

THE WHALE'S TALE



*Frances Kelsey Secondary's
latest breaking news and views*

December 6, 2004 Vol. 10/No. 3

Students: It Could be Worth Your Time

By Lia Sampson, Student

Last year I went through one of those weeks where home was boring and school was repetitive and my whole purpose in life, to sum it up in a sentence, was a little bit of escape. Running away didn't sound very promising and I'd done all the other conventional teenage things. So, I decided to randomly apply for something that sounded intriguing. Well, I was accepted and off I went to the Forum for Young Canadians in Ottawa where I studied politics for a week with 120 other kids from across Canada ranging in age from sixteen to eighteen years.

It was an awesome week and now I actually enjoy following politics. It has become an absurd hobby of mine. I also made tons of friends and we keep in touch; some of us are going on a road-trip next summer.

Anyhow, this led to me getting a letter this year inviting me to the Future World Leaders Summit in Washington, D.C. at spring break. (See note at end of article) When Ms. Sandford asked me to write something for the Whale's Tale to the effect that applying for

opportunities offered (that you had never imagined) is worth your time, my reaction (in my head of course) was alright. (heat - what do I say?) My intro was not trying to say, "Hey look kids! You'll get everything you apply for even if your aren't prepared at all!" We all know that's a load, so basically here's how I'm going to lay it down. There are usually two reasons why we don't apply for things: a) we are too lazy, and b) we don't think we will get in and are scared of rejection. Well as for a), it really isn't that hard. It usually involves a two sided form with one word answers and sometimes some sort of essay or paragraph about yourself, or why you want to get this. Trust me, we have a proverbial army of teachers and administrators willing to help us with just about everything down to stamping the envelope, so help is ready. As for b), that's really a bad excuse. Look at it this way, if you're thinking this, "oh well it would suck not to get it so I might as well not try";

For complete information about the school, visit our web site at fkss.ca.



Kelsey Calendar

Mon. December 6, 2004

Monthly report card issued with newsletter

Thurs. December 9, 2004

6:30-10:30 Mistletoe Ball in gym

Tues. December 14, 2004

7:00 pm Kelsey Winter Concert

Wed. December 15, 2004

7:00 pm PAC meeting in library

Fri. December 17, 2004

Last day of classes before Christmas break

December 20, 2004 - January 3, 2005

Christmas break

Tues. January 4, 2005

First day of classes

Mon. January 10, 2005

Monthly report card issued with newsletter

Tues. January 11, 2005

7:00 pm Dry Grad Parents Meeting in library

January 25-February 3, 2005

Provincial exams, grades 10 & 12

Wed. January 26, 2005

7:00 pm PAC meeting in library

Thurs. February 3, 2005

Last day of classes for Term 1

Fri. February 4, 2005

Turnaround Day, no school

Mon. February 7, 2005

Term 2 begins. Monthly report issued with newsletter

Fri. February 11, 2005

Pro-D Day, no school

Wed. February 23, 2004

7:00 pm PAC meeting in library

Mon. March 7, 2005

Second formal report issued with newsletter

Thurs. March 10, 2005

Parent/Teacher/Student Conferences
1:30-4:30 pm and 6:00-8:00 pm

Fri. March 11, 2005

Day in lieu, no school

Fri. March 18, 2005

Last day of classes before Spring Break

NEWSFLASH, you aren't going to get it if you don't try. So it sucks either way, but at least with trying you had a hope in the first

place. If you try, it's a win-win situation, you don't get it, oh well, not a big deal; if you do, then there you go. The fact of

the matter is, you often will get more than you think. Who cares if the Burger King scholarship is nationwide? Someone has to get it: why shouldn't that person be you?

The Future World Leaders Summit

The Future World Leaders Summit brings together student leaders from around the world to explore international relations, diplomacy and the changing world economy. Participants are both international students (age 16 to 19) and U.S. students interested in international relations. Each year more than 50 countries are represented.

Scholarships and Bursaries

By Marilyn Sandford, Co-Principal

If your Grade 12 student has not yet attended a scholarship and bursary information meeting, he or she should make immediate arrangements to do so. The meetings are held on Mondays and Wednesdays at lunch in the library with Ms. Sandford and Mrs. Munday who review academic resumes, cover letters and applications for scholarships

and bursaries. Students presenting high quality packages are often very successful in acquiring post secondary funding; therefore, students requiring assistance should meet with Ms. Sandford and Mrs. Munday as soon as possible.

