

THE WHALE'S TALE



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

April 5, 2004 Vol. 9/No. 7

The Importance of Choosing Courses Wisely for Students Entering Grades 11 and 12

By Barb Slater, Counsellor

Well, here we go again! It's almost time for course selection for the 2004/2005 school year and there are many important decisions to be made with so many options to choose from. Just where does one begin?

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

It is usually at this time that students ask, "Do I have to take a second language as one of my electives?" A second language to the grade 11 level is a requirement if a student intends to go directly from secondary school to some universities. It is not required if a student intends to attend a university/college (i.e. Malaspina) before going to a university. However, there are many other jobs or training facilities which require *specific* languages. The Canadian Coast Guard, for example, requires that their trainees have French 12. Your counsellor can tell you which educational institutions require a

second language.

Grade 11 and 12 students who are on the present graduation program have certain required courses that they must take in order to fulfil the requirements for the completion of the **Foundation Studies**. Courses for graduation include English 11 and 12, Socials 11, a Math 11, a Science 11, an Applied Skill, a Fine Art and CAPP 11 and 12. With regard to the Math, Science, Fine Arts and Applied Skills courses, there are a number of choices that have to be considered and those choices should be based on what prerequisites are needed for future endeavours.

Grade 11 and 12 students work toward fulfilling their requirements for graduation which include not only the completion of 28 credits in Foundation Studies but also 24 credits in Selected Studies with the appropriate number of grade 12 numbered courses.

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



Kelsey Calendar

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

Wed. Apr. 14, 2004

Dry Grad Parents Meeting in Library

Apr. 15-17, 2004

7:00 pm - New student presentations

Apr. 16-19, 2004

Government Exams

Mon. May 3, 2004

Monthly report card issued with newsletter

Fri. May 7, 2004

Pro-D Day, no school

Fri. May 21, 2004

Day in lieu, no school

Mon. May 24, 2004

Victoria Day, no school

Mon. May 31, 2004

Monthly report card issued with newsletter

Wed. June 16, 2004

Last day of mandatory classes

Fri. June 18, 2004

Last day to hand in work for final report card

June 21 - 29, 2004

Government Exams

However, grades 11 and 12 should really be considered as a package of courses designed to meet the requirements of the student's post-secondary choices. This requires a great deal of research and all students entering their grade 11 year are asked to meet with their counsellors to ensure that they are "covering their bases", so to speak.

As we all know, students often change their minds about their priorities and so it is essential that they take responsibility for finding out the particular requirements of any post-secondary programs that may be of interest. These vary from institution to institution and often change frequently with little lead time. Students have to keep up with post-secondary information and we expect to see our senior students in our career centre on a regular basis using the internet and post-secondary calendars for information. It is also not too soon for grade 10 students to introduce themselves to the Career Centre. Parents are always welcome as well. Students also have the opportunity to use several computer programs such as *Choices* as part of their CAPP program.

University entrance and academic scholarships often have certain courses that are required. Once again the student must be proactive and diligent in seeking the information necessary to ensure that they are not disappointed upon graduation. High marks are also extremely important in considering university entrance and students in grades 11 and 12 must also

take this fact into account.

There is also a greater degree of specialization at the senior level. Career Preparation and Student Apprenticeship programs, for example, require that students complete focus courses with a series of supporting courses which prepare them for going out into the workplace or into career programs at the post

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secondary level. Programs such as Science and Engineering, Humanities and Social Sciences, Business Ventures, Media Journalism, Athletics and Leisure Pursuits, Computer Studies, Practical Performing Arts, Culinary Arts, Community Connections, Hospitality Tourism, and Technology Education have courses which are taken as a package and which provide a Career Preparation designation on the graduation diploma. These programs offer students specific course work and opportunities for work experience within the field, as well as advancement for students enrolled in certain areas at the post-secondary level.

