

THE WHALE'S TALE



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

October 7, 2002 Vol. 8/No. 1



Kelsey Calendar

Monday, Oct. 7, 2002
Monthly report card and newsletter

Thursday, Oct. 10, 2002
1:05 Early Dismissal

Monday, Oct. 14, 2002
Thanksgiving Day - No Classes

Thursday, Oct. 17, 2002
Photo retakes

Friday, Oct. 25, 2002
ProD day - No Classes

Monday, Nov. 4, 2002
Monthly report card and newsletter

Thursday, Nov. 7, 2002
University liaison visits
Government exams:
English 12; 9:00 - 11:30

Friday, Nov. 8, 2002
Biology 12; 9:00 - 11:30
History 12; 1:00 - 3:30

Monday, Nov. 11, 2002
Remembrance Day - No classes

Tuesday, Nov. 12, 2002
Day in lieu - No classes

Thursday, Nov. 14, 2002
1:05 Early Dismissal

Monday, Dec. 2, 2002
Formal report card and newsletter

Thursday, Dec. 5, 2002
6:30 - 9:00 Parent/Teacher/Student evening

Friday, Dec. 20, 2002
Last day of classes before Christmas Break

Principal's Message

by Allan MacLeod, Principal

Each September presents a new beginning: an opportunity for students to make a renewed commitment, do as much as they can, as well as they can, as quickly as they can, each and every day.

In addition to those from Bonner, students have come to us from other schools in the district and province. We also have students from other provinces in Canada and other parts of the world including England, Germany, the United States, Taiwan, Hong Kong, Japan, Korea, Mexico, France, Brazil, Bahrain and Guatemala. Welcome to all!

Our present population is 1193 students and sixty teachers. Two additional portables are on site making a total of eleven. The approved expansion is moving ponderously along the bureaucratic trail. Hopefully, construction will begin in the new year.

We continue to be proud of the accomplishments of last year's grads. As a result of their marks on provincial exams, 15 students have received provincial

scholarships. In total, through hard work and the generosity of the community, our grads received over \$300,000 in scholarships and bursaries. These monies are to assist students pursuing post-secondary training in a wide variety of vocational and academic areas.

To those parents whose students are new to the school, we urge you to read the student handbook section at the beginning of their agenda books and check their daily planning. A handbook for parents is also available from the counselling department. Please encourage your sons and daughters to take the responsibility necessary for success and work with their advisors to make this happen.

Finally, we want you to know that we will work hard to make this the best school year possible. If, at any time, you have questions, comments or concerns, please, do not hesitate to call the main office at 743-6916 or the counselling office at 743-6980.



It seems that every week we are hearing of accomplishments from Kelsey students. If you know of some that we have missed, or you have an article you feel is applicable, please let us know for our upcoming issues.

Bursaries and Scholarships

by Jo Keeping, Vice Principal

For all those students entering Grades 11 and 12 this is not only an exciting time in their choice of courses, but also it is a time to begin thinking of post secondary colleges or universities of their choice. Questions such as: what universities and colleges offer the programs I wish to take, where are these post secondary institutions situated, what requirements are needed, where will I live, and what jobs do the programs lead to will have to be addressed. The question that will probably worry the student and parents the most is, how much is it going to cost? The counselling centre, the internet, and the work experience program are all places filled with information to help the students make these choices. Our three counsellors, Mrs. Slater, Mrs. Rose and Ms. Kirchner, our career preparation facilitator, Mrs. Munday and our Career Centre clerk, Mrs. Jones are all available to parents and students for help. Phone them at 743-6980 if you need more information. I will be meeting with Grade 12's every month this year to go over important dates, deadlines and to discuss what they should be doing NOW to keep on top of everything that needs to be done. **Please note, it will be a very busy year.** Also, I will write an article every month for the Whale's Tale listing important dates, etc., for your information.

At the walk up ceremony last June, our graduates won \$150,000 in scholarships and bursaries. More have come in over the summer. Added to this we will be awarding the Passport to Education stamps to graduates by the end of this month, so the grand total will probably be over \$300,000.

Of special note are all the Entrance Scholarships that our students won to the following universities and colleges across Canada.

University of British Columbia
Simon Fraser University
University of Victoria
University of Alberta
University of Calgary
Malaspina College

The Governor General's medal went to Kelly Dougan who had over a 94% average in twenty-one courses in grades 11 and 12.

