



March 2026 Newsletter

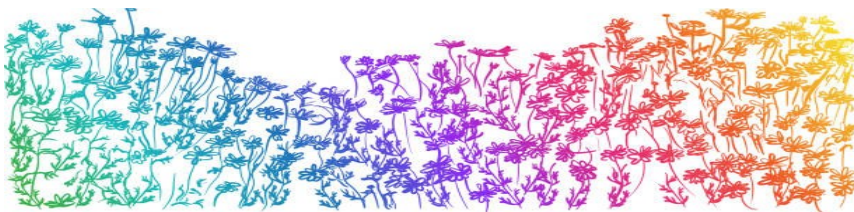


Parent / Teacher Interviews are on **March 12th.**

Students will be dismissed at **12:45 pm.**

To make an appointment with your student's teacher, click the link [here](#).

The interviews will be conducted in-person. To see the bell schedule for that day, look [here](#).



Important Dates

Lock Down Drill.....	Mar 11
Parent/Teacher Convos.....	Mar 12
.....Students Dismiss @ 12:45 p.m.....	
Spring Break.....	Mar 16-27
Good Friday—No School.....	Apr 03
Easter Monday—No School.....	Apr 06
Day of Suwentwécw.....	Apr 07
Artifacts Week.....	Apr 13-17
Term #4/Mosaic #7/Num-Lit Assessments/DbI Blk Day.....	Apr 21
Num-Lit Assessment/DbI Blk Day.....	Apr 22
Non-Instructional Day—No School..	Apr27
Report Cards Published.....	May 4
Red Dress Day.....	May 5
Moose Hide Day.....	May 14
Non-Instructional Day— No School.....	May15
Victoria Day—No School.....	May18

Administration

Principal: Mr. J. Brady
 Vice Principal: Ms. K. Dolha
 Vice Principal: Ms. C. Waage

Office Hours

Monday - Friday, 8:00 am to 3:30 pm

Sa-hali's Got Talent!!!

This Friday March 6th in the
Drama Room

**TALENT
SHOW**
Friday March
6th

ALL PROCEEDS GO TO THE
KAMLOOPS FOOD BANK

TICKET SALES
MONDAY 2-5 AT LUNCH IN
THE DRAMA ROOM



Tickets \$2
Or Non-Perishable
Food Donation



Sponsored by Sa-hali
UNESCO club

Sa-Hali Talent Show


Friday, March
6 Lunch in the
Drama Room

\$2

- Entry Fee or non-perishable food donation
- Buy Tickets March 2-5 at lunch in front of the Drama room
- All proceeds go to the Kamloops Food Bank




Sa-hali
Talent
Show

 OR

★★★★★ Non - Perishables
Ticket sales March 2 - 5 at lunch

**TALENT
Show**



Counselling News

Post-Secondary Visits

Upcoming TRU 1 to 1 appointments

- ♦ Wednesday, April 1
- ♦ Tuesday, April 28
- ♦ Thursday, May 21
- ♦ Wednesday, June 10

Student Services

Office is open from Monday to Friday
8:00 am to 3:30 pm.

If students need assistance from their
counsellor, please refer to the
following list:

Ms. C. Keltie: Grade 8 -12 (A-K)

Ms. S. Mayoh: Grade 8-12 (L-Z)

Ms. J. Douglas: R & H Ministry
Designations, TNT, WEX, Recognition,
and Scholarships & Bursaries

Trades & Transition (TNT)

Students who are interested in learning more about the Trades & Transition (TNT) opportunities in our school district can contact

Mrs. Joanna Douglas, Sa-Hali Secondary TNT Coordinator, by phone or email.

You can also visit the TNT website at <https://tnt.sd73.bc.ca/en/index.aspx#> for more information about the programs.



THOMPSON RIVERS UNIVERSITY

Student for a Day

Visit the TRU campus, attend lectures, take a tour, have lunch with a Future Student Ambassador (current TRU student), and connect with a Future Student Advisor to get personalized advice. And...it's free!

