



NORKAM SECONDARY SCHOOL NEWSLETTER



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



PRINCIPAL'S ADDRESS

Happy September NorKam Families!

I hope you all have had a wonderful summer break and like the staff here at NKSS are looking forward to a new year of learning. NorKam is a full and busy place with 896 students in grades 8-12.

The International Baccalaureate Middle Years Programme continues to flourish, with full cohorts in Grades 8, 9, and 10. With this year's addition of MYP 10, NorKam now offers the IB Programme across all grades, providing students in Grades 8–12 with the opportunity to participate in an IB pathway. We are looking forward to the future of this district program and are excited for this continued opportunities for our students.

The district Trades and Hairstyling program are also full and running with the enthusiasm and drive of students who are working towards building their talents and passions for potential careers.

June 2027 will see a smaller grad class than previous years. This year we have 213 grade 12 students that we expect to walk the stage.

NKSS is a place of opportunity. We are fortunate enough to have a wide variety of programs that fill a wide number of niches for students to find a place to belong. Our greatest hope and our drive is to support students and families find a place to fulfill their educational dreams and move on to positive next steps.

I hope you all have a wonderful year!

Rachael Sdoutz
Principal

IMPORTANT DATES

School Opening	Sept 8
Photo Day	Sept 14
Pro-D (No School)	Sept 21
WISE Days Begin	Sept 23
Terry Fox Run	Sept 28
Orange Shirt Day	Sept 29
Truth & Reconciliation Day	Sept 30
IB MYP Information Session	Oct 1
Photo Retakes	Oct 9
Thanksgiving (No School)	Oct 12
IB DP Information Session	Oct 14
Mosaic #2 Begins	Oct 26

ADMINISTRATION

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

COUNSELLORS

Ms. Kelsey Davy	(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

SCHOOL FEES

Semester one student fees will be payable in the first week of **October**. You will receive an email notification from School Cash Online when fees have been added to your student's account.



REPORTING ABSENCES

Parents are asked to please report student absences before **8:30** am on the day of the absence (you can also report absences in advance, if they are known).

To report an absence you may choose to:

Call the toll free # 1-844-350-2647
Visit: <https://go.schoolmessenger.ca>

Please choose the reason for your child's absence from school: sick, appointment, family vacation, etc. Don't forget to wait for a confirmation number.

Students leaving school during class or arriving late in the morning must sign in/out in the office. Parents will receive a phone notification through the computerized system for unexcused daily absences. Students who are going to be away for an extended period of time are asked to fill out a **Planned Absence Form**. Forms are available in the office.

NATIONAL DAY FOR TRUTH AND RECONCILIATION



September is Truth and Reconciliation month with our national holiday on September 30th. Please remember to wear your orange shirt to school on Sept. 29th in support and honour of this important day.

PHOTO RE-TAKES

Photo re-takes are happening **Wednesday, October 9th** for any student who missed them on Monday, September 14th. Extra photo packages are available at the main office.

INTERNATIONAL BACCALAUREATE

There will be three online information sessions regarding our Middle Years Program offered on Oct 1st, Oct. 28th and Nov. 25th. There will be an IN-Person information session for our Diploma Program offered on Oct. 14th. More information will be sent out at a later date.

LA BELLA SAINTS HAIR SALON

La Bella Saints will be opening to the public on October 7th. Our hours run from 9am until 3pm. We will be available for foils, balayage, colours, haircuts, and even perms. Our young stylists, currently level 1 apprentices, are supervised by a Red Seal Stylist and capable of all salon services. We have the most competitive prices in town for both hair services and retail products. Stop in to make an appointment or talk with one of our stylists to book online. Call us at **250-376-3133**.



ART SUPPLIES NEEDED!



Our art teacher is collecting and in need of empty and clean plastic yogurt containers. Additionally, she is working on a special project that requires TIN mint containers (see image on left). If you have these items you'd like to donate, please drop off at the main office.

SCHOLARSHIP OPPORTUNITIES

LORAN DUE OCT. 15 2026

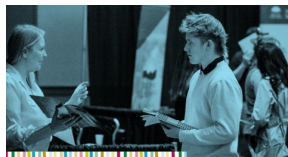
1. LORAN scholarships open, applications DUE OCT. 15 2026. [CLICK HERE FOR MORE INFO](#)
2. Must be planning to attend a partner University (**not TRU**): [CLICK HERE FOR MORE INFO](#)
3. FAQ's: [CLICK HERE](#)

PEO Star Scholarship (details in applicant letter attached) DUE OCT. 1 2026

1. Applications DUE OCT. 1, 2026
2. Female applicants only

See Applicant letter information for detailed instructions (attached pdf)

POST-SECONDARY BC INFORMATION



Thursday
October 1, 2026
6:00pm-8:00pm

Henry Grube
Education Centre
245 Kitchener Crescent
postsecondarybc.ca

Students! Parents!
Supporters! Join us at the

Kamloops Community
Post-Secondary Info Evening!

Explore your post-secondary options at this evening event with 13 universities and colleges from across BC – open to students, parents, caregivers, and supporters!

