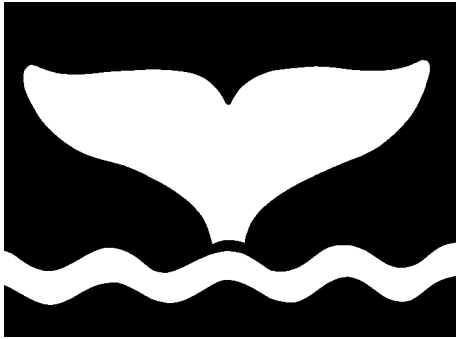


# THE WHALE'S TALE



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

*January 10, 2005 Vol. 10/No. 4*

## Reduce the Stress! Be Prepared for Exams!

**By Janice Rose, Counsellor**

With the end of term drawing near and provincial exams looming on the horizon, it is no wonder that the anxiety level is beginning to rise at Kelsey. While grade 12 students have always written provincial exams in English, and many opt to write additional government exams in preparation for university and college entrance, this is the first year grade 10 students will write provincial exams in English, Mathematics and Science. Next year Social Studies 11 will be added to their plate.

It is critical that Kelsey students enter the exam sessions well prepared and stress free. The time to start preparing for exams is now, not the end of January. There are many techniques that can help students remember information and make important connections. Making mind maps, using index cards, practising questions, using mnemonics and acrostics are a few strategies. A simple technique is just this: "Read it, Write it, Say it out loud". In addition, learning how to deal with stress anxiety as well as developing relaxation techniques and ways to build confidence can enhance results on

exams.

Parents can help! Ensure that your son or daughter has at least two hours each night to do homework and exam prep. Make the homework setting a quiet, well lit place with no distractions. Your teen should have a well balanced diet, plenty of drinking water and be getting 9 - 10 hours of sleep a night.

Finally, come to a special Study Skills Session on Tuesday, January 18 at 7:00 pm in the library. This is for students at all grade levels and their parents to learn how to be better prepared for exams. Please call 743-6980 (Counselling) to register.

*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.

**For complete information about the school, visit our web site at [fkss.ca](http://fkss.ca).**



### ***Kelsey Calendar***

**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 classes

**Mon. February 7, 2005**

Term 2 begins. Monthly report card 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 card 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

**Wed. March 30, 2005**

School reopens

**Mon. April 4, 2005**

Monthly report card issued with newsletter

**April 20 & 21, 2005**

Provincial exams, grades 10 & 12

**Wed. April 27, 2005**

7:00 pm PAC meeting in library

**April 29 & 30, 2005**

Kelsey's 10th Anniversary Celebration

**Mon. May 2, 2005**

Monthly report card issued with newsletter

**Fri. May 6, 2005**

Pro-D Day, no school

# Scholarships and Bursaries

By Marilyn Sandford, Co-Principal

Are you planning to attend UBC, UVIC, Simon Fraser University, Camosun College or Malaspina University-College next year? We have a great deal of new information for you. Please see your counsellor as soon as possible. Applications are being accepted now. Don't wait!! Scholarships, resume writing and local bursary and scholarship information sessions will be presented to grade 12's during class time in February.

In the meantime if your Grade 12

student needs to attend a scholarship and bursary information meeting before those scheduled for class time, he or she should make immediate arrangements to do so. 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.

Are you an exceptional science student? If so, see Ms. Sandford or your grade 12 science teacher about a program at the University of Ottawa for next summer.

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 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  
BCIT Pulp and Paper Entrance Awards  
Bell Globemedia Entrance Awards  
Citytv Vancouver Entrance Awards  
Cy and Emerald Keyes Charitable Foundation Entrance Award  
Debbe Gervin Memorial Entrance Award  
Jiro Hamaguchi Memorial Entrance Awards  
Ron Evason - CPIA - BC Entrance Awards  
Teck Cominco Limited Entrance Award  
BCIT Staff High Tech High Promise Entrance Award  
BCIT Trades Discovery Graduates Entrance Awards  
Canadian Museum of Flight Association, Stan Vivian Memorial Entrance Award  
Drew Malmberg Memorial 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  
Half Price Computer Books Essay Competition  
Mensa Canada Scholarship Programme  
\*Millennium Excellence Award Program - Entrance Awards ([www.millenniumscolarships.ca](http://www.millenniumscolarships.ca))  
Modern Dance Scholarship  
Phi Delta Kappa International Scholarship Grants for Prospective Educators  
\*Queen's University Chancellor's Scholarship ([www.queensu.ca/registrar/awards](http://www.queensu.ca/registrar/awards))  
\*Toyota Earth Day Scholarship Program ([www.earthday.ca](http://www.earthday.ca))  
\*Triumpf High School Fellowship ([www.bcinovationcouncil.com](http://www.bcinovationcouncil.com))  
UNBC Leadership Awards  
Wal-Mart Canada Community Scholarship Program  
Wendy Vernon Musical Theatre Scholarship  
Weyerhaeuser Company Foundation Scholarship Program

