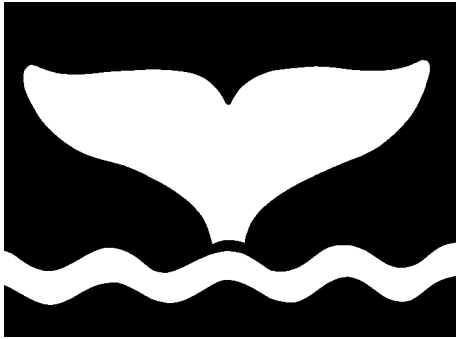


THE WHALE'S TALE



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

January 15, 2007 Vol. 12/No. 4

Reduce the Stress! Be Prepared for Exams!

By Janice Rose, Counsellor

It is no wonder that the anxiety level is beginning to rise at Kelsey because the end of the term is drawing near, which means that a series of Provincial exams is looming on the horizon for many students. This term, the Provincial exams will run from Monday, January 29th to Friday, February 2nd. Grade 12 students will write Provincial exams in English 12 and a number of university and college entrance courses; Grade 10 students will be writing Provincials in English, Mathematics, and Science, and finally Grade 11 students will write in Social Studies 11.

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 at 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 preparation. 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, you are invited to come to a special Study Skills Session on Tuesday, January 16 at 7:00 p.m. in the library. This is for students at all grade levels and their parents to learn how to be better prepared for exams.

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.



Kelsey Calendar

Sat. January 13-Sat. January 20, 2007
Grad portraits

Mon. January 15, 2007
Monthly report card issued with newsletter

Tues. January 16, 2007
7:00 p.m. Study Skills Session for all students and parents in library

Wed. January 17, 2007
1:05 p.m. dismissal. Professional Learning Community

January 29-February 2, 2007
Grade 10 and 12 Provincial Exams

Wed. January 31, 2007
Last day of term 1 classes

February 1 and 2, 2007
Turnaround Day (school not in session)

Mon. February 5, 2007
Term 2 begins. Monthly report issued with newsletter

February 5-10 and 12-17, 2007
School production of West Side Story

Fri. February 9, 2007
Pro-D Day (school not in session)

Tues. February 13, 2007
7:00 p.m. Dry Grad Parents' meeting in library

Wed. February 14, 2007
7:00 p.m. PAC meeting in library

Thurs. February 15, 2007
1:05 p.m. District-wide Early Dismissal

Wed. February 21, 2007
Balance Day Health and Wellness Conference

Scholarships and Bursaries

by Jeff Rowan, Vice-Principal

Application forms for the following scholarships and bursaries, which have deadlines in January and February, 2007, are available in the library filing cabinet:

- Terry Fox Humanitarian Award Program
- Toyota Earth Day Scholarship Program
- University of Guelph President's Scholarships and the Lincoln Alexander Chancellor's Scholarships
- BC Innovation Council TRIUMF High School Fellowship
- American Musical and Dramatic Academy (Los Angeles and New York campuses)
- BC Government and Service Employees' Union
- University of British Columbia Major Entrance Scholarships and Entrance Bursaries
- Lester B. Pearson College of the Pacific

Websites of interest:

- BC Colleges/Universities scholarships: www.bcawardsonline.sd61.bc.ca
www.scholarshipscanada.com , www.studentawards.com
- Online applications in BC: www.pas.bc.ca
- Canadian Universities and Colleges: www.schoolfinder.com



For more information about any scholarship or bursary, please see Mr. Rowan. Further websites can be found through the Library Homepage.



Dry Grad

It's time to plan our **Silent Auction & Garage Sale**, to be held in April. The **Decorating Committee** is also getting creative. This is your chance to have fun! The more people who share their talents and time, the easier it is going to be to organize an unforgettable night for our kids.

If you have a child graduating this year, please get involved – email Kelly Slade at dslade@telus.net and let her know

what you'd like to help with, or if you'd like to donate an item or cash for the Silent Auction.

And Bow-Mel Chrysler has generously offered to donate a car for the **Dry Grad Raffle Grand Prize!** We'll give more details as the raffle date gets closer...

We have certificates available from **Country Grocer** and some Smile Cards from **Thrifty's**. Every time you use one, they'll

2006-2007 DRY GRAD MEETING

Tuesday, February 13
7:00 p.m. in the
Kelsey library
Everyone welcome
For more information
please call 743-4747

donate a percentage back to our Dry Grad fund. It costs you nothing! Call Karen Coward at 743-9895 to arrange to pick yours up.

