

# THE WHALE'S TALE



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

*November 3, 2003 Vol. 9/No. 2*

## So....You Think You're Self Directed?

by David Bellis, Teacher

Recently, I asked for volunteers from grades 10-12 who would be interested in answering some questions about their self directed learning here at Kelsey. I was looking for students who saw themselves as "doing well" in our system. Their responses would be part of a project that I am completing for Royal Roads University. I am pleased to report that many students volunteered and I have randomly selected eight volunteers, 4 male and 4 female, and that the interview process has begun. I would like to take this opportunity to thank all those who unselfishly put their names forward, but were not chosen. I wish I had time to listen to all your stories.

So, what is this project all about and why am I doing it? The answers are simple: it is about helping Kelsey be a more successful place for a greater number of students, and I am doing it to receive my Masters degree and, hopefully, to help improve student progress and transition rates. The official focus question is "What are the commonalities among adolescent self directed learners?" In other

words, I am trying to determine if there are similarities, perhaps personality traits or work habits that these student volunteers share. The students will be asked seven questions in a one on one interview situation, and then brought together as a group to further discuss the questions. The interviews will be taped, and then transcribed into written format. (I will hire someone to do that; it will probably be over 1000 pages of Word document!) If all goes as planned, this part of the project will be finished by the end of November.

Once that part of the project is complete, the students will once again be brought together to help analyze and sort the data, with the help of administration and counsellors. This is where we try to determine the commonalities in the responses.

So what's the point, you may ask? Good question. After all, if these students are already doing well, in their view, why do they need investigation?

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



### Kelsey Calendar

**Monday, Nov. 3, 2003**

First formal report card and newsletter

**Thursday, Nov. 6, 2003**

12:50 Early dismissal

6:30-9:00 Parent/Teacher/Student Conferences

**Friday/Monday, Nov. 7/10, 2003**

Government exams

**Monday, Nov. 10, 2003**

Day in lieu - no classes

**Tuesday, Nov. 11, 2003**

Remembrance Day - no classes

**Wednesday, Nov. 12, 2003**

7:00 pm Dry Grad Meeting in Library

**Wednesday, Nov. 26, 2003**

7:00 pm PAC Meeting in Library

**Thursday, Nov. 27, 2003**

1:05 Early dismissal

**Monday, Dec. 1, 2003**

Monthly report card and newsletter

**Wednesday, Dec. 17, 2003**

7:00 pm PAC Meeting in Library

**Friday, Dec. 19, 2003**

Last day of classes before Winter Break

**Monday, Jan. 5, 2004**

First day of classes

**Monday, Jan. 12, 2004**

Monthly report card and newsletter

**Friday, Jan. 16, 2004**

Implementation Day - no classes

**Jan. 26 - 30, 2004**

Government Exams

**Wednesday, Jan. 28, 2004**

7:00 pm PAC Meeting in Library

**Friday, Jan. 30, 2004**

Turnaround Day - no classes

**Monday, Feb. 2, 2004**

Term 2 begins. Monthly report issued with newsletter

**Thursday, Feb. 5, 2004**

6:30-9:00 Parent/Teacher/Student Conferences

**Thursday, Feb. 12, 2004**

1:05 District-wide early dismissal

**Friday, Feb. 20, 2004**

Pro-D Day, no school

Again, the answer is quite simple: if we can identify what the "successful" students are doing, what skills or competencies they bring with them, then perhaps we can help those students who are struggling, or at least not doing as well as they might, to be more successful. It is these students that the project is really about. Those who are sailing through obviously don't need help. However, Kelsey needs to find more and better ways to help those who are finding school difficult or overwhelming. There are no guarantees that this

project will provide that help, but it may give us some indication of the direction to take and the work that needs to be done. The final section of the project will be a set of recommendations for the school.

The final copy of this project will be seventy-five to one hundred pages long. I realize only a very few people would be interested in reading all of it. For that reason, there will be a short, probably one page summary made available to all students and parents who are interested

in the results. As well, I would be glad to discuss the project with any of you who are interested.

This is an exciting venture for me, and is the end result of almost two years of university work. I have been greatly impressed with what I have heard so far. The students' stories have been rich and thoughtful, and I feel that valuable information will be revealed, information that will assist us all in our time here at Kelsey, and beyond.

