

THE WHALE'S TALE



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

April 7, 2008 Vol. 13/No. 7

The Importance of Choosing Courses Wisely For Students Entering Grades 10 and 12

By Janice Rose, Counsellor

Well, here we go again! It's almost time for course selection for the 2008/2009 school year and there are many important decisions to be made. With so many options to choose from, just where does one begin?

We try to encourage our students to talk to teachers to find out just what the various courses have to offer, what they entail, and how they may be of help in the future.

The first consideration, of course, is choosing the courses that are required for graduation. Students entering Grade 10, 11, and 12 are on the Graduation Program which is well-explained in our course selection booklet.

It is usually at this time that students ask, "Do I have to take a second language as one of my electives?" A second language to the Grade 11 level is a requirement if a student intends to go directly from secondary school to certain faculties at some universities. It is not required if a student attends a university/college (i.e. Malaspina)

before going to a university. However, there are many other jobs or training facilities which require *specific* languages. The Canadian Coast Guard, for example, requires that their trainees have French 12. Counsellors are able to provide students with up to date information regarding language requirements.

The program a student takes should be considered as a package of courses which is designed to meet the requirements of the student's post-secondary choice. This requires a good deal of research and all students are asked to meet with their counsellors to ensure that they are "covering their bases", so to speak.

It should also be mentioned that Grade 10 students are well informed as to the variety of options available through a course called Planning 10. Specifically, this course is

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



Kelsey Calendar

Mon. April 7, 2008

Monthly report card issued with newsletter

Fri. April 11, 2008

7:00 p.m. Grad Global Issues Club Benefit Concert in theatre

Tues. April 15, 2008

7:00 p.m. Dry Grad Parents meeting in library; PAC meeting in dome

April 17 & 18, 2008

Provincial Exams

Fri. April 18, 2008

Course selection sheets due to Counselling Department

Thurs. April 24, 2008

7:00 p.m. Environmental Speaker in theatre and Board Sport Event Night

Sat. April 26, 2008

8:00 a.m.-4:00 p.m. Dry Grad Garage Sale & Silent Auction; Grad BBQ & Car Wash

April 29-May 2, 2008

Camp Survivor for Leadership Students

Wed. April 30, 2008

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

Fri. May 2, 2008

Pro-D Day (school not in session)

Mon. May 5, 2008

Monthly report card issued with newsletter

May 9 & 10, 2008

Global Issues Club Peace Symposium

Wed. May 14, 2008

Presentation of Grade 12 Graduation Transitions during W Block

designed to assist students in choosing their pathway through secondary school.

It is crucial that students make informed choices when they are selecting their courses. A good rule of thumb is to choose those courses that are in the student's area of interest. Researching and finding out as much as possible about the various programs available before enrolling avoids wasting time and having to change timetables mid-way through the year.

As we all know, students often change their minds about their priorities and so it is essential that they take responsibility for finding out the particular requirements of any post-secondary programs that may be of interest. These requirements vary from institution to institution and often change frequently with little lead

time. It is essential that students keep up with post-secondary information and we expect to see our senior students in our career centre on a regular basis, using the Internet and post-secondary calendars for information. Grade 10 students should also introduce themselves to the Career Centre and parents are always welcome as well.

In order to be accepted at some universities or to be considered for certain scholarships, applicants often need specific courses. Once again the students must be proactive and diligent in seeking the information necessary to ensure that they are not disappointed upon graduation. High marks are extremely important in considering university entrance and students must also take this fact into account.

For Bonner students coming to Kelsey we provide an excellent transition program during which they have the opportunity to attend a presentation on **Tuesday, April 8th**. Included is a general introduction by teacher advisors, followed by tours of the school with the help of peer counsellors. We often hear parents on those nights express the sentiment, "Gosh, I wish I were able to go to school now because there are so many wonderful courses to choose from!" That is, however, one factor that makes the process of choosing courses so difficult.

It is important to know that teachers and counsellors are always available for help with course selections. Both students and parents are encouraged to take advantage of this service.

Contact the Counselling office at 743-6980 for further information.