We have recently learned that one of our grade 12 students,

Brady Johnson, has been awarded a renewable scholarship for \$7,000 (US funds) per year from Brigham Young University in Utah. Congratulations, Brady.

For more information about any scholarship or bursary, please see Ms. Sandford. *All dates should be checked at each source's site.*

The following scholarships and bursaries have application deadlines in December, 2004:

BC Cowboy Heritage Society Scholarships

*Burger King Scholars Program (www.bkscholars.scholarshipamerica.org)

Calverly Estate Scholarship Fund

Half Price Computer Books Scholarship Awards

House of Commons Page Program

Shad Valley Program Scholarships and Bursaries

Soroptimist Foundation - Violet Richardson Award

Soroptimist Foundation - Women's Opportunity Awards

*University of Alberta Entrance Awards (www.registrar.ualberta.ca/awards)

University of Calgary Entrance Awards and Outstanding Achievement Awards

Vancouver Film School School Scholarship Program

*Wendy's Classic Achiever Scholarship Awards Program (www.wendysclassicachiever.ca)

The following scholarships and bursaries have application deadlines in January, 2005:

BCIT Aboriginal Entrance Awards

Allan B. Goodbrand Memorial Entrance Awards

Apple Canada, Inc. Entrance Awards

BC Dairy Foundation Entrance Award

BC Radiological Society Entrance Award

BCIT Board of Governors Entrance Awards for Bachelor of Technology

BCIT December 6 Memorial Award for Women in Engineering
 BCIT Food Technology Entrance Award
 Entrance Award
 Fraser River Port Authority Award in Memory of Richard C. Pearce
 International Union of Operating Engineers, Local 882 Entrance Award
 Nautical Professional Education Society of Canada Entrance Award
 Pacific Foundation of Applied Technology
 Pam and Jerry Bastien Entrance Award
 Weyerhaeuser Community Education Entrance Awards
 College of New Caledonia – Scholarships, Awards, and Bursaries
 DB Perks & Associates Lifesaving Society Scholarships
 David C. Lam/Teal Foundation Scholarship
 Dubrulle International Culinary and Hotel Institute Scholarship
 Dupont Challenge Science Essay Awards Program
 Mensa Canada Scholarship Programme
 Millennium Excellence Award Program – Entrance Awards
 Phi Delta Kappa International Scholarship Grants for Prospective Educators
 *Queen’s University Chancellor’s Scholarship (www.queensu.ca/registrar/awards)
 *Toyota Earth Day Scholarship Program (www.earthday.ca)
 *Triumpf High School Fellowship (www.bcinnovationcouncil.com)
 UNBC Leadership Awards
 Wal-Mart Canada Community Scholarship Program
 Weyerhaeuser Company Foundation Scholarship Program



*Application available in school

Web sites:

Canadian Universities and Colleges: www.schoolfinder.com
 Online applications in BC: www.pas.bc.ca
 BC Colleges/Universities scholarships: www.scholarshipscanada.com, www.studentawards.com,
www.bcawardsonline.sd61.bc.ca
 Further web sites can be found through the Library Homepage.

The recent celebration of Remembrance Day inspired the writing of this poem by one of our students.

The Soul Within a Poppy

By Rachel Edey, Student

Every year when I look upon the bold colours of black, red, and green that make up a single poppy, I see the different tones of war hidden within a lost soldier’s soul.

The black centre symbolises the darkness and dread that floated upon Canadian soldiers who bravely fought for the innocent lives of people terrorised by the war. The prominent red petals depicts the bloodshed and sacrifices made to obtain the freedom of others. Lastly the green stem portrays life and hope, something that helped maintain the will of courageous men and women to fight on, even when victory seemed far.

Altogether the colours on a poppy resemble the soul of a lost soldier. By wearing a poppy, we honour that soul and come to respect what they saw and felt during those awful years of destruction.

Frances Kelsey School's 10th Anniversary Celebration

for students, parents, staff and the community.

April 29 – 30, 2005

WATCH FOR MORE DETAILS

PARENTS – If you want to help out contact w/outet@sd79.bc.ca or telephone Mr. Loutet at the school at 743-6916.



