



NORKAM SECONDARY SCHOOL NEWSLETTER



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



GRAD UPDATES

Grad is fast approaching! A few pieces of info:

Convocation run through - on June 16th in the afternoon, all grade 12 students will do a convocation run through. This is so that students understand the flow and expectations of the ceremony. This is a mandatory activity and all grads must be there. Grads must also be transported by bus to and from Sandman Centre as per District policy.

No students may drive themselves or others as it is considered a field trip. Students will board the bus in front of the school by 11AM on June 16th. They will be dropped back off at NorKam no later than 2PM and are dismissed for the day when they return to NorKam. All grads must have signed and return a permission slip for the activity no later than June 1st.

Names and Attendance at Convocation - if students go by a different name than their legal first name in MyEd, please come to the main office and let us know. Please also let us know if you do not intend to participate in the commencement ceremony as soon as possible.

Baby Photos - if you have not given us a baby picture, please do so ASAP. Baby pictures can be dropped off at the office (with your name on the back) or email to norkam-sec-office@sd73.bc.ca

Valedictorian - the vote for Valedictorians will occur Wednesday May 6th all day. Students will vote using the code posted in the main office, or on the school website beginning at 9AM. Votes will close at 330PM that day. Only 2026 grads may vote.

NorKam Staff Representatives at Grad - it is a custom at our graduation ceremonies that two members of staff lead our graduates into the convocation ceremonies. Students will be able to vote for the 2 staff members they wish to represent them next Wednesday May 6th. Students will vote using the code posted in the main office, or on the school website beginning at 9AM. Votes will close at 330PM that day. Only 2026 grads may vote.

Senior Assassin - we understand how fun these activities can be. However we want to be clear: no activities associated with Senior Assassin will be permitted on NorKam Secondary or any school district property. This includes SD73 buildings and parking lots. It distracts from the learning in our buildings. Thank you for your understanding.

Grad Gowns and Stoles - these items have been ordered for all grads and will be coming to the school in the next few weeks. Once they have arrived, we will make an announcement for them to be picked up from the office. Grads may keep their cap and gown.

MATH CONTESTS

In April, students competed in grade-level math contests. Top scorers were Thanisha Thanisha (Grade 9), Jillian Dhaliwal (Grade 10), and Geoffrey Thiessen (Grade 11). Five students advanced to the BC Secondary School Math Contest finals at TRU on May 1.

On May 11, thirteen Grade 8 students will write the Gauss Math Contest. Students can also win popcorn by participating in the Math Problem of the Week—join the Google Classroom ("wy4x4cxr") to submit solutions

IMPORTANT DATES

Artifacts Week	May 11
Pro - D (No School)	May 15
Victoria Day	May 18
Drama Production	May 27
Drama Production	May 28
Drama Production	June 3
Last Drama Production	June 5
Double Blocks (AA/BB)	June 8
Double Blocks (CC/DD)	June 9
Aboriginal Grad	June 15
Grad Commencements	June 16

ADMINISTRATION

PRINCIPAL: MRS. R. SDOUTZ
VICE PRINCIPAL: MRS. N. STEWART
VICE PRINCIPAL: MS. A. JENSEN

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. Valerie Cadoret
Mrs. Deb Collins (COUNSELLING)

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

LIBRARY LEARNING COMMONS

Come to see the large selection of brand new horror, teen romance, mystery, manga, and adventure novels we have on display in the Library! We have new titles for all age groups, so there is great variety for everyone to choose from!



Take a look at our [NorKam Library Learning Commons Website](http://nksslibrary.weebly.com) (nksslibrary.weebly.com), which has been revised and updated this year. Please explore what we have to offer and feel free to offer suggestions or make requests through our handy [CONTACT](#) page.

THE IMPORTANCE OF LEISURE READING:

For Parents:

Reading for pleasure (leisure reading) has been proven many times to improve young peoples' chances of success in school and in life. For a detailed explanation and research about the benefits of leisure reading, please see this [article in Science Daily](#). As parents, it is important we encourage leisure reading, but in ways that might actually work with our teenagers..

[Check out this article](#) for a short explanation of the benefits of daily reading.



Teenagers and Reading



Perhaps the teenagers in your family were once avid readers but now hardly ever open a book, or perhaps they never liked reading in the first place. As an adult, you know that reading is important and you obviously want to make sure that the teenagers in your life grow into adulthood with all the skills they need to succeed. Take a look at the following suggestions for parents that can help teenagers decide for themselves that reading is important to their lives.

Before we list ways to encourage teen reading that work, here are a few tactics to AVOID:

- Pressuring, nagging, or bribing. Encourage teens to read, but don't hound them.
- Criticizing what teens read. Explain what troubles you about certain types of reading materials after reading them yourself. Forbid as little as possible. And whenever you can, accept differences of opinion as just that.

- Lavishing too much praise. If you catch your teenagers reading, show interest, but don't make a big deal out of it. Teens need to know that they're reading for their own pleasure—not for your approval.

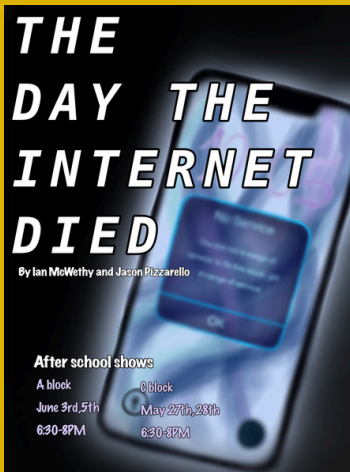
Ways to ENCOURAGE teens to read...

