

KLO WEEKLY MEMO

November 10 - 14, 2025

Dear Students, Parents, Guardians and Caregivers,

Today, students and staff took some time to Honour National Indigenous Veterans Day, which is observed on November 8th in our community. This year, we acknowledge this day on the day it is intended, rather than combining it with our Remembrance Day Assembly. It is important to remember that Indigenous contributions and sacrifices were historically overlooked during National ceremonies. Indigenous Veterans Day exists to specifically acknowledge and honour the Indigenous soldiers who served, often on both sides of the colonial border, and to ensure their stories and service are given the distinct recognition they deserve. li'm la'mt

Congratulations to the KLO volleyball teams, cross country runners and rugby players for all of their hard work, and dedication, to their respective seasons. Fall programs are coming to a close and we will now be moving onto the winter seasons. Please remind your child to listen to announcements and watch the TV's for information about upcoming seasons and events. We also want to thank all of the coaches who made these experiences possible for our KLO athletes. Thank you! If you are interested in helping us out with any coaching positions, please email KLO's Athletic Director at garth.dupre@sd23.bc.ca

Mr. Nelson, students and our Colour Guard participants have been busy planning our Remembrance Day assembly for next week. We look forward to observing their hard work and contributions to this important assembly on Monday.

Remember that Monday will be the last day to order KLO [SWAG](#), so be sure to place your orders. All proceeds go to our KLO PAC.

Sincerely,
Nathen Elliott

Principal
École KLO Middle School
nathen.elliott@sd23.bc.ca



Upcoming Events...

Monday • lundi Skixwíws	Tuesday • mardi sʔaslásq̓t	Wednesday • mercredi skaʔhlásq̓t	Thursday • jeudi smasq̓t	Friday • vendredi sc̓lkstasq̓t
November 10 10 novembre	November 11 11 novembre	November 12 12 novembre	November 13 13 novembre	November 14 14 novembre
7112  Remembrance Day Assembly (first Block 1) KLO Swag orders due  Grade 8 Basketball sign up (gym at lunch) Grade 9 girls Basketball tryouts 5:00 - 6:30pm	No School Remembrance Day  <i>Let's We Forget</i>	3456  Grade 9 boys Basketball tryouts 7:30AM	DD71  Grade 9 boys Basketball tryouts 7:30AM  Grade 9 girls Basketball tryouts 6:30 - 8:00pm	2345  Hockey Academy (8:15-9:45 Rink 1) UBCO Go Eng Girl Event application deadline
November 17 17 novembre	November 18 18 novembre	November 19 19 novembre	November 20 20 novembre	November 21 21 novembre
6712  Hockey Academy (1:30-3:00 Rink 2) Interim reports for	3456	7123 KLO PAC Meeting 6:30 KLO Library	DD45 SD23 Harmony Day	6712

GRADE 7 NETHERLANDS EXCHANGE - Update!

Thank you to all of the grade 7 students who have submitted an application for the Veendam, Netherlands exchange trip! We will be carefully reviewing all of the submitted applications and this process will take a few weeks. We really appreciate everyone's patience! Students can expect a finalized list by Friday, November 14th.

PARENT ADVISORY COMMITTEE (PAC)

The purpose of the KLO PAC is to promote and improve the quality of education and the well being of students at KLO Middle School. Our PAC helps decide where to allocate the gaming funds to specific needs within our school. They also run school events and fundraisers to help improve the KLO community. If you have any questions or would like to add items to upcoming PAC agendas, please email Klo.PacPresident@sd23.bc.ca.

The next PAC Meeting is November 19th at 6:30pm in the KLO Library.