120 of the graduates this June received Honours graduation certificates (All B's or better in all of their Grade 11 and 12 subjects)

Three out of six \$1,000 district awards were won by Kelsey students: Sean Baker, Performing Arts; Sheila Walmsley, Hotel Restaurant Management; and Zac Zorisky, Culinary Arts. Last but not least, a special mention of the 15 provincial scholarship winners who all won \$1,000 scholarships for their excellent results on the Grade 12 government examinations. Each student had to excel on at least three of these examinations. They are:

Jessica Butler
Hayley Cavallin
Stephanie Cleough
Erin Crawford
Kelly Dougan
Carly Gilchrist
Lindsay Hill
Gordon Kell
Justin LaFlamme
Tracy McCaskill
Katy Short
Andrew Smith
Kailen Tremblay
Doreen Vos
Dawn Woods

The many local scholarships and bursaries our students won were in competition with students not only at Frances Kelsey but also with students from the three other secondary schools in District 79. A big, big thank you at this time to the generosity and hard work of all our local donors.

If anyone is interested in giving a scholarship or bursary to the school to help students pursue their post secondary goals, please call Mrs. Keeping at 743-6916.

There are new scholarships coming up in October for excellent students who have shown outstanding community involvement and leadership.

Canadian Merit Scholarship Foundation Oct. 31, 2002
T.D. Canada Trust Scholarship (Community leadership) Oct. 31, 2002
Wal-Mart Canada Community Scholarship Nov. 30, 2002
Soroptomist Foundation Awards Dec. 1, 2002
plus two music scholarships
BC Music Educators Assoc. Scholarship Oct. 12, 2002
Fraser MacPherson Music Scholarship Nov. 1, 2002

Also for students who completed 5 academic Grade 11 subjects before June 30th last year, both the University of Alberta and the University of Calgary give Outstanding Student Achievement Awards. See Mrs. Keeping for details.

An important date to put on your calendar now: The Post Secondary University and College Liaison visit Thursday, November 7th. More details to follow next month.

CLUBS & ACTIVITIES

RED CROSS CLUB

Tuesdays: 11:15, Room 122
Sponsors: Ms. Ciofani & Mrs. Petersen

MOST KIDS DON'T

(Tobacco Prevention)
To be determined
Sponsor: Mrs. Rose, Liz Gehl (Public Health Nurse)

QUIT SMOKING GROUP

Listen for announcement
Sponsor: Mrs. Rose

S.A.D.D.

STUDENTS AGAINST DRUNK DRIVING
To be announced
Sponsor: Mrs. Rose

S.A.V.E.

STUDENTS AGAINST VIOLENCE EVERYWHERE
Thursdays: after school, Counselling Office
Sponsor: Mrs. Rose

DESTINATION IMAGINATION

Weekly: Room 158
Sponsor: Mr. Archer

DUKE OF EDINBURGH AWARD

Weekly: Room 158
Sponsor: Mr. Archer

KELSEY WEB GROUP

Tuesdays: 2:15 - 3:45, Room 223
Sponsor: Mr. Parker

MOUNTAIN BIKE CLUB

Tuesdays: 3:00 Cobble Hill
Fridays: Make prior transportation arrangements with teacher
Sponsor: Mrs. Buhler-Morgen
*Parental permission forms required before participation

SENIOR GIRLS FIELD HOCKEY

Games: Tuesday & Thursday
Practices: Monday & Wednesday
Morning Fitness: Monday & Wednesday
Sponsors: Ms. Kirchner, Mrs. Liebert, Mrs. Gillam

JUNIOR BOYS VOLLEYBALL

Practice - Tuesdays; Games - Thursdays
Sponsor: Ms. Peltier

JUNIOR GIRLS BASKETBALL

To be announced
Sponsor: Mr. Gergel

SENIOR SOCCER (2 teams)

Monday, Wednesday, Thursdays
Games: Wednesdays and Thursdays
Sponsors: Mr. Johnston, Mr. Wilkinson, Mr. van der Linden

KELSEY CONTRIBUTES TO THE FIGHT AGAINST CANCER

by Ms. Kirchner, Counsellor

Frances Kelsey students and staff have been donating tons of pennies for the Tour de Rock, Cops for Cancer campaign. The Penny Drive ended on Monday, September 30th and Kelsey raised \$2,668.10. The following advisor groups contributed the most pennies: Mr. Hall - \$292.53; Ms. Braunwarth - \$204.85; Mr. Grbavec/Mrs. McKay - \$190.85; and Ms. Kirchner - \$170.24.