English 12 and CAPP 12 are the

Our New Staff - Mrs. Joan Casler

Joan Casler comes to us from Discovery Elementary School and is happy to help out in the office until the end of June. She considers herself a jack-of-all-trades, having had many

interesting vocations over the years including acupuncturist, teacher's assistant and secretarial. She has three children, two of which have already graduated from Kelsey.

only specified courses at the Grade 12 level. All other courses are so-called electives; however, at least three of them must be at the Grade 12 level.

Choosing courses must be done carefully. It is crucial to make informed choices. A good rule of thumb when selecting courses is to choose to take courses in your area of interest. It is very important to enjoy what you do! Researching and finding out as much as possible about the various programs available avoids wasting time and having to change courses mid-way through the year.

For new students coming to Kelsey we provide an excellent transition program during which they have the opportunity to attend presentations on three different evenings, **Tuesday, April 13, Wednesday, April 14, and Thursday April 15.** Included is a general introduction followed by tours of the school lead by peer counsellors. Teachers will be present in the various areas. We often hear parents on those nights express the sentiment, "Gosh, I wish I were able to go to school now because there are so many wonderful courses to choose from!" That is one factor that makes the process of choosing courses so difficult.

The counsellors are always available for help with course selections. Students and parents are encouraged to take advantage of this service.

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

Scholarships and Bursaries

by Marilyn Sandford, Vice Principal

By now, all grade 12's should have completed the process of applying for local scholarships and bursaries which were due to Mrs. Jones in the Career Centre on April 2. If your grade 12 student has not done this and you are concerned, please contact Ms. Sandford immediately.

If parents and students have not yet viewed the BC Awards website, they should do so now. Use bcawardsonline.sd61.bc.ca For more information about any scholarship or bursary, please see Ms. Sandford. All dates should be checked at the sources' site. Some of the scholarships with deadlines in April are: (information provided from <http://bcawardsonline.sd61.bc.ca>)

Adult Educators' Provincial Specialists Association (AEPSA) Student Awards
BC Amateur Hockey Association Scholarships
BC and Yukon Community Newspapers Association (BCYCNA) and BC Press Council Scholarships
BC and Yukon Community Newspapers Association (BCYCNA) Member Scholarships
BC Cattlemen's Association Bursary
BC Hydro Aboriginal Peoples Scholarship Program
BC Hydro Electrician/Mechanical/Powerline Technician Pre-Apprentice Scholarships
BC Hydro L'Ecole Polytechnique Memorial Fund Scholarships
BC Hydro Power Smart Scholarships
BC School Sports Commission Scholarships, including Badminton, Basketball, Girls Field Hockey, Football, Golf, Gymnastics, (Boys) Rugby, Soccer, Track & Field/Cross Country, Volleyball and Wrestling
BC Secondary Schools' Rugby Union Scholarships
Barbara Hough Memorial Scholarship Award
BCIT President's Entrance Award Program
Black Knight/Badminton BC Scholarships
Certified General Accountants Association of BC - Grade 12 Graduate Continuing Education Scholarships
Coast Capital Savings Community Education Awards
Girl Guides of Canada - Guides du Canada Scholarships
Jerry Gosley Musical Theatre Scholarship
Kwantlen University College Entrance Awards
Malaspina University-College Entrance Awards
McDonald's Valuable Player Scholarship Program
UNBC - Raven Bursaries
UNBCC - Raven Scholarships
UNBC Merit Awards
University College of the Cariboo Sports Task Force Athletic Entrance Scholarships
VanCity Stan Parsons Memorial Scholarships
VanCity Student Awards
VanCity Student Bursaries
Premier's Excellence Awards
Public Guardian and Trustee Educational Assistance Fund Bursaries
Scouts Canada Reginald K. Groome Memorial Scholarships
Selkirk College Entrance Scholarships and Bursaries
Trinity Western University - Musical Arts Scholarships
UNBC - BCR Group of Companies Entrance Scholarship
UNBC - Dean's Entrance Scholarships in Environmental Engineering
UNBC - FMC of Canada Limited Environmental Engineering Bursary
UNBC - President's Scholarships
UNBC - Prince George Medical Society Bursary

Web Sites:

Canadian Universities and Colleges:
www.schoolfinder.com
Online applications in BC: www.pas.bc.ca
BC Colleges/Universities scholarships:

www.scholarshipscanada.com
www.studentawards.com
www.bcawardsonline.sd61.bc.ca
Further websites can be found through the Library Homepage.

