NORKAM SECONDARY SCHOOL
NEWSLETTER

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



PLEASE SLOW DOWN



Families, please be extra diligent when driving through our school community. A gentle reminder that 12th and Kenora Streets are school zones. Slow down through these areas. We have a number of students and staff that walk or ride their bicycles and scooters each day. These modes of transportation do not allow for as much protection as a vehicle. Please share the road and be aware of your surroundings to make sure our entire community can work and learn safely!

YEARBOOK

Presales for the 2026 yearbook have begun. Yearbooks cost $45 and may be purchased online through School Cash or at the office by cash or cheque.

GRAD 2027 INFO

NorKam Grads - we have a Google classroom. Find all the updates about commencements, grad pictures and other important information here!

Google classroom code: **au5khwoy**

Please see page 3 for important grad information!

SETTLEMENT WORKER IN SCHOOL SUPPORT

We are currently welcoming referrals to our mentoring and tutoring program, which supports newcomer students through mentorship, academic assistance, confidence-building, and opportunities to strengthen their connection to school. Here is the registration form for families who might be interested in mentoring and tutoring support: Mentoring, Empowerment and Tutoring (MET) - Student Registration Form – Fill out form

MUSIC PROGRAM DONATION

Thank you to former graduate Harry Peterson who donated $10,000 to the NorKam Music Program. This money will be an incredible help to replace aging and broken instruments, as well as new sheet music!

Harry visited the NorKam Music Students a few times to play with the Senior Band as well as to share his knowledge of the importance of Music. Thank you Mr. Peterson!



IMPORTANT DATES

Double Block Day (AA/BB)	Nov 2
Double Block Day (CC/DD)	Nov 3
PAC Meeting	Nov 9
Remembrance Day (No School)	Nov 11
Start of Quarter 2	Nov 16
Grad Committee Meeting	Nov 18
Pro-D Day (No School)	Nov 30
Mosaic #3 Begins	Dec 8
Christmas Brunch	Dec 16

ADMINISTRATION

PRINCIPAL: MRS. R. SDOUTZ
VICE PRINCIPAL: MR. S. SIMPSON
VICE PRINCIPAL: MRS. A. JENSEN

COUNSELLORS

Ms. Kelsey Taylor	(A-F)
Ms. Katie Friesen	(G-M)
Mrs. Erin Theunissen	(N-Z)

SECRETARIES

Mrs. Brittany van der Merwe
Mrs. Anne Morrison
Mrs. Valerie Cadoret
Mrs. Deb Collins (COUNSELLING)

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

Battle of the Books - REBOOT (BoB)

NorKam will be participating in Battle of the Books for the fourth time this year, only now we are returning champions! This is a SD#73 reading competition that most schools participate in (historically elementary, but recently also secondary schools). Students read books from a selection of 12 titles and compete against students in senior grades from other schools at an event May 28th, 2027. Check out the titles and book summaries and/or visit the hallway display across from Counseling.

Drop Everything And Read (DEAR)

Took place on Monday, October 26th, celebrating National School Library Week. NorKam had another successful D.E.A.R event this year. Over 14,000 SD#73 students dropped everything and read for pleasure for 30 minutes whether it was a novel, magazine, comic book/graphic novel, informational book, or online article that interested them personally. NorKam has participated in this activity for the past 15 years with about 850 students and staff at our school participating.

NEW BOOKS

We recently received a great selection of Young Adult fiction. Included are a great selection of Fantasy, Dystopian, Suspense (murder mystery), Manga, and LGBTQ2+ fiction. Additional issues of current Manga series were also added. Come check them out!



Trans Awareness Week is **Nov. 13th-19th** and **Transgender Day of Remembrance** is **Nov. 20th**. We have a great selection of fiction and non-fiction books about gender and gender identity in our collection.

NORKAM ATHLETICS DEPARTMENT

Winter sports will be starting shortly. Wrestling is coached by Ms. Boucher; curling is Mr. Recchi. Basketball tryouts will be starting shortly, as sign-ups just concluded. The fall season is winding up, jr girls, jr boys, and sr girls volleyball is coming to an end. Sr boys soccer will hopefully continue their season and qualify for OKs!

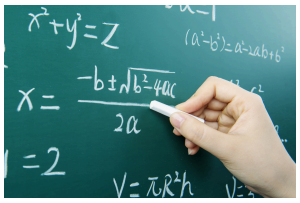
Click Here for our Athletics page so you can stay current with all of our athletic department news an updates!

