



Bear Tracks

November 3-7, 2025

www.mbs.sd23.bc.ca
 Instagram:
[@mbsbears](https://www.instagram.com/mbsbears)
[@humansofboucherie](https://www.instagram.com/humansofboucherie)

"Golden Age of Boucherie"

THIS WEEK

Nov 3 7/8-5/6	12:40 pm – Baseball Academy to West Kelowna Sports Dome (Kirkey) 1:30 pm – International Students to Jim Lind Arena for Skating (Pendergast) 3:45 pm – Outdoor Ed 11-12 to Boucherie Rush Trail (Buckmaster)
Nov 4 3/4-1/2	9:10 am – Soccer Academy to Kelowna MNP (Briker) 12:40 pm – Baseball Academy to West Kelowna Sports Dome (Kirkey) 12:40 pm – Soccer Academy to Kelowna MNP (Briker) 2 pm – PE10 to Jim Lind for Skating (McIlmoyle) 3:30 pm - All Girls Basketball Tryouts in the Bear Gym 6:30 pm – Dry Grad Meeting in the Library
Nov 5 7/8-5/6	TOKTWD (Take Our Kids To Work Day) for Grade 9's 3:30 pm - All Girls Basketball Tryouts in the Bear Gym
Nov 6 3/4-1/2	9:10 am – Soccer Academy to Kelowna MNP (Briker) 12:30 pm – Life Skills 11 to Okanagan Lake Shopping Centre (Edstrom) 12:35 pm – Okanagan Language 9-12 to Sensisystan House of Learning (Ernst) 12:40 pm – Soccer Academy to Kelowna MNP (Briker)
Nov 7 7/8-5/6	Term 1 Ends 9:30 am – Volleyball Academy 10-12 to UBCO (McDowall, McParland) 12:40 pm – Baseball Academy to West Kelowna Sports Dome (Kirkey) 3:30 pm - All Girls Basketball Tryouts in the Bear Gym

NEXT WEEK

Nov 10 1/2-3/4	Term 2 Begins 9:10 am – Soccer Academy to West Kelowna Sports Dome (Briker) 12:40 pm – Soccer Academy to West Kelowna Sports Dome (Briker)
Nov 11	Remembrance Day – No School 
Nov 12 5/6-7/8	
Nov 13 1/2-3/4	9:10 am – Soccer Academy to Kelowna MNP (Briker) 12:40 pm – Soccer Academy to Kelowna MNP (Briker)
Nov 14 5/6-7/8	9:10 am – Baseball Academy to West Kelowna Sports Dome (Kirkey)



MBSS Sports Teams Schedules: **Athletics - Central Okanagan Public Schools**

School Sports Teams Schedules are posted on the
 Central Okanagan Public Schools Athletics page and can also be found using the link above.
 Questions? Please connect with your student's coach!

PARENTS/STUDENTS

Peer Tutoring for Students!

Room 013 at lunch, Tuesdays and Thursdays

Get help for any subject!

Do not miss school unless you are sick!

If you are absent,
please contact your teacher by email to find out what you
need to do. You **MUST** do this work at home!

Attendance Matters



Student Parking Areas - Students must have a MBSS Student Parking Pass registered with MBSS and can only park in Student Parking areas:

1. Student parking area by the gym
2. Along the fence line towards Pickleball courts (student designated area only, not visitors area)
3. The dirt lot past Jim Lind Arena.

All students with motorized transportation including EBikes, EScooters and Motorbikes must register their mode of transport with the school.

Students may not park in Staff Assigned Spaces, in Visitor Parking, or in the back of the school. Students who park in areas other than ones designated for student parking may be towed.

Students are reminded to be careful when walking to and from school, especially on Riffington Place. Please use the sidewalk and do not walk down the middle of the road. We have had a few close calls and we want to keep everyone safe!



To our MBSS Community – Student Pick Up and Drop Off:

For student safety, if you are picking up your child, please arrange for pickup from an alternate location to ease traffic congestion. **Also, please note that the sidewalk area, beside the portables, is reserved for SCHOOL BUS PICKUP & DROP OFF ONLY!** Here are 3 suggested areas to pick up or drop off students:

1. Royal Lepage/Jim Lind Arena
2. Riffington Place
3. Boucherie Ball Fields (along East Boundary Road)



Reminder to be respectful of our neighboring strata developments and others in the community (ie. not parking in designated handicap spots, etc). Thank you in advance for your cooperation.