A New Graduation Program Begins in September!

The Ministry of Education has recently approved a new Graduation Program for those students entering Grade 10 in September 2004, our present Grade 9's. Below is a list of some of the upcoming changes. Your school counsellors will be able to update you during the transition meetings to be held over the next two months.

- The Grad Program will be Grades 10 to 12, with Grade 10 courses counting for credits
- 80 credits will be required for graduation (Grade 10 to 12)
- Required courses will be:
 - English 10, 11, and 12
 - Social Studies 10 & 11
 - A Science 10 & 11
 - A Math 10 and Math 11
 - PE 10
 - Fine Arts or Applied Skills 10, 11 or 12
 - Planning 10
 - Portfolio Assessment 12
- Plus Electives
- Each student will be assessed for four credits on a Graduation Portfolio, which will include such areas as career planning, employability skills, work experience, (30 hours), documentation of physical activity and community service, and educational goal setting.
- CAPP 10-12 will be eliminated
- New courses of Planning 10 and Canadian Civics 11 will be implemented
- Four credits required in Fine Arts or Applied Skills at any time during Grades 10 to 12
- Students will be required to write five Graduation Program Provincial Exams in:
 - Grade 10 - English, Science and Math 10
 - Grade 11 - Social Studies 11
 - Grade 12 - English 12

In Grades 10 & 11, these exams will count 20% of the course mark; at Grade 12, the exam will count 40% of the mark.

You will hear more details of these changes over the next few months. It will be important for our present Grade 9 students to know about these changes when planning for the future.

Request For Presenters

By David Towner, Teacher, Instructional & Technological Resources

The Social Studies Department at Kelsey has undertaken a number of initiatives over the years to bring in guest speakers to talk to students on a broad range of topical issues. As part of the Social Studies 10 Immigration Unit (Learning Guides 7-9) the Cowichan Intercultural and Immigrant Aid Society has provided speakers for our regular "Immigration Round Table" sessions. Gwynne Dyer an

internationally regarded speaker on world Affairs and Lloyd Axworthy, former Minister of Foreign Affairs for Canada and Nobel Peace Prize nominee have both been recent speakers at Kelsey. If you know of someone who is a good speaker, willing to give up a little time and has lots of real world experience, we would be happy to to hear from you. Contact

David Towner at 743-6916 (ext. 168) Fax 743-6915 or email dtowner@sd79.bc.ca

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.



Dry Grad

After months of careful planning and hard work, the Dry Grad parents were thrilled with the outcome of their recent Garage Sale and Silent Auction which made over \$4,000. We had an amazing amount of donations and a great turn-out of customers, as did the grads who made over \$700 at their car wash. A big thank you to all those who donated items for the sale, worked in the days and weeks before the event and contributed on March 27. An extra thank you is extended to Betty Wood who coordinated the Silent Auction, putting in a colossal number of hours to make it so successful. Lastly, we would especially like to thank the school Administration who supported us in so many ways.

The success of the whole event was spoiled somewhat by the theft of two items off our Silent Auction table at the very end of the day. This discouraging event meant we were unable to collect the monies pledged on the articles, therefore lowering our profit as well as our spirits.

From mid April to mid May, our grads will be selling raffle tickets. Prizes are two return tickets to Vancouver and one night's accommodation, two nights of studio accommodation in Parksville and a ladies' gold watch and bracelet in a cherry case.

