

BARRIERE SECONDARY COUGAR NEWS



What's Happening This Week

MONDAY, November 17

- District Louis Riel Day

TUESDAY, November 18

- Learning Updates Posted

WEDNESDAY, November 19

-

THURSDAY, November 20

-

FRIDAY, November 21

November 17 – November 22

November 19 New Moon
Twelfth Moon

Pesllwélsten
abandoning month

Upcoming Dates

- November 17 Louis Riel Day
- November 18 Learning Updates Published
- December 3 Mosaic 3 Begins
- December 17 Christmas Luncheon
- December 19 Last Day of Classes
- December 22 – January 4 Christmas Break

**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

- Beef Burrito or Sausage & Noodle Bake w/ Garlic Toast

Tuesday

- Grilled Ham & Cheese w/ Veg or Butter Chicken w/ Rice & Pita

Wednesday

- Carrot Ginger Soup w/ Bun or Quesadilla w/ Spanish Rice

Thursday

- Greek Wrap or Spaghetti w/ Meat Sauce & Garlic Toast

Friday

- Tortellini w/ Sauce and Garlic Toast or Perogies w/ Sausage

From the Main Office

- School fees are posted. Please pay school fees as soon as possible
- If you are ordering concession cards on SchoolCash, please order concession cards before 8:45 am to avoid last minute panic at break or lunch time.
- 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.

BSS Cafeteria

Can you please send cutlery with your child if they are bringing a lunch from home. Unfortunately,



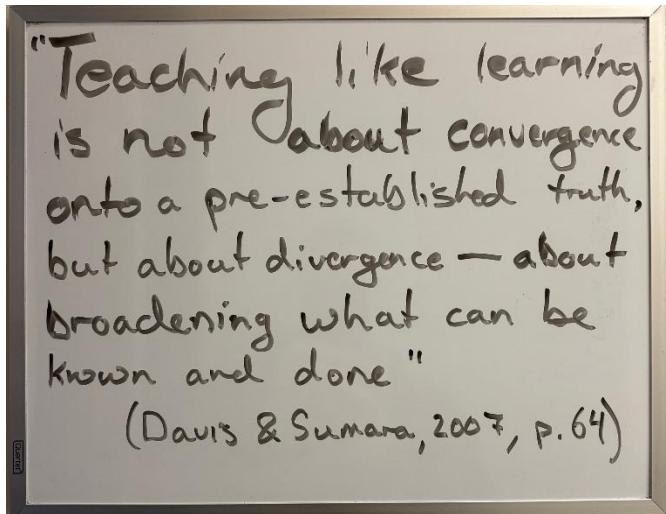
we cannot supply disposable cutlery.

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		online	Cash Cheque
Mosaic			Technology Education		
Mosaic 7 and 8	\$31.50	\$30	Art Metal 10-12	\$47.25	\$45
Supplies for ADST (Applied Design, Skills and Technology) activities including wood, art supplies and groceries			Metal, casting, supplies, gas, solvents, fasteners, welding/brazing consumables, abrasives and jewelry supplies		
Visual Arts			Metalwork 9-12	\$47.25	\$45
Art Studio 9	\$26.25	\$25	Metal stock, sheet metal, gasses, solvents, fasteners, welding/brazing consumables, abrasives, and hearing protection		
Art Studio 10-12	\$26.25	\$25	Woodwork 9-12	\$42	\$40
Photography 11	\$36.75	\$35	Wood, adhesives, fasteners, abrasives, blades, finishing products, and other consumables		
Media Design	\$21.25	\$20	Skills Exploration 10-12	\$52.50	\$50
Media Arts	\$10.75	\$10	Building materials: lumber, plywood, fasteners, electrical supplies, and plumbing supplies		
Home Economics			Information Technology 9-12	10.75	\$10
Food Studies 9-12	\$52.50	\$50.00	Entrepreneurship and Marketing	\$5.50	\$5
Groceries and supplies for labs			Fitness and Conditioning 11-12	\$47.25	\$45
Textiles 8/9	\$31.50	\$30.00	Human Performance 9-12	\$31.25	\$30
For materials and associated costs					
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.smores.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 further into the school year, I'm reminded that teaching and learning are not about narrowing ideas down to a single, predetermined truth. Instead, they are about *divergence*—about opening up possibilities, exploring new perspectives, and encouraging students to broaden what they know and what they can do.

In classrooms at BSS, this means creating space for curiosity, for thoughtful risk-taking, and for meaningful dialogue. It means supporting students as they navigate challenging ideas and celebrating the diverse ways they come to understand the world.

At the heart of this work is care. Every day, our staff strive to build learning environments where students feel seen, supported, and encouraged to bring their full selves forward. Learning is not only an academic journey; it is a human one, rooted in relationships and shaped by the way we attend to one another—built through community.

As a school community, let's continue to centre compassion, patience, and connection—values that help all of us grow. Thank you for your ongoing partnership in supporting our learners and in nurturing the kind of school where everyone has space to flourish.

Warmly,

Andres Ruberg
Vice-Principal

Derek Markides
Principal