---

## Our New Support Staff

### **Mrs. Cathy Ruszel**

Cathy Ruszel has come to join us at Kelsey in the role of Counselling Secretary. Cathy originally hails from Toronto and has been living in the Cowichan Valley for the past 13 years. She has a BA in Psychology and has previously worked at Royal Roads University, Malaspina University-College and Family Life in the Duncan area. After taking her office administrative diploma at Camosun, she has been working in various assignments in the district over the past three years. In addition to being a mother of two children, she is involved with two very creative hobbies. She loves pottery, is an artist in her own right and was formerly a performer in the "Cowichan Consort".

Cathy is pleased to be here to support the staff and students at Frances Kelsey.

### **Mrs. Laurie McGrade**

We, in the Student Services Program, are pleased to welcome Laurie McGrade back to Kelsey. Laurie has worked as a teacher assistant at George Bonner Middle School for many years, at Kelsey from 2001-2002, and at Mt. Prevost Middle School from 2002-2003. She rejoined Kelsey in September of this year to work as a teacher assistant with Katie Miguez. Laurie works in and out of room 158 and can be seen in the theatre, the foods room and the gym. We appreciate Laurie's warm, caring manner and the expertise she shares with students at Kelsey. Laurie's resourcefulness, initiative, willingness to help others and her sense of humour are great assets to all Kelsey students. Welcome back Laurie!

### **Mr. Bill Buikema**

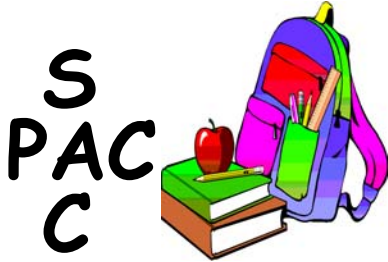
Bill Buikema comes to Frances Kelsey from Mt. Prevost Middle School. He has worked as a teacher's assistant in the school district for the last six years and has enjoyed working at Chemainus Elementary, George Bonner Middle School, and in Lake Cowichan. He works out of room 165 and usually can be found assisting students with the recycling program. Mr. Buikema enjoys cooking, reading, and spending time with his four grandchildren.

### **Mrs. Nancy Bonner**

It is with great pleasure that we welcome Nancy Bonner to the staff at Frances Kelsey. Mrs. Bonner has worked in the school district for nine years, the last four at George Bonner Middle School coordinating the job shadow placements for grade eight students. This is not Mrs. Bonner's first assignment at Kelsey so she knew that she would be coming to a very busy job with lots of variety. She runs the circulation desk in the library, looks after textbooks as well as being



responsible for the production of the *Whale's Tale*. Coming from George Bonner School many faces are familiar so Mrs. Bonner feels like she has come home. We hope you like it here and stay a long time!



**by Trisha Daniell, President  
FKPAC**

Congratulations to our Past President Björn Ratjen, who was elected the new President of the District Parent Advisory Council this month. The group (DPAC) is made up of representatives of all the PACs from all the schools in

the District, and is regarded by the School Board as speaking for all parents, which no individual PAC is able to do.

Unfortunately, some schools don't participate in this influential group, but on the bright side, the new leadership of DPAC is composed entirely of south-end parents from elementary and secondary schools, so we are being well represented.

Counsellor Janice Rose, with peer counsellors Sara Kubica and Jennifer Cain, made a presentation at our October meeting about being successful at Kelsey. The students talked about ways that parents can encourage and support them. And that apparently doesn't include nagging! (There's Plan A, shot down.....)

Our next meeting will discuss, among other items, whether parents should petition the School District to put a limit on student

numbers at Kelsey. It's an interesting issue - we're committed to providing a self-paced type of learning to all students who can benefit from it, yet all students suffer when there's not enough space to concentrate, or enough opportunity to get staff help when they need it. What do you think? The meeting will be on the fourth Wednesday, November 26, in the school library at 7pm. We'd love to see you there!

## FKPAC

Please come and join us at our next meeting on:  
Wednesday  
November 26, 2003  
at 7:00 pm  
in the school library.

## Library Resource Centre Update

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

All the encyclopedias we subscribe to have home access. Students can pick up the passwords at the library circulation desk.

The database 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 where to start their searching. This page has been developed with the students' needs in mind.

## Student Art

**By Dave Aris, Teacher**

The Visual Arts students are having a display of paintings and drawings at the Letter Box in Duncan. The show runs from Tuesday, November 4 to Saturday, November 15. This is going to be an outstanding show so drop in if you can.