On Wednesday, October 2nd, the Tour de Rock arrived at Kelsey Secondary at 10:00 a.m. for head shaving for cancer, where upon Kelsey students presented their donations.

Thank you to the Peer Counsellors 9/10, Leadership students, Ryan Drake, Tiffany Baur, Jessica Cuthbert, Josie Barber, Amanda Lamontagne, Kyler Short, Lee Schroeder, Christie Morgan, Jessica Bundy, Elyse MacDowell, Sean Farquharson, Mrs. Watt, Ms. Kirchner's advisor group No. 5, all

of the advisors and students for making the penny drive and head shaving contest a success.

Run for the Cure, October 20th in Victoria:

Anyone interested in participating in the Run/Walk for the Cure fundraiser for Breast Cancer, please sign up in the Career Centre. For more information contact Ms. Kirchner or Mrs. Munday. All your family and friends are welcome too.



Frances Kelsey Yearbook Pre-Order

The Business Education Department is pleased to produce the Kelsey yearbook using Pagemaker, Photoshop and the latest in desktop publishing techniques. Don't be disappointed in June, reserve your copy of the yearbook today!!

Fill out the order form below (one per student, please) and bring it and your \$36.00 to Munchies, the school store, at lunch time to place your order. Make cheques payable to Frances Kelsey Secondary.

Name: _____

Advisor: _____ Advisor Number: _____

Please reserve my copy of the 2002-2003 yearbook at the cost of \$36.00. (Nov-March price)

Date: _____ Signature: _____

2003 Frances Kelsey Yearbook Receipt

Payment Received:
(\$36.00 Nov-March price)

Date: _____

Name: _____

Received By: _____

Retain this receipt as proof of purchase

S
PAC
C



by Björn Ratjen, PAC President

Attendance at the Annual General Meeting of Frances Kelsey Parents Advisory Council (FKPAC) demonstrated that more parents are interested in the educational agenda of our school. This is good news because together we can accomplish a lot more.

A new executive was elected:
President Björn Ratjen
Vice President Leslie Heinio
Secretary Sue Waugh
Treasurer Betty Thompson
DPAC Rep. Sonya Young

This year a new School Planning Council (SPC) consisting of three elected parents, school principal and a teacher representative will be put in place. The new SPC provides advice to the School Board with respect to:

- ◆ allocation of staff and resources in the school
- ◆ matters contained in the board's accountability contract relating to the school
- ◆ educational services and programs in the school

This is a new avenue for parents to become more involved and the FKPAC will be part of any developments.

At our October meeting we will provide an introduction to the Kelsey system with advisors and students providing us with tips

and good suggestions about how to succeed. This is highly recommended for "new" and "old" parents as good information about different ways to learn and as an opportunity to answer any questions you might have. All parents are invited to attend. Mark it on your calendar.

FKPAC Meeting

*Wednesday,
October 16, 2002
7:00 p.m.
in the
Frances Kelsey
Library*

Senior & Junior Ice Hockey

Team Organizational Meeting

*Wednesday,
October 8th
at Lunch time
in Room 220*



Dry Grad



by Beverly Stretch, parent

Club Grad:

"Club Grad" is a major fund raising event to encourage a substance-free Grad.

To learn more about the changes in "Club Grad" program for this year, we encourage you to attend the next Dry Grad meeting.

*An Invitation
to please
attend the*

*Dry Grad
Meeting*

*Tuesday
October 8th
@ 7:00 p.m.*

*in the
Kelsey Library*

Duke of Edinburgh's Award for Young Canadian's Challenge

submitted by Mr. P. Archer, Gifted Catalyst Teacher

The opportunity to participate in the Duke of Edinburgh's Award programme will, again, be available through Frances Kelsey Secondary School. The programme will be coordinated by Mr. Archer through "Gifted Education" but will be open to any student in grades 9 through 12.

The Duke of Edinburgh's Award for Young Canadian's Challenge is the most prestigious achievement award for young Canadians. It is a challenge to all young people between the ages of 14 and 25 and offers an opportunity to broaden interests and experience under adult guidance and assessment. This

is achieved through participation in a balanced programme of practical, cultural, and adventure activities chosen to suit individual aptitudes and related to local needs and conditions. Participation in the Award programme represents a personal commitment to constructive endeavour, promoting qualities of self-discipline, self-help, and self-reliance.