Have you heard our **BIG** news? Bow Mel Chrysler has generously donated a car as the grand prize for our Dry Grad evening! Students increase their chances of

winning the car with every raffle ticket sold, so please support your grad by purchasing a raffle ticket soon.

Country Grocer certificates are still available by calling Laura at 743-4727. Boxes for Canadian Tire dollars, Sports Trader Bucks and UPC codes from Island Farms products are in the office.

Our next parent meeting will be Wednesday, April 14 at 7:00 pm in the Kelsey Library. If you can help in any way but are unable to attend our meetings, please telephone Kelly at 743-4747.

**DRY GRAD
MEETING**

Wednesday, April 14

7:00 pm in the Kelsey
Library

Everyone Welcome

Red Cross Club: Heart and Stroke Foundation Fundraising

By Zak Workman, Student

The Red Cross Club has been active in a number of different charities. Recently, we have been focussing on the Heart and Stroke Foundation because February was heart month. In one month we raised a total of \$235.00 from bake sales, collecting money during Block W, and selling candygrams. The Heart and Stroke Foundation of BC and the Yukon and the FKSS Red Cross Club would like to thank

everyone for their generous donations which are helping people in need. If you would like to donate or learn more about the Heart and Stroke Foundation, then you can check out their website at www.heartandstroke.ca Thanks again from the FKSS Red Cross Club.



Did You Know...

That the March, 2004 edition of the Whale's Tale was viewed 240 times on line as of March 24. If you'd rather not receive a paper copy of this monthly newsletter but would like to view it on line, please telephone Eileen at our office (743-6916, then press "0") to advise her not to give a copy of it to your student. Then simply log on to our website, fkss.ca and get caught up!

Parents/Students - - - HELP! HELP! HELP!

RE: Textbooks and Library Books



Parents, we need your help! When you are doing your annual spring cleaning, painting, turning out of cupboards, drawers, sweeping out from under the beds and yearly major cleanup and upheaval, can you please check for any **school textbooks and library books**. Many of these go missing every year and the amount adds up to thousands of dollars.

Did you know that the average costs of textbooks for students are:

Grade 9	\$ 500.00
Grade 10	850.00
Grade 11	1000.00
Grade 12	1200.00

If a student at the senior level is taking senior sciences, math, English, Spanish and literature, the cost could be as high as \$1800.00. Each student will possibly use a total of up to 50 different textbooks whilst they are at Kelsey. This does not include the cost of any resource books, library books or videos etc. As you can imagine having 1200 students in the school taking up to nine courses a year out of the 350 courses offered, the number of textbooks and resources we have is stupendous.

The cost of most of our textbooks now averages

\$100.00 per text with some of the senior science and humanities texts being as high as \$200.00 for the course. As well, many students require a graphing calculator in the Principals of Math courses at the grades 10, 11 and 12 levels at the cost of \$150.00 each. The small deposit of \$25.00 per student for textbooks does not start to cover the recovery replacement of lost texts.

If you already have students at the post secondary level you will know the very high cost of textbooks for this education. Please help us find as many of our lost textbooks as you can. **Drop them into the front office at any time from 7:00 a.m. - 5:00 p.m. daily or send them with your students.**

Also, **if you know of any parents of students who have left Kelsey**, could you please ask them to do a thorough check of their home for any textbooks or other resources. It is **never too late to return them**. Thank you in advance for any help you can give this urgent request.

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.

