



# NORKAM SECONDARY SCHOOL NEWSLETTER



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



## GRAD 2026 SCHOLARSHIPS

Hello grade 12 parents, guardians, and students! We have a number of updates for scholarships and bursaries that are coming up for Grad 2026. [CLICK HERE](#) to be redirected to application packages.

### NEW Applications Ready!

- 1.The 2026 NKSS Scholarship and Bursary Application -Due April 16th
- 2.The 2026 District Authority Award-Due May 1st .

Both of these applications are open to NorKam students only! These are great options for NorKam students to apply!

Need help? Watch for information sessions from your counsellors coming up!

### Have you applied to TRU?

One on one advisor appointments are available monthly. Scan the QR code at the counselling office or use [this link](#) to sign up!

## GRAD HOODIES

NKSS Grad 2026 sweaters are on sale now! Order your grad wear through [Hansport's Online Store!](#)



## STUDENT LEARNING SURVEYS

The Student Learning Survey has been administered every year in B.C. public schools since 2001. It is the only source of provincewide information on your child's learning experiences. It is very helpful in providing data for districts and schools, the Ministry of Education, Ministry of Health, and the Representative of Children and Youth to help improve the well-being of youth in B.C. and support school planning and programs.

Families can complete the survey by [CLICKING HERE](#). The link will be open for feedback until mid April.

## PARENT - TEACHER INTERVIEWS

Parent-teacher interviews are taking place on Thursday, April 2nd between 2pm-4pm and 5pm-7pm.

A link will be EMAILED to parents next week, and made available on our website. When you receive the link, go online and book time(s) with your student's teacher(s).

Please be aware that students will be dismissed EARLY on April 2nd at 12:40pm. Buses on this day will run on their normal schedule.

**Parent/Teacher Interview  
Bell Schedule**

**Warning: 8:26**  
Block 1 8:31 - 9:25  
Block 2 9:30 - 10:25

**LONG BREAK 10:25 - 10:45 (10:40 Warning)**  
Block 3 10:45 - 11:40  
Block 4 11:45 - 12:40

**\*\*Interview times:**  
2:00-4:00pm  
5:00-7:00pm

## IMPORTANT DATES

|                          |             |
|--------------------------|-------------|
| Mosaic Change            | Mar 13      |
| Spring Break             | Mar 16 - 27 |
| Parent-Teacher Interview | April 2     |
| Day of Sucwentyéw        | April 7     |
| Double Block Day (AA/BB) | April 20    |
| Double Block Day (CC/DD) | April 21    |

## 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. Amber Holbrook  
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

## UPCOMING MATH CONTESTS



Students in grade 9, 10, and 11 wrote the CEMC Pascal, Cayley, and Fermat Math contests on February 25. There are upcoming CEMC math contests in April for grades 9, 10, 11, 12; and a grade 8 contest in May. If you are interested in writing these contests, see Mr. Boulter in room 201.

The TRU Math Contest (BC Secondary School Math Contest) preliminary round will be written March 4 and the final round will be written in May. This contest has a junior section open to grades 8, 9, and 10 and a senior section open to grades 11 and 12. See Mr. Boulter in room 201 to sign up.

Win popcorn by completing the Math Problem of the Week. Join the "**Math Problem of the Week 2024**" Google Classroom with this code "**wy4x4cxr**" to see the problems and upload your solutions.

## NORKAM ATHLETICS



A huge round of applause to our athletes this season.

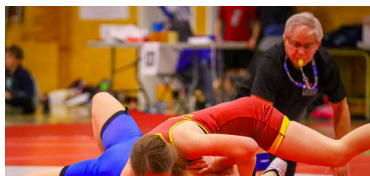
Grade 8 boys' and girls' basketball had an exceptional playdown season. We had a very competitive season with many games coming down to the buzzer.

Our Junior programs also had a great year. Congrats to the Junior boys for making it to Provincials and placing 23rd in the entire province! Both Senior Boys and Girls had a great season and qualified for Okanagan.

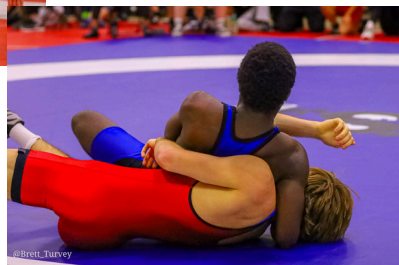
Congratulations to the wrestlers of NorKam who had a great Okanagan and qualified for Provincials.

The winter season has concluded for the year. Please return all uniforms to Ms. Marchi or to the front office. A fee will be charged for missing uniforms.

The spring season is about to begin. Please stay up to date with the athletics calendar to check practice times. Check the [Athletics Site](#) for sponsor teachers and more information.



