

# BARRIERE SECONDARY COUGAR NEWS



## What's Happening This Week

MONDAY, January 12

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TUESDAY, January 13

- Grad Photos

WEDNESDAY, January 14

- Grad Photos

THURSDAY, January 15

- Grad Photos

FRIDAY, January 16

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## Upcoming Dates

- January 13-15 Grad Photos
- January 20 Grade 10 Numeracy Exam
- January 21 Grade 10 Literacy Exam
- January 22 Grade 12 Literacy Exam
- January 23 Semester 1 Ends
- January 26 & 27 Project Completion Days
- February 3 Learning Updates Published
- February 6 Non-Instructional Day

## Basketball Tournament Dates

- Tier 1 Jr. Boys Tournament - Jan. 16/17
- Tier 2 Jr. Boys Tournament - Jan 23/24
- Jr. Girls Tournament - Jan 30/31

*January 12 – January 16*

Pesllwélsten  
abandoning month

New Moon January 18

**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 Baguette or Sausage Noodle Bake w Garlic Toast

Tuesday

- Caesar Wrap of Butter Chicken w Rice and Pita

Wednesday

- Grilled Ham & Cheese w Veg or Spaghetti w Meat Sauce & Garlic Toast

Thursday

- Greek Wrap or Perogies & Sausage

Friday

- Chicken Fingers & Tots or Chilli w Cornbread

## Why Attendance Matters

When students come to school regularly, they get the chance to learn and grow. Each day builds on the next, and by missing school, students may miss out on important lessons and the chance to keep up with their classmates. The more school students miss, the harder it can become to catch up, and that can affect learning and in-turn, grades. This also means they're missing out on building valuable skills like social interactions, teamwork, and relationships with their teachers and friends—things that will help them in school and beyond.

Consistent school attendance is crucial for student success, as it ensures students receive necessary instruction and build knowledge over time. Missing school, whether excused or not, leads to lower grades, gaps in learning, and missed social-emotional development. Chronic absenteeism is linked to increased dropout rates, which can result in long-term negative outcomes such as unemployment, poverty, and involvement in the justice system. Research shows that by 9th grade, each week of missed school reduces a student's chances of graduating. Chronic absenteeism also correlates with risky behaviors and further attendance issues. Even for adult learners, regular attendance is strongly associated with academic achievement.

## 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.

### **Trades and Tech news:**

Are you interested in discovering what a day in Health Care would look like? Sign up to join the School of Nursing and the Faculty of Science at Thompson Rivers University for a discovery day. You'll get to experience hands-on simulation labs, speak with employees from Interior Health, and familiarize yourself with what a career in Health Care entails.

Open to students in Grades 10-12, see Mrs. Peterson for an application!

### **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.

<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>

### **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		



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](#).

# 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-VALENZUELA@INTERIORHEALTH.CA



Interior Health

# 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

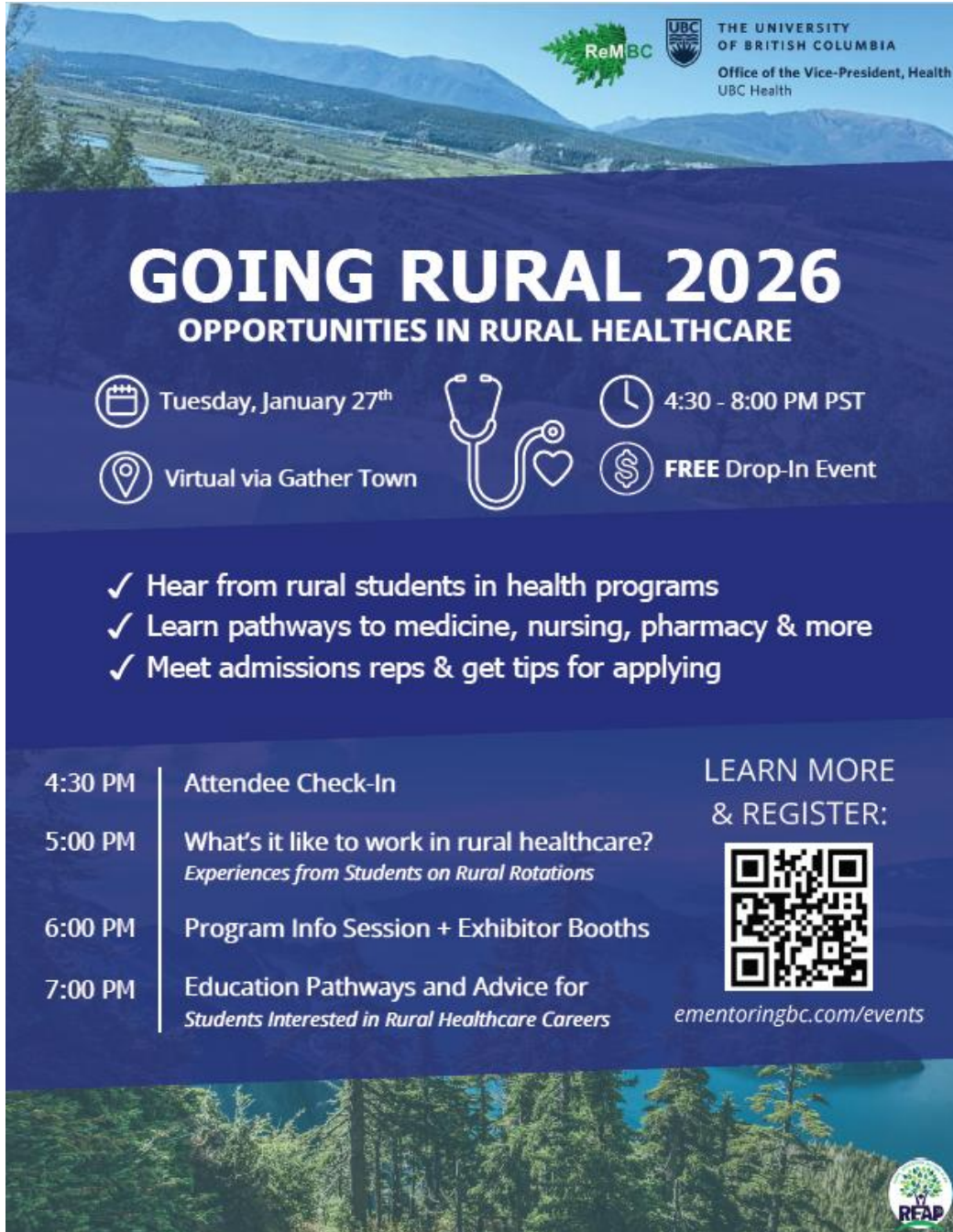
## REACH OUT TO US!