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

BC Government and Service Employees' Union Scholarships  
Camosun College Bursaries  
Computer Master Institute of Technology Scholarships and Grants  
Credit Union Foundation of BC Education Bursaries  
Simon Fraser University Dean's Scholarships  
Gordon M. Shrum Scholarships and Shad Valley  
Gordon M. Shrum Scholarship  
Kin Canada Bursaries  
Operation Dialogue - Talk About Canada Scholarship Contest  
Premier's Excellence Awards  
Simon Fraser Alumni Leadership Scholarships  
Simon Fraser Scholarships  
Terry Fox Humanitarian Award Program  
Trinity Western University - Dramatic Arts Scholarships  
Trinity Western University - Musical Arts Scholarships  
Trinity Western University - President's Scholarship Awards  
UBC Entrance Bursaries  
United World College Scholarships  
University of British Columbia Major Entrance Scholarships  
\*University of British Columbia Entrance Scholarships - General Scholarships and Renewable Scholarships ([students.ubc.ca/welcome/finance.cfm?page=assistance&view=entrance](http://students.ubc.ca/welcome/finance.cfm?page=assistance&view=entrance))  
Alexander and Mary Mackenzie Entrance Scholarship



Betty and Gilbert Kennedy Entrance Scholarship in Engineering  
CH Dowling Memorial Award  
Donald and Evelyn Munro Scholarships  
Dr. J. Donald Rowlatt Entrance Scholarship  
University of Victoria Faculty of Engineering Dean's Entrance Scholarship  
George W. Nelms Memorial Scholarship  
India Canada Cultural Association of Victoria Scholarship  
Jane-Claire Inkster Memorial Scholarship  
L and G Butler Scholarship for the Disabled  
Mr. and Mrs. Torquil H. Burns Scholarship  
Richard C. Bryan Memorial Scholarship  
University Women's Club of Victoria Entrance Scholarship  
XV Commonwealth Games Scholarships  
University of Victoria School of Music Entrance Scholarships  
University of Victoria Special Early Admission with Scholarship  
University of Victoria - 25<sup>th</sup> Olympiad Scholarship  
World Endurance Sport Triathlon Scholarship Program  
Zonta International Foundation Young Women in Public Affairs Awards  
\*Waterloo Faculty of Mathematics National Scholarships ([www.math.uwaterloo.ca/scholarships](http://www.math.uwaterloo.ca/scholarships))  
\*York University Scholarships/Awards ([www.yorku.ca](http://www.yorku.ca))

\*Application available in school

Web sites:

Canadian Universities and Colleges:  
[www.schoolfinder.com](http://www.schoolfinder.com)

Online applications in BC: [www.pas.bc.ca](http://www.pas.bc.ca)

BC Colleges/Universities scholarships:

[www.scholarshipscanada.com](http://www.scholarshipscanada.com),

[www.studentawards.com](http://www.studentawards.com),

[www.bcawardsonline.sd61.bc.ca](http://www.bcawardsonline.sd61.bc.ca)

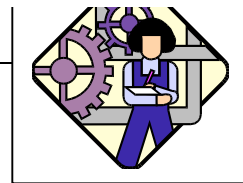
Further web sites can be found through the Library Homepage.

## Gourmet A la Carte Luncheons

at Frances Kelsey Dining Room 953 Shawnigan/Mill Bay Rd  
Tuesday - Friday 11:30 am - 1:00 pm

Join us for a gourmet dining experience at a reasonable price while supporting students enrolled in Malaspina University-College's Culinary Arts Program. Under the supervision of professional cooking instructors, students prepare and serve gourmet cuisine made from many locally grown ingredients!