# Scholarships and Bursaries

by Marilyn Sandford, Vice Principal

The Grade 12 Grad Planner will be given out to Grade 12's this month during Advisor time. This is a useful booklet put out by the Ministry of Education to help Grade 12's plan their year. It has a monthly calendar of things to do. Ask your student if you can look at it. Also, we will be holding the first of several scholarship and bursary meetings soon. Make sure your student attends these.

During the week of November 3 - 7, all graduates must meet with their counsellor to review their Ministry transcripts.

Already, we are starting to receive a few scholarship application forms. Please be aware these are very specific and the competition is very intense. Usually for these large scholarships a student is in competition with the rest of Canada and sometimes all of North America. See Ms. Sandford for more details.

- Wendy's Classic Achiever Scholarship Award \$2,000. Apply at [www.wendysclassicachiever.ca](http://www.wendysclassicachiever.ca) Due date December 31, 2003

- Canadian Millennium Scholarship Foundation up to \$20,000. Apply at [www.millenniumscholarships.ca](http://www.millenniumscholarships.ca)

- University of Alberta Academic Excellence Scholarship Competition up to \$5,000. Apply at [www.registrar.ualberta.ca/awards](http://www.registrar.ualberta.ca/awards) Due date December 15, 2003

- University of Calgary - Outstanding Achievement Awards up to \$5,000. Apply at [www.ucalgary.ca/awards.ca](http://www.ucalgary.ca/awards.ca) Due date December 1, 2003

- Burger King Scholarship \$1,000. Apply at [www.bkscholarshipamerica.org](http://www.bkscholarshipamerica.org) Due date December 15, 2003

Secondary Liaison Visits were at our school on Monday, October 27. This event was well attended by our graduates.

## What should grade 12's be doing now?

By using the Career Centre, college and university calendars, internet sites, and visiting

the college personnel, students should be:

- deciding on which programme of studies they wish to take next year,
- deciding on which college/university they wish to go to next year,
- finding out about application deadlines, residence deadlines, and scholarship deadlines, and
- finding out about any unions, groups or affiliates to organizations that their parents and grandparents have belonged to.

### Note:

Malaspina College, BCIT and most Vancouver College applications are due soon, some in November. Camosun College applications are due January 2004. University applications in BC are due February 2004

### Key Web Sites for Graduates:

Graduation Program: [www.bced.gov.bc.ca/graduation](http://www.bced.gov.bc.ca/graduation)

Career Planning and post-secondary options in BC: [www.openingdoorsbc.com](http://www.openingdoorsbc.com) Your guide to post-secondary education programs and institutions in BC. [www.bced.gov.bc.ca/careers](http://www.bced.gov.bc.ca/careers) Offers students and parents information on post-secondary education, careers and the work force.

Apply to several post-secondaries online: [www.pas.bc.ca/](http://www.pas.bc.ca/) Canada's first internet application-for-admission-service with applications for 18 public post-secondary institutions.

Student Financial Aid: [www.aved.gov.bc.ca/student-services/](http://www.aved.gov.bc.ca/student-services/) Your online guide to information about financial assistance programs including grants, loans and interest relief.

Provincial Examinations Frequently Asked Questions: [www.bced.gov.bc.ca/examfaqs.htm](http://www.bced.gov.bc.ca/examfaqs.htm)

Exams, Transcripts and Scholarships: Data Management and Student Certification: [www.bced.gov.bc.ca/departments/rdda/](http://www.bced.gov.bc.ca/departments/rdda/)

Information about awards throughout Canada: BC: <http://bcawardsonline.sd61.bc.ca> Canada: [www.studentawards.com/](http://www.studentawards.com/)

# Clubs and Activities

## RED CROSS CLUB

Tuesdays: 11:15, Room 122  
Sponsors: Ms. Ciofani

## MOST KIDS DON'T

(Tobacco Prevention)  
Blocks A & H, Afternoons  
Sponsors: Mrs. Rose, Liz Gehl (Public Health Nurse)

## S.A.D.D.

STUDENTS AGAINST DRUNK DRIVING  
Thursdays: 1:15, DC Lab  
Sponsor: Mr. Geoghegan

## S.A.V.E.

STUDENTS AGAINST VIOLENCE EVERYWHERE  
Mondays: 2:15-3:30, Room 118  
Sponsor: Mrs. Rose

