

BARRIERE SECONDARY COUGAR NEWS



What's Happening This Week

MONDAY, January 19

- BSS PAC Meeting BSS Library @ 5:30 pm

TUESDAY, January 20

- Grade 10 Numeracy Exam

WEDNESDAY, January 21

- Grade 10 Literacy Exam

THURSDAY, January 22

- Grade 12 Literacy Exam

FRIDAY, January 23

- End of Semester 1

Upcoming Dates

- 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 (No School for Students)
- February 16 Family Day (School Closed)

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 19 – January 23

Pellkweṭmín
stay at home 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

- Cheesy Beef Burrito or Chicken Alfredo w Garlic Toast

Tuesday

- Tomato Rice Soup w Bun or Chicken Quesadilla w Spanish Rice

Wednesday

- BLT w Veg or Mac & Cheese w Wieners

Thursday

- Potato Bacon Soup w Biscuit or Chicken Dinner w Roast Potatoes and Veg

Friday

- Chicken Caesar Wrap or Lasagna w Garlic Toast

2026/2027 School Year Course Selection

Course selection for the 2026/2027 school year will take place at the beginning of Semester 2. Families are encouraged to have a conversation with their child about interests, goals, and course options for next year.

Please review the Course Selection Booklet to support this planning process [HERE](#)

More details and specific deadlines will be shared soon. If you have questions, students are encouraged to speak with their counsellor or teacher.

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 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.

Mosaic	online	Cash Cheque	Technology Education	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	Art Metal 10-12 Metal, casting, supplies, gas, solvents, fasteners, welding/brazing consumables, abrasives and jewelry supplies	\$47.25	\$45
Visual Arts			Metalwork 9-12 Metal stock, sheet metal, gasses, solvents, fasteners, welding/brazing consumables, abrasives, and hearing protection	\$47.25	\$45
Art Studio 9	\$26.25	\$25	Woodwork 9-12 Wood, adhesives, fasteners, abrasives, blades, finishing products, and other consumables	\$42	\$40
Art Studio 10-12	\$26.25	\$25	Skills Exploration 10-12 Building materials: lumber, plywood, fasteners, electrical supplies, and plumbing supplies	\$52.50	\$50
Photography 11	\$36.75	\$35	Information Technology 9-12	10.75	\$10
Media Design	\$21.25	\$20	Entrepreneurship and Marketing	\$5.50	\$5
Media Arts	\$10.75	\$10	Fitness and Conditioning 11-12	\$47.25	\$45
Home Economics			Human Performance 9-12	\$31.25	\$30
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			



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 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.

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

Culture Foster a safe, caring, welcoming, and inclusive school culture.

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

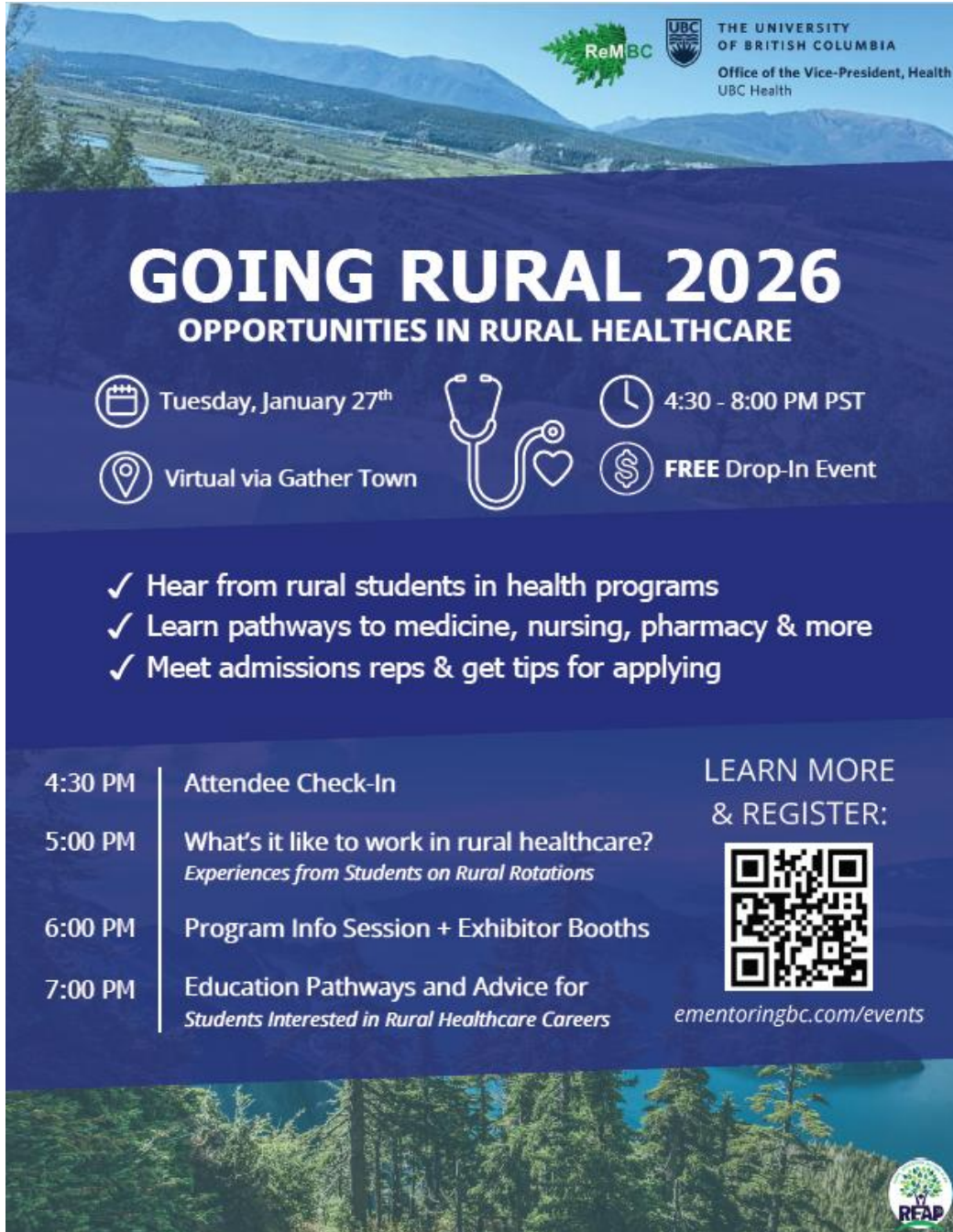
REACH OUT TO US!


