

BARRIERE SECONDARY COUGAR NEWS



What's Happening This Week

MONDAY, December 8

- BSS PAC 5:50 pm in the BSS Library

TUESDAY, December 9

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WEDNESDAY, December 10

- School Shopping Trip to Aberdeen Mall

THURSDAY, December 11

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FRIDAY, December 12

- Sr. Boys Cougar Classic Begins

December 8 – December 12

Pesllwélsten
abandoning month

Upcoming Dates

- December 10 Annual BSS Shopping Trip
- December 17 Christmas Luncheon
- December 19 Last Day of Classes
- December 22 – January 4 Christmas Break

Basketball Tournament Dates

- Sr. Boys Cougar Classic – Dec. 12/13
- Tier 1 Jr. Boys Tournament - Jan. 16/17
- Tier 2 Jr. Boys Tournament - Jan 23/24
- Jr. Girls Tournament - Jan 30/31

Secwepemcúl'ecw yi7élye ell,
re tmicws re Simpcw n7élye.

Acknowledge that we are on
the territory of the
Secwepemc Nation,
specifically the territory of the
Simpchw People.

Cafeteria Menu

Monday

- Pizza Baguettes or Meatballs w/ Gravy and Mashed Potatoes

Tuesday

- Grilled Ham & Cheese w/ Veg or Shepards Pie

Wednesday

- Tortellini Soup w/ Flat Bread or Taco Bowl Salad

Thursday

- Club Wrap or Chili w/ Cornbread

Friday

- Cheesy Broccoli Soup w/ Bun or Chicken Fingers & Fries

Grade 7/8 Community Class Logo

Thank you to Mr. Nielsen and the grade 7/8 students for designing their class logos. Excellent work.



Thank to the BSS PAC

PAC continues to support the guitar program at Barriere Secondary. Every Wednesday at lunch, a professional teacher works with students in developing their guitar skills. Students are welcome to join at any point of the year, regardless of experience and there are several guitars they can borrow during the lessons. In addition to having fun learning alongside friends, students are taught instrument safety, musical theory and foundational skills. Most are able to start playing songs within a month. Musicians themselves, Mr. Powers and Mr. Cordeiro support students in their learning and would be happy to chat with any students with questions about attending the lessons.

From the Athletics Department

A reminder that fees from have been posted. We are now moving into basketball season, and fees must be paid in order for athletes to participate in out-of-town tournaments. Please contact the office or check out your child's SchoolCash account for outstanding balances.

From the Main Office

- Please use the automated system/app from Safe Arrival (see below for more information) to mark students late or absent in the morning. Cut off is around 9:00 am when the call out is usually sent.
- School fees are posted. Please pay school fees as soon as possible

FEES and SchoolCash

School fees and athletic fees are now posted and can be paid through Schoolcash. If you are looking to stop by the school and pay fees using cash, exact change would be appreciated.

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.

Barriere Secondary School - Schedule of School Fees 2025-2026

School Fee invoices are distributed to students

September 2025 for Semester 1 and February 2026 for Semester 2

Please note that paying online has a processing fee (on average 5%) incorporated in the cost to be paid online, which was approved by the Board after the budget consultation process last spring. These represent true transaction fees charged by the District's processing platform.

Payments made to the school by cash or cheque should be submitted at the lower amount specified below.

Kindly ensure payments are made in the exact amount, as no change can be provided.

STUDENT ACTIVITY FEE - \$10.75 online / \$10.00 cash or cheque

Charged to ALL students for supplies to support general school activities over the school year.

LOCK RENTAL - \$6.50 online / \$6.00 cash or cheque

Charged to ALL students. Students will be assigned a lock by the school at the beginning of the year and will be expected to return the lock at the end of each year until they leave the school. Students are required to use the lock provided by the school.

GRAD FEES - \$89.00 online / \$85.00 cash or cheque

Charged to Grade 12 graduating students includes: Lifetouch grad photo sitting fee, grad gown rental, souvenir hat & tassel, souvenir grad photo composite in folder and other grad incidentals.

YEARBOOK-OPTIONAL FEE - \$42.00 online / \$40.00 cash or cheque

Optional fee to pre-order the school yearbook and keep those GREAT school memories!

FEE SCHEDULE FOR COURSE ENHANCEMENTS

The following Fee Schedule represents maximum amounts that would be charged in each of the classes. The items listed are descriptions of consumables for courses, with more specific details to be given within the course outline from the classroom teacher.