Scholarships and Bursaries

by **Liz Gamble, Vice-Principal**

Thank you to all those Grade 12 students who worked so diligently to complete their scholarship packages last month. The Scholarship and Bursary Evening, when monies are awarded, will be held at the

school on Thursday, June 12th at 7:00 p.m.

On behalf of the graduates who made applications, I would like to thank all our staff who wrote reference letters, as well as our office secretarial staff, Mrs. Witt, Ms. Wheeler and Miss Webb, for

preparing the letters, many of which were typed at the last minute!

Students should still refer to bcawardsonline.sd61.bc.ca for more financial aid opportunities.

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

- Envision Financial Education Award
- BC Cattlemen's Association
- Public Guardian and Trustee Educational Assistance Fund Bursary
- BC Epilepsy Society Scholarship
- David Mason Educational Fund
- BC Hockey Scholarship Award
- Canadian Hospitality Foundation
- RBC Royal Bank Financial Lifeskills Scholarship
- Monsanto Canada Opportunity Scholarship
- Canadian Federation of Independent Grocers
- BC Moose Association
- Coast Capital Savings Education Awards



Websites of interest:

- BC Colleges/Universities scholarships: www.scholarshipscanada.com, www.studentawards.com,



Dry Grad is a safe, all night party which is organized by parents for our graduating students. The students have a fabulous time participating in various fun activities, with great entertainment, food and prizes.

Our next upcoming fundraiser is the Dry Grad Garage Sale and Silent Auction, to be held Saturday, April 26th from 8 a.m. to 4 p.m. Drop off items at the school on Saturday, April 19th from 12 - 4 p.m. and Friday, April 25th from 6 - 9 p.m.

Dry Grad

We welcome any items such as sports equipment, games, books, camping gear, plants, hardware, garden items, small appliances in good condition, CD's, tools, and anything you need to move on to a better home! We cannot accept dinosaur computers, mattresses, clothing, and anything that doesn't work.

We would like to extend a giant THANK YOU to the Mill Bay Liquor Store and its patrons for raising \$2,700 so far. This fundraiser continues until March 31st.

It is not too late to get your certificates from Country Grocer and "Smile Cards" from Thrifty

2007-2008 DRY GRAD MEETING

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

Foods. Every time you use one, they'll donate a percentage back to our Dry Grad fund. It costs you nothing! Call Sandy Kadar at 743-0380 to arrange to pick up your "Smile Cards" or certificates.

Our next meeting is on Tuesday, April 15th at 7 p.m. in the Kelsey library. Meetings end by 8 p.m.

"The Prom Project" also known as "The Cinderella Project"

By Linda O'Neil, Parent

Every year at various schools there are young adults graduating who do not attend their banquet because of lack of financial means. Our school would like to try to identify these families in need of assistance to help their children enjoy this wonderful and deserving night.

Any parent, student, teacher, or

friend may call Linda O'Neil at 743-7866 or Counsellor Janice Rose at 743-6980 anonymously if they know of a student who is in need of our support.

The project has a great selection of gowns available for loan, access to free tuxedo rentals, as well as reduced hair and makeup services, and a variety of shoes available.

There is one further opportunity

for Grad this year! Any young woman may rent her dress from the "Prom Project" for a nominal fee instead of buying one.

We want to make sure every child has the opportunity to attend Grad festivities with pride and the wonderful sense of accomplishment that they deserve.

Thank you,
Linda O'Neil 743-7866

Frances Kelsey Junior Girls' Basketball

By Carmen Brown, Teacher

What a tough group! The basketball team played most of the season with only 7 girls and often had just 5 or 6 players at a practice. This made it difficult to

learn new plays, to practice under pressure, and to build trust among teammates. To add to the challenge we were a young team, with most girls being in their Grade 9 year, and the team was battling other, more experienced teams with

players in Grade 10.