SCHOLARSHIPS AND BURSARIES

Attention GRADE 12's: GRADUATION GUIDE
Access information for the following topics on the NorKam website: **https://www.sd73.bc.ca/nkss/scholarships-bursaries**

- Education BC Planner
- Transcripts
- University-Future Students
- Scholarships

UPCOMING MATH CONTESTS



Win popcorn by completing the Math Problem of the Week. Join the "Math Problem of the Week 2026" Google Classroom with this code "zgzfjb5a" to see the problems and upload your solutions.

PAC NEWS

please join us for our **next PAC Meeting on Monday, November 9th at 5 PM in the library**.

FUNDRAISERS:

1) Growing Smiles Poinsettias: Our winter poinsettia fundraiser is officially OPEN! We're raising money for scholarships and to support our students and athletes. We'd love your help making it happen!

We are selling red & white Poinsettias for $13 each. Pick up on November 27 at 2 pm. Every order supports NorKam PAC and helps us support our students.

Get your orders in by November 13th.



2) Gift Cards: Norkam PAC is teaming up with Rotary Club of Kamloops West to sell Golf and Restaurant Cards. These cards are $30 each and $10 goes directly to supporting our school! If you would like to purchase one, **please reach out to Julia Tengum at juliatengum@gmail.com **

3) School Merch: Order forms are available at the main office.



NORKAM'S LA BELLA SAINTS HAIR SALON

Our young stylists are looking forward to helping you to create a new style or refresh your existing look. We are fully licensed, and open to the public for all hair services, from cuts, colours, and the newest balayage styles, to perms and hair tinsel. All of the level one stylists are supervised by a Red Seal instructor and are looking forward to showing off their skills. Our prices are the most affordable in town for all the services we provide. Come in for a consultation or talk with one of the stylists and book an appointment today. We also have Redken, Amika, Design Me, and Hempz products for purchase at discount prices. Drop in and check us out. La Bella Saints is currently operating on a cash or cheque only basis.

We are open Monday to Friday, from 9:00am to 3:00pm. Call and book an appointment at ***250-376-3133.***

2027 class of

GRAD UPDATES

GRAD PHOTOS

- Grad photos are happening **January 4th - 8th.** All grads must have their photo taken to be included in the yearbook, on the grad composite that hangs in the hallway, and on the grad slideshow that plays during commencements.

- A link will be sent out in December for booking an appointment

BABY PHOTOS

- Baby photos can be submitted to the office now. Come by with a paper copy and we will scan it, or email it to ***norkam-sec-office@sd73.bc.ca*** Please make the subject line: **FIRST LAST NAME BABY PHOTO**. Baby photos are used for the slideshow during commencements.

INFORMATION:

- More information can be found on the NorKam Grad Webpage. Please check back here often for updates
- There is also a Google classroom. Find all the updates about commencements, grad pictures and other important information here! **Google classroom code: au5khwoy**

Safe Grad

CALLING ALL GRAD PARENTS!

Our students have worked so hard to reach this exciting milestone, and now it's our turn to help make their graduation celebration unforgettable! We're looking for parents to join our **Grad Committee** and help bring this special event to life. Whether you have lots of time to give or just a little, every helping hand makes a difference!

📅 **Join us November 18th for our Grad Committee meeting at 6:15pm in the library**

Together, we can create wonderful memories for our graduating students. We can't make this happen without you!
We hope to see you there!

For information on existing policies in the school or district that ban firearms, please refer to [schools/districts to add link].

For more information on the *Firearm Violence Prevention Act* and regulations, visit:

Firearm Violence Prevention Act (FVPA) - Province of British Columbia

---

Fair Notice for Parents/Guardians – Middle and Secondary Schools

Starting October 1, 2026, new laws and regulations under the *Firearm Violence Prevention Act* (FVPA) are coming into effect in B.C. The legislation is intended to address unsafe firearm use and firearm-related violence.

The FVPA complements and further strengthens existing legislation and school and district policies banning firearms on school property by providing law enforcement with additional tools to address and enforce firearm-related public safety risks. The FVPA does this by establishing a clear and consistent province-wide prohibition on firearms, low-velocity firearms (such as BB, pellet, gel, airsoft and paintball guns) and imitation firearms (such as lighters designed to closely resemble firearms) on all K-12 school properties. The goal of these new laws is to promote greater public safety by keeping firearms and objects that look like firearms out of schools.