Meet representatives from:



PSBC Mini-Fair NorKam School Visit OCT. 1, 2026

1. Thursday OCT. 1st 12:25-2:00pm
2. Location: NorKam Cafeteria
3. Students will be called down from classes

PSBC Evening Event for all schools, parents, and students OCT. 1, 2026

1. Thursday OCT. 1st 6:00-8:00pm
2. Location: Henry Grube Education Centre (245 Kitchener Crescent)
3. See Applicant letter information for detailed instructions (attached pdf)

BC UNIVERSITY APPLICATIONS:

1. Start by making an account at:
<https://www.educationplannerbc.ca/>
2. Order transcripts at:
<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates>

PEO CHAPTER AT - STARSCHOLARSHIP (\$2,500)

September 9, 2026

Dear Class of 2027 Female students:

If you are interested in applying for the PEO Star Scholarship for 2027, you must begin the process now.

the local School Board Office by **Thursday, October 1, 2026**.

A letter indicating your interest in being considered for this prestigious \$2500.00 scholarship needs to be sent to

The letter needs to describe your school and community service involvement; your individual area of talent in Athletics, Fine Arts (or both); and must be accompanied by a grade 11 transcript of marks.

The letter needs to identify what grade 12 courses you will be studying for your grade 12 year, and what your future post secondary academic plans are for 2027-2028.

Please list two personal references with contact information.

ELIGIBILITY

A student is eligible to be recommended for the P.E.O. STAR Scholarship provided she:

- ***Exhibits excellence in leadership, academics, extracurricular activities, community service and potential for future success.***
- Has a minimum cumulative unweighted GPA of 3.0 on a 4.0 scale
- Is a citizen or legal permanent resident of Canada
- Plans to attend an accredited postsecondary educational institution in Canada or the U.S. full time or part time in the fall of the academic year following high school graduation
- Is recommended by and receives the vote of a Local P.E.O. Chapter
- The applications for individuals who satisfy this eligibility criteria will be evaluated on a non-discriminatory basis without consideration of race, age, national origin, religious affiliation, disability or P.E.O. connection.

If you are selected as the nominee for our PEO Chapter, you must be prepared to complete an online application. The nominee application form includes all the previous information you will have given our Chapter, **plus** an essay.

A successful applicant will receive the \$2,500 once proof of post secondary acceptance is sent to the national PEO committee next spring.

We look forward to receiving your application by **Thursday, October 1, 2026**

Please make sure your phone contact and email address are included in your application.

**You or your school counsellor needs to forward your application to the Kamloops-Thompson School Board Office, 1383 Ninth Avenue, Kamloops, BC V2C 3X7.
Attention: Mrs. Dana Heyman. Superintendent's Office.**

Sincerely,

Jane Barley
PEO Chapter AT – Star Scholarship Committee

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

Food Literacy

SEPTEMBER 2026

Visit Interior Health's [Nutrition & Food Security](#) webpage for resources on nutrition, school food programs, teaching about food, body image and more.

- [Lunches to go | HealthLink BC](#)
- [The Great B.C. School Food Cookbook](#)



Dental Health

Dental information for families can be found on the [Interior Health website](#). The following resources have activities, games and coloring sheets to help kids understand the importance of brushing their teeth, how to prevent cavities and have good dental health:

- [Dental and Oral Health Toolkit](#)
- [Canadian Dental Association](#)
- [DHC_brushing_chart_2019](#)
- [Educational Resources](#)



INJURY PREVENTION

The [Concussion Awareness Training Tool \(CATT\)](#) is a series of free online educational modules and resources that provide training in recognizing, treating and managing concussions for school professionals as well as parents, players, and coaches. Good concussion management is pivotal to minimizing the risk of brain damage and may reduce long-term health consequences. The [Concussion Awareness Training Tool for Parents & Caregivers](#) provides information needed to respond and manage concussions in the school setting.

MENTAL HEALTH

There are several webinars held through [Kelty Mental Health](#) that review back to school routine resources that can assist in kids' mental health. Additionally, sleeping well assists kids with both their physical and mental health. Review the following resources on sleeping well:

- [Sleeping Well | Kelty Mental Health](#)
- [healthy-schools-toolkit-sleep.pdf](#)

There are numerous resources that can help support your child's mental health as they go back to school:

- [Interior Health Mental Health Services for Children & Youth](#)
- [Interior Health Mental Health and Substance Use Website](#)

- [Foundry Virtual BC](#)
- [KeltyMentalHealth.ca](#)
- [FamilySmart.ca](#)



Immunization

Many students in BC received their routine vaccines at school as per the [Immunization schedules for children in BC](#). Some students experience anxiety and fear around needles and vaccines. Parents can assist to support students using programs such as the CARD (Comfort, Ask, Relax, Distract). The [CARD System for Vaccination](#) has toolkits and resources that can assist parents in improving the vaccination experience for students at school.

Physical Literacy

The [Spotlight on Physical Activity For Children and Youth: 2026 Progress Report](#) reviews overall physical activity, active play, active transportation, organized sport, sedentary behaviours and sleep. The report highlights that Canada's children and youth are not as physically active as they once were and are not meeting screen time recommendations. Please view the full report for grades and key findings.