The season started strong with a tough defense, which forced early turnovers and easy points. We managed to take control of the first quarter by surprising

teams with our speed, our fast breaks, and our hunger for the ball. Toward the end of the season other teams started catching on and Kelsey Junior Girls could no longer rely on pure energy. The team lost a couple of players to previous commitments and others to injury. Troubles started to arise in trusting teammates and running plays,

but the girls did not give up.

At the Mid-Island Tournament, here at Kelsey, the girls worked hard and came together as a team. The Junior Girls finished their season in fourth place and were awarded the title of "Most Sportsmanlike Team". With continued commitment and hard work this team will be even

more exciting to watch next year. Congratulations on a fun season, girls!

Coaches: Ms. C. Brown and Stephenie Pietarinen

Special thanks to Jordan Crocker and to Mr. K. Kelly for their help at practices, and to all of our parent drivers.

Skills Canada Second Place Winner

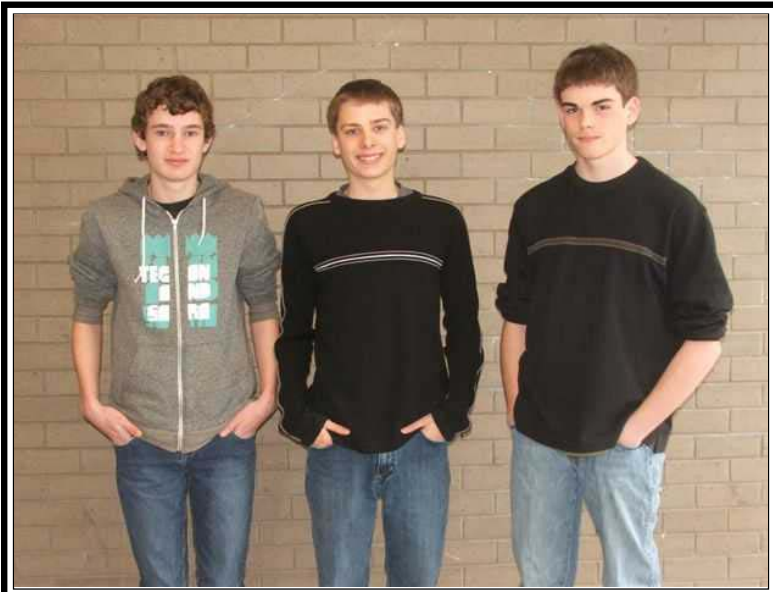
Congratulations to Grade 12 student, Lachlan McNish, who recently participated in the South Island Regional Division of the Canadian High School Skills Competition held at Camosun College. Competing against 14 other students, Lachlan's assignment was to build a sawhorse from a set of blue prints presented to him at the competition. Without time to study the plans, Lachlan began the job, and in less than four of the five hours allowed, had completed his sawhorse. His project earned him a second place finish, and as a result he received two job offers, money for his second year textbooks, a new Makita skill saw as well as some shirts.



Photo by Mike Szaszik

Lachlan is concurrently completing his Grade 12 year at Frances Kelsey and attending the Malaspina University-College Trades program which gives him technical and practical experience that will be of value to him in his future in the construction trade. Congratulations, Lachlan!

Skills Canada Architectural CAD Competition



L to R: Kent Burkitt, Matthew Denning, Christopher Moyse

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The 2008 Skills Canada South Island regional event was held on Friday, February 29th at Camosun College in Victoria. Students from Frances Kelsey attended various events during the day. One of the competitions involved having students use AutoCAD software to complete Architectural drawings of a house within a set time limit. The following three Grade 10 students represented our school in the Architectural CAD competition: Matthew Denning, Kent Burkitt, and Chris Moyse. These students did very well competing individually against more senior students, with Matthew Denning winning a silver medal. Well done, students!

Test Taking Strategies

By Michelle Laszczyk, Student

Test taking strategies can make a major difference in how well a student performs on a test, and many of these strategies can help calm students when they're taking tests.

