

# THE WHALE'S TALE



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

*February 2, 2004 Vol. 9/No. 5*

## The Transition to Term Two Questions and Answers

**By Grant Foster, Vice-Principal**

February 2<sup>nd</sup> marks the mid-point of the school year and the beginning of the second term at FKSS. It is not uncommon for questions or concerns to arise from students and parents about what will happen to a student's timetable while making the transition to second term.

This article is designed to address some of the more frequently asked questions about this transition period. If your particular question or concern is not addressed in the "question and answer" format that follows, you are encouraged to contact your son or daughter's advisor, a counsellor or an administrator by phoning the school at 743-6916.

Q. My son or daughter has worked hard but he/she has not finished an academic subject (e.g. Math, English, Socials, Science) that was started in September. What will happen if this subject is not completed by the beginning of the second term (February 2<sup>nd</sup>)?

A. With very few exceptions, the student will simply carry on with the course until it

has been successfully completed. In some cases, the student will continue with the same teacher. If there is a change of teacher or classroom after February 2<sup>nd</sup>, the student will be notified.

Q. My son or daughter has not completed an elective subject (e.g. Home Economics, Business Education, Fine Arts, Technical Education, Modern Languages) that was started in September. What will happen?

A. In most elective courses, students who have not completed a course by the end of the term may have to complete it by arranging to meet with their teachers in a flex block time. Students should check with their teachers to determine which flex block time is most suitable. This arrangement will allow the student to receive continuous support while completing the required course work.

Q. If my son/daughter has



### *Kelsey Calendar*

**Mon. Feb. 2, 2004**

Term 2 begins. Monthly report issued with newsletter

**Thurs. Feb. 5, 2004**

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

**Tues. Feb. 10, 2004**

7:00 pm Kelsey Dance Recital in Theatre

**Wed. Feb. 11, 2004**

7:00 pm Dry Grad Parents Meeting in Library

**Thurs. Feb. 12, 2004**

1:05 District-wide early dismissal

**Fri. Feb. 20, 2004**

Pro-D Day, no school

**Wed. Feb. 25, 2004**

7:00 pm PAC Meeting in Library

**Mon. Mar. 1, 2004**

Second formal report issued with newsletter

**Tues. Mar. 9, 2004**

7:00 pm Dry Grad Parents Meeting in Library

**Thurs. Mar. 11, 2004**

1:05 District-wide early dismissal

**Mar. 13-21, 2004**

Spring Break

**Wed. Mar. 24, 2004**

7:00 pm PAC Meeting in Library

**Sat. Mar. 27 - 9:00 am-3:00 pm**

Dry Grad Garage Sale/Silent Auction & Grad Students' Car Wash at FKSS

**Mon. Apr. 5, 2004**

Monthly report card issued with newsletter

**Wed. Apr. 7, 2004**

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

**Fri. Apr. 9, 2004**

Good Friday, no classes

**Mon. Apr. 12, 2004**

Easter Monday, no classes

**Apr. 16-19, 2004**

Government Exams

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

not completed a course but is anxious to pick up another course at the beginning of the second term. Is this possible?

Students in grades 9-11 who have not completed an academic subject that was started in September, may not pick up a second term academic subject until the first term subject has been completed. Our experience shows that students who take on additional courses tend to get "bogged down" with this additional work. Personal timetables become too difficult to manage and all course work tends to suffer.

Generally, the same rule applies to elective courses – complete one subject before picking up another elective subject; however, there are some elective courses where group work is important and all students should start together. Advisors have told their advisees which courses these are and students must see a counsellor to ensure they begin these courses at the start of the second term.

Grade 12 students who are scheduled to begin a Ministry examinable courses in the second term MUST see their counsellor to ensure that they are activated (registered with the Ministry to write the exam).

Q. My son or daughter has been recently withdrawn from his/her course. What action is necessary?

A. If students fail to attend classes regularly and/or fail to produce a reasonable amount of work, they may be withdrawn from a course. The "vacancy" created by the withdrawal is usually filled by another student who is ready to start the course.

Under normal circumstances,

the withdrawal of a student is usually preceded by a minimum of two written "Action Alerts" to the advisor over a period of several weeks. A third alert usually results in a withdrawal from the course.