The following resources can assist in encouraging Canada's children and youth in being more active at school and at home:

- [Learning in Motion – Physical Activity & Physical Literacy Resources](#)
- [Physical Activity and Physical Literacy Social Media Toolkit | BC Alliance for Healthy Living](#)
- [Healthy Screen Use | Centre for Healthy Screen Use](#)
- [Sedentary behaviour and screen time | Northern Health](#)

Injury Prevention

The [Concussion Awareness Training Tool \(CATT\)](#) is a series of free online educational modules and resources that provide training in recognizing, treating and managing concussions for school professionals as well as parents, players, and coaches. Good concussion management is pivotal to minimizing the risk of brain damage and may reduce long-term health consequences. The [Concussion Awareness Training Tool for Parents & Caregivers](#) provides information needed to respond and manage concussions at home.

Electric kick scooters (e-scooters) are becoming increasingly popular, but it's important to know the rules before riding. In BC, riders must be **at least 16 years old** to operate an e-scooter on public roads. In addition, e-scooters are only permitted on public roads in communities participating in the [Electric kick scooter pilot project - Province of British](#)

[Columbia](#). Riding an e-scooter on public roads if you are under 16, or in a community that is not part of the pilot program, is illegal.

For riders aged 16 **and** older living in a pilot community, always wear a helmet, never carry passengers, and be sure to review and follow your local bylaws before riding.

Healthy Communities

Walking and cycling are an important way for children and youth to add physical activity to their daily routine. Being safe in our transportation around our communities is essential as kids go back to school. Review the following resources on active living in our communities while being safe:

- [Learning in Motion – Physical Activity & Physical Literacy Resources](#)
- [Physical Activity and Physical Literacy Social Media Toolkit | BC Alliance for Healthy Living](#)
- [How to create your own back-to-school bike rodeo – Active For Life](#)
- [AT Infographic for Children Youth](#)
- [TravelSmart for Kids Strategy | TransLink](#)



Thank you!



September 2, 2026

Notice to Parents and Students: Student Safety

Dear Parents and Students,

Student safety is a top priority in the Kamloops-Thompson School District. To keep students and staff safe, we have engaged in intensive safety training with our community partners—the RCMP, Secwépemc Child & Family Service, Lii Michif Otipemisiwak Family and Community Services, and the Ministry of Children and Family Development. As a result of our collective efforts, we have developed a district plan for responding to all situations where we believe students may be posing a threat to themselves or others.

District policy requires principals to activate a multidisciplinary “threat assessment” protocol whenever we have information that indicates students have made significant, high-level threats to harm themselves or others. Please review [Behavioural and Digital Threat Assessment](#) procedure on the school district website at sd73.bc.ca (under Administrative Procedures).

What is a threat?

A threat is an expression of intent to do harm or act out violently against someone or something. Threats may be verbal, written, drawn, posted on the Internet, or made by gesture. Threats must be taken seriously, investigated, and responded to.

Duty to report:

To keep school communities safe and caring, each of us—staff, parents, guardians, caregivers, students, and community members—must report all threat-related behaviours to the school principal.

What is a Site-Specific Threat Assessment Team?

The school has a site-specific threat assessment team that includes school administrators, counsellors, teachers, and a police officer.

The threat assessment process is designed to promote:

- the emotional and physical safety of students, staff, parents, the student making the threat, and others
- a full understanding of the context of the threat
- a greater understanding of the factors underlying the behaviours of the threat maker
- proactive development of an intervention plan that addresses the emotional and physical safety of the threat maker
- increased emotional and physical safety of all

A student threat assessment will be initiated for behaviours including, but not limited to:

- serious violence or violence with intent to harm or kill
- online threats to harm/kill others
- possession of weapons (including replicas)
- gang-related intimidation and violence
- verbal/written threats to harm/kill self or others (clear, direct, plausible)
- bomb threats (making and/or detonating explosive devices)
- fire starting
- sexual intimidation and violence



SCHOOL DISTRICT NO. 73 (Kamloops-Thompson)

1383 - 9th Avenue, Kamloops, BC V2C 3X7 | Tel: 250-374-0679 | Fax: 250-372-1183 | www.sd73.bc.ca

What parents and students need to know:

- any threat must be reported to the school principal
- investigations may involve a school or district counsellor, the police, and/or other community agencies
- investigations may involve locker or personal property searches
- interviews will be held with the threat maker and other students or adults who may have information about the threat
- parents of students who are directly involved with a threat will be notified and, depending on the circumstances, may attend the interview to provide support
- threatening behaviour may result in disciplinary action and/or change in school placement
- an intervention plan may be developed for the student making the threat and a support plan developed for any individuals targeted by threats

Collection Notice

The District is subject to personal information privacy laws and will undertake the collection of this information in compliance with the requirements of such laws, including limiting collection of information that is relevant and necessary to address a risk or threat and by ensuring that information is collected from online open-source sites. The School District will not collect information as part of a threat assessment unless there is reason to believe that a risk exists. Information collected as part of a threat assessment may be provided to law enforcement authorities in appropriate circumstances.

Sincerely,

Mike St. John
Superintendent of Schools