## MISSION POSSIBLE

Listen for announcement  
Sponsor: Mrs. Munday

## STUDENT COUNCIL

Kelsey Crimestoppers is run under the auspices of the Student Council  
Wednesdays: 11:15, Room 208  
Sponsor: Mr. Gergel, Mr. Price

## LITERARY MAGAZINE

Day/Time: TBA  
Sponsor: Mrs. Hyde, Mrs. MacKay

## DESTINATION IMAGINATION

Weekly: Room 158  
Sponsor: Mr. Archer

## DUKE OF EDINBURGH AWARD

Weekly: Room 158  
Sponsor: Mr. Archer

## DANCE AT LUNCH

Dance room is open every lunch hour for all dancers.  
Spectators are welcome on the last Friday of the month.  
Sponsor: Mrs. MacLeod

## MOUNTAIN BIKE CLUB

Tuesdays: 3:00 Cobble Hill Mountain  
Fridays: Make prior transportation arrangements with teacher  
Sponsor: Mr. Hart  
\*Parental permission forms required before participating

## JR GIRLS BASKETBALL

Practices and games as per posted schedule  
Sponsor: Mr. Gergel

## JR BOYS BASKETBALL

Practices and games as per posted schedule  
Sponsors: Mr. Abbott, Mr. Leslie

## SR GIRLS BASKETBALL

Practices and games as per posted schedule  
Sponsor: Mr. Kelly

## SR BOYS BASKETBALL

Practices and games as per posted schedule  
Sponsor: Mr. Martin

## CO-ED ICE HOCKEY

Jr Team - TBA  
Sr Team - TBA  
Sponsor: Mr. Wilkinson  
Coaches: Mr. Brian MacGregor (748-7392)  
Mr. Ed Henderson (748-7821)

## MUNCHIES

How about shopping at Munchies for some great gifts for your kids.

**Blue or white hoodies with**

Kelsey  
Kelsey Athletics or  
Kelsey Music  
\$40.00

**Sweatpants with**

Kelsey on the butt \$33.00  
**Shorts** \$20.00

**GREAT BIRTHDAY OR  
CHRISTMAS GIFTS!**

Can be ordered in:

**Crewnecks** \$33.00  
**Long Sleeved  
T-Shirts** \$15.00 - \$20.00



# Dry Grad

Dry Grad is a fun all-night party put on by parents for our graduating students with fun activities, food and prizes. If your child has a student number in the 24000's and would have graduated this year from grade 12 in a non self-paced school system, he is entitled to attend this year's Dry Grad party. Other students who are entitled to attend are those who, by June, 2004, will have completed their secondary grades in fewer than four years.

We had a very successful firewood sale last month from which we earned approximately \$2,000. There was fantastic participation by a huge number of parents and students - sincere thanks to all who helped and to those who purchased firewood.

Dry Grad parents are selling Country Grocer certificates which will be available at many school functions, the next being Parent/Teacher/Student conferences on Thursday, November 6. The certificates can be purchased for their face value in \$10 or \$20 denominations then can be applied towards purchases at both the Valleyview and Duncan locations. Country Grocer donates a percentage of the certificates to the Dry Grad committee.

We will be having a major fundraiser in the early spring, a Garage Sale and Silent Auction. Please keep us in mind when "spring cleaning", between now and then. We will be collecting

donations in February. More details to follow.

As ongoing fundraisers we accept Canadian Tire dollars, Sports Trader Bucks and UPC codes from Island Farms products. Boxes for these items are in the office.

Our next parent meeting will be in the Kelsey Library on Wednesday, November 12 at 7:00 pm. New faces are always welcome. Meetings are guaranteed to last only an hour!

<p><b>DRY GRAD MEETING</b></p> <p>Wednesday, November 12</p> <p>7:00 pm in the Kelsey Library</p> <p>Everyone Welcome to Attend</p>
---

## Some Post Secondary Questions & Answers

**Q.** What are the entrance requirements for each of the 28 post-secondary institutions?

**A.** Each post-secondary institution, and each different program within each post-secondary institution, may have different entrance requirements. You will need to refer to the University or College calendar regarding admission requirements.

**Q.** Can I start at one post-secondary institution and then switch to another?

**A.** Yes. BC's public post-secondary system is set up to allow students to move from one institution to another. This is called "**transfer**". However, to avoid taking extra courses, you need to plan ahead. For more information, see the Online Transfer Guide at BC Transfer TIPS.