Please email romi.mentorship@srpc.ca 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



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

GOING RURAL 2026


OPPORTUNITIES IN RURAL HEALTHCARE

 Tuesday, January 27th   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

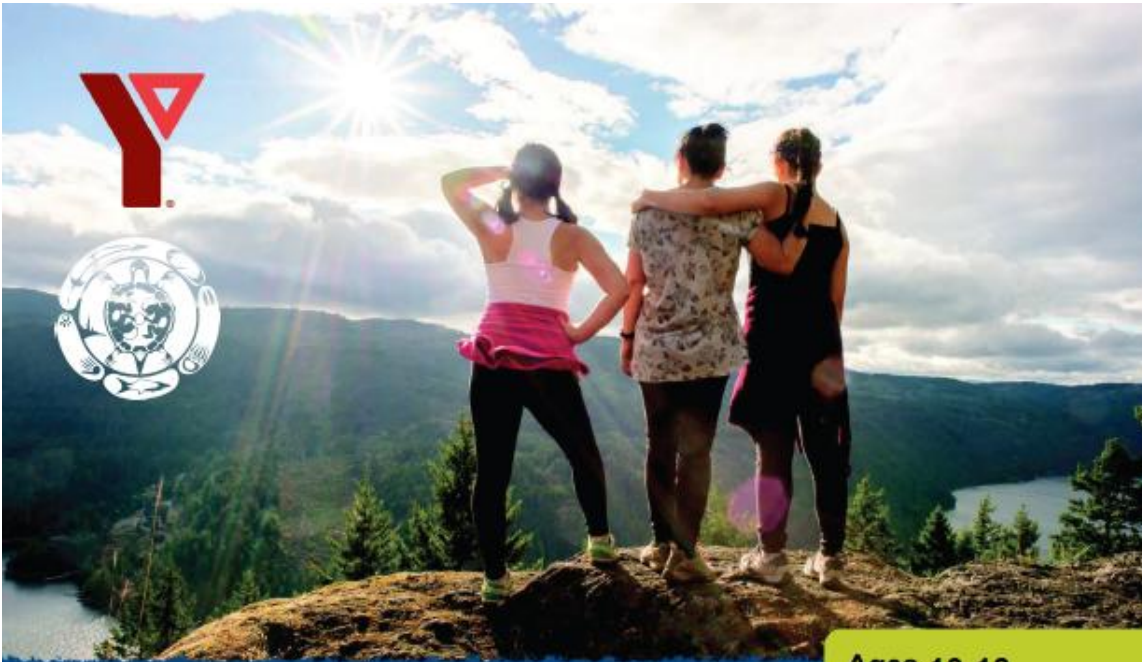
4:30 PM	Attendee Check-In
5:00 PM	What's it like to work in rural healthcare? <i>Experiences from Students on Rural Rotations</i>
6:00 PM	Program Info Session + Exhibitor Booths
7:00 PM	Education Pathways and Advice for <i>Students Interested in Rural Healthcare Careers</i>

LEARN MORE & REGISTER:



ementoringbc.com/events





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



Admin Message

Dear Cougar Families,

We hope the new year has started off well for you and your family. As we move further into the winter season, we are excited to welcome families, friends, and community members into our school to support Barriere Secondary athletics.

Barriere Secondary will be hosting a series of home basketball tournaments, proudly known as the Barriere Secondary Cougar Classics. These tournaments are a wonderful opportunity to showcase our student-athletes, celebrate teamwork and sportsmanship, and strengthen our school community. We warmly invite Cougar families to come out, cheer loud, and help create a positive and energetic atmosphere for all teams involved.

Upcoming Cougar Classics Tournaments:

- January 16–17 – Junior Boys Tier 1
- January 23–24 – Junior Boys Tier 2
- January 30–31 – Junior Girls Tier 2

Hosting tournaments would not be possible without the ongoing support of our families and volunteers. Your presence in the stands and your encouragement mean a great deal to our students and help make these events memorable and meaningful. Thank you for continuing to support Barriere Secondary and for being such an important part of our Cougar community. We look forward to seeing many of you in the gym cheering on our teams.

Go Cougars!

Warm regards,

Andres Ruberg
Vice-Principal

Derek Markides
Principal