Some schools regularly support and authorize a wide range of educational, community and special events on school property, including activities that occur outside regular school hours, on evenings, and on weekends. The legislation includes narrow exemptions for certain safe and legitimate activities using firearms, low-velocity or imitation firearms. Examples of activities that may be eligible for an exemption include:

- Cadet programs
- Biathlon demonstrations or events
- Cinematic, theatrical, film, or artistic activities or performances
- Educational activities (e.g., firearms safety training)

In addition, individuals who are safely transporting firearms, low-velocity firearms, or imitation firearms in a vehicle are exempted as long as applicable requirements in the regulations and all other relevant firearms laws are followed (e.g., firearms remain unloaded and safely stored in a locked trunk or container).

Anyone who illegally possesses a firearm, low-velocity firearm, or imitation firearm on school property without a valid exemption may have these items confiscated, forfeited and disposed of by law enforcement, and if convicted of an offence, may face fines and serious penalties under the FVPA.

For information on existing policies in the school or district that ban firearms, please refer to [schools/districts to add link].

For more information on the *Firearm Violence Prevention Act* and regulations, visit:

Firearm Violence Prevention Act (FVPA) - Province of British Columbia

Interior Health

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

November 2026

COMMUNICABLE DISEASE

Influenza, commonly known as the flu, is an infection of the respiratory system caused by the influenza A and B viruses. Every year, influenza spreads in our communities, generally in the late fall and winter months.

Registration with the Get Vaccinated system ensures timely notifications for influenza immunizations. If you have already registered, you will be notified when you are eligible to book your next influenza appointment. If not, you can register yourself or a family member (such as a parent, grandparent or child) using your Personal Health Number. Please note registration is only required once. Learn more about fall immunizations from the Government of British Columbia.

DENTAL

Protecting our Mouths during Physical Activity

Parents play an important role in injury prevention by encouraging use of mouthguards during sports and physical activities. A properly fitted mouthguard can help protect the teeth, lips, cheeks and tongue.

Mouthguards should be worn for any sport that has head-to-head contact or risk of falling. The Canadian Dental Association recommends a custom fit mouthguard be fabricated by a dental professional as it has the best fit. Specialized mouthguards can also be made to fit over braces.

There are other types of mouthguards that can be bought at the store such as stock and boil-and-bite. Refer to the Canadian Dental Hygienists Association Sports Mouthguards Q&A for guidance about mouthguard fit and use.



Supportive Resources and Videos

- Sports Mouthguards
- Promoting Health of Children & Youth in School | Interior Health
- Dental Emergencies

For more information, contact the Interior Health Allied Health Early Childhood Development Dental Program.

INJURY PREVENTION

Do you know how to recognize a concussion?



Concussions can happen to anyone, anywhere, anytime. From sports and playground falls to everyday activities, anyone can be injured and symptoms are not always obvious. In fact, only 11% of surveyed British Columbians felt very confident that they could recognize a concussion.

The Concussion Awareness Training Tool (https://cattonline.com; CATT) is a free, evidence-based, up-to-date online resource offering concussion education materials tailored for parents/caregivers, and youth. https://cattonline.com/course/concussion-awareness-training-tool-for-parents-and-caregivers

FOOD LITERACY

As a parent or caregiver, you play an important role in shaping your children's eating habits. Check out this article on Parents' Influence on Children's Eating Habits (UnlockFood.ca) to learn how to positively influence your children's eating habits by creating a positive eating environment and being a good role model.

MENTAL HEALTH

Emotion Regulation online discussion for parents
https://keltymentalhealth.ca/event/2026/11/emotion-regulation

When kids frequently have big emotions, parenting can be overwhelming and tiring. Discover some strategies and skills that can make it easier for your kids and you, and the critical role that parents and caregivers play to create positive change for young people. Learn about emotion regulation and dysregulation from Nicole Allen, Registered Clinical Counsellor. Kelty Mental Health invites families to a supportive space to watch a video and share strategies to help navigate those hard moments, and focus on strengthening our understanding and connection with our kids. This inclusive, supported discussion is gently facilitated by a FamilySmart Family Peer Support Worker who understands the challenges we face as parents.

BC Children's Hospital
Provincial Health Services Authority
Kelty Mental Health Resource Centre

Sessions available:
November 10, 2026 | 6:30 pm - 8:00 pm PST
November 17, 2026 | 6:30 pm - 8:00 pm PST