

# BARRIERE SECONDARY COUGAR NEWS



## What's Happening This Week

MONDAY, February 16

- Family Day (School Closed)

TUESDAY, February 17

- New Moon

WEDNESDAY, February 18

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THURSDAY, February 19

- 

FRIDAY, February 20

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## Upcoming Dates

February 16 Family Day (School Closed)  
March 3 Simpcw Career Fair  
March 11 & 12 Grad Photo Retakes  
March 16-27 Spring Break

*February 16 – February 20*

Pellctsi'pwenten  
cache pit month

**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 Simpcw People.**

## Cafeteria Menu

Monday

- Family Day (School Closed)

Tuesday

- Grilled Ham & Cheese w Veg or Tuscan Chicken Penne w Garlic Toast

Wednesday

- BLT w Veg or Spaghetti & Meat Sauce w Garlic Toast

Thursday

- Potato Bacon Soup w Biscuit or Chicken Dinner

Friday

- Club Wrap or Butter Chicken w Rice and Pita

## Ministry of Education 2025/2026 Student Learning Survey

The Provincial Student Learning Survey collects feedback from parents, teachers, and students on topics like school environment, safety, and achievement. This helps schools plan and gives a broader district and provincial perspective.

In early 2026, students in grades 7, 10, 11, and 12, along with their parents/guardians and school staff, will take the survey. Participation is encouraged, as the results help highlight strengths and areas for improvement.

The survey can be completed electronically and can be accessed on the Internet at

[http://www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm) Any computer or mobile device with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link and by clicking on Take the Survey. On the login page, click on the Parents icon, and then select the school district and school name (Barriere Elementary-Secondary).

The e-survey site will be open until May 1, 2026.

If you have any questions, please contact the school at (250) 672-9943.

### 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.

### 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.

## **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.

## **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.

## **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. Please contact MS. Domingo [edomingo@sd73.bc.ca](mailto:edomingo@sd73.bc.ca) if you have any questions.

## **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.

## **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.

**\*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.

<b>Mosaic</b>	online	Cash Cheque	<b>Technology Education</b>	online	Cash Cheque
<b>Mosaic 7 and 8</b> Supplies for ADST (Applied Design, Skills and Technology) activities including wood, art supplies and groceries	\$31.50	\$30	<b>Art Metal 10-12</b> Metal, casting, supplies, gas, solvents, fasteners, welding/brazing consumables, abrasives and jewelry supplies	\$47.25	\$45
<b>Visual Arts</b>			<b>Metalwork 9-12</b> Metal stock, sheet metal, gasses, solvents, fasteners, welding/brazing consumables, abrasives, and hearing protection	\$47.25	\$45
<b>Art Studio 9</b>	\$26.25	\$25	<b>Woodwork 9-12</b> Wood, adhesives, fasteners, abrasives, blades, finishing products, and other consumables	\$42	\$40
<b>Art Studio 10-12</b>	\$26.25	\$25	<b>Skills Exploration 10-12</b> Building materials: lumber, plywood, fasteners, electrical supplies, and plumbing supplies	\$52.50	\$50
<b>Photography 11</b>	\$36.75	\$35	<b>Information Technology 9-12</b>	10.75	\$10
<b>Media Design</b>	\$21.25	\$20	<b>Entrepreneurship and Marketing</b>	\$5.50	\$5
<b>Media Arts</b>	\$10.75	\$10	<b>Fitness and Conditioning 11-12</b>	\$47.25	\$45
<b>Home Economics</b>			<b>Human Performance 9-12</b>	\$31.25	\$30
<b>Food Studies 9-12</b> Groceries and supplies for labs	\$52.50	\$50.00			
<b>Textiles 8/9</b> For materials and associated costs	\$31.50	\$30.00			
<b>Textiles 10-12</b>	\$31.50	\$30.00			



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.smore.com/n/4p3b8>

### **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		

# Community Supports for Children & Youth

Empower Your Family with  
Community Connections!

Are you curious  
about community  
supports as your  
child enters  
kindergarten?

Would you like more  
information from  
organizations that  
can help support  
your family or  
school-aged child?

Are you wondering  
about services that  
may be available as  
your youth  
approaches  
adulthood?

February 24, 2026  
4-6pm (drop-in)

Henry Grube Education Centre  
(245 Kitchener Crescent)

Snacks and  
Doorprizes!!



SCHOOL DISTRICT NO. 73  
(Kamloops-Thompson)

Learn about local programs and services designed to  
support your child's unique journey. Together, we can  
build a stronger, more inclusive community!

Questions?