The student who has been withdrawn from a course may only re-enter the course by making an appointment with a counsellor. If space is available in the class, the student may re-enter the course after undertaking a promise to attend regularly and to produce a reasonable amount of work. If the student is unable to re-enter a class immediately because classes are full, the student will be expected to spend the time focusing on the courses that remain active in the timetable.

Q. My son/daughter has received an "adjusted mark" in a course. What does this mean?

A. Under special circumstances, students who have been enrolled in a course at the grade 9 or 10 level for considerably longer than one term, may be given credit for the course once a minimum of 80% (16 of 20 learning guides) of the course has been completed.

An adjusted mark is usually applied to students who have demonstrated a good effort in the course, and in the opinion of the teacher, have completed the core activities. An adjusted mark usually results in a lower final letter grade in the course, but permits the student to move on to the next course. Students who receive an adjusted mark may negotiate with the teacher to raise the mark by completing additional work at a later date.

Adjusted marks are rarely used at the grade 11-12 level. Senior

students are encouraged to complete courses fully so they achieve the highest marks possible. These marks appear on the graduation transcript and are required for entry into most post-secondary institutions. However, in some cases two credits instead of four credits can be negotiated by the student for work completed.

Q. Are some courses scheduled to run for the full year?

A. Yes, some courses started in September are scheduled to run for the full year. For example, PE 9-10, Band, Choir, Journalism 11, Acting 11-12 all run full year and therefore they will continue with the same teacher at the same time until June.

Q. Are there waiting lists for second term courses?

A. Most students will have little difficulty beginning a course they are scheduled to start second term. However, space in some courses may be limited as first term students attempt to complete their coursework while other students who have completed first term courses sign up through their counsellors to start a new second term course.

For students who find themselves on a waiting list, the time is usually short. Students on the waiting list will be notified by their counsellor as soon as the space opens up. In the meantime, the waiting student can focus more time and energy to work ahead on the courses they have underway.



# Scholarships and Bursaries

by Marilyn Sandford, Vice Principal

Are you planning to attend UBC, UVIC, Simon Fraser University, Camosun College or Malaspina University-College next year? The counsellors have **new information** for you. Please see your counsellor as soon as possible. Applications are being accepted **now**. Don't wait!!

As part of the CAPP 12 program, all grade 12's will be required to attend one 'W' block workshop on Resumes/Scholarships/Bursaries. Workshops are scheduled for Advisor Groups 1-19 on February 3, for Advisor Groups 10-39 on February 10, and for Advisor Groups 40-58 on February 17. Students will need to bring their agenda books, name tags and copies of their resumes. Students at Kelsey have access to up to \$100,000 of scholarships and bursaries offered from our community. This workshop will cover all these local scholarships and bursaries.

Some of the large scholarship deadlines coming up are:

## Universities and Colleges

University of Calgary	Feb 02/04
University of Oregon Entrance Awards	Feb 02/04
McMaster University Entrance Awards	Feb 13/04
University of Western Ontario Entrance Awards	Feb 13/04
Carlton University Entrance Awards	Feb 16/04
University of New Brunswick Entrance Awards	Feb 16/04
York University Entrance Awards	Feb 23/04
Trent University Entrance Awards	Feb 25/04
**University of Ottawa (Science)	Feb 28/04
**University of British Columbia Entrance Scholarships	Feb 28/03
Trinity Western University Entrance Awards	Feb 28/04
**University of Victoria Entrance Awards	Feb 28/04
**University of Ottawa (Science)	Feb 28/04
**McGill University Entrance Awards	Mar 01/04
Concordia University Entrance Scholarship	Mar 01/04
**Guelph University Entrance Awards	Mar 01/04
Sprott-Shaw College	Mar 01/04
**Devry Institute of Technology (Engineering/Computers)	Mar 08/04
Royal Military College Scholarship	Mar 12/04
Dalhousie University	Mar 15/04
**Malaspina Entrance Awards	Mar 15/04
**Simon Fraser University Entrance Awards	Mar 15/04
**University of Alberta Leadership Awards	Mar 15/04
**University of Ottawa	Mar 31/04
**University of Waterloo Entrance Awards	Mar 31/04
University of Northern BC	Apr 01/04