At the present time, The Duke of Edinburgh's Award is being considered by the Ministry of Education for possible "equivalence" course credits at the grade 11 or 12 level. In the meantime, Frances Kelsey administration has indicated the possibility of granting "Individual

Directed Study" credits at grade 11 and/or 12 level. The programme will be conducted outside of school time, although many of the requirements may be fulfilled during a student's regular course of study at school.

Mr. Archer is interested in meeting with any and all students who are interested in pursuing this programme. Students can make an appointment to see him in room 158. Parents interested in learning more about the programme, please feel free to contact Mr. Archer at 743-6916 for more information.



Hola! Madrid and the Costa del Sol

by Mrs. Foster, Teacher

Sunny skies, azure seas and the beauty of Spain and the Mediterranean coast are on the minds of Kelsey students this fall. Spring break this year will see students in grades 9-12 travelling with Mrs. Foster and Mrs. Hyde to Madrid, Seville, Granada and the beautiful beach resorts on the coast of Spain. Last year, Mrs. Foster led a tour of 18 students on an incredible 9-day trip to Italy and there was great excitement on their return and a strong interest in a trip to Spain. Highlights of this year's 11-day tour are the Prado, considered one of the top five art museums in the world, the "Alhambra" in Granada, the

Ghiraldo tower in Seville, a ferry ride across the Mediterranean to Morocco and the markets of Tangier, and a day at the beach in a Spanish resort town on the Costa del Sol. To complete their tour, students will spend two nights in Lisbon, the capital city of Portugal. Flights, hotel accommodation, breakfast and dinner daily and all tours are included in the package. This is a wonderful opportunity for students to travel and experience the language and culture of Spain, complete with "tapas", a Flamenco evening and a "fado" blues night in Portugal. There is still time left to register for this amazing trip. Trip itinerary pamphlets, registration information and tour costs are available from Mrs. Foster.

*An information evening
will be held in Room 212
for all interested parents
and students on Tuesday,
October 8th,
at 6:00 pm.*



Career Centre News - October 2002

Guest Speakers:

Our list is being developed at the printing of this newsletter. So far, possible speaker topics this year will be:

- ◆ Psychology
- ◆ Hospitality/tourism
- ◆ Archaeology
- ◆ Pharmacy
- ◆ Sheet Metal Work
- ◆ Cowichan Youth Services -
Trades: Welding, Heavy Duty Mechanic, Aircraft Maintenance.

Nov 5th Quebec University Session at Brentwood: Concordia, Bishops, McGill.

Nov 7th University Liaison Day: for grades 11 and 12.

Nov 29th Career & Education Fair in Victoria.

Work Experience:

Student Tutors: We have many requests for students to tutor other students from surrounding schools and our own school. Applications are in the Career Centre.

Youth Forum on Coastal Biodiversity - Bamfield Marine Station: 2 sessions on Eelgrass and Abalone: Students in Grade 11 or 12 should apply. Deadline for both November sessions is October 15th, but it is first come, first in.

Volunteer/Exchange Opportunities:

GAP Program: Spend a year in the UK after grade 12; Application Deadline is Nov 30th.

Canada World Youth Exchange Program: must be 17, travel to India or Indonesia. Deadline is Dec 6th for summer 2003 placement.

Career Program Placements:

Grade 12 students : Recent placements have been made for students in the following areas:

- ◆ Acacia Ty Mawr
- ◆ Encounters with Canada
- ◆ Prevost Vet Clinic
- ◆ Cherry Point Artisans
- ◆ FKSS International Program
- ◆ Lockhart Industries
- ◆ Great Canadian Shoreline Cleanup.

Secondary School Apprenticeship (SSA)

In June we had 6 students graduate from the SSA program and qualify for the \$1,000.00 scholarship.

We have more new apprenticeships signed up this year.

- ◆ Meatcutting
- ◆ Automotive Machinist
- ◆ Industrial Engines and Equipment Parts person
- ◆ Sheet Metal.

Take our Kids to Work Wednesday November 6, 2002

Frances Kelsey Secondary had *over 81 students* registered to take part in last year's job shadow program for our *grade 9's*.