LEFT PHOTO:  
Avery Holowaychuk pinning her competitor



RIGHT PHOTO:  
Tega Oghenekaro pinning his competitor

## ETHICS BOWL

NorKam Secondary has done it again! Our team, comprised mostly of grade 9 students, with the exception of one grade 10 student, came in 2<sup>nd</sup> and just advanced from the TRU Ethics Bowl to the Provincial Ethics Bowl held at SFU on March 14. This is the youngest team in Kamloops history to move beyond the Regionals, facing fierce competition from SKSS, Brocklehurst, Valleyview and Sa-Hali. Congratulations to Iman Saad, Aarna Shukla, Matteo Salumbides, Chidera Lawson, Daniel Cazares, Daphne Lazaruk, Manat Ghuman, Jonathan Kuang, Isla Currie and Brielle Ernst, on their amazing and ground-breaking performance!



Pictured left to right: Jonathan Kuang, Daniel Cazares, Matteo Salumbides, Mr. Pendergast (coach), Brielle Ernst, Nicky MacFarlane (coach), Isla Currie, Chidera Lawson, Iman Saad, Aarna Shukla, Manat Ghuman and Daphne Lazaruk

## YEARBOOK SALES

The deadline for ordering presales of the 2026 yearbook is **April 30th**. Yearbooks cost \$45 and may be purchased online through School Cash or at the office by cash or cheque.

## NORKAM LIBRARY RESOURCES



### BOARD GAMES!

Many fun board games and chess boards are available all the time if you'd like to play during breaks or before school.



### KINDLE eREADERS

Our Kindles have over 100 novels ready to read, including popular new books that are requested.



### AUDIOBOOKS

NorKam has access to dozens of audiobooks that can be signed-out by students and used on personal devices.

# GRAD UPDATES

# 2026

## Class of

## INFORMATION

- NorKam's 2026 Graduation Commencement Ceremony will take place on **Tuesday, June 16th 2026**, at the Sandman Centre.
- We have a number of updates for scholarships and bursaries that are coming up for Grad 2026. [CLICK HERE](#) to be redirected to application packages.
- NKSS Grad 2026 sweaters are on sale now! Order your grad wear through [Hansport's Online Store!](#)

## BABY PHOTOS

- We are still waiting for a number of Grad baby photos at the office. Please select ONE photo between newborn to grade six. Email to [norkam-sec-office@sd73.bc.ca](mailto:norkam-sec-office@sd73.bc.ca) with the subject line: "**Baby Photo (Student Name)**"

## SAFE GRAD- *A Parent Organized Committee*

- **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](mailto:Norkamsafegrad@gmail.com)

 [Norkam Safe Grad 2026](#)

# Content for Parent Newsletters

## HEALTH PROMOTING SCHOOLS

MARCH 2026

### HEALTHY EATING

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#### March is Nutrition Month



This month, celebrate the power of healthy eating and the creativity that brings nutritious meals to life. To help families explore new ideas in the kitchen, we're excited to highlight the [2026 Member Cookbook](#) — a collection of favourite recipes contributed by dietitians from across Canada.

From quick weeknight meals to wholesome snacks, this cookbook showcases diverse flavours, practical ideas, and nutrition expertise from dietitians. It's a fun way to get kids involved in cooking, discover new favourites, and enjoy recipes that nourish and inspire.

Celebrate Nutrition Month by exploring delicious ways to fuel families! 🍴❤️

### MENTAL HEALTH

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#### Self Harm: There Is Always Help, There is Always Hope - Webinar

Realizing that your child is self-harming can be scary and confusing. Learn from Ciara, a young person with lived experience, and Kim Leifso, a therapist, as they talk about why some kids harm themselves and some healthy coping strategies for your child and you. Discover helpful ways to respond to your child. Join Kelty Mental Health and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

There are multiple sessions available:

March 3, 2026 | 6:30pm-8:00pm Pacific Time (British Columbia)

March 5, 2026 | 6:30pm-8:00pm Pacific Time (British Columbia)



Click [here](#) for more information

#### Parenting When Anxiety Shows Up As Anger - Webinar

Anxiety in kids can show up as anger, and that can make parenting extra challenging. Learn from Karen Peters, Registered Clinical Counsellor, to discover some strategies that can help before, during, and after these hard moments. Join Kelty Mental Health and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

There are multiple sessions available:

March 11, 2026 | 12:30pm-1:00pm Pacific Time (British Columbia)

March 25, 2026 | 6:30pm-8:00pm Pacific Time (British Columbia)

March 31, 2026 | 6:30pm-8:00pm Pacific Time (British Columbia)

Click [here](#) for more information

## HARM REDUCTION & LEGAL SUBSTANCES

### Supporting Teens: Understanding the Risks of Gambling

Gambling may seem harmless to teens—whether it’s online games, sports betting, or friendly wagers—but it can quickly become risky without guidance. As parents and caregivers, staying informed and keeping conversations open is one of the best ways to help teens make healthy, responsible choices.

The Canadian Paediatric Society offers an excellent resource that explains what teen gambling looks like today, warning signs to watch for, and how to talk with your child about risk-taking behaviours. It also provides tips to help teens build decision-making skills and understand the consequences of gambling activities.



#### Learn more here:

*Teen Gambling – Canadian Paediatric Society*

<https://caringforkids.cps.ca/handouts/preteens-and-teens/teen-gambling>