

STINGER BUZZ



OCTOBER 2023

New Newsletter Format

We hope this message finds you well. We greatly value your feedback and input, most recently regarding our school's communication efforts. Based on valuable insights and suggestions from our Parent Advisory Council, we are introducing a new format for our school newsletters. Starting today, we will transition from a weekly to a monthly newsletter format. This change is designed to provide you with more timely and concise updates, reducing the frequency of emails while ensuring that you receive all the important information in one consolidated communication. We believe this shift will help streamline our communication and improve your overall experience as parents and guardians. Thank you for your ongoing support, and we look forward to continuing to work together to provide the best educational experience for our children.

Athletics Communications

We're also working on improving communications about athletics. You've told us that information can be difficult to find and interpret and sometimes doesn't come in a timely way to ensure students can sign up for school sports. We have added an [Athletics page](#) to our school website. This link will always be available at the top of this newsletter and can easily be found on our website by clicking on *Programs & Services, Athletics* at the top of the page. Game and practice dates will also be listed on the monthly newsletter, giving lots of advance notice for upcoming events. We're also working on a way to inform parents of last-minute changes to schedules and games. New Seasons for new sports will be advertised to students in school, as well as here on this newsletter. This is a work in progress. Stay tuned!

ADHD Inside Out Presentation – Don't Calm Down (Mastering Emotional Outbursts)

October 17th, 2023 7pm via zoom

Registration is required: [CLICK HERE TO REGISTER](#)

Emotional outbursts have a greater impact on relationships, communication, and group participation than most other ADHD challenges. They also lead to the deepest misguided judgements about the individual's "bad character." This webinar will help you understand what is truly going on, and how to respond in a helpful, respectful, and productive manner.

Presented by Dan Duncan, ADHD Coach/Consultant adhdinsideout.com

The presentation will take place via Zoom and is free for our Central Okanagan Public Schools SD23 community. We encourage interested parents/caregivers and SD23 staff to register for this informative education opportunity.

Important Links

[School Webpage](#)

[School Calendar](#)

[Athletics Home Page](#)



School Fees

Payment for school fees can be made online using debit or Mastercard/Visa at:

<https://centralokanagan.schoolcashionline.com/>

Signing up with School Cash Online gives parents the opportunity to reprint their receipts as many times as needed, receive emails when new fee/fieldtrips are added, have automatic withdrawals for payment installments (where available) and receive reminder emails for outstanding fees. If you are having any problems using the system, please do not hesitate to contact to use the [online help support](#). As has always been the case in the Central Okanagan School District, if there are problems with paying fees due to hardship, parents should contact the administration of SMS. We can only accept cash or cheques for payment in the school.

Important Dates

- Oct. 9 Thanksgiving Day—No School
- Oct. 10 6.5 & 6.6 to Mission Creek; Gr 7 Girls VB games @ 5:00 PM @ HS Grenda (Team 2); @ Kelowna Christian (Team 1); Gr 7 Boys VB games @ Canyon Falls
- Oct. 11 6.3, 6.4, 6.7, 6.8 to McCurdy Bowl; X-Country Race #4 Quail Ridge Flume trail. Access from UBC-O parking lot R or W.
- Oct. 12 Gr. 8 Upstream Assembly; Gr 6 Girls VB game @ RMS 4:30 PM; Rugby home game vs. KLO 4:30 PM
- Oct. 13 Term 1 Enrichment Starts ; Outdoor Ed to Harvard/Lost Lake;
- Oct. 13-14 Grade 8 Girls Volleyball Tournament at RMS, both days
- Oct. 16 Fruit & Veggie Program—Carrots; PAC Meeting—ALL Welcome 6:15 p.m. ;Gr 8 Girls VB games @ 5:00 PM @ HS Grenda (Team 2); @ Constable Neil Bruce (Team 1)
- Oct. 17 Gr 7 Girls VB games @ 5:00PM @ Canyon Falls (both teams); Gr 7 Boys VB @ HS Grenda
- Oct. 18 Choir Retreat—Green Bay; After School Movie : TBA; X-Country Race #5 Zone Championships at Mission Sports Fields (by the Capital News Centre)
- Oct. 19 Photo Retake Morning; Gr 6 Girls VB game @ RMS 4:30 PM; Rugby home game vs. SWM 4:30 PM; Great Shake Out Day BC
- Oct. 20 Pro D Day—No School for Students
- Oct. 23 Gr 8 Girls VB games @ 5:00 PM @ Rutland Middle (Team 2); @ Dr. Knox (Team 1)
- Oct. 24 X-Country Valley Championships (Provincials Qualifier - Larch Hills Nordic Center, Salmon Arm); Gr 7 Girls VB games @ 5:00 PM @ Canyon Falls (Team 2); @ Constable Neil Bruce (Team 1); Gr 7 Boys VB @ St. Joe's
- Oct. 26 Gr 6 Girls VB game @ SMS 4:30 PM; Rugby @ RMS 4:30 PM
- Oct. 27 Outdoor Ed—Knox Mountain; Gr 8 Girls VB games @ 5:00 PM @ Dr. Knox (Team 2); @ Glenrosa Middle (Team 1); Rugby Jamboree @ Parkinson Fields 10 AM - 2 PM.
- Oct. 30 Fruit and Veggies—Apples; Gr 8 Girls VB games @ 5:00 PM @ Constable Neil Bruce (both teams)
- Oct. 31 Halloween Dance at Lunch; Gr 7 Girls VB games @ 5:00PM @ Rutland Middle (both teams); Gr 7 Boys VB @ Kelowna Christian
- Nov. 1 Rugby City final. Details TBA
- Nov. 2 Gr 6 Girls VB game @ SMS 4:30 PM

SMS Athletics

Practice times:

Grade 6 Girls VB – Monday & Thursday 3:30-5:00 PM; Wednesday 7:30-8:45 AM

Grade 7 Girls VB – Wednesday & Friday 3:30-5:00 PM

Grade 8 Girls VB – Tuesday & Thursday 7:30-8:45 AM

Grade 7 Boys VB – Tuesday 3:30-5:00 PM; Friday 7:30-8:45 AM

Rugby – Monday & Wednesday 3:30-5:30 PM

X-Country Running – Monday 3:20-4:30 PM