Some test taking strategies include a rested mind and body. Get plenty of sleep to ensure you are focused and are able to familiarize yourself with the style/format of a standard test (e.g. multiple choice, short answer, long answer, essays, etc.). Select an area with few distractions, outline a study plan, read through the test and determine which questions are relatively easy and which are the most difficult. For multiple choice tests read each question, then physically cover the choices. Think of an answer and proceed if your answer is one of the choices. For essay tests, make an outline/plan for your answer, draft your essay and hand in all pre-written work with your test. Finally, have food and water before the test so you don't have to worry about getting hungry while writing the exam.

I am the kind of person who suffers from test anxiety, and

because of this, I tend to put off writing tests. Throughout my time at Kelsey, I have learned to talk to my teachers about material I should review before I write a test, and to tell them how I'm feeling. All of the teachers I have talked to have been extremely supportive, and always try to support me. Other teachers would constantly encourage me to not procrastinate on tests. They made certain to tell me if I experienced difficulty that they would help me prepare for re-writes. Now, instead of putting tests off for weeks, I try to take them as soon as possible, so the material is fresh, and if I 'bomb' the test, I know it's not 'the end of the world'. More often than not, the tests are a lot easier than I originally expected them to be.

The test taking strategies that work for me are to sit in the back of the testing center because fewer people go to the back, so there are fewer distractions. Covering up multiple choice answers until I figure out an answer in my head works well, as does making a plan before I write essays so that I know what I will be writing about. I skip any difficult questions and return to them later. I also always take tests in the morning blocks, so I don't feel rushed. I find if I take



them in the afternoon, it's more difficult because it's warmer, and I'm getting anxious to go home. My best concentration time is first thing in the morning.

I would recommend other students talk to their teachers before they take a test so they know what material to study. Students should take tests when they are ready, but it is advisable to do it within a day or two of finishing the learning guide work. The other strategies I have previously mentioned are well worth noting!

People have nothing to lose by experimenting with some or all of these strategies. The only thing these strategies can really do is help students feel more confident when writing tests, and they can even help you improve your test scores.

"I'm goin'ta California gonna live the life" ("California" song lyrics by Wave)

By Evan Flater, Student

These words have become our calling for the past month or so as members of the Cycling BC Junior Development Team looked forward to participating in a warm weather camp in Palm Springs, CA.

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Finally after enduring snow and other treacherous conditions back home throughout this winter we had arrived. There are ten riders in total. Coach Richard Wooles masterminded this inaugural warm weather training camp. We are here to ride from the 2nd - 9th

of February, staying in a rented house near Palm Springs in Desert Hot Springs.

Everyone has come from an array of differences. Some of the riders here are mountain bikers putting in some training on the

road, some are pure road cyclists preparing for the upcoming season and some are even track and road cyclists getting ahead of the competition. The fitness levels too are varying, some of us are raring to go, others suffering a bit and everywhere in between. Despite all of these differences, we all get along exceptionally well. Everyone is helpful to each other. Something can always be learned from each other, whether it's fitness, nutrition or something else the group is always chatting away. The general consensus surrounding the mystery of why we are gelling so well is that we are all here to train. Improve our fitness levels. Learn something, starting with the basics. What better way to do that by getting away from our environment and come to sunny Palm Springs.

The environment in the Coachella Valley is that of a desert, hot and dry. The landscape is a cross between Lord of the Rings and one of the numerous slasher horror flicks. Quite different from our BC landscape it still makes for good training with plenty of hills and some fairly flat areas.

Our training days have been as follows:

Saturday, February 2nd - 1-2 hrs. Light spin, after flying that day. This ride turned out to be a bit more than expected with high winds threatening to blow us over. We all got back safe.

Sunday, February 3rd - 4 hrs. Ride with two long Team Time Trial (TTT) efforts. All was going well but the winds took a toll on everyone, it was a bit of a shock for some with a longer ride. Luckily it didn't rain. Coming back the wind had switched on us and was blowing strong at over 60 km/hr some gusts must have been hitting 90 km/hr. It was a long grind home for a shorter

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distance. Sand would whip us in the face and one teammate even fell over! We all made it back safe.