Henry Grube Education Centre (250) 376-2266



**\$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**



**\$30**

See website and card for details and restrictions. [kamloopswestrotary.club](http://kamloopswestrotary.club)

# 2026 Great Deals Restaurant Cards

Visit each restaurant  
up to 4 times!

## **HOJA MONGOLIAN GRILL**

256 Victoria St.

Purchase one adult buffet and get a second buffet for half price Mon-Wed (dine in only)

## **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.



Rotary   
Club of Kamloops West

# \$30

**How to buy:**

 [kamloopswestrotary.club](http://kamloopswestrotary.club)

# YOUTH INTENSIVE DAY TREATMENT PROGRAM

--- Support that meets you where you're at

## PROGRAM DATES:

📅 March – April 10

Schedule: Tuesdays, Thursdays & Fridays

## SNACKS & GOOD VIBES INCLUDED.

*Change doesn't have to be rushed.  
Sometimes it starts with connection.*

## WHAT YOU'LL FIND HERE:

- A supportive group environment
- Space to talk about substance use and mental health
- Practical tools for coping and daily life
- Engaging activities that build connection and confidence

## ACTIVITIES MAY INCLUDE

- Bowling
- Horseback riding
- Creative activities like paint & sip
- Group outings and hands-on activities

## LOCATION:

235 Lansdowne Street,  
Kamloops, BC

Hours:  
8:30 AM – 4:30 PM

To learn more or join:  
310-MHSU (6478) or 250-377-6500  
Ask for ACCESS





Member of  
JA Canada



# JA Company Program

## Build Your Own Start-up!

**Career Education, ADST**

**Grades 9-12**

**Program Options:** Facilitated by volunteers from the Barriere Lions Club

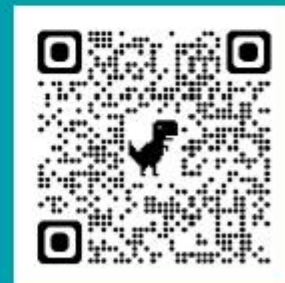
Join us to gain the tools and resources to launch your start-up! Collaborate with like-minded peers in a dynamic, hands-on program that builds teamwork, decision-making, and critical thinking skills while teaching the essentials of starting a business.

### 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](http://jabc.org/companyprogram) to learn more or contact Craig Lovell, at [c.lovell@jabc.org](mailto: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



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Engagement Foster student connection and care by engaging all educational community members.

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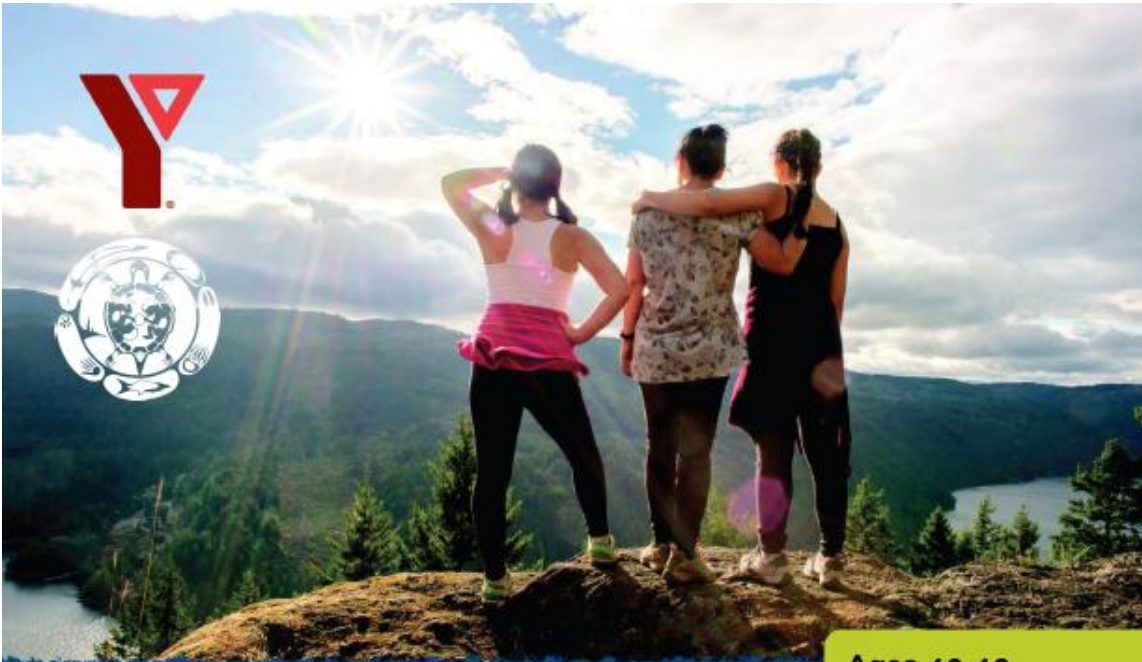
Mental Health Create a school environment that supports positive mental health.