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



Thinking About a Career in Rural Healthcare? Join Going Rural 2026, a free virtual event hosted by UBC Health and Rural eMentoring BC. Hear directly from students and professionals with rural practice experience, connect with admissions representatives for guidance, and explore pathways in medicine, nursing, pharmacy, and other healthcare fields. Whether you're planning a career in healthcare or simply exploring your options, this event offers practical insight, real stories, and clear next steps.

Register here: [https://ubc.ca1.qualtrics.com/jfe/form/SV\\_4YNzzErs9BoJqaa](https://ubc.ca1.qualtrics.com/jfe/form/SV_4YNzzErs9BoJqaa)








The poster features a scenic background of mountains and a river. At the top right, it includes the ReMBC logo, the UBC logo, and the text: 'THE UNIVERSITY OF BRITISH COLUMBIA Office of the Vice-President, Health UBC Health'. The main title is 'GOING RURAL 2026 OPPORTUNITIES IN RURAL HEALTHCARE'. Below the title, there are icons for a calendar, a location pin, a stethoscope, a clock, and a dollar sign, each with corresponding text: 'Tuesday, January 27<sup>th</sup>', 'Virtual via Gather Town', '4:30 - 8:00 PM PST', and 'FREE Drop-In Event'. A list of three bullet points with checkmarks describes the event's benefits. At the bottom left, a schedule lists activities from 4:30 PM to 7:00 PM. At the bottom right, there is a QR code and the text 'LEARN MORE & REGISTER:' followed by the URL 'ementoringbc.com/events'. A small REAP logo is in the bottom right corner.

ReMBC THE UNIVERSITY OF BRITISH COLUMBIA Office of the Vice-President, Health UBC Health

# GOING RURAL 2026

## OPPORTUNITIES IN RURAL HEALTHCARE


 Tuesday, January 27<sup>th</sup>   4:30 - 8:00 PM PST

 Virtual via Gather Town  **FREE** Drop-In Event


- ✓ Hear from rural students in health programs
- ✓ Learn pathways to medicine, nursing, pharmacy & more
- ✓ Meet admissions reps & get tips for applying

4:30 PM	Attendee Check-In
5:00 PM	What's it like to work in rural healthcare? <i>Experiences from Students on Rural Rotations</i>
6:00 PM	Program Info Session + Exhibitor Booths
7:00 PM	Education Pathways and Advice for <i>Students Interested in Rural Healthcare Careers</i>

LEARN MORE & REGISTER:



[ementoringbc.com/events](https://ementoringbc.com/events)



## **Admin Message**

Dear Barriere Secondary School Cougar families,

Welcome back, and happy New Year! As we conclude our first week of school in 2026, we are excited to welcome students and families back to Barriere Secondary for a fresh start filled with new opportunities, learning, and connection.

The beginning of a new year invites reflection and renewal. It is a time to set goals, strengthen relationships, and recommit to being an active and caring school community. We encourage families to stay involved—whether through attending school events, supporting extracurricular activities, or simply engaging in conversations with your child about their learning and well-being.

We are deeply grateful for the continued parental volunteerism and engagement that make our school such a vibrant and supportive place. Your time, energy, and partnership play a vital role in enriching the experiences of our students and strengthening our Cougar community.

Thank you for your ongoing support. We look forward to a positive and successful year ahead, and to working together to ensure every student feels connected, supported, and inspired.

Warmly,

Andres Ruberg  
Vice-Principal

Derek Markides  
Principal