Monday, February 4th - 3-4 hrs. Steady ride with one hill effort. The winds were still strong but had calmed since Sunday. We rode out approximately an hour to a long climb in Palm Springs, it goes up to a tram that takes tourists up to the top of a mountain overlooking the whole valley. Riders went at their own grueling pace, climbing for nearly 30 minutes. We then headed home.

"Going to Kelsey has allowed me to do this sort of camp. Taking some work with me I was able to keep up in my studies."

Tuesday, February 5th - 1 hr. Rest day. We meandered riding through Desert Hot Springs keeping it light and easy. Resting our legs up for the rest of the week. We then headed to Palm Springs by car to check out the town and do some shopping. Being thirty years younger than the other tourists was interesting, but we managed to enjoy the few "young" shops. That afternoon we were treated to a barbeque at one of the rider's grandparent's place.

Wednesday, February 6th - 3.5-4.5 hrs. Steady ride. Those less fatigued and wanting more headed out for an extra loop before the rest of the group. In the early morning ride we discovered some quiet back roads that went right past fields of windmills and rolled up to a nice viewpoint over the valley. Then with the longer group ride time was spent zig zagging up and down the countryside, with

one steady effort up a drag through a place called a Thousand Palms.

Thursday, February 7th - 2 hrs. easy spin - AM. 2 hrs. TTT efforts and Sprint training. PM. In the morning everyone was beginning to feel the cumulative effects of fatigue. The easy spin was spent rolling through back roads recovering and getting ready for that afternoon. After riding out a few km to a quieter road we prepared for some TTT efforts. First heading out all together then three more in two split up groups. The efforts were 10-12 minutes long and were important to do. Everyone felt it after the efforts. Then we ran four team sprint drills, with two teams of four riders each. It was mostly for skill, but everyone still felt it.

Friday, February 8th - 4-5 hrs. Ride. The plan is to go for a long ride on our last day. We headed to the tram hill and did two repeats up the 25-30 minute climb. Riders are flying out early Saturday morning.

The camp is a positive and new experience for everyone.

Cycling is an extremely difficult sport. The commitment of mental and physical hours is serious. Doing this camp has hopefully allowed us to experience the "bigger picture" of cycling. I myself stayed on another week and a half billeting in Palm Springs. There I cooked, shopped and cleaned for myself. In total I was there for 20 days. Going to Kelsey has allowed me to do this sort of camp. Taking some work with me I was able to keep up in my studies. I have just recently learned that this May I will be doing a Junior National Team Project in Germany and France racing in the new "Junior Nations Cup". Luckily I will be finished school in April so I will be able to go to this!



TADA - Together Against Discrimination Always

By an anonymous student

Discrimination is a word I had heard but not really thought about or understood until lately. As you may know, discrimination is a negative judgment towards another person based on their gender, religious belief, race, and size. In the Canadian charter of rights and freedoms it states, "Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination and, in particular, without discrimination based on race, national or ethnic origin, colour, religion, sex, age or mental or physical disability."

One day at lunch a friend and I were walking down to Mill Bay when he was verbally harassed for being gay! This really hurt me because Frances Kelsey is a place where students should feel safe. It bothered me that these people had not taken the time to get to know this person but had judged him on how he is choosing to live

his life. After talking to other people about this and, hearing that they had many more stories about discrimination, I decided to go to Ms. Kirchner and talk to her about it. Not long after TADA was formed.

"TADA", which stands for Together Against Discrimination Always, is a student lead group (with the help of Ms. Kirchner) that was originally formed as a group project for the peer counsellors and has now expanded to other members who feel the need to participate. TADA is trying to change the outlook on homophobia, racism, and other types of discrimination around the school. Frances Kelsey Secondary is all about learning, growing, and improving and this group is another step in its improvement to make a safer environment.

TADA meets every week. Please see Ms. Kirchner if you are interested in participating with this group; we are always open to

having new members. The group has been very active lately. In February we created T-shirts to support Diversity around our school and in the community. Thanks to everyone who supported TADA by wearing the T-shirts.