New York, New York

By Roger Carr, Teacher

The mark of success of any school trip is the level of exhaustion with which the students return home. Our trip was outstanding. Students staggered into their parents' arms and fell asleep in the back seat of the car. Twenty-six of us spent six days in New York and made every effort to avoid sleeping taking in as many sights and theatres as possible. Highlights had to be the weather - it snowed quite regularly - the city itself, and the fantastic theatre. We toured the Statue of Liberty, the Empire State building, the United Nations, Lincoln Center for the Performing Arts, and the Metropolitan Museum. We were blown across the Brooklyn Bridge, hustled in Times Square, serenaded on the ferry to Ellis Island, and paraded

(Next month's issue will have an article about a Spring Break trip to France and Italy)

up 5th Avenue on Saint Patrick's Day (the parade lasted for over 6 hours!). On our first night in New York we were in the theatre to see a fantastic production called *Wicked*. From that point on we took in a variety of plays and musicals including *Chicago* (during which Mr. Carr had his daughter in Victoria listen to Razzle Dazzle on his cell phone), *42nd Street* (on 42nd Street), *Phantom of the Opera*, *Lion King* (\$20 standing room tickets), *I Am My Own Wife* (Mr. Carr's top pick and only one actor), *Don Giovanni* (at the Metropolitan Opera), *Gypsy* (with Bernadette Peters), *Thoroughly Modern Millie* and a number of other plays.

Lunch in delis, pretzels from street vendors and all you can eat breakfasts - we ate well. Barb



Legault met a cook in a pasta joint, Chelsea Smith earned the prize for getting lost on the subway most often, Mrs. MacLeod proved that short legs can keep up, Chantal Kyffin proved to be the best limbo dancer at the subway turnstiles, David Blount found cheap shoes even in New York, and Mr. MacLeod discovered that Tinkerbell does not live in New York either.

"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 festivities 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 at 743-7866 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 previously worn dresses and accessories so that past graduates can recoup some of their financial expenses and help future grads with theirs. Hopefully, within a few years this boutique sale will grow. Anyone interested in renting a gown is welcome to do so through this organization. At this time there are 3 evening dresses suitable for grads which can be borrowed - sizes 7/8 and 9/10 - spaghetti strap style, two dark blue and one dark red.

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 help 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 a wonderful sense of accomplishment that they deserve.

Thank you.

Linda O'Neil
743 - 7866

Career Centre Corner - APRIL, 2004

Spotlight Presentations:

April 23rd Mr. Paul Ceretti will present information on dental hygienist careers

May 17th University of Victoria Engineering – “Go West”

A BIG THANK YOU to:

⇒ Island Savings team of representatives who came out again this year to talk to our grade 9 students about Choices and Goals.

⇒ Mr. Craig MacFarlane, motivational speaker who travels around the world inspiring students and others to meet challenges and overcome adversity. Mr. MacFarlane is a blind athlete who has won over 103 medals in sports such as wrestling, snow and water skiing.

Capp Presentations:

April 23rd ----- S.A.D.D. (Students Against Drinking & Driving)

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

- Cowichan District Hospital - biomedical engineer
 - Hayes Forest Services – heavy duty mechanic

B. Dinter Nurseries

·Kwantlen College - Fashion Design

·Police Camp – **Kim Bulcock**

·Cobble Hill Elementary School - **Nicole Monk**

· ----- Rotary Adventures In Citizenship to Ottawa in May: **Katrina Thompson**

- Bamfield Youth Forum on Biodiversity: **Lindsay Arnott (and Mrs. Munday.)**
- Basic Carpentry Program: **Mike Buhler, Dan Mitchell, Dan Trebesh, Lisa Balkwill, Ely Trinczek & Max Desmarais** are now Malaspina College Students too!!!
- Cowichan Massage Therapy Clinic: **Erin Henneberry**
- **The Clayman’s Funhouse: Don Lawrence** did a job shadow with this 3-d animator – see his site at www.theclayman.com
- Quamichan Inn: Culinary Arts student **Julia Chilibeck**
- Duncan Motorcycles: **Ashley Whetung**

Post Secondary News:

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. Sign up in the Career Centre.

