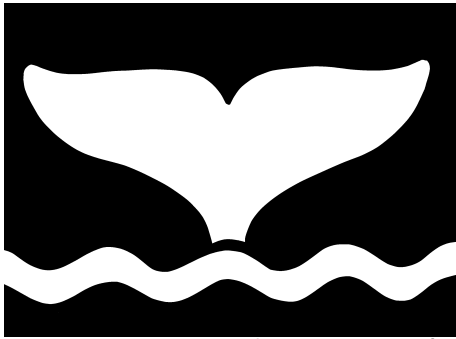


# THE WHALE'S TALE



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

January 11, 2010 Vol. 15/No 4

## Reduce the Stress! Be Prepared for Exams!

By Phil Archer, 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. The Provincial exams for this term will run from Monday, January 25<sup>th</sup> to Friday, January 29<sup>th</sup>. 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 exams 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 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 results on exams.

Some examples are physical exercise, managing time by prioritizing tasks, eating a balanced diet, avoiding quarrels, being less competitive, and talking with others when needed. Finally, remember that it's not all about school work. When you have attained a goal, go out and reward yourself. Celebrate with friends before tackling that next piece of work.

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, drink plenty of water and get 9 – 10 hours of sleep a night.

*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.



### *Kelsey Calendar*

**Mon. January 11, 2010**

Monthly report card issued with newsletter

**Wed. January 13, 2010**

1:00 p.m. dismissal - Professional Learning Community

6:30 p.m. - PAC meeting in library (note time change)

**January 19 - 22, 2009**

Mock exams

**January 25 - 29, 2010**

Provincial exams

**January 27, 2010**

Last day of classes in Term 1

**Mon. February 1, 2010**

Term 2 begins (Day 1). Monthly report card issued with newsletter.

7:00 p.m. - Dry Grad parents meeting in library

**Wed. February 10, 2010**

7:00 p.m. - PAC meeting in library

**Thurs. February 18, 2010**

1:10 p.m. - District wide early dismissal

**Fri. February 19, 2010**

Pro-D Day (school not in session)

**Wed. February 24, 2010**

1:00 p.m. dismissal - Professional Learning Community

**Mon. March 1, 2010**

Second formal report card issued with newsletter

7:00 p.m. - Dry Grad parents meeting in library

**Wed. March 3, 2010**

7:00 p.m. - PAC meeting in library

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

# Scholarships and Bursaries

## By Mike Martin, Vice-Principal

All grade 12's will be attending local scholarship information sessions in early February. Local scholarships are only open to FKSS Grade 12 graduates (June 2010). **We have over \$120,000 available and most of the awards are bursaries accessible to ALL students.**

I encourage all Grade 12's to apply for these awards! Please note that the final application deadline is Friday, March 26<sup>th</sup>. 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 that are open to all students in British Columbia. A complete listing of these awards can be found at [www.bcawardsonline.org](http://www.bcawardsonline.org). I 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, 2010, are available in the library filing cabinet:

- BC Government and Service Employees' Union (BCGEU)
- Toyota Earth Day Scholarship Program
- Black Press Scholarship through University of Victoria Business
- RBC Aboriginal Student Awards Program
- Simon Fraser University Entrance Scholarships
- 72 other scholarships related to Simon Fraser University

Websites of interest:

BC Colleges/Universities scholarships:

- [www.bcawardsonline.org](http://www.bcawardsonline.org)
- [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)



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## Camaraderie, Confidence, Concentration, Commitment



### By Mark Jackson, Coach

How did we have fun on the Senior girls Volleyball team this season? Three practices per week including a "killer" fitness workout on Mondays. Tournaments nearly every weekend, usually off the Island. Nutritious food guidelines while on trips. Mental rehearsal and visualisation of skills and team strategies. Intense and "gamelike" practices. Team meetings in hotel rooms. Recording statistics during matches. Wearing identical team travel clothing to all tournaments. Working hard in

school to complete courses while participating in an elite sport schedule.

The team had a great season. Final standing: Seventh place out of 76 AAAA teams in the Province. There are 263 teams in total including all levels from A to AAAA. The team won the North Island Championship and then the Island Championship. Camaraderie, confidence, concentration, commitment, are the four attributes that the Senior Girls Volleyball team chose to adopt as their key words to propel them to the highest levels of their sport in the province.

After some great finishes in some of the most prestigious tournaments in the province early in the season, including fifth place at the 52 team UBC tournament and third place at the VIU 48 team tournament, the girls worked even harder to come together as a team. Hence they coined the word Camaraderie. "Teams" win Volleyball Championships, not individuals. Team bonding activities on team trips went a long way to improve their cohesiveness. We had players who would put the needs of the team ahead of their own. The season schedule that was needed to play at the top level required that the girls travel

to a tournament nearly every weekend. The players really came together and it did not matter what the hotel room assignments were, they were happy to be in a room with any team member. When you have players who care about each other, they can accomplish anything together.

Performing effectively in a sport requires confidence. Confidence is part of mental toughness. The players worked hard on the mental aspects of the game to become as confident as possible in the high pressure situations.