Seminar at Waterloo

By Cari Yablonski, Student

This summer I had the privilege of spending a week at Waterloo University in Ontario. While there I lived on campus and attended sessions on computer science. Everyday at 7am (yes AM!) 50 girls herded into the cafeteria for breakfast (me included). The girls had been selected from across the country to attend a week long computer science seminar. The purpose of the seminar was to introduce computer science career opportunities to young women. So few women go into computer science courses that they wanted to promote it.

Shortly after breakfast the sessions began. We had two sessions before lunch, a break, then two after. During the

sessions we created programs, disassembled (and reassembled believe it or not) computers, made electrical circuits, and listened to seminars on various computer related projects. It was all quite interesting.

The two 'coolest' things I learned were 'how google works' and how computer scientists are generating and have generated computers that can decode small portions of the human DNA. The most satisfying thing I did while there was the PC disassembly; well, that and I bought an awesome pair of shoes when we went shopping!

Yes shopping... which brings me to the other half of the story. We

didn't only do labs and listen to seminars; we did some fun things as well. To name a few, we went to Stratford to see "A Mid-summer Nights Dream", rock climbing, and shopping.

Going to Waterloo was a really awesome experience. I had a really great time and learned many things. I would like to once again thank the PAC at Frances Kelsey who paid the registration fee for the seminar. It was really neat and I hope several more Kelsey girls get the chance to go and learn about computers because it's such a cool area to get involved with and you can keep learning about it for life.

The "Trials" of Competition

By John Webster, Student

My name is John Webster and I ride a professional trials bicycle and in the past year I have traveled all over the world to compete in competitions, as well as do demos.

I am going to talk about one of my biggest achievements this year so far, it was to travel to Japan for the World Bike Trials Championship finals.

It was very hard to get picked to go, but I had proven myself throughout the season by winning the North American Nationals, as well as taking home the Canadian Championship.

So, after making the team, I had to raise money and gather sponsors for travel expenses. I have to say a huge thanks to the CVRD for helping me out a lot

with this trip.

About the actual trip, my dad Arnold and I left on August 21st and flew to the Vancouver International Airport and then departed to Nagoya, Japan. We left at 3:00 pm on Saturday and arrived at 4:00 in the afternoon, the day before. The time zones were different and it was hard to get into proper sleeping habits again.

When we arrived in Nagoya, the rest of the Canadian team was picking up their bikes, but mine didn't arrive!!! We found out the next day it was still in Vancouver. It arrived in Japan three days later, but for those three days it was very stressful and scary. We feared I was not going to be able to complete. I had a bike lined up in case it



didn't arrive. It was a spare that the Swedish team had with them. But when my bike did arrive, I only had four days to practise, so that was to everyone else's advantage, I suppose.

On the day of the competition I got warmed up then sent my bike into the bike check to make sure it was legal. Then ten minutes before my start time I picked up my bike and got in the start line. Two minutes before I was supposed to start, they called up two riders at a time and interviewed them. The rider I was supposed to start with didn't show up so I got interviewed alone, which was very hard because they couldn't speak English well and I didn't know what they were talking about.

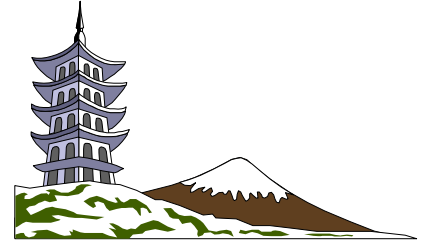
Then the two minutes were over and I got to start. I went to my first section and I was doing really well on my first loop (10 sections) but then my bike broke (rear brake line snapped) and I had to fix it, which took time. By the time I had it fixed, I was cooled down, but angry, to say the least. I was sitting in second place before my bike broke and, after I got it fixed and did five sections, I was sitting in tenth place. I was having a hard time getting started again, but I did. I pulled it together to finish in fifth place out of 32 of the best in the whole world.

After the competition, I went straight to sleep and got a good night's sleep. The next morning I woke up and packed up my bike and all my clothes and tools and everything. Then we headed off to the airport in Nagoya to put my bike and everything we didn't need for the rest of the trip in storage. We traveled around for two more weeks which was quite an experience as well. That is a whole other story. If you want to hear about it, feel free to approach me about it.

We got invited to do the whole World tour next year all over the

world. We will return to Japan again, and travel to France, Europe, Czech Republic, Slovakia, UK, Spain, and Germany. This circuit takes about four months to complete, but it will be lots of fun.