This year we would like to have even more students participate. This job-shadow initiative allows the entire community – parents, teachers, employers and workers – to play a part in the career development of grade 9 students.

We ask that parents, relatives, or family friends plan to take their Grade 9 student to work on Nov 6th. Permission forms will follow from the Career Centre. If you have any questions please contact Mrs. D. Munday at 743-6916.



External Credentials

Did you know that students can receive credit from this list of external credentials 2002/03?

What is an External Credential?

A document (certificate, letter of completion) issued by an organization external to the BC school system for the successful completion of a course/program that has been reviewed and approved for credit towards secondary school graduation.

Music: Associated Board of the Royal School of Music, BC Conservatory of Music, Conservatory Canada, Royal Conservatory of Music, Victoria Conservatory of Music, Trinity College: London, London College of Music.

Dance: Royal Academy of Dancing, Imperial Society of Teachers of Dancing, British Association of Teachers of Dancing, Canadian Dance Teachers Association, Lorita Leung Dance Association, Association of International Dance Teachers.

Drama, Speech & Effective Communications: Trinity college: London, Royal Conservatory of Music, London College of Music.

Post-Secondary Courses: Advanced Basic Education, American Sign Language, Asian Studies, Calculus, Fine Arts, First Nations Language/Linguistics, First Nations Studies, Horticulture, Business Statistics, Psychology, Principles of Management, Sociology, Women's Studies.

Languages: Select Language Assessments and Certificates.

Sport: Athlete (Provincial & National Teams), Coach (NCCP), Official.

Youth Development: Air/Arm/Sea Cadets, 4-H, Girl Guides, Scouts, Outward Bound, Duke of Edinburgh's Award, Grand Prior's Badge.

Industrial and Occupational: Fitness Leader, Boating, Canadian Pony Club, Tourism, Wood Products Manufacturing (WoodLinks), Red Cross Water Safety Instructor, WCB Occupational First Aid, Computer Certification (soft/hardware, networks, applications), ICBC Driver Education, Private Pilot's License, Ground Search & Rescue, Red Cross First Aid Instructor, Lifesaving Instructor.

Please see Mrs. Keeping for more information.

Library Resource Centre Update

Bookmark the Library home page. It has a large number of links with curricular connections: www.sd79.bc.ca/eduserve/curriculum/lowis/kelib/fksslib.html

It can also be accessed from the school homepage <http://www.fkss.ca>

Several encyclopedias have home access. Students can pick up the passwords at the

library circulation desk.

Shortly, the database by bigchalk Library Canada will be accessible from home. There will be an update on this later.

A LIFE CHANGING SUMMER

by Kaivon Pakzad-Vaezi, student

Ah, the excruciating joys of science, the early mornings, the incorrect hypotheses, the eight-hour laboratory days.....in July? What has been the most difficult and exhausting July of my life will undoubtedly fuel my desire for a scientific career. It was an unforgettable and unbelievable experience when I now reflect upon it. And although it was only a three and a half week program, I can honestly say that my life has changed in all aspects.

I never thought that the existence of the Kelsey morning newsletter would end up serving any valid or important function to the life of a student like me. However, the melodious morning tones of Mrs. Rose's voice changed my opinion when she announced an opportunity that sparked "a fire in my belly" as Dr. Bruce McManus, MD, FRCPC, PhD, FACC, FCAP, one of our esteemed speakers put it. The Heart and Stroke Foundation of BC and Yukon was offering a summer program in which 'outstanding' youth from the province were chosen to be tempted into pursuing a scientific career through exposure to VIP's and behind-the-scene procedures in medicine while living at the University of BC. This would serve as the best preview for what I had already decided would be the reality of the rest of my life. I must say that my early decision was the right one for me.

From the point when I hung up the phone after receiving the

message of acceptance to the program, and after the lunatic display of joy undertaken by my mother and myself, I realized that my summer would be no easy ride. Our first lecture, delivered by the president of the Heart and Stroke Foundation (HSF), simply told us that they are paying for us, that we are going to work, and that we are expected to grow up and medically revolutionize BC and Canada, hopefully through scientific research. She told us that thousands of people donated money to the HSF, enabling us to be there, and that it is our duty to give back to our community with the rest of our lives. Just in case you are wondering where your money goes when some strange HSF person asks for money in February, saying it is Heart Month, it goes to such endeavours as funding me and fourteen of the most amazing peers who have inspired me to reach my goals. We all sincerely thank the citizens of BC who selflessly donated to the HSF. That money, we all promise, will be a good investment.

