



NORKAM SECONDARY SCHOOL NEWSLETTER



FEBRUARY 2026 | WWW.NKSS.SD73.BC.CA | 250-376-1272



COURSE SELECTION

Course selection for 2026/27 will take place **February 17-24.**



Information about course options will be sent out to students and families prior to these dates. All students will be expected to complete their course selection through the MyEd student portal and must be able to access their MyEd accounts prior to February 17th.

GRAD PHOTO RETAKES

Grad photo retakes are on **Mon, Feb. 9th** and **Tues, Feb. 10th.**

➔ See page 3 for more details

SCHOOL FEES

Semester two student fees will be payable in the **second week of February.**

You will receive an email notification from School Cash Online when fees have been added to your student's account.

Please note, online payments have a 2.5% processing fee. To avoid paying the additional charge, pay by cash or cheque at NorKam's main office.

YOUTH LEADERSHIP VOLUTEER PROGRAM

Overlander Long Term Care (LTC) is offering an opportunity for youth aged 15-18 who are motivated to gain hands-on experience in leadership, teamwork and community service.

Participants will plan and run their own recreational program and carry out a fundraising initiative. This experience is an excellent addition to any resume or post-secondary application.

Contact **Donna Morrison** at Overlander LTC for more information.

Email: donna.morrison@interiorhealth.ca

Phone: 250-554-5569

COMMUNITY SUPPORTS FOR CHILDREN & YOUTH

SD73 is once again partnering with our amazing community supports to host the following event:

Community Supports for Children & Youth
February 24, 2026

4:00-6:00pm

Henry Grube Education Centre

Check out our [website](#) to see some of the organizations that will be participating. This event is an opportunity for families and caregivers to connect with community supports and ask questions about services. The event is geared towards K-12 students and their families.

YEARBOOK SALES

A keepsake of friendships, milestones and memories.

Pre-pay for the 2025-26 yearbook by **April 30th.** The cost is **\$45** and may be purchased online through School Cash or at the office by cash or cheque.



A limited number of extra copies will be ordered, so be sure to order by April 30th to guarantee a copy.

IMPORTANT DATES

Pro-D (No School)	Feb. 6
Grad Photo Retakes	Feb. 9/10
Family Day (No School)	Feb. 16
Course Selection (2026/27)	Feb. 17-24
Report Cards	Feb. 20
Mosaic 5 Begins	Mar. 13
Spring Break	Mar 16-27
Parent Teacher Interviews	Apr 2
Good Friday (No School)	Apr 3
Easter Monday (No School)	Apr 6

ADMINISTRATION

PRINCIPAL: MRS. R. SDOUTZ
VICE PRINCIPAL: MRS. N. STEWART
VICE PRINCIPAL: MR. D. POELZER

COUNSELLORS

Mrs. Kelsey Taylor (A-H)
Ms. Katie Friesen (I-Me)
Mrs. Erin Theunissen (Mi-Z)

SECRETARIES


Mrs. Brittany van der Merwe
Mrs. Deanna Kucko
Mrs. Tanya Storey
Mrs. Valerie Cadoret
Mrs. Deb Collins
(COUNSELLING)

OFFICE HOURS
MONDAY—FRIDAY
8:00AM TO 3:45PM

GRAD 2026

**SEE LAST PAGE FOR IMPORTANT INFORMATION
REGARDING GRAD 2026**

WELCOME TO SEMESTER TWO FROM THE NORKAM

LIBRARY! Happy February! 

QUICK READS!

Don't like long novels? Then come in to check out our huge selection of Quick Reads fiction. We have a fantastic book rack loaded with teen-focused topics that will keep your interest without becoming boring or overly wordy. These novels are all less than 200 pages (most are less than 150 pages) and are manageable and interesting for all reading levels!

NEW FICTION!

The NorKam Parent Advisory Committee has graciously granted the Library funds to purchase fiction for all students! We have already purchased a whole bunch of requested and new fiction books out of this generous grant! If there is a title, a series, or an author you would like to see on our shelves, please use the form on the NorKam Library page or stop by the Library to fill out one of our request forms. If you'd prefer, speak to Mr. Hafeli in-person to make a request.

CHINESE / LUNAR NEW YEAR - 2026 IS THE YEAR OF THE HORSE!

Chinese New Year is Tuesday, February 17th. We welcome our students from Taiwan and China and wish them Xin nian kuai le (pronounced "Shin nee-yen kwy le")! Check out the Library for a selection of books about China: their Foods, Culture, Arts, Activities, Pictures, Stories and more....



NORKAM JUNIOR CITY COUNCIL NEWSLETTER

Two of our students, Jake Washington (Gr 12) & Shayne Makortoff (Gr 11), proudly represent part of the Kamloops Junior City Council. Please click on [THIS LINK](#) for the latest newsletter.



