

KLO WEEKLY MEMO

November 3 - 7, 2025

Dear Students, Parents, Guardians and Caregivers,

Halloween week is always a fun and busy one in middle school. Student spirit was amazing today and there were so many incredible costumes. We finished the day off with a Halloween Dance and a number of fun activities, which were all organized by our leadership class. Thank you to Mr. VC and his leadership students for all of the hard work organizing these events. It was a fun way to finish the week.

We also had class visits from Casorso Elementary and it was inspiring to watch our KLO students work alongside younger students in a leadership role. There were lots of smiles and laughs coming from the Cougar Den as they carved pumpkins together. The hallways were also buzzing with mousetrap cars, as students put their engineering skills to the test. It is always inspiring to see the unique and thoughtful approaches to their designs.

Good luck to our Cross Country participants heading to the Island for Provincials. We also want to congratulate our KLO rugby team on making it to the City Finals, which will take place next week.

PAC is running our KLO swag fundraiser. Orders can be submitted [HERE](#) and are due by November 10th to ensure everyone receives their gear before winter break.

I will close out October by sending a big, "GO BLUE JAYS GO!" out into the universe. Let's hope they get the job done this weekend. Have a wonderful and safe Halloween, KLO.

Sincerely,
Nathen Elliott

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



Upcoming Events...

Monday • lundi Skix ^w iws	Tuesday • mardi s7asíásqt	Wednesday • mercredi ska7ííásqt	Thursday • jeudi smasqt	Friday • vendredi scílkstasqt
November 3 3 novembre	November 4 4 novembre	November 5 5 novembre	November 6 6 novembre	November 7 7 novembre
3456 KLO Colour Guard meeting at lunch in room 5 (Mr. V-C's)	7123	4567 Take Our Kids to Work Day! (Grade 9's - see below)	DD12  Hockey Academy (1:45-3:15 Rink 2)	3456
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	No School Remembrance Day  <i>Let We Forget</i>	3456	DD71	2345  Hockey Academy (8:15-9:45 Rink 1) UBCO Go Eng Girl Event application deadline

FALL BACK 2025 - SUNDAY!

Just a friendly reminder to all families that this Sunday, November 2nd 2025, at 2:00AM the clocks will change back by one hour. You will gain an hour of sleep and there will be more light in the morning! Most digital and wifi connected devices automatically adjust but do not forget to change your clocks that are not (like your stove) before you go to bed on Saturday night.



ABSENCE / LATE / EARLY DISMISSAL REPORTING

All Absence / Late / Early Dismissal Reporting is recorded through SchoolMessenger which is School District 23's system for school attendance. Families have 3 options on how they can report an absence, late or early departure to the school:



1. Use the "SchoolMessenger SafeArrival" App on your smartphone
2. Use the SchoolMessenger SafeArrival Website at go.schoolmessenger.ca
3. Phone the school and push "1" to report using the SchoolMessenger SafeArrival automated system (note: be sure to wait for your confirmation code or the absence may not be reported properly)

Visit www.sd23.bc.ca/SchoolMessenger for parent resources to help you get started with SchoolMessenger SafeArrival, and please contact the school if you have any trouble getting your account set up.

IMPORTANT NOTE: When your child is signing out, they must check out at the office.

TAKE OUR KIDS TO WORK DAY - GRADE 9s!



Take Our Kids To Work Day is Wednesday, November 5th! Step into your future for the day! This nationwide event sends Grade 9 students from across Canada to work for a day of experience and exploration. Students are expected to go to work with their parent/guardian or another adult for the day and complete an assignment as part of their Careers 9 class.

Please email michael.szalay@sd23.bc.ca if you have any questions.

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.

KLO REMEMBRANCE DAY ASSEMBLY - Calling All Colour Guard Members!

Students who would like to be a part of the KLO Colour Guard in this year's Remembrance Day assembly, please attend a meeting at lunch on Monday, November 3rd in room 5 (Mr. V.C's room).

KLO's Remembrance Day Assembly will take place in the gymnasium on Monday, November 10th at 10:40am. Colour Guard members are students who are part of programs such as Girl Guides, Scouts, or Cadets.

UBCO GO ENG GIRL EVENT

UBCO's Geering Up department is hosting the next on-campus Go Eng Girl event for grade 7 and 8 girls (the word "girl" includes trans, genderqueer, and non-binary participants) on Wednesday, November 19th. The topic we will be working with is "Humanitarian Engineering" where compassion meets innovation! Using science and creativity young changemakers will discover how engineering can make a real difference in people's lives!

This session will include mentors, but because the students are younger, there will be no keynote speaker or student panel. Instead, we will focus on time with mentors and fun/engaging activities.

Topic: Humanitarian Engineering
Date: Wednesday, November 19th
Time: 9:00 am – 2:00 pm
Location: UBCO campus
Deadline to register: Friday, November 14th

****Funding is provided to Geering Up to increase female participation in STEM****

[Go Eng Girl Humanitarian Gr7/8 Poster](#)
[Field Studies Parent Permission Form](#)
[Field Studies Application](#)

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.