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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](#).



**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](mailto:Arpuneet.kaur@secwepemcfamilies.org)

250-320-7608

**Ruben Ferrero**

[Ruben.ferrero@secwepemcfamilies.org](mailto:Ruben.ferrero@secwepemcfamilies.org)

778-694-4979

**Mind Medicine - 7 Weeks**

Wednesdays – 3pm to 4.30pm

Starting date: January 28<sup>th</sup>

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



## **Admin Message**

Dear Barriere Secondary Cougar Families,

On Wednesday morning, I shared a message regarding the tragic incident in Tumbler Ridge. As we come to the end of the week, I want to reach out again, first and foremost, to thank you for your continued trust, care, and partnership. The strength of Barriere Secondary is found in our families, staff, and community, and it is your compassion, attentiveness, and support that make our school community stronger each day.

Events like this can feel heavy and confusing for both adults and children. It is not always easy to find the right words to comfort our children when we ourselves are processing loss. In these moments, young people look to the steady presence of the adults in their lives for reassurance, stability, and a sense of safety. Your calm conversations, your listening ears, and your willingness to sit with difficult emotions matter more than you may realize.

Our students may experience a wide range of emotions: sadness, fear, anger, confusion, or even numbness. All of these responses are normal. What matters most is that they feel surrounded by empathy, love, and care. This is a time to keep your family close, to check in gently and intentionally, and to wrap others in your thoughts with compassion and kindness. Small moments of connection, a conversation at the dinner table, a quiet walk, a shared pause at the end of the day, can make a meaningful difference.

Please know that at Barriere Secondary, we remain deeply committed to the mental health and well-being of every Cougar. Our staff are attentive and ready to provide additional support for students who may need it. We encourage you to be mindful of any changes in your child's typical behaviour and to reach out to the school if support would be helpful. Community resources also remain available to families.

Thank you for the care you show your children and for the care you extend to others. In moments like this, our gratitude for one another deepens, and our strength is found in how we walk alongside each other.

With appreciation and compassion,

Andres Ruberg  
Vice-Principal

Derek Markides  
Principal

Resources:

### **Acknowledge feelings**

Our children and youth will look to us for cues on how to process this upsetting information. Acknowledging our own feelings gives children a model for how to express and process their strong emotions. It is normal to experience a range of emotions in response to such unsettling news. It is important to note that the intensity of these feelings are going to be impacted by a family's personal connections to the event, their history of loss and trauma, and degree of exposure to the traumatic stimuli on social media.

### **Listen more than you speak**

Listen to your child's concerns before offering any explanations. Give them an opportunity to voice their fears and ask age-appropriate open-ended questions. Ask what they may have heard and what that information means to them. You may uncover misconceptions and unfounded fears that need correcting. These questions will also help you understand if your child is coming from a place of curiosity, concern or fear, and will help you gain a sense of what your child may need from adults to feel safe and supported.

### **Some of the questions you can ask include the following:**

- Tell me what you have heard about this?
- Where did you first hear about this?
- How are you feeling?
- What questions do you have?

### **Provide facts & Tell the truth but do it gently.**

Give your child facts as long as it is consistent with their stage of development - keep conversations age appropriate. Children need to know their concerns and questions are being taken seriously by the adults around them and that they can trust their adults to be truthful with them. If you don't know the answer to a question, don't be afraid to say so.

### **Importance of Routine**

Maintaining daily routines can provide a sense of stability and security for children and adults. It can also be important to give children permission to continue to find and celebrate hope in their daily world.

### **Encourage empathy and compassion**

Remind your child there may be others in their daily lives who may be impacted by this tragedy. Talk with your child about how we need to treat others with extra compassion and empathy during times like these. Tragedies and times of sadness and grief can serve as meaningful moments to teach compassion, which can help children feel empowered as they find additional ways to be kind and caring.

Canadian Mental Health Association <https://bchpca.org/BCHPCA-Resources>

ERASE <https://www2.gov.bc.ca/gov/content/erase>

Healthlinkbc: Helping Children with  
Grief <https://www.healthlinkbc.ca/healthwise/grief-helping-children-grief#:~:text=Children%20need%20to%20feel%20safe,your%20child%20work%20through%20grief.>

Kelty Mental Health <https://keltymentalhealth.ca/>

Learning through Loss <https://www.learningthroughloss.org/>