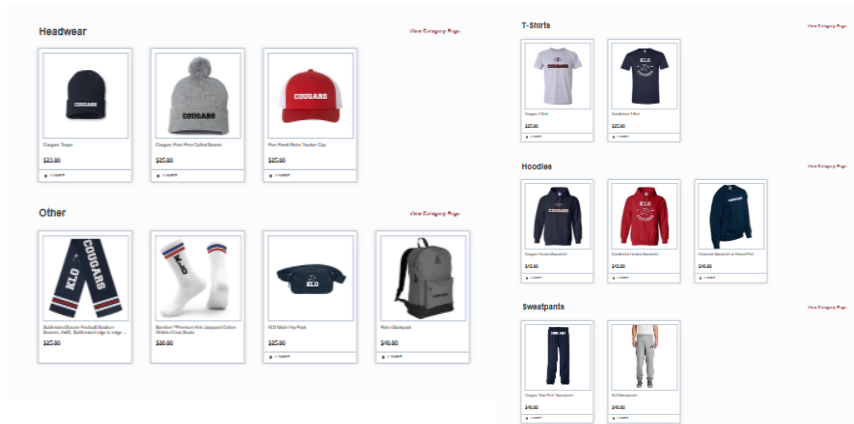
KLO Swag Fundraiser

KLO 2025/2026 Swag is now available for purchase.

All proceeds go to our KLO PAC!

Orders are due November 10th

[Link Here](#)



Return-It Express Fundraiser



KLO PAC has an ongoing fundraiser with Return-It Express. Please consider supporting your PAC when returning your cans/bottles. See more information [HERE](#).

CLAWSCO - KLO'S SCHOOL LUNCH STORE

Monthly Prepaid Lunches: Pre-paying for the month guarantees your child gets the daily meal everyday and they do not have to wait in the main line up unless they are purchasing snacks. This will be available on SchoolCashOnline starting next week!

Monthly Cost: December \$70 / January \$95 / February \$85 / March \$55 / April \$105 / May \$95 / June \$70

*No refunds or partial refunds available for absences or food preferences due to the high cost of food programming.

WEEKLY MEAL MENU*

Monday - Pasta \$5

Tuesday - Burrito \$5

Options: Chicken or Black Bean

Wednesday - Sushi \$5

Options: California, Spicy California, Yam, Cucumber or Mixed Veggie

Thursday - Sandwich \$5

Options: Ham, Turkey or Veggie

Friday - Pizza \$2.50 / slice

Options: Cheese, Pepperoni, Ham & Pineapple, Veggie or GF Veggie

**Subject to change as Leadership & Business classes get involved in running the school store and menu planning*



We strive to ensure all our students are well-fed and ready to learn.

BREAKFAST is available every morning for any students who need it. No need to sign up - just stop by the "Cougar Den" cafeteria for some good brain food before a day of learning.

Any families who need additional food support at LUNCH can email laura.wiemken@sd23.bc.ca to be added to our school sponsored lunch list.

LUNCH TIME CLUBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Games Club Library Ms. Li Strength Training Club Gym Mr. Hernstedt	Games Club Library Ms. Li Coding Club Room 6 Ms. Thodas & Mr. Wells Live Soccer Games Room 17 Mr. Bennett	Games Club Library Ms. Li Beaded Crafters Room 6 Ms. Thodas Live Soccer Games Room 17 Mr. Bennett Strength Training Club Gym Mr. Hernstedt	Games Club Library Ms. Li Coding Club Room 6 Ms. Thodas & Mr. Wells	Games Club Library Ms. Li Strength Training Club Gym Mr. Hernstedt

AFTER SCHOOL CLUBS

TUESDAY	
	Reading Club Room 30 Ms. Arina & Mr. Dexter 3:15 - 3:45pm Conversation Circle (Practice your English) Room 30 Ms. Arina & Mr. Dexter 3:45 - 4:15pm

STUDENT ATHLETICS

KLO Athletics

Grade 9 Girls Basketball

Coach: Looking for coaches

Try Outs: Nov 10 @ 5:00-6:30pm / Nov 13 6:30-8:00pm

Grade 9 Boys Basketball

Coaches: Ms. Cavers & Mr. Scorgie

Try Outs Nov 12/13 @ 7:30am

Grade 8 Girls Basketball

Coaches: Mr. Jackman & Mr. McLaughlin

Sign up in the Gym Monday, Nov 10 at lunch

1st Practice: Nov 13th 3:30-4:45pm

2nd Practice: Nov 18th 7:30 -8:30am (morning)