FUTURE EDUCATION

The 2023 Memorial Cup presented by KIA was held in Kamloops, BC with a "Shine Together, Together We Shine" theme for the event, which prioritized a vision that was inclusive and engaging for all members of the community. The importance of education was highlighted during the 2023 Memorial Cup by the Canadian Hockey League and Host Organizing Committee who established a legacy fund to include two (2) \$5,000 CAD scholarships to be awarded each year, for five years.

Eligibility Criteria

The applicant must be:

- Between 17-22 years of age at the time of application
- A resident of British Columbia
- Attending Thompson Rivers University in Fall 2026
- Active in the community in a volunteering capacity
- Dedicated to serving underrepresented or prioritized members of the community
- Dedicated to promoting a healthy, active lifestyle

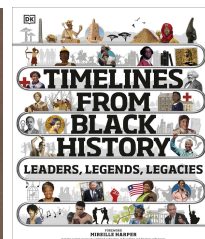
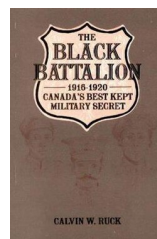
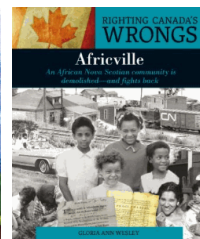
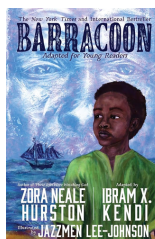
Requirements

Applicants must include

- A short summary of why you should be considered for the Memorial Cup Legacy Scholarship. Summary must include an assessment of your impact to the community, specific examples of serving underrepresented or prioritized members of the community and examples of promoting a healthy and active lifestyle. Please also include what receiving this scholarship would mean to you personally and how it would impact you.
- Two letter of reference
- At least one from an academic instructor

FEBRUARY IS BLACK HISTORY MONTH

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate, and prosperous country. Come check out the many resources and fiction books highlighting Black history in Canada and around the world.



Have a great start to Semester 2!

Mr. Hafeli and Mr. Regnier

ATHLETICS DEPARTMENT

Norkam Saints are in basketball playoffs!

Keep an eye on the athletics calendar as Ms. Marchi will update as soon as times are available.

Spring Sports: there are sign-ups around the school for all spring sports: **rugby, golf, badminton, soccer and ultimate frisbee.** Scan QR codes to register!



Click the link for the [athletic web page](#) to find schedules, updates, and additional information.



Requirements, continued

- An official high school transcript
 - All transcripts must be official (copies are acceptable)
- An official up to date university or college transcript (if applicable)
- A resume
- A completed application form

Selection & Notification

Completed applications must be received by Thompson Rivers University no later than February 28, 2026. Your completed applications can be emailed to stewardship@tru.ca or mailed to: Thompson Rivers University Advancement (805 TRU Way, Kamloops, BC, V2C 0C8)

Successful candidates will be selected and notified prior to March 3, 2026 and with a formal announcement and in-person presentation at an upcoming Kamloops Blazers game in the 2025/2026 or 2026/2027 season, depending on the recipients.

Please Note: Incomplete or late applications will not be considered. Click [here](#) for application form.

GRAD UPDATES

2026

Class of

INFORMATION

- NorKam's 2026 Graduation Commencement Ceremony will take place on **Tuesday, June 16th 2026**, at the Sandman Centre.

GRAD PHOTO RETAKES

- Grad photo retakes are on **Mon, Feb. 9th and Tues, Feb. 10th.**
- There is a sitting fee of **\$35** that includes 12 previews, a 5x7 grad photo that is included in the certificate holder supplied at commencements, as well as a 5x7 photo taken AT the ceremony and provided in the spring.
- [CLICK HERE](#) to book an appointment for Grad Photos

Please NOTE:

- Informational brochures are available at the main office with more information.
- Please include graduate's name and phone number when booking.
- Grads must come 10 minutes prior to their appointment.

new!

THIS YEAR:

Right Photography is offering ONLINE ORDERING for grads. Previews and an order form will arrive approximately one week after the photo session.

BABY PHOTOS

- We are now accepting baby photos at the office. Please select ONE photo between newborn to grade six. Email to norkam-sec-office@sd73.bc.ca with the subject line: "Baby Photo (Student Name)"

SAFE GRAD → → → →

*Please note: Safe Grad is a parent organized committee and as such, **events are independent of the school-organized grad events***

Current Fundraisers:

- **TRUE EARTH** Laundry detergent fundraiser – <https://tru-earth.sjv.io/Norkam2026>
- **GOLF & RESTAURANT** Rotary Cards- 30.00 each

Stay Connected

CLICK HERE TO VISIT OUR GRAD PAGE ON OUR SCHOOL WEBSITE

CONTACT THE PARENT GRAD COMMITTEE AT:



Norkamsafegrad@gmail.com



[Norkam Safe Grad 2026](#)

HEALTH PROMOTING SCHOOLS NEWSLETTER

FEBRUARY 2026

DENTAL HEALTH

Share Valentine's Day Love with your Teeth

Valentine's Day is a wonderful time for children to enjoy treats and share sweets with loved ones, but it's also important to remember that **frequent exposure to treats can increase the risk of dental cavities**.