The Foundation crammed our days with activities. We had lectures from the most accomplished doctors and professors I have ever met, bombarded them with question after question, and imagined ourselves in their positions. We turned one-hour lectures into three-hour question and answer periods. We challenged every theory, every idea, and strived to tap all the knowledge out of these professionals. Unfortunately, we haven't been able to trip one up yet! It won't happen. The HSF

provided us with once-in-a-lifetime experiences that will never be forgotten. We watched as one of the top cardiovascular pathologists dissected hearts during his investigation of the causes of death. We witnessed the patching of a hole the size of a toonie in the open-heart surgery of a teenage girl, a bloody and violent operation in which no one winced (chopping and wrenching apart the skeleton of a young girl isn't something we see everyday). And, finally, the ambulance dispatch-center experience and the ambulance ride-along, in which we all witnessed heart attacks, respiratory problems, broken limbs, drug overdoses, and in some cases deceased people, sometimes up to a week old in their homes. And then the BCTV reporter wondered why I laughed, when she asked me if I would rather be at home watching television.

The major section of this experience was the laboratory component in which we all had a different research project under the supervision of a graduate student. I was expected to read and understand my grad student's fifth year pathology textbook and prepare for experiments that would take many days. Although it was initially a foreign language, I am now happy to realize that four undergraduate years of study is unnecessary to at least partially understand material covered

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. . . . from page 9

in pathology 521. My project consisted of taking plasma samples and testing them for proteins and cytokines such as serum amyloid A and interleukin6 and hypothesizing how their levels contribute to developing coronary artery disease by means of atherosclerosis or the hardening of arteries. It's definitely the most interesting project I've ever been exposed to. After working with unbelievably expensive equipment, learning insanely precise procedures and techniques, and being reprimanded for the most miniscule errors, going back to a high school laboratory will be like culture shock.

Not only did the program boost my capacity to learn, it also expanded my social capabilities. It wasn't easy to suddenly live with other teens whom I had never seen before. Friendships had to be made very quickly, friendships that have now turned into brotherhoods. Spending this much time with these amazing and respectable people has made me feel comfortable and willing to treat them like my own family.

A challenge that a quad with six guys had to overcome was the cooking aspect. Frozen pizza gets pretty gross after a while. Ironically, we learn how to take care of our hearts, and then we eat the worst junk ever made, only because it requires just a microwave. However, it was a learning experience and we were willing to try some new things, like the oven!

Overall, this experience has made my goal more of a reality

than a dream. Truthfully, my decision to become doctor was somewhat naïve. It is only now that I have worked and lived with doctors and professors that I can come to the conclusion that entering the field of medicine is not my goal, but my future. Children decide to become doctors for many reasons. Personally, the money and community prestige was quite appealing. However, this program made it absolutely impossible for me to think about anything other than helping the suffering patients asking for help. How can one think of money when keeping the head of a bleeding and crying patient steady while rushing to the hospital? One of the most important lessons I learned is that the life of a medical professional is entirely dedicated to everyone but himself/herself. The qualities of service and utmost humility supersede the thoughts of self and ego. These doctors think of nothing but the lives of their patients. Instead of being paid with material goods, they are rewarded with the health of each of their patients every day. Is there anything more satisfying than helping and improving the lives of others? For me, this thought has taken over my whole being, and I cannot wait until the day when I will have the ability to do what these mentors of mine are doing right now. I genuinely thank Mrs. Rose and Mrs. Munday for leading me to this program. I thank the donors to the Heart and Stroke, and I am deeply indebted to the Foundation for changing my life and putting me on the straightest road to my future.



MUNCHIES

New stock is
arriving soon!!

Blue or white hoodies with
Kelsey
Kelsey Athletics or
Kelsey Music
\$40.00

Sweatpants with
Kelsey on the butt
\$32.00

Crewnecks
(Price to be determined)

Student Price Cards
\$7.50

Get your order in now!
Don't be disappointed!

The Whale's tale is distributed on the first Monday of each month, excluding holidays. Layout by Bonnie Mann, Library Assistant. Edited by staff and administration.

My life as a high school dropout

by **Josh Nelson, student**

The pressures of teenage life can be a strenuous burden - to the teenager that is. Although the world may seem to be crashing down on you, it is minuscule in comparison to the responsibilities you face as an adult. Take my story as an example; it takes place around this time last year. . . .

