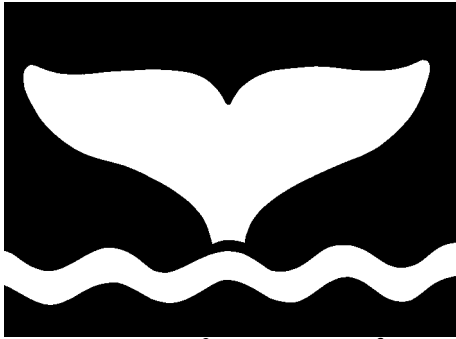


# THE WHALE'S TALE



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

*January 14, 2008 Vol. 13/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. 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 28<sup>th</sup> to Friday, February 1<sup>st</sup>. Grade 12 students will write Provincial exams in English 12 and a number of academic 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 good study 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 a student's 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, be drinking plenty of water and be getting 9 - 10 hours of sleep a night.

## A Special Thank You

*The Collins family would like to express our deep gratitude to Frances Kelsey Secondary School. Your hugs, your loving thoughts, your visits, your caring and your sharing of memories have made the loss of our son Nick a little easier to bear.*

*You have shown us that our pain is shared by many, and you have allowed us into your hearts. We cannot begin to tell you how much this means to us - so we will just say God Bless you all, and Thank You from the bottom of our hearts.*



### *Kelsey Calendar*

**Mon. January 14, 2008**

Monthly report card issued with newsletter

**January 14-18 and 21-24, 2008**

Graduation portraits at FKSS by appointment - sign up on Grad Board

**Tues. January 15, 2008**

7:00 p.m. Dry Grad Parents' meeting in library

**January 15-19 & 22-26, 2008**

"Seussical the Musical!" by Performing Arts students in Kelsey theatre

**Wed. January 16, 2008**

1:05 p.m. dismissal. Professional Learning Community

**Thurs. January 17, 2008**

Inaugural First Nations "Round Table" for Social Studies 11 students

**January 28-February 1, 2008**

Provincial Exams

**Wednesday, January 30, 2008**

Last day of classes for Term 1

**January 31 and February 1, 2008**

Turnaround Day

**Monday, February 4, 2008**

Term 2 begins and monthly report card issued with newsletter

**February 7 and 8, 2008**

"A Separate Peace" by Performing Arts students in Kelsey theatre

**Wednesday, February 13, 2008**

7:00 p.m. PAC meeting in library

**February 13 and 14, 2008**

"Oleanna" by Performing Arts students in Kelsey theatre

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

# Scholarships and Bursaries

by Liz Gamble, Vice-Principal

The time to apply for our Local Scholarships, those awards only open to FKSS Grade 12's graduating in June 2008, is soon upon us. **We have over \$120,000 available, and most of the awards are bursaries which are open to ALL students.**

Information sessions with the Grade 12's will be held during 'W'

Block in the middle of February in room 229. I am available for help on Thursdays after school from 2:30 - 4:00 p.m. I encourage all Grade 12's to apply for these awards! Please note that the final application deadline is Thursday, March 13<sup>th</sup> at 3:00 p.m. The awards will be listed under the [www.fkss.ca](http://www.fkss.ca) website, in the "Grads" tab and then "Scholarships".

Also of note, I have been working with the Grade 12's on Non-Local Scholarships which are open to all students in British Columbia. A complete listing of these awards can be found at [www.bcawardsonline.sd61.bc.ca/](http://www.bcawardsonline.sd61.bc.ca/). I would encourage all Grade 12's to be looking at these awards using the "Deadline Search" tool to see if any would apply to them.

Application forms for the following scholarships and bursaries, which have deadlines in January and February, 2008, are available in the library filing cabinet:

- Credit Union Foundation of BC Education Bursaries (deadlines vary)
- Washington and Lee University
- BCIT Entrance Awards
- D.B. Perks & Associates Lifesaving Society Scholarships
- 2008 Toyota Earth Day Scholarship Program
- BC Innovation Council
- Burger King Scholars Program
- Governors' Award of Distinction, John S. Proctor Entrance Scholarship, Bobby Orr Entrance Scholarship, Kinesiology and Health Science Entrance Scholarship and Harry W. Arthurs Alumni Entrance Scholarship at York University
- BC Government and Service Employees' Union Scholarship Awards
- Simon Fraser University Entrance Awards
- Royal Commonwealth Society Essay Competition
- Theatre BC Mainstage 2008 Scholarships for Secondary Drama Students
- University of Alberta (deadline extended to March 1, 2008)