## Other

BC Heritage Trust (Essay Video)	Feb 14/04
**BC High Schools Basketball Association Scholarships	Feb 15/04
**Carol Anne Letheren Leadership & Sport Scholarship	Feb 27/04
**Toyota Earth Day Scholarship (Environment)	Feb 27/04
**Road Sense Team Scholarships	Feb 28/04
**Garfield Western Scholarship for college bound students	Feb 28/04
**BC School Trustee Award (Citizenship)	Mar 01/04
**BC Government Employers' Union Scholarships	Mar 01/04
**Canadian Association of Principals (Leadership)	Mar 01/04
**IBM Canada Scholarships (Computer, Physics, Engineering)	Mar 01/04

Padgett Small Business Scholarship	Mar 01/04
**Kinsmen & Kinettes Bursary	Mar 01/04
**BC School Superintendents	Mar 03/04
**ReMax Awards	Mar 12/04
St. John's Ambulance Bursary Awards	Mar 15/04
Teamster's Union Scholarship Fund	Mar 15/04
**BC Assn of Health Care Bursary	Mar 31/04
**BC Hydro (Aboriginal, Electrician, General, Female) Scholarships	Mar 31/04
BC Soccer Assn Scholarships	Mar 31/04
BCCPAC Award (School & Parent Council Assn - Essay)	Mar 31/04
**Canadian War Museum History Award	Mar 31/04
**Miller Thomson Foundation Scholarship (Leadership)	Mar 31/04
Pat Humphreys Scholarship in Retail Floristry	Mar 31/04
Open Doors Award	Mar 31/04
**BC Amateur Hockey Association (player)	Apr 01/04
**BC School Sports McDonalds MVP (basketball, field hockey, rugby, volleyball, soccer)	Apr 17/04

\*\*Ms. Sandford has application forms for these scholarships and bursaries.

For more information about any of the above, please see Ms. Sandford. All dates should be checked at the sources' site. Use [bcawardsonline.sd61.bc.ca](http://bcawardsonline.sd61.bc.ca)

**Note:** Malaspina College, BCIT and most Vancouver College applications are due **NOW**. Camosun College applications were due January 15, 2003. University applications are due February 28, 2003.

#### Web Sites:

Canadian Universities and Colleges: [www.schoolfinder.com](http://www.schoolfinder.com)

Online applications in BC: [www.pas.bc.ca](http://www.pas.bc.ca)

BC Colleges/Universities scholarships: [www.scholarshipscanada.com](http://www.scholarshipscanada.com)

[www.studentawards.com](http://www.studentawards.com)

[www.bcawardsonline.sd61.bc.ca](http://www.bcawardsonline.sd61.bc.ca)

*Further websites can be found through the Library Homepage.*

## Our New Staff

### Mr. Ian Frame

Frances Kelsey staff and students warmly welcome exchange teacher Ian Frame and his family here on exchange from Perth, Western Australia. Mr. Frame teaches at Guildford Grammar School where our own Terry Abbott is enjoying life "Downunder".

Mr. Frame is currently teaching PE and particularly enjoys basketball, golf, surfing and gardening!! He says that his first impression of Kelsey is "lovely". The snow in January was a huge bonus, especially for the younger

family members.

Travel plans include trips to Disneyland and touring BC. On the way home they will visit Toronto, New York, London and return to Australia via Honolulu! We were all pleased to welcome Ian and eldest daughter Lauren to Frances Kelsey by celebrating Australia Day recently with them. G'day!



### Ms. Judy Ilan

Judy Ilan operates the Humanities Kiosk in room 212, distributing and collecting learning guides and textbooks. She came to Frances Kelsey in September from Adult Education, and prior to that, worked for 12 years at Alternate Education. She taught ESL at Malaspina University College for many years.

Judy lived in the Middle East for 6 years and in Europe for 3 years. She is active in politics and is involved with Peace Groups and Social Justice Groups. She enjoys horseback riding. A belated "welcome", Judy.