Well that's about all I have to tell about my trip to Japan. Thanks for reading.



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PAC
C



**by Trisha Daniell, President
FKPAC**

We have a couple of interesting items going on at the moment. We are looking at the feasibility of adding a part to the sign at the highway to promote the Kelsey dining room. It's open most Tuesdays through Friday between 11.30 and 1.00, training Malaspina students who are making a career in Foods. The standard is fabulous and the cost ridiculously cheap. You should phone ahead, 743 - 0548. It's the best-kept secret in town, and to be successful, it needs to be a little less well kept, without trying to compete with other local businesses. Take your teen to lunch!

At our November meeting we voted to send a letter to the Ministry supporting the

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cancelling of provincial exams for Grade 10 students. This is in response to a letter from a Vancouver school, which pointed out that when you have to work only on exam material, your options become limited. I understand many teachers are very unhappy with this, and feel that Grade 11 and 12 are more than enough time to be focussing on exams and career options. While Grade 10s certainly cover the curriculum material, until now they have also been able to explore further topics of interest. Our school's philosophy involves enjoying the process of learning, and not just producing measurable results. The BC Federation of Teachers is actively trying to get schools talking about this issue. You might want to consider a letter of your own to express your views.

Last year we had a successful evening for parents wanting more information about the Grad year. I was a first-time grad parent myself, and had no idea what formalities happened, how much it would cost, and what was going on with bursary and scholarship applications. (For instance, UVic and Camosun bursary applications for next September closed a month ago.) The Whale's

Tale contains info, but I found it too hard to make sense of, and was glad to have other parents talking about their experiences - Wet Grad, Dry Grad, etc. As you know, Wet Grad is nothing to do with school, but your children will already have heard of it and you might want updating from other parents! If you would find this helpful, please come to our evening on Wednesday December 8, at 7 pm in the library, to the left just inside the main doors.

We hope we may be able to arrange a similar evening for first-year parents in January, when you've had a chance to get your feet wet and see how the system works, so that counsellor Janice Rose can give tips on how

FKPAC

**Please come and
join us at our next
meeting on:
Wednesday
December 15, 2004
at 7:00 pm
in the school
library**

students can be successful, and other parents can share their experiences with the difficulties of getting argumentative teens to agree to anything!! Time and day to be arranged.

Have a relaxing Christmas!

FKPAC
**GRADE 12 PARENTS: Be sure to make
note of our
Graduation Information Meeting
on Wednesday
December 8, 2004
7:00 pm
in the school library**

Clubs and Activities

Besides the 17 Clubs and Activities listed in the November Whale's Tale, the following are also being offered:

KUNG FU CLUB

Mondays: 2:30, mezzanine
Traditional and Modern styles taught
Sponsor: Mr. Foster

KELSEY RIDING CLUB

Meetings on Fridays: 11:15, room 132
Must provide own horse and trailer
Sponsor: Mrs. Kirby

W.I.E.R.

Writers in Electronic Residence
Block Z in library
Sponsor: Mrs. Lowis

YOUTH IN PHILANTHROPY

Mondays: 11:20, room 108
Sponsor: Ms. Peltier

Youth in Philanthropy

By Veronica Jones, student

Youth in Philanthropy is a new extra-curricular program at Kelsey this year, sponsored by the Victoria Foundation, consisting of a student committee with Ms. Peltier as a sponsor teacher. We are given a grant of \$3,000 from the Victoria Foundation, \$500 of which is held

back to establish an endowment fund in the school's name to which any fundraising proceeds will be added. The remaining \$2,500 is to be distributed to charities of our choice, which we find to be the most in need. During this school year, we will be meeting as a group to discuss

issues we feel are important, such as the environment or those suffering from abuse, find charities which fall under these topics, and eventually narrow it down to our final choices. Any student who is interested in participating is welcome to join in this worthy cause.



Our next big fundraiser will be our garage sale and silent auction in early April. Please start collecting and saving items that you can contribute to the garage sale as well as items and/or services for our silent auction. We

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Dry Grad

continue to sell Usana and Sense products. See order form on next page.

No Dry Grad meeting in December. Next meeting on January 11, 2005 from 7 - 8 PM in the Kelsey library.

