for help or guidance:

- Phone: 778-257-0032
- Email: mayasmommy83@gmail.com

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.





You're invited to KSA

FAMILY GAMES NIGHT

*KSA will be hosting a
school-wide Family Games
Night for all K-12 families.*

Thursday March 5, 2026

6:00-8:00 PM

in The Commons/Dance Studio

Please enter through the main doors on 9th Ave.
Children must be accompanied by an adult

**Bring your family favourite games and
join us for an evening of connection,
laughter, and community.
Pizza and drinks will be provided.**



Please call the school at
250-374-3200 by March 3
if you will be attending.



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.

MARCH 2026	5	Parent/Teacher Interview Early Dismissal for SECONDARY ONLY
	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)
	7	Day of Suwntwecw
	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](#)