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# S PAC C



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by Trisha Daniell, President  
FKPAC

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Congratulations to our new trustee, Kelsey parent Doug Routley, who won the election on January 17th, over several other excellent candidates, and is ready and keen to tackle the challenges of the School District 79 board table. Those meetings are partially open to the public, and your attendance to observe is welcome, starting at 7.30 on first

and third Wednesdays of the month. It's very interesting to watch how schools management is done, and the sort of issues tackled and how.

As school parents we were approached by the Board back in November with an invitation to discuss with trustees some of the issues continuing to trouble our PAC, and we replied Dec. 2, so two months later, hopefully they'll have a response coming soon. We hope to talk about such things as not being able to have open competition to replace Mr. MacLeod when he retires, since unlike other schools the District appointed a Principal-in-waiting without input or consultation. Do you have further concerns on your mind we could bring to such a discussion? I hope it will be scheduled soon and that we can have productive solutions and some resolution.



Dry Grad is a fun all-night party with activities, food and prizes put on by parents for our graduating students. If your child has a student number in the 24000's, 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.

A reminder that our Garage Sale and Silent Auction will be held on Saturday, March 27 at the school. If you are willing to donate merchandise or a gift certificate for our Silent Auction, or if you know of a business or

## Dry Grad

organization which is interested in pledging, please telephone Betty at 743-2300. The Garage Sale and Silent Auction, both organized by Dry Grad parents, will be the same day as a Car Wash being run by the Grad students. The event is a major fundraiser so please keep us in mind when "spring cleaning", prior to March 27. Donations can be delivered to the vacant garage at the corner of the Trans Canada Highway and Deloume Road in Mill Bay on Saturday, March 6 and Saturday, March 13 from 10:00 am-2:00 pm, or by arrangement by calling 743-4166. (See full page ad) If you are able to help at the Garage Sale, please telephone Kelly at 743-4747.

Meanwhile, we welcome all parents to any of our meetings, which happen on the fourth Wednesday of the month - that is, if you're not too busy with turn-around and new courses, the aftermath of Footloose and the finishing and starting of sports teams, Provincial exams, Winter Activity day and upcoming Spring Break!

### FKPAC

**Please come and  
join us at our next  
meeting on:  
Wednesday  
February 25, 2004  
at 7:00 pm  
in the school  
library**

### DRY GRAD MEETING

Wednesday, February 11

7:00 pm in the Kelsey  
Library

Everyone Welcome

Dry Grad parents are selling Country Grocer certificates which will be available at school functions or by calling Laura at 743-4727. 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. 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. Let's show our

support for local businesses which have helped us with Dry Grad by giving them business in return.

Please note the change of date for our next parent meeting! It

will be held in the Kelsey Library on Wednesday, February 11 at 7:00 pm. If you can help in any way but are unable to attend our meetings, please telephone Kelly at 743-4747. Meetings only last an hour!

# 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. \_\_\_\_\_

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### *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.**

*Dry*



*Grad*

# Kelsey Garage Sale & Silent Auction

Sat. Mar. 27, 9 – 3

## *ITEMS WANTED*

CAR WASH  
FOOD & REFRESHMENTS

Drop items at the vacant garage, TCH & Deloume, Mill Bay  
on  
Sat. Mar. 6 & 13, 10:00 - 2:00 or by arrangement: 743-4166

- Silent Auction items, new or as new
- Garage Sale items including furniture & small appliances in good condition

NOT ACCEPTED: large appliances, suitcases, mattresses, dinosaur computers, non-fixable anything

THINK DRY GRAD 2004!

SUGGESTED SALE ITEMS:

Books, games	Small appliances
Toys, dolls, bears	Videos, CD's
Household - all	Camping gear
All sports equip.	Quality furniture
Tools	Fun Hats, jewelry
Hardware	Crafts, baking
Electrical	Garden items

# Career Centre Corner – February, 2004

## Spotlight Presentations:

- Jan. 19 Thank you to Computer Master and Victoria Motion Picture School who were here to talk about the many courses available at their schools.
- Feb. 10 Jacqueline Cavill and Kate Bottriell of UBC Department of Forestry will discuss Careers in the forestry industry and programs at UBC.
- Feb. 17 Carol Taiji - Hayes Forest Services Representative will talk about the variety of career opportunities with this local company.
- Feb. 25 Mr. Rod O'Connell will talk about careers in health care/nursing.