- Set an example. Let teens see you reading for pleasure.
- Furnish your home with a variety of reading materials. Leave books, magazines, and newspapers around. Check to see what disappears for a clue to what interests your teenager.
- Give teens an opportunity to choose their own books. When you and your teen are out together, browse in a bookstore or library. Go your separate ways and make your own selections. A bookstore gift certificate is a nice way of saying, "You choose."
- Build on your teen's interests. Look for books and articles that feature their favorite sports teams, rock stars, hobbies, or television shows. Give a gift subscription to a special interest magazine.
- View pleasure reading as a value in itself. Almost anything teens read—including comics—helps build reading skills.
- Read some books written for teens. Young adult novels can give you valuable insights into the concerns and pressures felt by teenagers. You may find that these books provide a neutral ground on which to talk about sensitive subjects. Ask the teacher-librarian for suggestions if you need to!
- Make reading aloud a natural part of family life. Share an article you found online, a poem, a letter, or a random page from an informational text—without turning it into a lesson.
- Acknowledge your teen's mature interests. Look for ways to acknowledge the emerging adult in your teens by suggesting some adult reading you think they can handle.
- Keep the big picture in mind. For all sorts of reasons, some teenagers go through periods without showing much interest in reading. Don't panic! Time, and a few tips from this article, may help rekindle their interest.

Take care and stay well from your friendly NorKam Library crew!

-- Mr. Hafeli and Mr. Regnier

DRAMA DEPARTMENT - Spring Production



Come support NorKam's drama classes in their spring production!

Our show will run on the evenings of Wednesday, May 27th and Thursday, May 28th and Wednesday, June 3rd and Thursday, June 5th. Showtimes start at 6:30pm and entry is by donation.

GRAD UPDATES

2026

Class of

INFORMATION

- NorKam's 2026 Graduation Commencement Ceremony will take place on **Tuesday, June 16th 2026**, at the Sandman Centre. There will be a mandatory rehearsal for grads in the afternoon blocks of the 16th. Students will be bused to and from 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.
- GRAD FEES DUE: All school fees must be paid PRIOR to the commencement ceremony. Payment can be made through school cash online or by cash or cheque to the main office.

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 with the subject line: "**Baby Photo (Student Name)**"

SAFE GRAD - A Parent Organized Committee

KIA CAR WASH Saturday May 9th (Times TBA)

TICKETS FOR SAFE GRAD DINNER AND DANCE

TICKETS:

Early bird - \$130. APRIL 10 -MAY 9th

Regular price - \$155. MAY 10 - JUNE 1 (Final day of sales June 1st)

****Tickets must be purchased online at Eventbrite****

QR codes and links will be available on the grad board and Facebook page

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](#)



Students! Parents! Supporters! SAVE THE DATE
The Kamloops Community
Post-Secondary Info Evening!

Thursday

October 1, 2026

6:00pm-8:00pm

Henry Grube

Education Centre

245 Kitchener

Crescent

Explore your post-secondary options at this evening event with universities and colleges from across BC – open to students, parents, caregivers, and supporters!



More information coming June 2026



HORATIO ALGER BRITISH COLUMBIA VOCATIONAL & TECHNICAL EDUCATION SCHOLARSHIP PROGRAMS



OVER 100+ SCHOLARSHIPS AVAILABLE IN BRITISH COLUMBIA – UP TO **\$9,000** EACH

To be eligible for the Horatio Alger British Columbia VTE Scholarships, applicants must:

- Have completed high school (or equivalency) by July 1, 2026
- Enrolled in hands-on vocational, technical, or trades training for Fall 2026 at a public or not-for-profit school
- Demonstrate financial need (applicants must show household annual net income of \$100,000 or less)
- Be under the age of 35
- Be a Canadian Citizen or permanent resident living in British Columbia

APPLICATION IS OPEN APRIL 1 - JUNE 15

For more information, please contact us at canadascholarships@horatioalger.ca

To learn more and apply, visit

<https://horatioalger.ca/vte-scholarships/>



Content for Parent Newsletters

HEALTHPROMOTINGSCHOOLS

MAY 2026

COMMUNICABLE DISEASE

Pertussis

Pertussis, also known as whooping cough, is **currently circulating in the Interior Health region**. It is contagious and can spread easily through coughing or sneezing, or through close contact such as sharing food or drinks, cigarettes or vapes, or kissing.

Pertussis is identified through testing by a healthcare provider and can be treated with antibiotics to decrease the time a person is contagious. All positive cases are followed up by Interior Health, and the follow up aims to reduce the transmission risk to close contacts who may be at higher risk.

Immunization remains the most effective way to prevent pertussis or reduce the severity of illness. If you are not sure if your child is up to date for pertussis or other diseases, check your child's immunization status through [Health Gateway](#). If you have questions about immunization or would like to schedule an appointment to ~~get up-to-date~~ contact your [local public health](#).

For more information see: [Pertussis \(whooping cough\) | HealthLink BC](#).

HARM REDUCTION

Talking to Teens About Substance Use

Open, honest conversations about drugs, alcohol, vaping, and other substances help teens make safer choices. **Talking early and often—without judgment and with a focus on safety—does not increase substance use and can reduce risks.** Even if you don't have all the answers, listening, sharing family values, and learning together can make a big difference. For more information see:

<https://www.interiorhealth.ca/stories/how-talk-teens-about-drugs-and-other-substances>

MENTAL HEALTH

EmotionsBC

Dealing with emotions that are hard to manage can create chaotic relationships. [EmotionsBC](#) provides **training, knowledge and support to help people cope, understand and communicate better with loved ones struggling with mental health challenges.** The ultimate goal in all relationships is striving for that sense of connection.

Click [here](#) to see the programs and groups they offer.