PAC Return-It Express Fundraiser



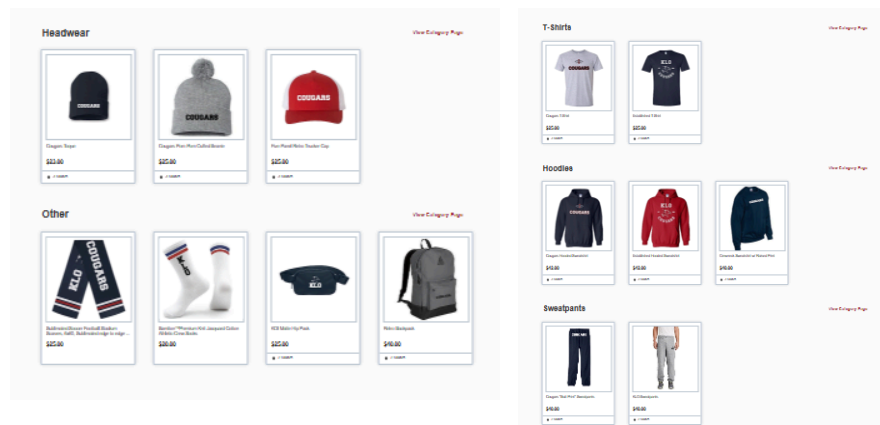
KLO PAC has an ongoing fundraiser with Return-It Express. Please consider supporting your PAC when returning your cans/bottles. See more information [HERE](#).

KLO SWAG!

KLO 2025/2026 Swag is now available, all proceeds go to our KLO PAC!

Orders are due November 10th

[Link 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: November \$90 / 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	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	Games Club Library Ms. Li Coding Club Room 6 Ms. Thodas & Mr. Wells	Games Club Library Ms. Li

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 Volleyball

Coach: Mr. Ian Stevens

Grade 9 Boys Volleyball

Coach: Mr. Vieweg-Cyr

Grade 8 Girls Volleyball

Coaches: Ms. Blatchford & Mr. Martinson

Grade 8 Boys Volleyball

Coach: Mr. McLaughlin

Grade 7 Girls Volleyball

Practices: Tuesday & Thursday at lunch (11:45am-12:20pm)

Grade 7 Boys Volleyball

Practices: Monday at lunch 11:45am -12:20pm
& Wednesday after school (3:30 -4:30pm)

Grade 7/8 Rugby

Coach: Mr. Bennett

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

Vice Principal (Last Names A-K): Ty.Nelson@sd23.bc.ca

Vice Principal (Last Names L-Z): Laura.Wiemken@sd23.bc.ca

COMMUNITY EVENTS / RESOURCES



WE WANT YOU!

COME PLAY RUGBY FOR THE KELOWNA CROWS!

NOW RECRUITING BOYS AND GIRLS AGES 12-17 TO JOIN OUR CLUB. OUR U14 TEAM IS ESPECIALLY EAGER TO MEET YOU! THE SEASON IS ALREADY UNDERWAY AND LOOKING STRONG.



ONLY \$250
REGULAR COST \$325



www.kelownacrows.com
EMAIL JUNIORDIRECTOR@KELOWNACROWS.COM
FOR THE DISCOUNT CODE

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)




*payment plans available

www.bigwhiteskiclub.com/registernow



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 CHICAGO MUSICAL SATURDAYS 3-5:30PM	IMPROV MONDAYS 5:30-7 LET'S MAKE A HOLIDAY MURDER MYSTERY IMPROV TUESDAYS 5:30-7
K-POP COMEBACK SATURDAYS 1-2PM OR WEDNESDAYS 4-5:30PM	SLEEPING BEAUTY SATURDAYS 2-3PM OR TUESDAYS 4-5PM	

Register/Info
www.newvintage.ca

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

inclusion BC

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




proudly present



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

Holiday Fun For All Ages



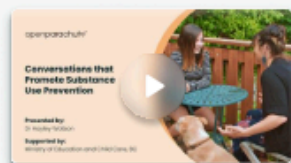
Substance Use Prevention Series

Online Learning for Parents, Caregivers, and Guardians



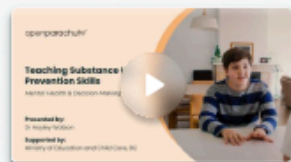
This series is designed to support parents, caregivers, and guardians across BC with tools and strategies to help with substance use prevention in the home. In this document, you will find three webinars recorded live between February 2024 and May 2025, each containing a one-hour presentation and a 30-minute 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.

Substance Use Prevention Series – Q&A



The following questions were asked during live sessions and have been answered separately to assist parents, caregivers, and guardians in applying the content of the webinars to their real-life situations.



What are the signs that my child might need therapy?

[Watch Video →](#)



How can I establish boundaries safely with a 16-year-old girl who battles acute anxiety and depression?

[Watch Video →](#)



If our child can't calm down, how can we help them, while at the same time quickly getting out of the situation?

[Watch Video →](#)



If my child has hit puberty and doesn't talk to me, what do I do?

[Watch Video →](#)



How do we recognize when a child is being enabled for their ongoing bad behaviour? How can we teach accountability?

[Watch Video →](#)



When kids are forming friendships, and you are uncertain of the friends they are keeping, what are gentle ways of guiding them to be aware of good friends vs not good friends?

[Watch Video →](#)



My husband smokes weed daily, and I vape. How can I possibly teach the right things about substance use when we are clearly addicted to substances right in front of him?

[Watch Video →](#)



What do I do with a young teen who is addicted to hard drugs and is rejecting all attempts to connect or get support?

[Watch Video →](#)



My children are sometimes lazy and don't want to do things to help out, and they can be rude about it. Do you have any tips on dealing with jerk-mode kids?

[Watch Video →](#)



When should we worry when a teenager starts using substances? When is it normal experimenting, and when is it a problem?

[Watch Video →](#)



I know my 14-year-old uses substances occasionally. How do I balance open communication and upholding household rules? It's hard to say "I don't approve, but I want you to talk to me about it."

[Watch Video →](#)



You say we should "accept" our children's feelings. Is it harmful to accept my child's feelings if they are drawn to harmful things like drugs?

[Watch Video →](#)



Should we talk to our kids about students in university overdosing if this is being shown in the media?

[Watch Video →](#)



How can I start having more meaningful conversations with my teenage son, so that he can feel more comfortable opening up to me, and it's not a one-sided interrogation?

[Watch Video →](#)