Mosaic	online	Cash Cheque
Mosaic 7 and 8 Supplies for ADST (Applied Design, Skills and Technology) activities including wood, art supplies and groceries	\$31.50	\$30
Visual Arts		
Art Studio 9	\$26.25	\$25
Art Studio 10-12	\$26.25	\$25
Photography 11	\$36.75	\$35
Media Design	\$21.25	\$20
Media Arts	\$10.75	\$10
Home Economics		
Food Studies 9-12 Groceries and supplies for labs	\$52.50	\$50.00
Textiles 8/9 For materials and associated costs	\$31.50	\$30.00
Textiles 10-12	\$31.50	\$30.00

Technology Education	online	Cash Cheque
Art Metal 10-12 Metal, casting, supplies, gas, solvents, fasteners, welding/brazing consumables, abrasives and jewelry supplies	\$47.25	\$45
Metalwork 9-12 Metal stock, sheet metal, gasses, solvents, fasteners, welding/brazing consumables, abrasives, and hearing protection	\$47.25	\$45
Woodwork 9-12 Wood, adhesives, fasteners, abrasives, blades, finishing products, and other consumables	\$42	\$40
Skills Exploration 10-12 Building materials: lumber, plywood, fasteners, electrical supplies, and plumbing supplies	\$52.50	\$50
Information Technology 9-12	10.75	\$10
Entrepreneurship and Marketing	\$5.50	\$5
Fitness and Conditioning 11-12	\$47.25	\$45
Human Performance 9-12	\$31.25	\$30



Welcome to the Cougar Pride Grad Newsletter—
Our Post-Secondary, Scholarship & Awards
Newsletter!

This will be your go-to source for Post-
Secondary, Scholarship, and Awards information.
A new edition will be released at the beginning of
each month, with regular updates as new

opportunities arise — so check back often!

Be sure to explore the Resources section at the end of the newsletter for important information on post-secondary registration, transcript requests, and reference letters to support your next steps after graduation.

For more information reach out to Ms. Domingo and checkout the latest edition here:

<https://app.smores.com/n/4p3b8>

BSS Personal Device Policy

Please speak with your child prior to them coming on Tuesday about the [BSS Digital Device Usage Policy](#). While the official language is below, what it means is that personal devices, such as cell phones are not to be used during class time. Phones must be stored in their lockers during class time.

At Barriere Secondary School we believe that the foundations of a safe, caring, and welcoming school environment are fostered and maintained through a focus on inclusivity and equity-focused education implemented and supported through a progressive continuum of supports.

Cafeteria

The cafeteria will be open on Thursday, September 4. Cash is accepted or you may purchase your child(ren) lunch cards through the [SchoolCash](#) Online system.

Breakfast Program

The **Free** Breakfast Program has started. For those new to BSS, every weekday from 8:00 am – 8:25 am all students can enjoy a free breakfast.

Course Change Requests

If a course change is needed for Graduation or Post-Secondary requirements, or due to incorrect course assignment, please request an appointment. Continue attending your original classes until you have completed the processes the change.

Lost and Found Items

If students have misplaced clothing or personal items they will be placed on the table at the entrance to the school where students and families can collect the items. If you happen to be in the school, please have a look. Unfortunately, we do not have space to store these items for long periods of time. We will periodically be packaging unclaimed items and donating them to charity.

Leaving Early or Reporting Absences

Under "Safe Arrival": Did you know there is a safe arrival app? This makes reporting absences that much easier! You can find more information [HERE](#).

A reminder to parents that ALL absences/ lates /early dismissals should be recorded on our Safe Arrival system prior to 8:30 am on the day of the absence/ late / dismissal (you can also report absences in advance, if they are known). Please review [THIS](#) link for more information and instructions.

BSS Bell Schedule for the 2025/2026 School Year

The [bell schedule](#) for the 2025/2026 school year will be changed slightly from this year. The start end times for the day will remain the same but there will now be two blocks before lunch and two after lunch. This change will allow for lunch to take place earlier in the day, hopefully helping to ensure students have better access to food throughout the day.

TIME	Day 1	Day 2	Day 3
8:25 A.M.	Warning Bell		
8:30 - 9:48	A	C	D
9:48 - 10:04	16 Min LONG BREAK		
10:04 - 11:22	B	B	B
11:22 - 12:19 (warning 12:14)	LUNCH		
12:19 - 1:37	C	D	A
1:37 - 1:43	BREAK		
1:43 - 3:01	D	A	C
3:01	DISMISSAL		

JA Company Program

Build Your Own Start-up!

Career Education, ADST

Grades 9-12

Program Options: Facilitated by volunteers from the Barriere Lions Club

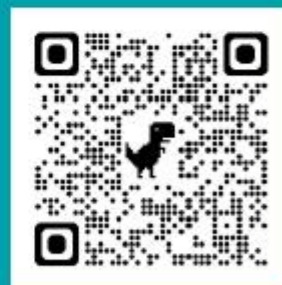
Join us to gain the tools and resources to launch your start-up! Collaborate with like-minded peers in a dynamic, hands-on program that builds teamwork, decision-making, and critical thinking skills while teaching the essentials of starting a business.

Program Details

- Date & Time: 16 weeks afterschool program- exact dates and times to be determined.
- Location: Barriere Secondary School
- Capacity: 15 students (minimum 6 to operate)
- Mentorship Opportunities: Students will collaborate with business leaders and entrepreneurs from the local community

Visit jabc.org/companyprogram to learn more or contact Craig Lovell, at c.lovell@jabc.org.

Learn More



About JA British Columbia

JA British Columbia (JABC) is a not-for-profit impact organization that delivers free hands-on, immersive education in 97% of the school districts in British Columbia.