**DRY GRAD
MEETING**

Tuesday, January 11
7:00 pm in the Kelsey
Library

Everyone Welcome



CHRISTMAS GIFT IDEAS
In Support of Dry Grad 2005



SENSE BEAUTIFUL SCIENCE™

A Beautiful Blend of Inner and Outer Nutrition

Sense™ was developed with the knowledge that the skin reflects the state of the body's health and looks its best when all cells in the skin's layers are properly nourished and hydrated.

The skin is the last organ to receive nutrients from the body, and the first to show signs of nutritional deficiency, imbalance, or illness. While some nutrients can be applied topically, others can only be produced from within the body. Therefore, true health and beauty requires a synergy of internal and external nutrition, as well as protection from environmental toxins and oxidation damage, which can accelerate sagging and wrinkling.

The Sense beauty regimen is designed to be a comprehensive approach to skin and hair care that takes into account the nutritional needs of both the skin and body. Sense's outer nutrients, which smooth, hydrate, and reduce the signs of aging, are most effective when used in conjunction with the USANA® Nutritionals, which help to replenish and nourish the skin cells from the inside out.

The Sense Prelude and Sense Splash are sample packs that make great stocking stuffers! The Shower Pack, Hair & Body Pack, and the Sense Basic Pack are beautiful gifts to pamper that special someone.

Orders will be taken until Friday, Dec. 10th and can be dropped off in the Dry Grad Box in the office. Orders will be delivered by Monday Dec. 20th to your home or office. Cheques can be made payable to L. Marek. All profits will be donated to Dry Grad 2005. For more info, contact Lori Marek at 733-2073.

USANA Vitamins are still available for sale. Please call for details.

USANA Order Form

Name: _____

Phone: _____

- 1. _____ **Sense Splash @ \$29.00=** _____
Hair & Body Care sample pack
- 2. _____ **Sense Prelude @ \$38.00=** _____
Skin Care sample pack
- 3. _____ **Sense Shower Pack @ \$78.00 =** _____
Shampoo, Conditioner, Shower Gel
- 4. _____ **Hair & Body Pack @\$141.00 =** _____
Shampoo, Conditioner, Shower Gel, Body Nourisher, Hand Therapy
- 5. _____ **Sense Basic Pack @ \$177.00 =** _____
Gentle Daily Cleanser, Hydrating Toner, Daytime Protective Emulsion SPF15, Night Renewal

Musings on WIER

By Madelaine Gierc, Student

I was introduced to WIER on a sunny afternoon in early September. It had been one of those long-short days that left everybody exhausted by the end of it. At that time, the school was still in the chaos that comes free-of-charge with renovations, classes were just over a half-hour long, and everybody was beginning to grow weary of jumping between the gym and P10.

Perhaps sensing the mood of her students, perhaps hoping to awaken us from the lethargy that had fallen upon us at the start of summer vacation, Mrs. Foster, our English teacher, excitedly began to discuss the new-and-improved English course that had been created over the summer months. *"Coming to a classroom near you: Introduction to English Eleven! Journeys and Adventures! Macbeth! Novel! Choose-Your-Own-Theme! Mythology! And WIER."*

Wonderful. As if school wasn't crazy enough with drywall dust and construction crews (how are you supposed to socialize in those conditions?), we were now expected to do work. Work. W-O-R-K. *'Is that a dagger which I see before me?' ...*

... But, what was that "weird" thing that she mentioned? "Weird"? Sounds like a weird name for an English unit ... better sit tight and see what it's about. Could be interesting.

The class listened patiently (or as patiently as teenagers can be) as the new program was explained. Finally, as the minute hand drew ominously closer to the two, the explanation that I had been waiting for began! As the

students around me put away their Echos textbook and ball-point pens, I sat entranced in my seat unable to tear myself away from Mrs. Foster's words ... A ten-week on-line course was being offered where you would have your writing assessed both by students across Canada and by professional - published! - authors. It was a dream come true! When Mrs. Foster finished I raced to the front of the room (not far, seeing that my seat was in the front row) and scribbled my name and student number down on the paper before anybody else had decided if they would take part in the program.

In the weeks that followed the group of students that had dedicated their time to WIER (Writers in Electronic Residence) met several times in the library

In all, WIER is a great opportunity to show off my writing to Canada, something I never thought I would have the possibility of doing...

with Mrs. Lewis to discuss the program: How it was going to work, how many different schools would be taking part, and I got to know the other 'Kelsey kids' who I'd be working with. Then, after what seemed like an eternity-and-three-quarters, the big day arrived - WIER opened! (Squeal!)