Pearson Seminar on Youth Leadership— July 31 - Aug 22, 2004:

These seminars bring together participants from North America and around the world to broaden their perspective on global issues, acquire leadership and communication skills, and develop tools for analyzing and solving problems. More information can be found at www.psyl.ca

- Program is designed for 15 - 18 year olds/ grades 10 - 12
- Some participants may qualify for Grade 12 credit
- Applications are available in the Career Centre.

Need a Helmet?

By Kevin Wood, Student

Not being at all bothered with most of my fashion choices, I wasn't too disgusted by the fact that our school ski trip stipulated an enforced helmet rule. "Wear a helmet or don't bother coming." My view on this rule was, "what's the big deal?". I discovered what the big deal was a short time later, but that's getting ahead of things (no pun intended).

"My sun glasses are on the dashboard in the parking lot at school," I told myself as I squinted out across the blank mountains. I panned the busloads of fellow students, looking for my friends. I found them, also squinting due to the lack of proper eye protection.

With a mild struggle the group of one hundred and ninety-ish were organized in alphabetical order: One hundred and twenty eight snowboarders and sixty two skiers. Of the snowboarders I was one hundred and twenty eighth in line, which was all right as long as I could get my board.....and helmet.....sooner than the elementary school kids behind me. The Grade 10 dude in front of me was having a discussion with a friend about the problem that no one would see his touque under his "ug-helmet". I mentioned to him that we HAVE to wear a helmet and there is nothing he can do about it. He turned around and looked me as if I had the word "dork" written across my squinting face.

Once inside the lodge and pressed against the entrance hallway, we slowly shuffled into the rental place to acquire our boots, boards, helmets and, in my case, for an extra \$7.50, goggles. I strapped on my shiny red plastic fashion

statement, laced up my boots and got into yet another line to rent some wrist guards. I was pondering the thought that I didn't want to get carried down the mountain in an ambulance for a broken wrist. Next, I got into ANOTHER line to grab my snowboard, while gently persuading the wrist guards into my gloves. Okay, ready to board!

Who cares about the inanimate wrist guards which I thought were so important for protecting my wrists. I never thought much at all about the helmet which was meant for saving my life.

Stepping out the door that day was a thrill. Not only because I was excited about "digging some serious edge", but it was enthusiastically windy, despite the anti-cloudy sky. I strapped in, called to some friends, and away I went, physics propelling me down the slope. The bunch of us found a run and explored its corners and banks. "Let's do it again. Did you guys see how fast I was going?"

"Let's do it again." The turtles all agreed. Up the chair lifts we staggered, anticipating the gravitational forces that caught

up with the stabbing winds blowing down the mountain. We reached the top and the wind was blowing the powder across the hill in a thick, smoke-like wave. I didn't really think much of the hard packed ice from the day before that the wind was uncovering. Down I went, maybe faster than before, trying to catch up with the X game-aholic in front of me. I was about to make the pass, and just as quickly as I was travelling, I lost my balance and fell, hitting my helmeted cranium on that aforementioned hard packed ice. Friends were passing me, so I stood up, shook it off, once again I was zipping down the snow bank.

An hour or so passed, and that pesky hunger-bug was protruding from my stomach, reaching for food. Time to head for those lunches at the lodge. On the way down I hit some more of that hard, frozen stuff, fell and broke the wrist guard on my right arm. (Boy! Is it a good thing I got those, or what?) I threw myself back up and my buddies and I headed for lunch.

"Hey! There's Mr. Wardle. Let's sit over there with him." I took off my gloves, coat, the broken wrist guard, and.....my helmet. It was like the red dome had been holding my head together. I sat down and started to feel "fluey". I started sweating and my head was starting to split, letting the thundering elephants that were suddenly angry at me, out. I politely excused myself from the table, wobbled over to the bathroom, and "barfed my guts out". My friend got me my own Mt. Washington medic and he came to get me and took me to the first aid tent, while Mr. Jackson gathered my belongings (and had

to return my broken wrist guard) where they asked me to remember the words "Golden Retriever", just to see if I could.....I could, obviously.