I had been having some problems at home with my family, and I had been feeling a lot of added pressure to graduate. When it came time for me to write my English 12 provincial, I had only half the course finished. As usual, I had kept this well hidden from my parents. However, I was sure that my parents would be notified that I was not writing. So, like many teenagers facing a similar situation, I panicked. I telephoned my girlfriend who was living in Victoria, and asked her to come pick me up, with all

my belongings. I did it right after school before my parents got home from work, so they would not be there to stop me. Thinking this was my only way out (it is never your only way out), I decided to drop out of high school and be an "adult". So there I was, eighteen years old and living with my twenty-one year old girlfriend in a downtown apartment. I soon learned what it meant to be an "adult". Bills for everything you can imagine started rolling in, and they never really stopped. My days consisted of working a steady job and cleaning the house, while my nights consisted of partying, sometimes until 11:00 the next morning. After a while I slowly started to realize that, without getting my education, what I was doing right then I'd be doing for my entire life. My relationship ended in May and I ended up moving back with my parents. Instead of anger, I was welcomed with open arms. They knew I had learned my lesson and that,

despite my childish actions, I had become somewhat of an adult during my absence.

I am now back at Frances Kelsey, and preparing again for my English exam in November. Things are a lot different now, though. I have positive goals for my education for the next five years. My relationship with my family is now an open and honest one, better than it has ever been. If there is one lesson I learned, and can pass on from my experience, it is this: Focus on the positive aspects of life, instead of the negative. If we are always looking for the worst things in our life, how can we ever hope to experience the best?

Just a side note. I plan on getting my university degree, and becoming a high school music teacher. I just hope one day I can pass on to others what I have learned in all my years of schooling.

Summer Science Program

by **Tannis McDonnell**

Over the summer I had the good fortune of attending a summer science program at the University of British Columbia. The First Nations Summer Science program is held at UBC every summer. It is a program not to be missed if you are a First Nations student. It is open for grades nine to twelve.

I found out about this program

through the school, and decided to apply. There are many steps in applying, but it was most definitely worth the effort. The weeklong program in Vancouver is filled with high energy and fun filled science focused activities.

One of the things that we did in the program was go to UBC's gym ("The Bird Coop") where we participated in a workout. We also went on a tour of a hospital and tested real blood. We attended a professional football game, went

into a wind tunnel, saw Science World, and shopped at MetroTown.

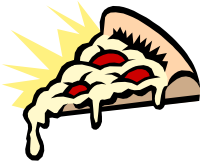
Ultimately, the program brings together youth from all over BC to this once in a lifetime opportunity. It was amazing getting to know all of these people and making new friends. We all still remain in touch. It was difficult to say goodbye but it was great not to have to sleep in the dorm beds after that week!

October Fundraiser



Our senior sports teams find it very expensive to travel to the various venues they must play at during the year. Despite fundraising efforts they often end up in debt at the end of the season. To help them clear up these debts, we are offering the following fundraisers:

Need a Couple of Quick Meals on Hand? Take and Bake Pizzas



Hot Spot Pizza will supply individually wrapped and boxed large pizzas (\$9.00 each) that you may *take home and bake* at your convenience. They can be frozen for up to a month. Baking instructions come with every pizza.

Please complete the order form below and return it to the main office, with payment attached by October 11th.

The pizzas will be delivered to the school for pickup on October 17th, from 2:00 pm to 4:00 pm. Please note students cannot bring the pizzas home on the school bus. They must be picked up here at the school.

Regal:



Check out the new catalogues for gifts and gadgets for your home, Hallowe'en and Christmas decorations. Please come in and take a look or we can arrange for your student to borrow one overnight. We can't send catalogues home to everyone as there is a cost for them. If you wish to place an order, please give the item number and the page it is on and include GST (7%) & PST (7.5%) in the total.

Thank you for your support!

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Take and Bake Pizza Order Form - by October 11th.

Name: _____ Phone #: _____

- 1. _____ Ham and Pineapple @ \$9.00 _____
- 2. _____ Cheese and Pepperoni @ \$9.00 _____
- 3. _____ Vegetarian (Mushroom, Onion
Tomato & Green Pepper) @ \$9.00 _____
- 4. _____ Tomato & Feta Cheese @ \$9.00 _____

Total _____