**Q.** Why do all programs at different institutions have different entrance requirements?

**A.** Each individual post-secondary institution sets its own requirements dependent on department standards.

**Q.** Why do some institutions require a language 11 for entrance and others do not?

**A.** Direct entry into most degree granting post-secondary institutions require a second language 11. Most university transfer programs and colleges do NOT require a second language 11 as an entry requirement. You need to check each university's or college's entrance requirements.

# Frances Kelsey Secondary School Student Crime Stoppers Program 2003/2004



Student Crime Stoppers has arrived! The highly successful Crime Stoppers Program will be implemented this year at Frances Kelsey as a proactive and preventative measure at reducing crimes committed in and around the school.

Student Crime Stoppers works very simply. A crime takes place in or around Frances Kelsey. The crime is then reported to the school administration or the Shawnigan Lake RCMP or not reported at all. If you have any information about the crime, you're asked to contact the Crime Stoppers hotline at 1-800-222 TIPS (24 hours a day, 7 days a week) and provide your information. This is anonymous. You do not have to give your name or any other personal information. Crime Stoppers does not subscribe to call display. You will then be given a tipster number which will act as your identification for future reference. The information received from you will then be forwarded to the Shawnigan Lake RCMP for investigation. If your information proves valuable to the police, you will be eligible for a cash reward. It's up to you to contact Crime Stoppers and check on the status of your tip. You may call as many times as you'd like for updates. When it comes time for paying you for your information, Crime Stoppers will make arrangements for you to pick up your cash from a financial institution under a fake name that you'll provide. It's as simple as that! Remember to protect your tipster number so that no one else can cash in on your information.

If you are thinking someone else will call or the crime being committed is not really that serious, then you're wrong. It's up to you to make Student Crime Stoppers a success. Any information you might have is worthwhile. Your identity will be protected throughout the entire process, guaranteed! And you'll receive a cash reward for your efforts. It's your school, it's your environment! You spend more time at school than you do at home and you wouldn't tolerate someone dealing drugs near your house or vandalizing your home. So why would you allow these things to take place at your school? Take charge of your environment and help all of us prevent crimes in our school!

## District Communications

Mrs. Jackie Barker, the principal of Cowichan Station Elementary School, has taken on the additional task of District Communications Administrator. Information supplied to us by Mrs. Barker will appear regularly in the *Whale's Tale*.

For starters...

In the spring, our school district will be visited by a Provincial Review Team. The team will be speaking with students, staff, parents and community members at most of the schools in our district to determine the progress we are making in the area of student achievement. The team will be addressing ten main areas of inquiry and will write a report on the district after their visit. The report will be available to the public on the Ministry of Education's web site.

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.

# Frances Kelsey Yearbook Pre-Order

Reserve your copy of the memories today!

Don't be disappointed in June - reserve your copy of the yearbook now.

Fill out the order form below (one per student, please) and bring it and your \$36 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 2003-2004 yearbook at the cost of \$36.00 (October-March price)

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Cash

Cheque No. \_\_\_\_\_

---

## *2004 Frances Kelsey Yearbook Receipt*

Payment Received:

\$36.00

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Received By: \_\_\_\_\_

**Retain this receipt (or your cancelled cheque) as proof of purchase. If you are paying with cash, please retain receipt until book distribution in June.**

# **Frances Kelsey Secondary Career Centre Corner - NOVEMBER, 2003**

## **Spotlight Presentations**

October 6 <sup>th</sup>	<b>Thank you to Mr. Andrew Leong, who talked about photography careers and gave us a beautiful slide presentation to 150 of our students who signed up.</b>
October 21 <sup>st</sup>	<b>Cassandra Savage from “YES Canada” gave the students valuable information on employment skills and how to utilize the internet for more resources.</b>
Nov. 4 <sup>th</sup>	<b>GAP Representative will give students more information on working in the U.K.</b>
November 14 <sup>th</sup>	<b>We plan to have speakers from “The Art Institute” on Animation, Acting, Fashion Design and much more. (They were formerly known as The Center for Digital Imaging and Sound)</b>
November 28 <sup>th</sup>	<b>Dr. Longair will be coming to Kelsey to talk about Veterinarian careers.</b>
February, 2004	<b>Forestry Month at Kelsey – details to follow</b>