GRADUATION



Please click on the link for the MBSS Grad 2026 Website:
<https://sites.google.com/learn.sd23.bc.ca/mbss-grad-2026/home>

Important Grad Event Dates

**These dates are subject to change. For the most current information, students & parents should regularly check the Grad Events Google Classroom and the Bear Necessities daily announcements.*

Nov 26 – Semester One Grad Assembly @ 9:00 am

April 20 – Grad Banquet Assembly @ 9:00 am

Dec 11- Winter Formal Dance

May 16 – Grad Walk and Banquet

Jan 7-16 (tentative) - Grad Photos with MountainWest

May 28 – Grad Ceremony Assembly @ 9:00 am

March 2 – Grad Fees Due

June 12-13 – Grad Ceremonies

All grads are responsible for keeping up with grad information which is posted in the Google Classroom or the Grad Webpage (link is on the MBSS homepage or above!).

COUNSELLING

PLANNING FOR POST-SECONDARY

-Okanagan College: Applications for Sept 2026 are now open! First apply, first accepted.

-OC Education Advising Appointments: (15 min/student), Nov 6, 9:30-11:45am (blocks 3/4) – Book your spot with your counsellor!

-All About UBCO Recruitment Session, Nov 6, 9:15, Library (block 3)

-Strengthening Connections Indigenous Post Secondary Recruiters Visit, Nov 20, 10:30, Library (blocks 7/8)

Scholarships, Bursaries, Entrance Awards:

York University - \$1000-\$3500 automatic entrance scholarship-scan the QR Code on poster in Counselling

Capilano University - \$500-\$56,000 entrance awards. Deadline March 31/26. More info in Counselling Ctr.

University of Calgary – awards up to \$100,000

Prestige Awards - deadline December 1/25. High School Awards - deadline March 1/26. More info: ucalgary.ca/awards

The Terry Fox Humanitarian Award, valued at \$28,000 is interested in students who demonstrate compassion and a commitment to easing the suffering of others. The online application system opens on November 1, 2025 and the **deadline is December 1, 2025**. Eligibility criteria can be found on the website www.terryfoxawards.ca. To contact the office, call: 778-782-3057 or info@terryfoxawards.ca.

The Indigenous Student Bursary for 2025/26 is now open. The Environmental Public Health Bursary for Indigenous Students provides financial support to new and returning Indigenous students pursuing a Canadian Institute of Public Health Inspectors (CIPHI)-accredited Environmental Public Health program. The bursary

provides \$12,000 to \$20,000 per student per year, to cover tuition and some living costs. It is renewable each year, subject to funding availability and proof of satisfactory completion of the previous year.

More information, including eligibility and instructions, can be found at: www.ehfc.ca/bursaries-information

Applications are due by December 15, 2025.

Top International Scholarship – University of Guelph

Dr. Franco J. Vaccarino President's Scholarship worth \$42,500 CAD. The recipient is paired with a faculty mentor and provided a full-time research assistantship. **Apply by January 23, 2026.**

For more info, please visit: uoguel.ph/intscholar

Scholarships for Canada's Best and Brightest Students – University of Guelph

Seven President's and two Lincoln Alexander Chancellor's scholarships worth \$42,500 CAD. Recipients are paired with a faculty mentor and provided a full-time research assistantship. **Apply by January 23, 2026.** For more info, please visit: uoguel.ph/top-scholarships

CAREER LIFE PROGRAMS



- **Canadian Armed Forces**, Nov 4, 2:00, Library
- **Veterinary Medicine**, Nov 5, 10:30, Career Centre
- **Indigenous Workshop: Funding your Future**, Nov 12, 9:15, Career Centre
 - **RCMP**, Nov 13, 2:00, Library
 - **Firefighting**, Nov 20, 2:00, Library
- **Fashion Design**, Dec 4, 10:30, Career Centre

CAPSTONE Presentation Information:

All First Semester Grade 12 English students will be presenting their Capstone on Dec 11, 2025.

Just to clarify — English 12 teachers are not required to provide class time for Capstone work. Your Capstone is an independent project that you are responsible for completing on your own.

All Grade 12 students in British Columbia are required to complete this project.

The reason we connect with students during English class is simply because it's the best way to reach the majority of our Grade 12 students.

If students need help getting started or have any questions about their Capstone, they can stop by the Career Centre anytime.

If students are unable to come in during school hours, they can email Mrs. Bedwell to arrange a time that works for them: ashley.bedwell@sd23.bc.ca

Work Experience Sign Up - For Grade 11 & 12's.

Do you have a job or are planning to get one this school year?

Sign up for Work Experience Graduation Credits! Come to the Career Centre asap.