## Capp Presentations:

- Feb. 3, 10, 17 Resume, Scholarship, Bursary Session for all grade 12's in Advisor Block. Students must check their schedule and attend 1 session.
- March 3<sup>rd</sup> and 10<sup>th</sup> Special Presentations for Grade 11 and 12 students on AIDS
- March 24<sup>th</sup> and 31<sup>st</sup> *Island Savings* Life Skills presentations for Grade 9 students called "Choices"

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

- CH News
- Mill Bay Dental Clinic
- Shawnigan Lake R.C.M.P. Ride-Alongs
- Bamfield Marine Sciences Centre
- Bench Elementary School
- Basic Carpentry Program, Malspina College & SD 79 Program started Feb 1;

## Due Dates:

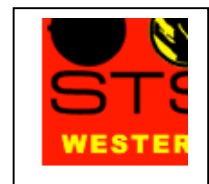
- Feb. 5 Malaspina College – Experiential Day for Gr 12's interested in Forestry –Feb 23: Registration is limited so apply asap
- Feb 6 Rotary Adventures in Citizenship: Applications are due from grade 11 or 12 for this fully sponsored trip to Ottawa.
- Feb 15 Shad Valley has extended their deadline for applications into Feb., 2004. Financial Assistance is available. The entrepreneurial, math and science student should look into the personal and professional benefits of this incredible opportunity. [www.shad.ca](http://www.shad.ca)
- Feb. 15 Summer Languages Bursary Program -. These programs are at a variety of university and colleges across Canada. [www.cmec.ca/olp](http://www.cmec.ca/olp)
- Feb 15 Lester B Pearson – United World Colleges Applications are due for current grade 11 students wanting to do Grade 12 and first year university at this or any of the other 10 world-wide sites.
- Feb 1++ Gulf Island Film & Television School (G.I.F.T.S.) Scholarships are available 6 weeks prior to each 1-week session. Sessions are ongoing starting Mar 14, 2004.

## Post Secondary News:

- University of Victoria – February 26, 2004 : Jennifer Chapman from Student Services will be here at 9:00 a.m. to help any students with registration and answer any questions on programs. All students who are interested in U Vic as one of their post-secondary choices should attend this session in the Counselling Area.
- Nicola Valley Institute of Technology : Dream Makers 2004 Information and Career Fair February 25, 2004 in Merit BC. [www.nvit.bc.ca](http://www.nvit.bc.ca)
- Camosun College: Open House at Lansdowne Campus on Thursday April 29 from 9 am to 7 pm: Arts & Science, Health & Human Services, Access & First Nations Education.

## Student Travel Schools 3 month Exchange for Grade 12 grads:

STS is offering a shorter exchange opportunity for grads. Choice of placements to Italy, Denmark, France, and Sweden are available. Apply for this INTRO program before the end of February. [www.stswestern.ca](http://www.stswestern.ca)



Skills Canada: We have Senior Regional Skills competitions and two Jr. Skills competitions planned to be held on March 26, and most will be hosted at Camosun College. In-school competitions are being held now for the Junior Gravity Car and the Senior Video Competitions. Great work experience credit!

# Clubs and Activities

## **RED CROSS CLUB**

Tuesdays: 11:15, Room 122  
Sponsor: 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. Leslie, Mr. Frame

## **SR GIRLS BASKETBALL**

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

## **SR BOYS BASKETBALL**

Practices and games as per posted schedule  
Sponsors: Mr. Martin and Mr. Rowan

## **CO-ED ICE HOCKEY**

Jr Team and Sr Team  
Practices and games as per posted schedule  
Sponsor: Mr. Wilkinson  
Coaches: Mr. Brian MacGregor (748-7392), Mr. Ed Henderson (748-7821), Mr. Greg Harris and Mr. Loren McInerney

## **SR BOYS RUGBY**

February to April  
Schedule TBA  
Sponsor: Mr. Loutet

## **SR GIRLS RUGBY**

February to April  
Schedule TBA  
Sponsors: Mr. Loutet, Ms. Kirchner

## **NEW KELSEY YOGA CLUB**

Starts Friday, February 6  
2:15-3:15, Room TBA  
New members always welcome  
Sponsor: Ms. Roueche

## **QUIT SMOKING GROUP**

Starts in February during  
Block B in Portable 10  
Sign up with Mrs. Rose in Counselling Department

# Seven Habits of Highly Effective School Athletes

By Wayne Loutet (Jr., Sr. Boys' and Girls' Rugby Coach)

Over the past 36 years I have coached over 80 teams from grade 9's to Senior Men's level in Rugby, Track and Basketball. I have seen successful athletes and I have seen many with tremendous potential fail to be successful. The following are some of my own observations about what differentiates the two.