## Websites of interest:

BC Colleges/Universities scholarships: [www.bcawardsonline.sd61.bc.ca](http://www.bcawardsonline.sd61.bc.ca)  
[www.scholarshipscanada.com](http://www.scholarshipscanada.com) [www.studentawards.com](http://www.studentawards.com)  
Online applications in BC: [www.pas.bc.ca](http://www.pas.bc.ca)  
Canadian Universities and Colleges: [www.schoolfinder.com](http://www.schoolfinder.com)

**Saturday, February 16**  
**Grad Bottle Drive**  
Please save your bottles  
and cans. Thanks!

## Governor General's Award

We are proud to announce that the recipient of last year's Governor General's Academic Medal is Leslie Whittaker who is presently studying theatre at the Randolph Academy in Toronto.  
Congratulations, Leslie!

## 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.



## Dry Grad

On January 26, at Aitken and Fraser in Shawnigan village, the Dry Grad parents will be selling locally made, 100% natural, kiln dried wood bricks made from recycled material, which are suitable for both wood stoves and fireplaces. They burn hot, produce minimal ash, contain no chemicals or binders, and are

clean and easy to stack. Wood bricks are dry and ready to burn - just use kindling to start.

The bricks will be sold in boxes of 8 for \$5, half pallets (approximately 50 boxes) for \$125, or whole pallets (105 boxes) for \$200 - no PST as it is a fuel heat source.

Pre-orders can be placed by calling Sandy at 743-0380

## 2007-2008 DRY GRAD MEETING

Tuesday, January 15  
7:00 p.m. in the  
Kelsey library  
Everyone welcome

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.

## Gourmet A la Carte Luncheons



at The Frances Kelsey Dining Room  
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

## FKPAC

Please come and join us  
at our next meeting on  
Wednesday, February 13  
7:00 p.m. in the  
Kelsey library

## Global Issues Awareness Club

### By Maxine Smith, Teacher Sponsor

Since the middle of September, a group of Kelsey students from Grades 9 through 12 have showed their concern for a variety of global issues by involving themselves in fundraising altruistic activities. In the past four months, these activities have included several

educational movie nights in the theatre, a card exchange program, knitting projects, and a fair trade table. There are many other activities planned for the New Year, and any interested student is welcome to join us on Friday during lunch in room 127.

The Grads have formed a break off group from the original Global Issues Club and are working hard

to organize events in 2008 that will raise \$8500 to build a school in Sri Lanka. Among other fundraising activities, the students are planning a grocery raffle, a bike rally, a spring dinner banquet and a variety show. These young altruists are to be commended for both their actions and the seriousness with which they applied themselves to the events.

## The Environmental Club

### By Alison Gellein and Jackie Korn, Students

The Environmental Club is a group of students and teachers at our school who are becoming actively involved in improving the

health of the environment by raising awareness and helping out. So far we have been sorting the school's recycling at lunch. We also plan to run various activities such as a campaign against idling, a beach clean up, a 100-mile diet/organic luncheon, and a lights out

day. Our meetings take place on Thursdays at lunch in room 212. Please speak to Mr. Hart or Mr. van der Linden if you have any questions. We are always looking for new members and remember, everyone is welcome!

# Red Cross Club

**By Donna-Lynn Thompson,  
Teacher Sponsor**

The Red Cross group regularly meets on Tuesday at lunch in room 132 to discuss immediate and future plans. The meetings are chaired by Grade 12 student Phelan Hourigan, and approximately 15 students from Grades 9 - 12 all have an important role in the success of the club.

The Red Cross group has been active with two campaigns over the past two months. In early November we received 55 shoeboxes for Operation Christmas Child. The students spoke to each advisor group and encouraged them to fill a box for either a boy or girl with small gift items which would then be shipped overseas for a needy child. The result was 52 gift boxes and the funds to pay for the shipping.

In December a food drive for the Mill Bay Food Bank took place. The result was that 2 large bins of food were collected. It was a close competition to see which advisor group could bring in the most food. Mr. Wilkinson's advisor group brought in 270 items and Mrs. Robinson's group

**"Thank you to all of the Red Cross students for your leadership skills and spirit of willing to help less fortunate individuals."**

donated 249 items. Thank you kindly to both groups because your donation to this campaign was outstanding. Appreciation to all of the students and staff for their involvement and donations to the food hampers. Also, the Christmas excitement was elevated with the production of a decorated chocolate house. Mr.

