

BARRIERE SECONDARY COUGAR NEWS



What's Happening This Week

MONDAY, November 10

- Remembrance Day Ceremony 10:30 am in the BSS Gymnasium. Community members welcome.
- BSS PAC in the BSS Library at 5:30 pm

TUESDAY, November 11

- Remembrance Day (School Closed)

WEDNESDAY, November 12

-

THURSDAY, November 13

-

FRIDAY, November 14

Upcoming Dates

- November 3 Post Secondary Visits
- November 8 Indigenous Veterans Day
- November 10 BSS Remembrance Recognizes Day
- November 11 Remembrance Day (School Closed)
- November 13 Photo Retakes

November 10 – November 14

Eleventh Moon

Pelltemllík
spawned out salmon 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

- Meatball Soup w/ Bun or Chicken Dinner w/ Roasted Veg and Potatoes

Tuesday

- Remembrance Day (School Closed)

Wednesday

- BLT w/ Veg or Soft Tacos w/ Mexican Salad

Thursday

- Hummus and Pita Chips or Perogies w/ Sausage

Friday

- Chili w/ Cornbread or Chicken Caesar Wrap

Congratulations to the Winners of the BSS Youth Explore Trades Skills Doghouses.

Cindy Andrews
Melmenetkwa Jules
William Douglas
Vicki Maddocks

Thanks to Barriere Timber Mart for storing the dog houses. Thanks to everyone who put their names in and thank you to the Youth Explore Trades Skills students!"

BSS Cafeteria

Can you please send cutlery with your child if they are bringing a lunch from home. Unfortunately, we cannot supply disposable cutlery.



Girls Explore Trades and Technology:

SD73's FREE **8th Annual Girls Explore Trades and Tech** Day for students in grades 7-9 is happening at TRU on **Thursday, November 13th**. The purpose of this day is to:

- Promote Career Programs to interested students
- Support equity inclusion in trades

If your child is interested in participating in this event, please have them ask Mrs. Peterson for more information and an application package. **Applications** are past due.

Please Note: There is a bus that will pick students up at Barriere Secondary and take them to TRU. The bus is scheduled to **arrive at TRU by 8:15** and **leave TRU at 2:30**. This means that students will need a ride to and from Barriere Secondary on November 13th.

An exact schedule will be available closer to the event date. For more information, please contact Mrs. Peterson (mepeterson@sd73.bc.ca).

BSS SWAG STORE WEBSITE URL



<https://bssf25.itemorder.com/shop/home/>

STORE CLOSES NOV 20 @ MIDNIGHT

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.

	online	Cash Cheque
Mosaic		
Mosaic 7 and 8 Supplies for ADST (Applied Design, Skills and Technology) activities including wood, art supplies and groceries	\$31.50	\$30
Visual Arts		
Art Studio 9	\$26.25	\$25
Art Studio 10-12	\$26.25	\$25
Photography 11	\$36.75	\$35
Media Design	\$21.25	\$20
Media Arts	\$10.75	\$10
Home Economics		
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
Technology Education		
Art Metal 10-12 Metal, casting, supplies, gas, solvents, fasteners, welding/brazing consumables, abrasives and jewelry supplies	\$47.25	\$45
Metalwork 9-12 Metal stock, sheet metal, gasses, solvents, fasteners, welding/brazing consumables, abrasives, and hearing protection	\$47.25	\$45
Woodwork 9-12 Wood, adhesives, fasteners, abrasives, blades, finishing products, and other consumables	\$42	\$40
Skills Exploration 10-12 Building materials: lumber, plywood, fasteners, electrical supplies, and plumbing supplies	\$52.50	\$50
Information Technology 9-12	10.75	\$10
Entrepreneurship and Marketing	\$5.50	\$5
Fitness and Conditioning 11-12	\$47.25	\$45
Human Performance 9-12	\$31.25	\$30



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

Connect & Learn

Online Events for Parents & Caregivers

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.



Substance Use and the Power of Support

Connection and relationship can make a difference in substance use and addiction. Guy Felicella, a renowned advocate and international speaker who has overcome a two-decade substance use disorder, passionately promotes harm reduction, trauma therapy, and faster access to treatment using his story of resilience and recovery. Learn how we can show care not just for our kids, but for the broader community impacted by substance use disorder.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

- **COST:** Free
- **DATES:**

Times are in Pacific Time (most of B.C.)

- Thursday, November 6, 12pm
- Tuesday, November 18, 6:30pm



Register online at
familysmart.ca/events





UBC Geering Up
Kelowna, Okanagan



Kelowna Middle and High School STEM Workshops

STEM + Sustainability: Hands-On Workshops for Your Classroom

Geering Up Engineering Outreach sends our passionate STEM instructors to your classroom to lead engaging, hands-on workshops. Through creative design challenges and real-world problem solving, students explore how technology, innovation, and sustainable thinking can help build a cleaner, smarter future.

Workshop Dates & Offerings

Dates available from January to June 2025.

Smart Tech for Sustainable Living

Grades 8-9 | ADST, Science

Use Arduino in this hands-on coding session to explore how technology can make our homes more energy efficient.

Designing Sustainable Schools in 3D

Grades 10-12 | ADST, Science, Environmental Science, Engineering

Use TinkerCAD to explore how technology and design can reduce environmental impact.

Innovating with Clean Energy Design

Grades 10-12 | ADST, Science

Examine energy conservation, clean energy, and Canadian and international innovations while learning Onshape CAD.

Workshop Schedule

- Designed for classes of up to 30 students
- Up to three 75-minute workshops per day

Cost

Many of our middle and high school workshops are supported by funding – contact us to learn more about eligibility and how to book.

Learn More & Sign Up

Email: kelowna.geeringup@ubc.ca

Website: geeringupokanagan.ca



Learn more and submit a booking request at bit.ly/wkshp25 or scan QR code

A network member of

actüa



THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Applied Science

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!



Admin Message

As we move through November, our school community takes time to reflect on the importance of remembrance and gratitude.

Saturday, November 8 marks Indigenous Veterans Day, a time to recognize and honour the many First Nations, Métis, and Inuit veterans who courageously served and sacrificed for Canada, often in the face of great personal and systemic challenges. Their contributions are an essential part of our shared history and remembrance.

Tuesday, November 11 is Remembrance Day, when Canadians across the country pause to remember all those who served and continue to serve in times of war, conflict, and peacekeeping.

To honour these important days, Barriere Secondary School will hold our Remembrance Day ceremony on Monday, November 10 at 10:30 a.m. in the school gym. Families and community members are warmly invited to join us as we gather in reflection and gratitude for those who have given so much in service of peace and freedom.

Lest we forget.

Andres Ruberg
Vice-Principal

Derek Markides
Principal