If Valentine Day treats are on the menu choose to have them with a meal instead of in-between meals. The Canadian Dental Association shares a supportive article about candy and oral health https://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/halloween.asp. Their guidance is sweet treats can be enjoyed but best to be **as part of a meal**, choose treats that dissolve quickly rather than stick to teeth, and follow up with **good brushing habits** to help protect healthy smiles.

💡 Tips to Enjoy Valentine's Treats While Protecting Your Smile:

- Enjoy treats with meals rather than snacking on them throughout the day.
- Drink water after eating treats to help rinse your teeth and mouth.
- Reduce frequency of sucking on candies.
- Brush twice daily with fluoride toothpaste and floss every day.
- Try these healthy valentines day treats [20 Healthy Valentine's Day Treats | Healthy Family Project](#)



This Valentine's Day, show your teeth a little love too. A healthy smile is one of the sweetest things you can do for yourself 💕

MENTAL HEALTH

The Truth about SAD: Seasonal Affective Disorder

Between colder, wetter weather and less light – keeping your own and your student's well-being top of mind can take a little extra effort. Check out this [article](#) from Kelty Mental Health a few **tips you can put in place to make the chilly season a bit easier**.

ADHD for Parents & Caregivers: Webinar Series

BC Children's Hospital ADHD Clinic and the Kelty Centre hosted a learning event designed to support parents of children with ADHD, covering topics like **ADHD basics, self-regulation, behaviour at school, and medication**. If you missed it, the speaker sessions are available here: [ADHD for Parents and Caregivers: Webinar Series | Kelty Mental Health](#)

FOOD LITERACY

Eating Disorders Awareness Week



Provincial Eating Disorders Awareness Week (Feb 1-7) is a province-wide campaign put on by [EmbodyBC](#) and the [National Eating Disorder Information Center](#) (NEDIC) to **raise awareness about eating disorder prevention, early intervention, and treatment**.

Explore and share the following teacher and educator resources on the topic of eating disorders, disordered eating, body image and weight bias and stigma:

- [Being Me Being Us](#): explore and share the new curriculum on creating school environments where all bodies feel welcome, grades 4-7.
- [Guidelines for School Staff](#): helping a student with a suspected eating disorder
- [Promoting positive body image](#): resources for Teachers
- [IH Weight Bias and Stigma in Schools](#): support for schools on creating weight inclusive environments that are safe for all students.

The **Interior Health Public Health Dietitian team** is available to support school district's food and nutrition literacy efforts and to create and support healthy school food environments. For questions email schoolnutrition@interiorhealth.ca

PHYSICAL LITERACY

HELP Webinar: Embracing Risky Play at School

Children are naturally drawn to risky play — to take physical chances, to seek excitement, and to satisfy their curiosity — and are more physically active when playing outdoors. This special webinar will provide **practical strategies** for supporting outdoor play and learning in the elementary school years, the **difference between risks and hazards**, and the **research demonstrating how risky play supports children's health, development, well-being and learning**. For more information or to register click [here](#).



Date: **Thursday, February 5, 2026**
Time: **3:00 — 4:30PM (PST) via Zoom**

RESOURCES

Interior Health Website

The [School Health](#) section of the Interior Health Public Website will take you to the following sections where you can find more information: [School Staff](#), [Promoting Health of Children & Youth in School](#), and [Medical Conditions at School](#).

Healthy Schools BC Website

The [Healthy Schools BC Website](#) is a great resource for teachers. Look for the “Classroom and School Resources” and “Teach Food First”.



Healthy Schools Information Sharing

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 5](#), [SD 8](#), [SD 19](#), [SD 23](#), [SD 53](#), [SD 73](#), [SD 83](#)

Harm Reduction Resources

For resources visit the [Interior Health Website](#).
To connect with a Harm Reduction Coordinator email: YHRC@interiorhealth.ca

Legal Substances Program

For resources on tobacco, vaping or cannabis use, visit the Interior Health [Tobacco & Vaping Information for Schools](#) webpage or the [Cannabis Information for Youth](#) webpage.
To connect with a Legal Substances Reduction Coordinator, email: LegalSubstances@interiorhealth.ca

For previous newsletters: [Health Promoting Schools Newsletters](#)