Carroll was the winner with his generous donation.

Other activities have been the sale of pizzas for a few weeks on Friday at lunchtime. Our gratitude to Mrs. Melnyk for her organization of this activity. The students take turns and this is a successful fundraising activity for each of the various clubs. We have also had two bake sales and are delighted with the funds that have been raised. In 2008 some of the funds will be used to support a child in a developing country.

We look forward to new members. Please consider joining and volunteering with the Red Cross Club in 2008. Thank you to all of the Red Cross students for your leadership skills and spirit of willing to help less fortunate individuals.

# The Crayola Club

**By Pat MacKay, Teacher  
Sponsor**

The Crayola Club meets every Friday during lunch break in Room 165, at which time members engage in forty-five minutes of colouring book and crayon fun. Although it is reasonable to wonder why a

group of high school students opts to spend time colouring, the Crayola Club members do have an aim that extends beyond therapeutic colouring activity. Students meet with the purpose of raising money for school supplies for poor, underprivileged schools in Third World countries. Participants pay an

fee of  
each  
monies



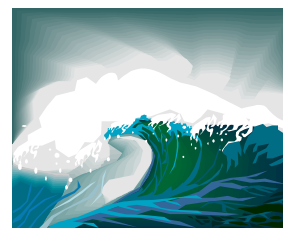
admission one dollar week and saved will subsequently be forwarded to target schools. The thirty-six members of the Crayola Club invite other students to bring a loonie and join in the fun!

# FKSS Surf Club

**By Caleigh Gehl and Emily Armour, Founding Members**

Goals of the Surf Club are to:

- Promote respect for our oceans, waves and beaches
- Raise awareness about the state of our oceans all over the world
- Support the Surfrider Foundation Canadian Chapter
- Improve the state of our oceans and beaches
- Support the protection of endangered marine species and organize events to promote respect for marine creatures
- Meet people interested in sports involving the environment - e.g. surfing, wakeboarding, etc.



**Thursdays at Lunch in Room 217**

# My Ongoing Experience with Fundraising

By Ryan Knowles, Student

This is the 3<sup>rd</sup> year that I've donated to the Cowichan Cat Rescue. I donated \$2000 dollars, which brings the total to \$5000 (\$1000 the first year, and \$2000 the second year). I collect the money by filling out forms and making lots of phone calls to solicit a charitable foundation. I find that the Cowichan Cat Rescue does more work to help the feral cats and kittens than does the SPCA. The Cowichan

Cat Rescue is a non-profit organization, but they do still have to pay the vets and for the phones they use. The vets do give a discount, but the help from donators is what helps the bills be paid. I have 3 cats of my own, so I know how they can be, and what fun they bring to your life. I hoped that my donations helped get these cats and kittens back into homes. People abandon most of the cats the Rescue deals with so they need to learn to like humans again. Which is where the Rescue comes



in handy because they actually play with the cats and give them love. If you want to donate, the bottle depot in Duncan has an account for the Cowichan Cat Rescue, so you can have your deposit sent to them!

## 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.



Congratulations to Victor Weston, Kelsey Graduate of 2005, who recently received his Duke of Edinburg gold certificate from Prince Edward

## From Cowichan Centre's Youth Outreach Department

**Drop-In Zone:** Come hang out, play computer games, check your email, shoot pool, play air hockey and foosball, play board games, etc. Thursdays 3:20-4:30 p.m. @ Neighbourhood House - Old Fire Hall.

**TreeGO Day Trip:** Come join us for a fun filled day at Wild Play Element Park. The adventure will take us through their Aerial Adventure Tree Course soaring through the air on zip lines, wobbling across suspended bridges, scrambling over nets and stumbling over swinging logs. Sign up early with your friends as this intense fun adventure is bound to fill up fast. Thursday, Mar 20 1:00-5:00 p.m. Ages 13 to 18 \$60 per participant - To register call: 748-7529

**Girls on the Move** - Try out new sports and activities in a non-competitive and encouraging environment! Curling, rugby, Tae Kwon Do, aquatics, etc. Thursdays 3:30-5:00 p.m. Apr 3-May 8 @ Cowichan Centre - Heritage Hall - To register call 748-7529.