## **UNIVERSITY LIAISON DAY – October 27<sup>th</sup>, 2003**

We had a successful day with representatives from 9 different post-secondary institutions coming out to Kelsey to give overviews of their schools. These included B.C.I.T. ([www.bcit.bc.ca](http://www.bcit.bc.ca)), Camosun College ([www.camosun.bc.ca](http://www.camosun.bc.ca)), Malaspina University-College ([www.mala.ca](http://www.mala.ca)) Nicola Valley Institute of Technology ([www.nvit.bc.ca](http://www.nvit.bc.ca)), North Island College ([www.northislandcollege.ca](http://www.northislandcollege.ca)), Royal Military College, (Simon Fraser University ([www.sfu.ca](http://www.sfu.ca)), U.B.C. ([www.ubc.ca](http://www.ubc.ca)), and U.Vic ([www.uvic.ca](http://www.uvic.ca)), Students may start applying now, but should check the web-sites for deadlines and admission requirements. Many have an early admission application deadline of February 28<sup>th</sup>. To register on-line please go to [www.pas.bc.ca](http://www.pas.bc.ca) with your credit card information and P.E.N. (personal education number) ready. Another excellent web-site for secondary school information and programs is [www.openingdoorsbc.com](http://www.openingdoorsbc.com).

## **CAPP Events**

<b>Nov. 5</b>	<b>Take our Kids to Work day for Grade 9 students</b>
<b>Nov. 19</b>	<b>Career Fair at Native Cultural Centre for First Nations Students</b>
<b>Nov. 25</b>	<b>University of Calgary information session open to any interested student</b>
<b>Dec. 4</b>	<b>Career &amp; Education Fair in Victoria – interest has been good. Permission forms should be handed in soon, as there is limited space on the bus.</b>

## **Career Program Placements:**

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

- The Book Shoppe – **Two students learning cataloguing, selling and organizing**
- Cowichan United Way – **Three students getting marketing experience**
- Mill Bay Firehall – **Firefighter shadowing**
- B. C. Transit, Victoria – **Heavy-duty Mechanic**
- Lakeside Preparatory School – **E.S.L. teacher shadow**
- First Memorial Funeral Services – **shadowing a mortician, funeral director**
- Dr. S. Fowler – **Dental hygienist**
- Hayes Forest Services – **helicopter maintenance**
- 89.7 SUN FM – **radio announcing, broadcasting**
- G. Doran & Sons (Secondary School Apprenticeship) – **recent application approved for plumbing**

# November Fundraisers

Our senior sport 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 the hole at the end of the season. To help them clear up these shortages we are offering the following fundraisers.

## *Student Price Card: Super savings for students.*

Students can purchase the SPC card at the main office for only \$7.50, and right now they will receive a free sample and coupon pak with their purchase. Then they simply go on-line to register their card and they are ready to shop. While at the website they can enter giveaways and find out about other special offers. What can they save? Here are some examples: 10% at *Stitches, Randy River and Bluenotes*, 15% at *Ardene, Black's Photography or Payless Shoe Source*. The SPC card is valid thru July 31/04. Buy a card and increase your student's buying power!

*Regal: Check out the new catalogues for gifts and gadgets for your home, as well as Christmas wrap & 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. Regal purchases will be made through the school. 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%).*

**Are you looking for something that may give you the edge through cold and flu season? Or generally contribute to your well-being?**

Liquid Chlorophyll is a much needed 'food' for our body that makes drinking water a treat! It has a refreshing, mild spearmint flavour. It contains no artificial colours or sweeteners and has all the vitamins and minerals from the alfalfa plant. Chlorophyll is perfect for all ages.

This product is from the *Nature's Sunshine* line of healthful supplements. If you are interested in what else they have to offer, we have catalogues available for borrowing in the main office. Kelsey will receive a portion of the purchase price of anything you buy.

*Please send in the order with payment. The Chlorophyll will be delivered the next week.*

*If you have any questions regarding these fundraisers please call the school, 743-6916, 7:30 - 2:30, and ask for Deb. We thank you for your support.*

--- ❄ --- ❄ --- ❄ --- ❄ --- ❄ --- ❄ --- ❄ --- ❄ --- ❄ --- ❄ --- ❄ --- ❄ ---

## Liquid Chlorophyll Order Form

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

(Please print)

1. \_\_\_\_\_ 473 ml bottle@ \$18.00 - = \_\_\_\_\_  
Quantity

2. \_\_\_\_\_ 946 ml bottle@ \$27.00 - = \_\_\_\_\_

Total ----- = \_\_\_\_\_