**(1) Organizational skills:** The high school athlete must juggle school work, sometimes outside work, his or her games and practices plus a social and family life. Successful ones are those who organize each week, make sure that practice jerseys and running shoes are not left at home, do their school work while waiting for practice to start or in the evening after practice is over. They are not pulled from the team for getting behind in their work. They listen to announcements and read notice boards to make sure that they do not miss meetings and practices. Once they get their season's schedule, they plan out their season, talk to their employers about what weekends they may need off for tournaments, and they schedule other things such as dental appointments and performing arts around their sports schedule. Organized individuals should not need to drop sports in grade 12 because they are behind academically. For instance the Cowichan Secondary girls' field hockey team has many grade 12's on the team each year – and look how successful they are. Grade 10 or 11 athletes who want to play senior level sports need to hit the books hard in grade 10 and 11 so that by grade 12 they are not playing "catch-up" with

grade 10 and grade 11 courses.

**(2) Parental Support:** It is very important that parents give as much support as they can and help their son or daughter in organizing themselves, goal setting and so on. Car pooling may be involved – remember that the coach may pass by your house on the way home after practice and maybe your son or daughter could get a ride home that way. Scheduling of doctor's appointments away from games and practices is also a help. If your son or daughter is too sick to get to school, then phone or e-mail the coach. Sometimes we do not know a student is sick and unavailable until 15 minutes before game time! Of course, parents are always welcome as spectators and car pooling to games!

**(3) Participation:** Woody Allen said "90% of success is just showing up!" We hear every year from students (especially at the grade 9 and 10 level) who did not think of trying out for their sport until the team had already been selected. Then they use the excuse that they didn't hear the announcements, or didn't know where the athletics notice board is, or they didn't have their strip with them. Once you have made the team, then all practices and all games should be attended. If you are injured or sick, but still at school, then you should come out and watch the practices and the games to lend moral support and to learn new plays and tactics.

**(4) Hard work:** I have played on losing teams and on winning

teams. I know that it is more enjoyable to get more wins than losses. However, to win takes work, practice and repetition. The hardest working NBA player from the 80's and 90's was Michael Jordan. He didn't become the superstar naturally – he had to work at it. The only way to be 100% successful on a two-on-one breakaway is to do it 1000 times a year in practice. When you are at practices, you must approach the practice at the same speed and intensity as you would a game. Skills naturally drop off as speed and intensity heats up, so you need to practice those skills at the same high level at which you plan to use them. Work on your weak areas in individual practice times. If you're 100% successful at right-handed layups and 50% at left-handed layups which should you practise? Even though some people may see you miss a few, you must persevere.

**(5) Off Season:** Ten minutes after Duncan's Ken Larson finished his last basketball game in his first year at Simon Fraser University his coach took him across the court, down some stairs and introduced him to the weight room. A few years later, Ken made the Canadian National Men's Basketball team. Almost every successful athletic program in North America has ALL of their players working on their sport in the off season. Sports camps, club teams, weight training, running and individual workouts are all parts of this. I spent the summer after my first year at UVIC working out at MacAdam Park on my kicking skills, especially with my left foot. The successful basketball team in March is made

up from players who were working on their game the summer before. Ask the coach of Cowichan's girl's field hockey team what her players do as soon as the season is over.

**(6) Diet:** More and more we are finding out about the proper food to put in our bodies. Youngsters

going through a growth spurt should become aware of the proper eating habits that they should be following. You are what you eat, and drink.

**(7) Study the game:** Get books, watch videos, watch international teams and professional teams on TV. Go out and watch the local

senior mens' and womens' teams play in local games. Talk to coaches, ask questions, go to clinics, try helping out by coaching a kids' group in your sport. Ask your coach for sources that you may go to in order to find out more about your sport.