To register click this [link](#).

SA-HALI SECONDARY

MEET WITH A

TRU

**FUTURE STUDENT ADVISOR
AT YOUR SCHOOL!**



Thursday, January 22nd
Wednesday, February 25th
Wednesday, April 1st
Tuesday, April 28th
Thursday, May 21st
Wednesday, June 10th

Scan to book

tru.ca/future

Peer Tutoring

Peer Tutoring is a program that runs every Wednesday at lunch in the Library. This is a student-referred program, i.e. students sign up by scanning the QR code on the posters located around the school. Once students scan the QR code, they will see a Google form that will ask them their name, contact information, and which course(s) they want peer tutor support in. Students will then be paired with a Peer Tutor, and they will receive support in the school library. This is a time and place where students can receive individualized attention to help them understand key concepts and ideas. Please see your school counsellor in the counselling office for more information.

PEER TUTOR QR CODE:



Become An RMT

Become a Registered Massage Therapist through the Okanagan Valley College of Massage Therapy.

Live Zoom information session will be on April 2, 2025 from 10:45 am - 12:00 pm. To learn more, click [here](#).

Theatre

This semester's Theatre Company classes worked hard developing their comedy sketches for MicroFest, which were shown in-class to friends on
March 4th

From Banana Splits to Wild Cats, MicroFest is a blast!

Sa-Hali Afterschool Art Club

This club works as an open studio space for students wishing to engage creatively in self-directed Art.

In the Sa-Hali Art room from 3:15 - 5:00 pm on Tuesdays. Supplies and a healthy snack will be provided.

All levels and grades welcome!



"Art is life. Life is art. The importance of both is over-exaggerated as well as misunderstood." — Keith Haring

YMCA MENTAL WELLNESS PROGRAMS

Our free mental wellness programs, Y Mind and Mind Medicine, help participants learn how to manage stress and mild-to-moderate anxiety. Our programs are evidence-based and teach Acceptance and Commitment Therapy (ACT) and mindfulness. To participate, you may self-refer, you do not need a diagnosis of anxiety, and you do not need to be a YMCA member. To learn more about these programs, click on this [link](#).

Programs for Self-Identified Girls and Gender-Diverse Youth

Minerva BC is a not-for-profit organization committed to elevating the visibility, influence, and contribution of women in leadership. They are offering **two incredible opportunities** for self-identified girls and gender-diverse youth in your community to grow their leadership and wellness skills this spring.

Rise and Shine Summer Program (offered in Spring!)

Rise and Shine is a virtual program containing seven sessions developed by mental health experts that give participants the opportunity to connect with supportive peers and mentors in a safe and non-judgmental space while navigating the journey of emotional and mental wellness and discovering their resilience. Every session will include a workshop with interactive activities that allow participants to practice valuable tools for wellness while building supportive connections with other youth. To learn more click [here](#).

Learning to Lead™ Program

This free leadership program is for girls in Grades 10–12 to help them explore their leadership potential, build confidence, and create a supportive network for their educational and career journeys.

To learn more click [here](#).

Interior Health will be returning before Easter (date TBD) to do vaccines for any students that missed their appointment or who needs additional vaccines.

If you have any questions or would like to book into the health unit, please call the Interior health unit at 250-851-7300.



PARENTS IN THE KNOW

March 5th - April 23rd

Wednesday evenings - 4:30 pm to 6:00 pm

Caregivers of youth between the ages of 12 & 18

PARENTING WITHOUT POWER STRUGGLES

March 25th - May 13th

Tuesday evenings - 4:30 pm to 6:00 pm

Caregivers of youth between the ages of 8 & 12

These 8-week educational and supportive group program are for parents of pre-teens & teens that are wanting to develop new skills and knowledge while increasing their confidence and supporting their teens development.

To register or ask questions, please contact Jaimie at fsupport@bgckamloops.com or 250.554.5437 ext. 206