Our next meeting will be **Tuesday, February 13th at 7 p.m.** (in the Kelsey library). Meetings are over by 8 p.m.

See you there!

A Good News Story

Subscribers to the Times Colonist may be familiar with the "Books & Ideas" section of the Sunday issue. On October 29, 2006, our Mrs. Emblem was featured in the column "The Librarian
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Recommends" and mentioned a review written by one of our senior students regarding Romeo Dallaire's book *Shake Hands with the Devil*. The senior student was in fact Golda Lewin, who,

because of her efforts and Mrs. Emblem's contribution, have won the Kelsey library a selection of books for our library. Well done, Mrs. Emblem and Golda!



FKSS Career Centre News

Career Planning:

- **AVEDA INSTITUTE** will be visiting Frances Kelsey School on February 12; demo and info session
- **MALASPINA COLLEGE** – grade 12 tour is booked for February 14
- **NICOLA VALLEY INSTITUTE OF TECHNOLOGY 6th Annual Dream Makers Information & Career Fair** - February 21, 2007
- **CAMOSUN COLLEGE - INFORMATION NIGHT** – Lansdowne Campus – February 21, 6-8 pm
OPEN HOUSE – Interurban Campus – April 26, 9 am to 7 pm
- **JOHN CASABLANCAS INTERNATIONAL** – new information is available in the Career Centre

Useful Internet Sites:

- **YOUTH CANADA PROGRAMS** – a comprehensive list of programs available for high school students who wish to meet students from across Canada and participate in youth programs offered by government and private agencies. (<http://youthcanada.ca/programs.php>)

Camosun College South Island School Districts Partnership

WELDING Program: Start date Feb 26, 2007

The following students have been accepted to the 7 month program for Level 1 Welding “C”. All will be earning dual credits for High school and College.

Congratulations!

- Tyler Grier, Gus Barber, Cam Fries, Kelsey Frykas, Josh Collard

Student Work Experience Opportunities

- **EMILY CARR INSTITUTE - SPRING BREAK/ART BREAK CREATIVE PROCESS** – March 19 – March 23
An opportunity for grade 11 & 12 students to go through the process of self-discovery as they become aware of their personal creative process. No prerequisite. \$325.00 fee. (www.eciad.ca/cs)
- **CANDY STRIPING APPLICATIONS ARE AVAILABLE IN THE CAREER CENTRE** – Applications must be returned to the Career Centre by January 17, 2007.
- **BC HERITAGE LANGUAGE ASSOCIATION INTERNATIONAL STUDENT EXCHANGE** – Grade 10 and 11 students enrolled in German and/or Spanish may spend an unforgettable spring in Germany or Spain. Applications are available in the Career Centre.

BC Education Resource site: for Parents and students

Career Developer

The one-start center for learning and career success.

- www.educationplanner.bc.ca/careerdeveloper



PRIZES to be won! ITA

recently launched a youth-focused website, www.theskilledlife.com, as part of a campaign designed to raise awareness of the trades among B.C. students and challenge associated stereotypes

A Reminder Regarding “Snow Days” ...

According to Board Policy 3500, we have been asked to remind you that in the event of inclement weather, the Superintendent may decide that schools should be closed. Announcements will be made over radio stations SUN-FM 89.7 Duncan, CKKQ 100.3 Victoria, and CKWV 102.3 Nanaimo. In the event of a power failure during school hours, the Superintendent may close the school and request buses take students home early.

Gourmet A la Carte Luncheons

at Frances Kelsey Dining Room which reopens Wednesday, January 24
Tuesday - Friday 11:30 a.m. - 1:00 p.m.

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 produced ingredients!

Reservations recommended - call 250 743-0548

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PAC
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by CJ Kubica, President
FKPAC

Now that the holiday magic dust has settled and the decorations are back in storage, we look forward to pushing ahead with several exciting projects.

The second annual Balance Day Health and Wellness Conference is scheduled for February 21, 2007. Students, staff and parents on the Balance Committee have been working hard at organizing the day and are asking for your input. Health and Wellness is one of the school goals set by the Kelsey School Planning Council and PAC is pleased to be hosting this fun and informative event.

In order to make the day a success, we need your help. Anyone interested in presenting a workshop session, or participating by helping with conference events (set-up, lunch, greeting speakers, etc.), should

FKPAC

Please come and join us at our next meeting on:
Wednesday, February 14 at
7:00 p.m. in the school
library

contact Wendy Thomas @ 743-2939 or CJ Kubica @ 743-2245, or contact Jeff Rowan in the school office 743-6916 (ex 228).