Grade 8 Boys Basketball

Coaches: Mr. Moisan & Ms. Ulmer

Sign up in the Gym Monday, Nov 10 at lunch

1st practice: Nov 13th 5:00-6:30pm

2nd practice: Nov 17th 5:00-6:30pm

Grade 7 Basketball

Starts at the end of January / beginning of February

SD23 Wrestling Team

Please connect with Mr. Dupre if you missed the start up meeting on October 15.

For detailed athletics information, please see the [KLO Athletics Website](#)



Any questions or interested volunteers can contact our Athletic Director at garth.dupre@sd23.bc.ca

DIGITAL DEVICE RESTRICTIONS (e.g. Cell Phones, Smartwatch, etc)



In accordance with the requirements from the Ministry of Education and Child Care, schools across our district have updated their Student Code of Conduct to include the restricted use of cell phones and personal digital devices during school hours effective July 1, 2024. Please see [HERE](#) for further information. All electronic devices that are used for communication must be stored in student lockers from the time a student enters the school until the end of the school day, unless directly authorized by school staff. If you have any questions or concerns, please connect with Administration.

Principal: Nathen.Elliott@sd23.bc.ca / VP (Last Names A-K): Ty.Nelson@sd23.bc.ca / VP (Last Names L-Z): Laura.Wiemken@sd23.bc.ca

COMMUNITY EVENTS / RESOURCES

NEW VINTAGE THEATRE
and
LAWSON LONDELL
proudly present



RUDOLPH
RED-NOSED REINDEER

November 26-December 4, 2025
Mary Irwin Theatre, Rotary Centre for the Arts
*with permission of MTI, Character Arts LLC

Tickets at
www.theboxoffice.ca
www.newvintage.ca

Nothing from
For Kids

Strong Neighbourhoods
YOUTH
Development & Engagement
Grant

Be a leader. Build connection in your community.
The City of Kelowna offers up to **\$1,000** in matching grant funds for youth-led community projects or events.

Have an idea that will improve your neighbourhood or build relationships? Team up with fellow youth aged **13-24** in your community to get creative and take the lead. Rack up volunteer hours, boost your resume, hone your leadership skills, and build friendships while improving your community.



City of Kelowna
neighbourhoods@kelowna.ca
kelowna.ca/neighbourhoods



Register Today!

Big White Ski Club BLAZERS:
• 10 week program
• Starting early January, choose Saturdays or Sundays
• An introduction to ski racing
• For skiers aged 6-11 (not a learn to ski program)



BIG WHITE
SKI CLUB

*payment plans available
www.bigwhiteskiclub.com/registernow



YOUTH
EMPLOYMENT
SUMMIT



Kelowna Ramada Hotel & Conference Centre
2170 Harvey Avenue, Kelowna BC Canada V1Y-6G8
Thursday November 20th, 2025 | 1 pm - 7pm

A FREE Inclusive Employment Event for youth with disabilities

Register and read more at: inclusionBC.org/YES

The Youth Employment Summit (YES!) is coming to your community — and we want you to be part of it!

These inclusive, free events are designed to spark inspiration and open doors — whether you're just starting to think about your future or ready to step into the workforce. Join us to meet new people, learn from professionals, and take the next step on your employment journey!

FREE Snacks & Drinks!
Fuel up while you connect and learn.