## District Task Force Committee on Principal and Vice Principal Reassignment

The purpose of this committee is to make recommendations to the Board in the form of guiding principles that would assist in the reassignment of Principals and Vice Principals. The District Parents Advisory Council has representation on this committee. They are seeking input from parents regarding your thoughts, feelings or suggestions about how to improve the process for reassigning Principals and Vice Principals. To respond, please contact Frances Kelsey's PAC President, Trisha Daniell at 743-7636 or by email at [tdaniell@shaw.ca](mailto:tdaniell@shaw.ca)

## "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 graduation 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 me anonymously if they know of a student in need of our support.

I will be calling on professional and personal donations for gowns, tuxedo rentals, hair, makeup, shoes, and accessories.

To add to this, I will be having a "Boutique sale for used dresses and accessories" so that past graduates can recoup some of their financial expenses and help future grads with the burden.

Hopefully within a few years this boutique sale will grow tremendously. There is also a possibility that anyone interested in renting a gown may be able to do so.

Past graduates interested in selling their dresses, please make sure the dresses are dry cleaned.

Any business or organization willing to help with this endeavor, please contact me at 743-7866 for this unique opportunity to assist our young people who have worked so hard for this important moment. We want to make sure every child has the opportunity to attend these festivities with pride and the wonderful sense of accomplishment that they deserve.

Thank you.  
Linda O'Neil 743 - 7866

## 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.

*The following is from someone who wishes everyone a Happy Valentine's Day!*

Here's a recipe for a Valentine's treat for parents and grandparents on the Atkins diet!

Chocolate Truffles:

Preparation time: 20 min    Chill time: 2 hours    Makes: 48

- 1 cup whipping cream
- 8 Oz. unsweetened chocolate, chopped
- 1 1/4 cups granular sugar substitute (e.g. Splenda)
- 2 tablespoons butter
- 1 tablespoon vanilla extract
- cocoa powder (for dusting)

In a large saucepan, bring cream to a boil. Add chocolate and stir until melted. Remove from heat and add sugar substitute, butter and vanilla extract. Mill until smooth. Transfer to a large bowl and refrigerate until cool and stiff, about 2 hours. Sprinkle cocoa powder onto waxed paper. Using two small spoons or melon baller, scoop up mixture in small balls and roll them in cocoa powder. Place in foil candy holders into a chocolate box, or wrapped in cellophane tied with a ribbon.

Happy Valentine's Day!

This is from the "Atkins For Life" book. For more Valentine treats, go to the Atkins.com website:<http://atkins.com/food/recipes/sweettreats.html>

Cowichan Valley Breakers Swim Club is holding winter maintenance sessions on Saturdays from 4:00 pm - 5:30 pm. 10 sessions for \$60 + \$15 insurance fee. Pre requisite: ability to swim 25 metres. New swimmers welcome!

Summer session: May 1st - August 15th. Competitive or non-competitive, fun and fitness for all ages.

For more info on these programs please call Hugh Gallinger @ 715-0990 or Cathy Head @ 746-0716

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.

## MUNCHIES

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

<b>Blue or white hoodies</b> with Kelsey	<b>Sweatpants</b> with Kelsey on the butt	\$33.00	Available on order:
Kelsey Athletics or Kelsey Music	<b>Shorts</b>	\$20.00	<b>Crewnecks</b> \$33.00
\$40.00	<b>MAKES A GREAT BIRTHDAY GIFT!</b>		<b>Long Sleeved T-Shirts</b> \$15.00 - \$20.00

## Yes Virginia, There Really is a Dance Show

After umpteenth scheduling conflicts, the first term recital **AROUND THE WORLD IN DANCE** will be held Tuesday, February 10, 2004 at 7:00 pm in the Frances Kelsey Theatre. From North America to Taiwan, from Ireland to India, we have something to please everyone.

## A Reminder Regarding "Snow Days" . . .

According to Board Policy 3500, we have been asked to remind you that in the event of inclement weather, the Superintendent may decide that schools should be closed. Announcements will be made over radio stations SUN-FM 89.7 Duncan, CKKQ 100.3 Victoria, and CKWV 102.3 Nanaimo.