Concentration is very important in volleyball, as players have to be very focused on what is going

to happen next on the court. Many practice drills were designed to help the players improve their focus or concentration.



Monica Whitney-Brown.

Commitment was the foundation of the team's success. The players just don't miss practice as they do not want to let their teammates down.

Congratulations to Captain Angela Richards, Sarah Cook, Joanna Franke, Rachel Mokosak, Hollie Moulaison, Kerissa Mount, Hanna Robinson, Kimberley Stewart, and

Next up for the players is the Club season which starts in January and runs until the National Championships in late May.

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**By Sharleen Impett, President FKPAC**

We hope you and your family had a wonderful holiday. It is now 'back to work'.

As you are probably aware, the

budget in the Cowichan School District is going to be tighter than ever this year. With this in mind, the FKSS PAC has been going over the proposed strategic plan for SD79, put together by the trustees and the school board. (See page 6) We have been asked to review it and offer our suggestions. By now you should have all received a copy by email sent in December. Please look over the plan and let us know what you think. We must look at the wording carefully to be sure that the South-end schools have their needs met. We want to make sure that our programs are maintained and that there is nothing in the plan that would result in cuts that affect us. We will be discussing the strategic plan at

**FKPAC**

Please come and join us at our next meeting on Wednesday, January 13  
**6:30 p.m.** in the Kelsey library

our January 13<sup>th</sup> meeting. We are hoping to have trustees there to answer questions. Please attend and have a say in our district's future goals.

Our PAC Meeting will start at 6:30 so that we will have sufficient time to discuss the strategic plan. Hope to see you there.

## 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.

# Steve Gergel - Service Above Self

“Service Above Self” is the motto of the Rotary Club, a worldwide organization of more than 1.2 million business, professional, and community leaders. Members of Rotary Clubs provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and attempt to establish peace in the world.

The South Cowichan Rotary Club recently recognized Steve Gergel, one of our teachers, by awarding him a Paul Harris Fellowship Award, an Honorary Fellowship named after the founder of Rotary. The award is given to people who live life in accordance to the ideals of Rotarians, even though they are not members, and Mr. Gergel was selected as the recipient because

of his strong commitment to the school community.

In the fourteen years Mr. Gergel



**Mr. Gergel receiving the Paul Harris Fellowship Award from South Cowichan Rotary President John Thomas**

has worked at Kelsey, he has

sponsored many clubs and sports teams. For the third consecutive year, he is the teacher sponsor of Frances Kelsey Secondary School's Interact Club, a service club for students. Mr. Gergel not only attends every meeting and function of the Interact Club, but he assists the treasurer, attends Rotary Club breakfasts, aids in organizing Interact's annual benefit concert and coordinates the Interact Club's activities with Kelsey's Global Issues Club. Four times a year, the Interact Club participates in a highway clean-up, and Mr. Gergel can always be found working alongside students – cleaning ditches – and generally donating his time above and beyond the call of duty.

Congratulations, Mr. Gergel, and thank you.

## By Alex Dawes, Student

My next door neighbour, Josh Balfour, was diagnosed with Kawasaki disease when he was five months old. Since doctors weren't able to correctly diagnose this condition in time, Josh's heart was irreparably damaged. Now Josh is four years old and has already had three major heart attacks. The most recent one occurred on November 26<sup>th</sup> when he was playing with a friend. Fortunately, his parents were there at the time and his mom, a nurse, used CPR to keep him alive until the ambulance came. Josh was rushed to a local hospital and then to Stollery Hospital in Edmonton. While he was there, he had another heart attack so he is now equipped with a Berlin Heart waiting for his donor heart.

His parents, Mike and Keely, left everything at home, including their ten-month old son with his grandparents, and are currently

## Can You Help?

residing near the hospital in Edmonton. Mike is self-employed and expenses for them are mounting. My mom and stepdad have set up an account at Coast Capital Savings Credit Union and donations are being accepted at all branches.

When my parents set up that account, I tried to think of something that I could do to help the family. I decided to let my peer counselling teacher, Ms. Kirchner, know that I wanted our 11/12 class to help Josh's incredible challenge by, first, bringing an awareness to the community and, second, by trying to raise money for Josh to help with his recovery. We had talked earlier about choosing a specific family in need of help and to fundraise for them, so I thought Josh and his family would be perfect candidates. My peers were all very supportive in helping and had several ideas.



We have not confirmed dates but there will be a bake sale at our school, as well as a

hot dog sale at Thrifty Foods within the next few weeks.

This is a really worthy cause so if you would like to donate or help in any way, feel free to let Ms. Kirchner know. You can also visit his Facebook group called 'Friends of Josh Balfour'. Thanks for reading his story.

## 2009-2010 DRY GRAD MEETING

Monday, February 1  
7:00 p.m. in the Kelsey library  
Everyone welcome - For more information call (250)743-4044

# From Our Transportation Department

For the safety of all students, the practice of using bus routes to get students to activities outside of regular home-to-school and school-to-home stops is no longer permissible. There have been several incidents of overcrowding

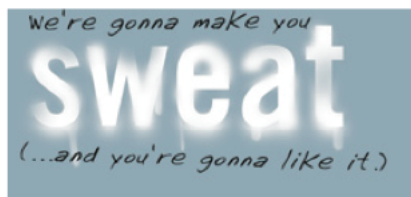
on buses, and although it used to be an acceptable practice, for insurance and safety reasons, approval for the student to ride on an alternate bus route can no longer be issued. This includes, but is not limited to, play dates, sports

practice, music lessons, shopping trips or meeting parents.