I would like to report that I immediately caught onto how WIER works but that would be a fib larger than Niagara Falls. Not having read the rulebook, I immediately began posting short stories and novel-length works.

The next day I received more than a handful of, *"You posted your work in the wrong place!"* or *"You've posted too many stories!"* or *"Your work is too long!"* letters. Spirit somewhat dampened, I removed *"The Engagement,"* *"Early Morning Rehearsal,"* and other masterpieces that I had dreamed of sharing with the world.

From there it got better - much better. It's been my dream to write a novel since I can remember; yet through my years I hadn't encountered anybody who felt the same way about writing. Sure, there are books all around you, and each one has a writer behind it, but authors write them for money, and somehow it didn't seem ... the same.

I was a bit shocked when I opened up the program one day to find *hundreds* (!!!) of different stories posted on the computer for me to indulge in. Before long my opinion about myself had changed drastically - *I'm not the only one!* Ha ha!

Within the first three weeks of WIER I had posted two of the three stories that were allowed and received wonderful comments on them: Even better than this was that students were willing to speak up and give opinions and suggestions on how to improve my work and style. Nobody cared if their story was better than someone else's, or if this poem had more metaphors and better symbolism than that one. Without grades on the line or peer pressure everybody was free to say what they wanted, how they wanted. WIER wasn't just another English assignment or essay that

was due Monday-next, but an opportunity to improve upon what we love *and* explore ourselves.

In all, WIER is a great opportunity to show off my writing to Canada, something I never thought I would have the opportunity of doing, and I met some very interesting people. I was given the chance to give constructive criticism and praise to a girl in Nova Scotia, received

comments from a boy in Quebec, and admiration from professional authors. I've acquired a better respect for poetry and, even more important, understand more than ever that even though Canada is a huge country, everybody who lives in it (*and the world over*) are more alike than we presume.

WIER 'closed' on Friday, November 26th, that date coming


much more quickly than I had hoped. It marked the completion of Learning Guides fifteen and sixteen of English Eleven, and the end of an experience that I'll be thankful for in years to come. Because of this I may just be able to publish that book I've been dreaming about ... you never know!

(For more information on this program check the link of the Library Home page)

Help with the Gift of Sight

The Duncan Daybreak Rotary Club will be travelling to Guatemala next April to provide adults and children with eyeglasses.

You can help by donating old pairs of eyeglasses to the club at the following locations:
Valley Eye Care 101-394 Duncan Street
Scotia Bank 435 Trunk Road in Duncan
Bring the glasses to your child's school.
These will be taken to Dr. Craig Reavley who is leading the group.



Your generosity will be appreciated.

Library Resource Centre Update

Bookmark the Library home page. It has a large number of links with curricular connections. It can be accessed from the school homepage: <http://www.fkss.ca>

All the encyclopedias we subscribe to have home access. Students can pick up the passwords at the library circulation desk.

The database BigChalk is now accessible from home. These are all valuable research tools. Encourage your sons and daughters to start their research using the Library home page, especially if they are at a loss where to start their searching. This page has been developed with the students' needs in mind.

The *Whale's Tale* is distributed on the first Monday of each month, excluding holidays. Layout by Nancy Bonner, Library Assistant. Edited by staff and Administration.

Frances Kelsey Winter Concert

It has been said that one of the loveliest ways of getting into the Christmas spirit is by attending the annual Frances Kelsey Winter Concert. Under the direction of Mr. Irwin Tollefson, this year's Concert will be held Tuesday, December 14 at 7:00 pm under the dome. The concert will feature all the band groups, the school choir, ensemble singers and musicians as well as soloists. Everyone is invited to take a break from your busy routine to enjoy this special presentation. With seasonal wishes we hope to see you there.



Music Parents: Thank you for your consideration in allowing students to help set up and tear down.

Attention Grads of June, 2004

In order to complete a survey for School District 79, we need to know what last year's grads are presently doing. Grads or parents are asked to contact Mrs. Jones at 743-6916, local 236.

If you have not yet collected your Dogwood Certificate and the individual photograph taken at walk-up with Mr. MacLeod, these may be collected from the office. Dogwood Certificates will not be mailed as they are very important documents which we want to deliver in perfect condition.