Mr. Hall called my parents and told them their son had a head injury. He also asked their permission to put me on an ambulance (my dream come true). I'm sure that was a happy phone call to receive. My mother was supposed to have lab tests that day, and was not to have any "emotional stress". Let's just say the tests were postponed. My father was wondering why he had filled out all those safety waiver forms, but they still needed to ask his permission to put his first-born in an ambulance. They agreed, and I was taken to St. Joseph's Hospital in Comox.

For someone with an earth-moving headache, a thirty five minute ambulance ride, (which



may seem like a pretty cool experience to an un-injured person) was really an un-enjoyable adventure. My headache allowed me to channel every bump and turn in the road straight through my body. My ears couldn't complain, however, because the siren was not on. I threw up again. I fell asleep and woke up in the hospital, head hurting just as much as ever, with Mr. Gillespie waiting with me until my parents

arrived. A doctor came and I slowly explained my situation. The doctor gave me a "university-trained" expression, and told me I had a concussion. Yup, I had joined the "hard asses" of the snowboard world that have received a cold, hard head smack....thanks to my helmet.

Where would I be without the helmet? Who cares about the inanimate wrist guards which I thought were so important for protecting my wrists. I never thought much at all about the helmet which was meant for saving my life. THAT was the big deal. I get it now. After six hours in the hospital with nothing to eat and nothing left to throw up, I see the big deal. The ironic part about this rant is that if a helmet wasn't a mandatory clause in our Winter Activity Day contract, I probably wouldn't have been wearing one.



SPRING BREAK 2005 OPPORTUNITIES



FOR KELSEY STUDENTS AND PARENTS

By Pam Foster, Teacher

March 2005 will see the opportunity for both students and parents to travel on one of two amazing trips. Mrs. Patterson and Mr. Hart are organizing a nine-day tour of Greece with stops in Athens, Olympia, Delphi and Mycenae. Students will fly to Athens and spend several days enjoying the major sites such as the Acropolis and Parthenon, before travelling throughout the peninsula stopping at the original site of the first Greek Olympic games and many of the historic archaeological digs. It will be a trip

of a lifetime.

Mrs. Foster and Ms Roueche have organized a 9-day trip to sunny Costa Rica also at Spring Break. Students and parents will fly to San Jose, Costa Rica. Participants will be able to practise their Spanish language skills as they visit the Arenal volcano region, kayak on Arenal lake, and hike into the Costa Rican rainforest. On horseback, they will ride to a waterfall and enjoy a refreshing swim at its base. Participants will also enjoy the Pacific coast resort

of Jaco Beach and also experience a Canopy tour of the Monteverde Cloud forest to view the wildlife and many bird species of this tropical paradise.

Information packages for both of these incredible trips are available from the teacher organizers. Registration has begun. Extra information packages will be available on Parent-Teacher evening on April 7th as well.

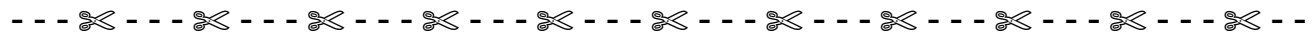
April Fundraisers

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.

You've probably spring-cleaned your home by now, but have you spring-cleaned your body?

Liquid Chlorophyll is a much needed 'food' for our body that makes drinking water a treat! The chlorophyll molecule is chemically similar to that of human blood, the difference being its central atom is magnesium not iron. Liquid Chlorophyll 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 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.	Quantity _____	473 ml bottle	@\$18.00	=	_____
2.	Quantity _____	946 ml bottle	@\$27.00	=	_____
					Total = _____



Frances Kelsey Yearbook Pre-order

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 Name/No: _____ Cash
 Please reserve my copy of the 2003-2004 yearbook at the cost of \$36.00 Cheque No. _____
 Date: _____ Signature: _____



2004 Frances Kelsey Yearbook Receipt

Payment received \$36.

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