The Club also took part in the Cowichan Valley Diversity Day on February 16th and organized a poster campaign which challenged people to think about what discrimination meant to them. The Club is also hoping that in the future, members will be able to spread the Club's message about discrimination to other schools. TADA is also currently supporting the Indigenous Games in the Cowichan Valley and more projects are underway. There are many ways to stand up against discrimination and the first step is to become active in banishing it.



Grad Global Issues Club

By Maxine Smith, Teacher

The Grad Global Issues Club is planning a benefit concert on the evening of April 11th at 7:00 in the Kelsey theatre. The purpose of this evening is to raise money to build a school in Sri Lanka, and

to enjoy great entertainment performed by talented people at the school. Tickets, with the suggested donation admission of \$10.00, can be purchased at the school office, or at the door on the night of April 11th. Seating is

limited so it is suggested to buy your ticket early. Come out and support a worthy cause, have a great evening of entertainment, and help the "Grads of 2008" leave a lasting legacy in Sri Lanka.

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



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by CJ Kubica, President
FKPAC

"Parents are their children's first teachers and have the primary responsibility for their care and well-being." * As our children grow and take on responsibilities such as self-directed learning, after school jobs, or driving cars, as parents, we sometimes forget that although we must step back to allow this growth, we are still our children's first teacher and are responsible for their well-being. Research has shown that when parents are involved in student education, students are more likely to perform better academically, attend school regularly, show improved

behaviour, have better social skills, adapt well to school and life beyond, and are more likely to graduate and go on to post-secondary education. Whether you choose to volunteer at the school, attend a PAC meeting or have a conversation at home about a student's day, we encourage you to be a part of your student's life at Kelsey.

In March, parents held Student Roundtable discussions and are working to complete a wish list for PAC funds based upon the student and staff input. At our last PAC meeting, parents had the opportunity to meet our Superintendent, Mr. Dan Boudreault, and we shared positive discussions about Kelsey and education in District 79. We have just received applications for the PAC bursaries available to graduating students and will shortly begin the review process. Most recently, PAC received various personal items from Dr. Frances Kelsey which will be included in a dedication to her allowing students to learn about this amazing woman.

FKPAC

Please note our new
meeting date!
Tuesday, April 15
7:00 p.m. in the
Kelsey library

In order to accommodate parents who would like to attend the School Closure Meeting at the Board Office on April 9th, our regular monthly PAC meeting will be held on Tuesday, April 15th, at 7:00 p.m. Bring your ideas and your questions – we look forward to seeing you.

*From "Supporting Student Success: Working Together In BC Public Schools" a handbook developed for the BCCPAC.

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.

Annual Art Show at the Loft Gallery above Valley Vines to Wines in the Mill Bay Centre. Come out and support Kelsey Art students. Our show runs from April 4th to April 25th.

Career Centre News

CAMOSUN COLLEGE – Open House Field Trip –
April 24. All grade 10 – 12 students may sign up in
Career Centre - Max 55

WORKSAFEBBC – Safety Video Contest – "Serious Injuries Stop With You". **WIN great cash prizes.**
Deadline: April 18, 2008

SUMO ROBOT WORKSHOP

Do you want to build your own robot?
Dates: Friday, April 11, 9 to 4
Compete - April 24, at the Open House. Sign up at sumo@camosun.bc.ca



EMILY CARR INSTITUTE – Summer Institute for Teens - a challenging and intensive experience for serious art, design, and media students in Grades 10, 11, & 12 - Vancouver July 7 to August 1, 2008 www.eciad.ca/cs



CANADA WORLD YOUTH
If you're between the ages of 17 and 24, Canada World Youth offers you the opportunity to

become an active player in community development in Canada and overseas. www.canadaworldyouth.org

BAMFIELD MARINE SCIENCES CENTRE - Summer Youth Forums. Opportunity for Grade 11 and 12 students who have a keen interest in the marine environment and its conservation.

- Marine Biological Conservation – July 23-28
- Marine Plants and Algae – August 6-11

Student Work Experience Opportunities

CANADIAN CANCER SOCIETY – Volunteers needed for the annual campaign – Month of April

CVRD – Hiring summer aquatic staff.