# Incredible

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By Carolyn Taylor, Student

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For Mrs. Foster  
(With apologies to Stevie Smith)

Why is the word incredible so underrated?  
In September Room 210 is incredible when block F starts  
The class dives deep into the study of Literature  
And the incredible imagery the ignorant ignore

We ignore the teacher, and this is incredible too,  
The interest escapes with *Paradise Lost*  
But not for long, the great Ibis has us now  
The Ibis is a bird that always keeps us from going astray

And this is incredible. *The Hollow Men* are incredible  
They're shape without form, they cannot open their eyes  
As Mr. Kurtz and Guy Fawkes can, they are torn between  
The idea and the act. Not torn, they won't leave the Shadow.

The Albatross flies in the evening, and he is incredible  
The ocean water below him rustles with ice  
There is frost coming from the south, in the air mist  
All this is incredible, it could not be more incredible.

Yes, it could always be more incredible, the teacher declares  
It is becoming our brains cannot absorb enough quotes  
Out of the flashcards the frustrations emerge. This is more incredible  
The pile grows in the evening, assignments adding up.

The pile tilts to the sky. Though it is late  
The pile is still taller than the teacher (about 5'3" with shoes)  
All of it looks easy but it is extraordinary  
Well, it is extraordinary to be so incredible.

And it is endless, and that is always incredible.  
This pile, this poem, this essay, this learning guide are endless,  
As Literature is always endless and eternal  
Who strives, who seeks, who finds, who does not yield, they are  
incredible.

So a student can come along like a cheat - incredible! -  
Stealing a stanza, pinching the sound and rhyme  
Integrating a quote culled from their seatmate's brain  
And still say nothing at all, only cry incredible.

Cry incredible, incredible, incredible and you'll be able  
Very soon not even to cry incredible  
And so be delivered entirely from Literature 12  
This is most incredible of all, it is very incredible.

# News Update

## Construction

Structural steel is promised for tomorrow and progress on the addition will become much more visible.

## Telephones

If you have phoned the school recently you will have noticed a difference. Some teachers are still have trouble accessing voice mail, but this bug should be worked out soon. Hopefully, the new system will provide better service for you.

Please complete and return the satisfaction survey sent home with this report.



## WWWhale's Tale on the WWWeb

If you would like your copy of the Whale's Tale via the internet rather than receiving it from your student on paper, simply log on to the school website, [www.fkss.ca](http://www.fkss.ca), then please telephone Eileen at the school office (743-6916) to let her know you no longer require a hard copy.

# February Fundraisers

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

**Regal:** The new spring catalogues for gifts and gadgets for your home, as well as Easter decorations will be available February 17th. 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%).

**Liquid Chlorophyll:** Liquid Chlorophyll is an overall body tonic and a nutritional aid for the immune system. Its molecular structure is similar to hemoglobin. It helps strengthen and cleanse cells, increasing the body's own natural defenses. Chlorophyll purifies the liver and deodorizes the entire body, fighting bad breath. It also enhances digestion and promotes bile flow.

## Take and Bake Pizzas

Make any night of the week Pizza & a Movie Night with some handy Take & Bake Pizzas stashed in your freezer.

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. The pizzas will be delivered to the school for **pick up on Thursday, February 12th, 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 that day.

Please complete the order slip below and return to the main office at school with payment attached by February 6th. Thank you for your support.

*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.*



### Take and Bake Pizza/Chlorophyll Order Form - by February 6<sup>th</sup>

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

(Please print)

- | Quantity           |  |   |       |
|--------------------|--|---|-------|
| 1. _____           | Ham & Pineapple @ \$9.00                                       | = | _____ |
| 2. _____           | Cheese & Pepperoni @ \$9.00                                    | = | _____ |
| 3. _____           | Vegetarian (Mushroom, Onion, Tomato and Green Pepper) @ \$9.00 | = | _____ |
| 4. _____           | Tomato & Feta Cheese @ \$9.00                                  | = | _____ |
| <b>Chlorophyll</b> |  |   |       |
| 1. _____           | 473 ml bottle @ \$18.50  | = | _____ |
| 2. _____           | 946 ml bottle @ \$27.00  | = | _____ |

**Total=** \_\_\_\_\_