Please join us at our monthly PAC meetings which are now held on the second Wednesday of each month at 7:00 p.m. in the school library to hear about other important school activities and discuss school related issues.

Governor General Award Recipients for 2005 and 2006

Heather Russell and Leigh Wicki-Stordeur returned to the Cowichan Valley this holiday to not only spend time with their families but to pick up their well deserved Governor General Awards for outstanding academic excellence. Lord Dufferin, Canada's third Governor General after Confederation, created the Academic Medals in 1873 to encourage academic excellence across the nation. Over the years,

they have become the most prestigious award that students in Canadian schools can receive. Both girls, graduates of Frances Kelsey Secondary, are presently attending the University of Victoria. Heather is in her second year at UVic working towards her Bachelor of Science degree in the hopes of continuing on to medical school to eventually pursue a degree in psychiatric neurology. Leigh, in her first year at UVic is also pursuing a

Bachelor of Science degree but is leaving her career options open for the time being. These two Kelsey Grads now join the ranks of other Governor General winners including Pierre Elliot Trudeau, Tommy Douglas and Kim Campbell who received their Governor General's Academic Medal as the start of a life of accomplishment.

Congratulations, Heather and Leigh!

Duncan Junior Baseball

will be holding registration sessions for the 2007 season for youth ages 4 and up (age as of January 1, 2007) at the Pioneer Park Clubhouse as follows:

January 13th & 21st - 10:00 a.m. to 3:00 p.m.

January 17th - 5:00 to 8:00 p.m.

For further information check out the website at www.cowichan.sports.com/duncanjrbaseball

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Library Resource Centre Update

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

All of the online encyclopedias we subscribe to have home access. Students can pick up the passwords at the library circulation desk. Also, the database eLibrary (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 as to where to start their searching. This page has been developed with the students' needs in mind.



Youth Outreach Department

Info for Schools January 2007 Newsletters

Happy New Year from the Youth Outreach Team at the Cowichan Centre (CC)!

Programs & Leadership Opportunities:

Attention all Cowichan Bay YOUTH! Exciting programs are happening in your neighbourhood! Join us at the Old Cowichan Bay Fire Hall weekly for pool, shuffleboard, air hockey, games, movie nights, and hangout time. Plan your own events!

Grades 6-8 meet on Thursdays 6-7:30pm – Begins Jan 11
Grades 9-12 meet on Mondays 6:30-8:30pm – Begins Jan 15

Girls on the Move: Cowichan Centre and partnered with ProMOTION Plus and BCRPA for girls to try out new sports and activities, in a non-competitive, encouraging environment! Lacrosse, Tae Kwon Do, Rugby, Curling, Pilates, tennis, yoga and more! Register at the Cowichan Centre, \$25 per youth - subsidies available.

Thursdays 3:45- 5:15pm, 12-18 yrs – **Begins Jan 18**



Cowichan Centre Youth Action Krew: Come get your voices heard and put ideas into ACTION! Wednesdays 3:30-5:30 CC Social Lounge – **Begins Jan 17**

Leaders in Training Program: For youth who want to gain valuable skills in areas of communication, program planning, child management, teambuilding and more! Specialty modules for Arena, Pool and Mini Camps! Ideal for summer work placements! **Coming Soon!**

FREE Drop In Programs kicking off this month!

Breakout Recreation: Wednesdays 6-9pm @ Quamichan School Gym, come shoot some hoops, play soccer, and other awesome group games in a safe, supervised space! Do NOT have to be a Quamichan Student – **Begins Jan 10**

Youth Corner: Mondays 3:00-5:00pm @ CC Social Lounge, come hang out and have some fun! Play games, listen to music, and plan field trips and more!

EXITING UP COMING EVENTS!!!

Youth Dance: Friday, February 16th 7-10pm at the Cowichan Centre Heritage Hall, 10-15 yrs, tickets on sale in advance and at door.

For more information on any of our programs please contact Kristy Martin or Leah Rogerson (250) 746-0420 youthoutreach@cverd.bc.ca



ATTENTION PARENTS!

A Study Skills Session will be presented by our counsellor, Mrs. Janice Rose, for students at all grade levels and their parents to learn how to be better prepared for exams.

Mark your calendar for Tuesday, January 16 at 7:00 p.m. in the Kelsey library.