**Donations:** The Youth Outreach Team is always looking for donations to match our growing needs and programs. Do you have games, equipment or youth focused resources no longer in use? Maybe you have a skill to teach? Help is always welcome!

For more information on any of our programs or to register, please contact Leah Rogerson (250) 746-0420 youthoutreach@cvr.d.bc.ca

# FKSS Career Centre News

## Career Planning:

### Student Work Experience Opportunities:



#### UNIVERSITY OF VICTORIA ENGINEERING & COMPUTER SCIENCE TOUR:

Wednesday, February 20, 2008 Open to grade 10's, 11's, and 12's.

#### SKILLS CANADA

Regionals: Feb  
29 at Camosun  
College [www.skillscanada.bc.ca](http://www.skillscanada.bc.ca)



#### HEART & STROKE FOUNDATION OF BC: High School Summer Research Program –

For grade 11 students interested in cardiovascular research. For more information email:

[research@hsf.bc.ca](mailto:research@hsf.bc.ca)



(Structured Work Experience and Training) –  
March 24 – March 27, 2008.

There are still **seats available** in the following programs:

- 3D-Modeling A
- Animation A
- Culinary – Cooking – Level 1
- Culinary – Cooking – Level 2
- Digital Film & Video – Dec
- Digital Film & Video – Prod, Level 1
- Electronic Music – Creation
- Electronic Music & Editing (ProTools)
- Fashion Merchandising
- Game Production – Game Art & Design
- Graphic Design A
- Graphic Design B
- Interactive Web Design
- Interior Design
- Recording Arts – Post Prod.
- Recording Arts – Music Prod.
- Visual Effects

Must Apply ASAP [www.aiv.ii.edu](http://www.aiv.ii.edu)

#### Job Training: SPARSHU CONSTRUCTION SAFETY PERSONNEL COURSES in Duncan:

- WHMIS & FALL PROTECTION – February 14
- SAFETY SUPERVISOR TRAINING – March 2-7

#### CAR CAREER in BC

Program – the goal is to demonstrate the variety of career opportunities in the automotive industry and pathways to them. Endowment Fund available to help provide financial assistance. [www.CarCareerBC.ca](http://www.CarCareerBC.ca)



## WORK EXPERIENCE & JOB OPPORTUNITIES

- **GEORGE PRINGLE MEMORIAL CAMP –**



Spring and Summer Staff and Volunteer Application Forms now in the Career Centre.

**CANDY STRIPING APPLICATION AVAILABLE IN CC DUE JANUARY 15, 2008**



- **Casual Labourer Required** – Information in CC

## UNIVERSITY & COLLEGE INFORMATION

**CAMOSUN COLLEGE – Info night for Grade 12 Students and Parents, Wednesday, February 20, 2008.** Fischer Building, Lansdowne Campus.

**VANCOUVER ISLAND SCHOOL OF ART – Certificate of Visual Arts or Diploma of Fine Arts - Tours and Hands-on art workshops available.**

#### BCIT

- **Open House April 11 & 12, 2008**
- **Aerospace Technology Campus** – New Career Video on Aircraft Maintenance Engineer Diploma Program [www.jobstvnews.com/CpPages/BCIT/AeroCampus.htm](http://www.jobstvnews.com/CpPages/BCIT/AeroCampus.htm)
- **Aerospace, Marine, and Motive Power Programs** – BCIT's School of Transportation's Round Table Seminar – Thursday, January 24, 2008, 8:00 a.m. to 11:45 a.m. at the Burnaby Campus. Reserve your seat at [www.bcit.ca/infosessions/8](http://www.bcit.ca/infosessions/8)

#### RECENT WORK EXPERIENCE PLACEMENTS

- **Acacia Ty Mawr**
- **Mill Bay Veterinarian**
- **Mill Bay Pharmasave**
- **University of Victoria**

## Career Programs at Frances Kelsey:

- **Focus Area Career Program:** 4 Gr 12 credits
- **Secondary School Apprenticeship:** 8 Gr 12 credits and 8 Grade 12 credits (& \$1000 Scholarship)
- **ACE-IT – SD 79 Level 1 Industry Training programs:** Carpentry & Cooking: 16 grade 11/12 credits
- **ACE-IT Dual Credit Programs;** Level 1 industry training at college for credit and 16- 24 grade 11/12 credits

**Career Programs endorsed on Graduation Transcript:**  
Contact the Career Centre for more info....