Barriere Secondary School

Learning Goals 2025-2026



Engagement	Foster student connection and care by engaging all educational community members.
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Mental Health	Create a school environment that supports positive mental health.
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Culture	Foster a safe, caring, welcoming, and inclusive school culture.
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For more information please check out the Barriere Secondary School Learning Plan at the following [LINK](#).

Empowerment Through Support

Youth Day Treatment

Tuesday & Thursday

1:30 PM - 3:30 PM

235 Lansdowne St.



Week 1

The Bigger Picture of Substance Use: Introduction to Boundaries, emotions & Safety.

Presenters: City of Kamloops & BGCK on Human Trafficking and Internet Safety

Week 2

Harm Reduction: Identity, Adolescent Development & SMART recovery.

Friday:
Pumpkin Carving at Garden Gate

Week 3

Safety First & Stigma: Mindfulness, Substance Safety & Post- Acute Withdrawal Syndrome (PAWS).

Presenters: KSAC on Consent and Healthy Boundaries.

Friday :
Mountain Biking

Week 4

Drugs: Stimulant Substances, DBT DEARMAN Skills & Youth Resiliency.

Presenters: Interior Health on Overdose Prevention and Naloxone.

Friday:
Horseback Riding

Week 5

Cognitive, Social & Emotional Competence: Thoughts, Feelings & Actions.

Friday:
Connection through Movement at Riverside Park.

Week 6

Social Connections: Belonging, Purpose & Social Awareness.

Friday:
Indigenous Ways of Knowing in The Land

Week 7

Health and Wellness: Problem Solving, Decision Making & Discharge Planning.

Friday:
Blazers Game

Starting October 21 to December 5, youth ages 14-20 who face substance use challenges, can access a youth day treatment that seeks to strengthen wellness through education, practice, fun activities, and connecting with others.

FOR MORE INFORMATION PLEASE CONTACT ACCESS AT
250.377.6500 OR EMAIL VIRGINIA.KLAMMER-
VALENZUELAD@INTERIORHEALTH.CA



Interior Health



UBC Geering Up
Kelowna, Okanagan



Kelowna Middle and High School STEM Workshops

STEM + Sustainability: Hands-On Workshops for Your Classroom

Geering Up Engineering Outreach sends our passionate STEM instructors to your classroom to lead engaging, hands-on workshops. Through creative design challenges and real-world problem solving, students explore how technology, innovation, and sustainable thinking can help build a cleaner, smarter future.

Workshop Dates & Offerings

Dates available from January to June 2025.

Smart Tech for Sustainable Living

Grades 8-9 | ADST, Science

Use Arduino in this hands-on coding session to explore how technology can make our homes more energy efficient.

Designing Sustainable Schools in 3D

Grades 10-12 | ADST, Science,

Environmental Science, Engineering

Use TinkerCAD to explore how technology and design can reduce environmental impact.

Innovating with Clean Energy Design

Grades 10-12 | ADST, Science

Examine energy conservation, clean energy, and Canadian and international innovations while learning Onshape CAD.

Workshop Schedule

- Designed for classes of up to 30 students
- Up to three 75-minute workshops per day

Cost

Many of our middle and high school workshops are supported by funding – contact us to learn more about eligibility and how to book.

Learn More & Sign Up

Email: kelowna.geeringup@ubc.ca

Website: geeringupokanagan.ca



Learn more and submit a booking request at bit.ly/wkshp25 or scan QR code

A network
member of

actüa



THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Applied Science

Welcome to ROMI

RURAL OUTREACH & MENTORSHIP INITIATIVE



WHO ARE WE?

We are a diverse team of medical students from all around Canada who have come together with a single purpose: to support youth living in rural and remote communities!



WHAT DO WE DO?



- Connect you with a mentor in medical school to answer your questions
- Introduce you to careers in medicine and healthcare. Provide you with insight into the application process for medicine and give you an idea of what a day looks like for a medical student
- Host group workshops to help with academic skills and career advice
- Share experiences about the transition from high school to university

WHAT DO YOU NEED TO DO?

- Meet with your mentor 1-2 times per month (approximately 30 minutes) on a platform that you and your mentor agree on (zoom, google meet, phone)
- Meet with your mentor for 7 months until the end of the year. You will have an opportunity to continue the program after this if you are interested.
- Attend scheduled group activities



WHAT KIND OF GROUP ACTIVITIES CAN YOU EXPECT?

- Interprofessional Healthcare Professionals Panel
- Careers within Medicine Panel
- Panel of students from different post-secondary institutions
- Information session on scholarships and bursaries

REACH OUT TO US!

Please email romi.mentorship@srpc.ca with any questions or scan the QR code to sign up for the program if you are interested!



Admin Message

A reminder that on Monday December 8 the BSS PAC meets in the library at 5:30 pm in the library. We look forward to seeing you there. On Friday, December 12 the Sr. Boys Cougar Classic will take place at BSS. Come out and support your BSS cougars. Wishing you a wonderful weekend. Please do not hesitate to reach out if you have any questions or concerns.

Warmly,

Andres Ruberg
Vice-Principal

Derek Markides
Principal