This event is brought to you in collaboration with Pathways Abilities Society, Central Okanagan Public Schools, WHEELS Transition to Employment Program & Okanagan College

inclusionBC



NEW VINTAGE THEATRE

Winter
Theatre Classes

November-December 2025
Professional Instruction/Last Class Show
Studio 100, Rotary Centre for the Arts

Youth	Teens	Adults
HOME, ALONE SATURDAYS 10-11AM OR MONDAYS 4-5:30PM	WINTER MYSTERY PLAY SATURDAYS 11-1PM	IMPROV MONDAYS 5:30-7
K-POP COMEBACK SATURDAYS 1-2PM OR WEDNESDAYS 4-5:30PM	CHICAGO MUSICAL SATURDAYS 2-3:30PM	LET'S MAKE A HOLIDAY MURDER MYSTERY IMPROV TUESDAYS 5:30-7
SLEEPING BEAUTY SATURDAYS 2-3PM OR TUESDAYS		

Register/Info
www.newvintage.ca

City of Kelowna



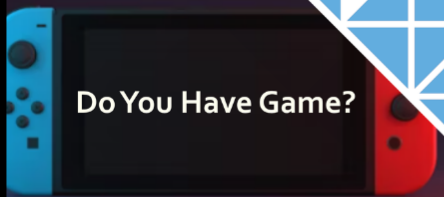
Basketball for Teens

Mondays, 4 - 5 pm
Nov. 17th - Dec. 15th
PRC Gymnasium

\$30 Register here
or online at
kelowna.ca/recreation



Do You Have Game?



Free Youth Night

Parkinson Rec Centre: Saturday, November 15th
Free Youth Night at PRC for Youth in grade 6-9. Please bring a swimsuit for the pool and shoes for the gymnasium.
There will be open Basketball, Nintendo Switch and Pizza!
Small treat give aways too!
Join us 6:00 - 9:00 PM

City of Kelowna

kelowna.ca/recreation 250-469-8800



City of Kelowna

Plant-Based
Teen Cooking Classes

*Vegan Black Bean Quesadilla with
Mango Salsa & Crema*

Wednesday, November 19, 6pm-8pm



Presented by Award-Winning Chef and local Author of the
Irresistibly Vegan - Gourmet Cookbook
Elvira Rodriguez Alonso
www.irresistiblyvegan.com

Register Here
or online:
kelowna.ca/recreation 250-469-8800



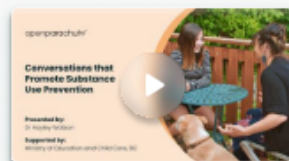
Substance Use Prevention Series

Online Learning for Parents, Caregivers, and Guardians



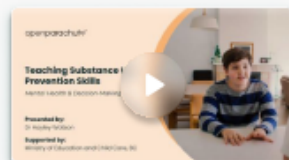
This series is designed to support parents, caregivers, and guardians across BC with tools and strategies to help with substance use prevention in the home. In this document, you will find three webinars recorded live between February 2024 and May 2025, each containing a one-hour presentation and a 30-minute live Q&A. You will also find an additional set of questions with recorded answers to assist in applying these concepts to real-life circumstances. The purpose of these sessions is to equip adults with skills that will help youth and adolescents make healthy decisions to support their well-being both now and in the future.

Note: These sessions do not address intervention strategies for substance use challenges. If your child is struggling, please refer to *erase* for more support.



Conversations that Promote Substance Use Prevention

This webinar explores six practical conversation strategies for adults that help children and youth learn to make healthy decisions that support their long-term well-being.



Teaching Substance Use Prevention Skills

This webinar explores the four essential skills that every child and youth needs to know to encourage substance use prevention, and provides strategies for teaching these skills in the home.



Creating a Substance Use Prevention Plan

This webinar explores the common challenges that arise when encouraging substance use prevention skills in children and youth, along with tools and strategies for overcoming these barriers.



Internet Safety and Digital Literacy for Parents & Caregivers

Live Virtual Event

Thursday, November 13th | 6:30pm - 8:30pm

Free!

- Positives and negatives of the internet
- Technology as a distraction
- Media overconsumption
- Nudes & sexting
- Online predators & exploitation
- Challenges for youth, parents, caregivers
- Data tracking, privacy...and more!

Learn more:



Presented by special guest

Brandon Laur of

THE WHITE HATTER



Space is limited. Email

melody.brewer@cmhakelowna.org

to register.

FOUNDRY KELOWNA

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(236) 420-2803