**Reservations recommended - call 250 743-0548**



## Spotlights: (lunch-time presentations)

- Jan. 12 Police Camp – presentation by Kim Bulcock on last year's camp experience  
Jan. 24 Canadian Armed Forces – presentation by Scottish Regiment

## CAPP & Planning 10 Information Dates:

- Feb. 16 **Gr 12's - U Vic** General tour and an in-depth information morning for students interested in Engineering and Computer Science. Sign up in the Career Centre.
- Feb. 24 **Camosun College Open House - Planning 10** students from Mr. Hall's X, Y group and all of Mrs. Munday's blocks will attend as part of their program, LG 14.
- Mar. 4 **Gr 12 Visitation day at Malaspina University-College in Nanaimo.** Students interested in Trades, Degree, and University programs are encouraged to attend. A full program has been planned. Sign up in the Career Centre after Feb. 1st.

## Career Program Placements:

- Jada Stylists - Mill Bay
- Mill Bay Library
- Country Grocer – Bakery
- Lakeside Preparatory Academy

**Secondary School Apprenticeship:** For information on Apprenticeships go to web site: [www.itabc.ca](http://www.itabc.ca)  
**Matt DuTemple and Corey Wickheim** received their tradesworker numbers last month.

- Frances Kelsey Secondary now has 6 students enrolled in S.S.A.

## Carpentry Framer Technician Program:

**Congratulations to: Aaron Bernasky, Rob Butler, Rob McDonnell, Steve Norbury, Ashley Parkinson, Mike Roberts, Mike Sager, Nick Thompson, and Corey Wickheim** for being accepted into the Carpentry - Framer Technician Program sponsored by Malaspina University-College and S.D. 79.

## Rotary Exchange 2005/06

Congratulations to **Tamara Dinter** who is going to Finland, and **Jade Luchsinger** who is going to France next year on exchange. Information on this program and other opportunities is available in the Career Centre.

## UBC Vancouver Focus Days & Campus Tours:

The school is offering academic theme days to help students discover how their interests can lead to becoming an academic student at UBC. Sign up online this month. [www.ubc.ca](http://www.ubc.ca) Campus tours are available 6 days a week. Register at [www.welcome.ubc.ca](http://www.welcome.ubc.ca)

## Due Dates:

- Jan. 26 **Bamfield Marine Science Centre Youth Forum** Feb. 15 - 19, 2005: for C.P. gr. 11 and 12 students interested in marine biology, biodiversity and marine resource issues. See Mrs. Munday to apply.
- Feb. 15 **EXPLORE:** (formerly the called the Summer Language Bursary) This is a 5 week intensive language-learning course and you can receive external graduation credits! The bursary covers tuition, meals, accommodation and course materials. Information and application online at <http://www.jexplore.ca/english/program.html>

## Amazing work experience opportunity this summer!

**St. George's University in Grenada, West Indies**, launched *Camp Medicine* in 2003. This summer they will again offer Pre Medicine and Pre Veterinary summer programs June 30 to July 10. Apply online at [www.sgu.edu](http://www.sgu.edu). Information and brochures also available in the Career Centre.

**Career Preparation 12 Students:** Will be working on finishing up their work experience requirements and completing their Career Portfolio for course credit. See Mrs. Munday immediately if you need assistance.

# Parents Parenting Teenagers

Community Options Society is offering a free parenting course for parents of teenagers based on Systematic Training for Effective Parenting (STEP), facilitated by Jan de Bree.

- Understanding yourself and your teenager
- Changing your response to your teen
- Communicating respect and encouragement
- Encouraging co-operation and solving problems
- Using consequences to build responsibility
- Deciding what to do

Dates: February 1, 8, 15, 22, 2005

Time: Tuesday evenings 7:00 - 9:00 pm

Location: COS, 110 Craig Street, Duncan (downtown)

Register: By calling 748-0232

Cost: Free

Cowichan United Way Member Agency funded by the Ministry for Children and Family Development, BC Gaming Commission and with community donations

## **DRY GRAD MEETING**

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

## **STUDY SKILLS and the SECRET OF SUCCESS**

with Mrs. Rose,  
Counsellor  
Tuesday, January 18  
7:00 pm in the  
Kelsey Library

## **FKPAC**

Please come and join us at  
our next meeting on:  
Wednesday  
January 26, 2005 at 7:00 pm  
in the school library