Your part in ensuring a safe ride for eligible riders is appreciated.



## Career Centre News



**SWEAT** is structured work experience and training offered through the Art Institute of Vancouver. Workshops offered March 22-25, 2010 are:

3D Modeling	Fashion Merchandising
Animation	Game Art & Design
Culinary-Pastry	Video Game Programming
Culinary-Cooking Level 1	Graphic Design
Digital Film and Video	Interior Design
Music Video	Recording Arts-Music Production
Electronic Music Creation	Recording Arts-Film & TV
Electronic Music Editing	Web Design
Event Planning	Visual Effects
Fashion Design	

**Applications must be received by January 31, 2010.**  
See the Career Centre for more details.



University of Victoria | British Columbia  
Canada

As of January 4, 2010, current grade 12 students in Canada may self-report their interim/final grade 11 and 12 marks to UVic at [www.uvic.ca/selfreporting](http://www.uvic.ca/selfreporting) to be considered for a conditional offer of admission for September 2010 entry.

### **ACE-IT PROGRAM – get college credit while still in high school**

Any students interested in taking the ACE-IT program for **TERM 2** please see **Ms. Munday ASAP**. There are spots available in:

**Cooking** – at Frances Kelsey  
**Carpentry** – at Chemainus Secondary  
**Automotive** – at Cowichan Secondary

### **SOLDIER FOR A DAY – Saturday January 16, 2010**

This is an opportunity for participants to see first hand if they would enjoy working in the Army Reserves. See the Career Centre for more information.

## Community Options Society

is offering a free course entitled *Understanding Teens* on Wednesday mornings, 10:00 a.m. to 12:00 noon, January 13 to March 3 and Monday evenings, 6:30 p.m. to 8:30 p.m., January 11 to March 1 at their office at 200 Cowichan Way, Duncan. To register, call (250) 748-0232 [www.coscowichan.ca](http://www.coscowichan.ca)

## Gourmet Table d'Hote Dinners



at the Frances Kelsey Dining Room  
Tuesday - Thursday 5:00 - 7:30 p.m.

Join us for a gourmet dining experience at a reasonable price while supporting students enrolled in Vancouver Island University's Culinary Arts Program. Under the supervision of professional cooking instructors, students prepare and serve gourmet cuisine made from many locally produced ingredients! Reservations required - call (250)743-0548 or email [reservations@viu.ca](mailto:reservations@viu.ca)

# Draft Strategic Plan Goals 2010 - 2015

## Success For All Students

As referred to in PAC article on page 3

### STRATEGIC GOAL:

#### PROGRAMS & SERVICES

- Nurture academic, fine arts, physical education and trades/technical programs
- Improve transition and graduation rates
- Strengthen curriculum and teaching that reflects the Hwulmuhw language and culture
- Support at-risk students and students with special needs
- Expand trade and employment training programs
- Enhance program opportunities for small secondary schools
- Strengthen the French Immersion K-12 programme
- Support Early Learning opportunities

### STRATEGIC GOAL:

#### EQUITABLE ACCESS

- Increase transportation opportunities
- Incorporate outreach and technological opportunities

### STRATEGIC GOAL:

#### COMMUNITY ENGAGEMENT

- Establish an ongoing cycle of meaningful community engagement
- Create and implement a communications plan that includes strategies to improve communication
- Strengthen the families of schools
- Update the School District website

### STRATEGIC GOAL:

#### FACILITIES

- Build an elementary school in Lake Cowichan
- Establish district standards for maintenance and custodial services
- Prepare to replace Cowichan Secondary at Cowichan Place
- Develop a long term plan for the use of school facilities

### STRATEGIC GOAL:

#### EDUCATION FUNDING

- Advocate for increased public funding
- Develop a long term sustainable budget model
- Explore new revenue opportunities

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## Frances Kelsey Secondary Dry Grad 2010 Fundraiser

### Kiln Dried Firewood - Hotter Heat than Traditional Wood

NO more chopping, stacking, spiders or bugs – we have recycled our 100% kiln dried mill ends – crunched them up – compressed them into nice neat burnable bricks for your wood burning appliance – they are great!

720 bricks = 90 boxes = \$180 = more burning energy than a cord of wood!

or

Approximately 800 bricks = 2 pallets of 400 = unboxed = \$180

Delivered for \$25 or free pick-up at Wescon Cedar Products, 5120 Polkey Road, Duncan, BC  
Phone: (250)812-7571 after 6:00 p.m. or email: [dragons49@hotmail.com](mailto:dragons49@hotmail.com) – subject line: Firewood Sales

\*\* Single box sales to be held on Saturday, February 6, 2010 from  
9:00 a.m. – 5:00 p.m. @ Aitken and Fraser Store in Shawnigan Lake