- Work 100 hours for 4 credits / Work 200 hours for 8 credits

*** You can sign up 2 different jobs.**

*** You can sign up twice for one job (as long as you are doing two different things at that job) to gain 8 credits.**

*** Looks great on your resume and university applications.**

MOUNT BOUCHERIE SECONDARY SCHOOL

When you walk through the door you are a bear who is a valued part of our school community.



BELONGING

We belong here as bears who have opportunities for connection in classrooms, hallways, and in school communities.

EMPATHY

We build an understanding and sensitivity towards other bears by learning how to think beyond ourselves and recognize different perspectives and ways of knowing.

ACHIEVEMENT

We are each accountable for our own learning and growth by putting our best paw forward.

RESILIENCY

We can each accept and embrace everyday challenges to help learn from personal struggles and mistakes.

SAFETY

Each of us is a member of this community and plays a role in supporting others to experience safety and security.

Mission Statement

We will do what we can to educate and support our students in realizing their unique and full potential, and in living purposeful lives.

MBSS Fundraising

WITH LORI LISA



September 22 bookings till November 21

during the week and weekends

20 minute session for \$200 (60 plus images)

- Text or email to book
- 250 878-6907
- withlovephotography13@gmail.com

Dress up in your favorite cozy
fall clothes! Xmas is coming.



PAYMENT VIA ETRANSFER OR CASH

No refunds for missed appointments.

Substance Use Prevention Series



Ministry of
Education and
Child Care

openparachute®

Online Learning for Parents, Caregivers, and Guardians

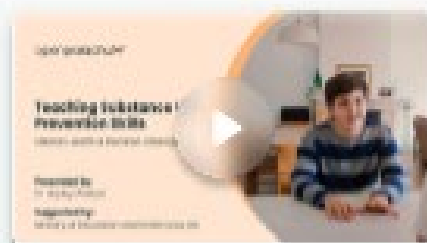
This series is designed to support parents, caregivers, and guardians across BC with tools and strategies to help with substance use prevention in the home. In this document, you will find three webinars recorded live between February 2024 and May 2025, each containing a one-hour presentation and a 30-minute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



Ministry of
Education and
Child Care

openparachute®

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 →](#)

Subject: Public Health Nurse Wellness Clinics in the School Settings

To students & their parents, guardians, or representatives:

As part of Interior Health (IH) - Central Okanagan's efforts to provide access to public health nursing (PHN) support and services, IH has been offering in-school PHN Wellness Clinics for all grades and clinics will continue until the end of the school year.

At the Wellness Clinics in the school, Public Health Nurses will be available to talk with students and answer any questions about public health nursing services, such as health and wellness promotion/disease prevention information, and resources. This is also a great opportunity for senior high school students to meet with a public health nurse to assess their immunization history and ensure they have all the necessary vaccinations before they graduate. Some post-secondary schools/training programs require immunization history prior to starting the program.

Additionally, based on information gleaned from the most recent 2023 McCreary Adolescent Survey indicating a growing concern from students regarding a variety of health-related topics, these in-school clinics will offer improved access for students to reach out to a health professional.

Checking immunization status:

Students and parents/guardians are encouraged to review their own immunization status. HealthGateway provides secure access to health records, including immunizations. Please visit:

<https://www.healthgateway.gov.bc.ca/>

COVID-19 or Influenza vaccines will not be offered or provided at these Wellness Clinics.

Mount Boucherie Secondary School, Mr. Cartwright and public health have identified the following days and times for PHN Wellness Clinics:

Thursdays from 11:45-1:00

If you have any questions, please contact Sharie Schwab; West Kelowna Health Unit; 250-980-5160

Thank you,
Sharie Schwab, RN, BScN

Public Health Nurse
West Kelowna Health Centre

ATTENTION: Parents, Students and Schools



**Central Okanagan
Public Schools**
Together We Learn

Central Okanagan Public Schools

is pleased to offer the "School Bus Stop" which is located on our website at www.sd23.bc.ca



School Bus Stop

Parents, students and schools can now sign up to receive email or text alerts when the school bus route is delayed.

To register for alerts and to view a complete list of bus routes displaying the current status, select the school bus icon on our website at www.sd23.bc.ca or go to the site directly at <https://schoolbusstop.sd23.bc.ca>

Our first priority is the safety and well-being of our students. Due to the varied reasons our school bus routes may be delayed or in extreme situations, cancelled, it is not practical for drivers or staff to personally phone all those affected. Safety is everyone's responsibility and we must all be diligent when staying up to date on the status of our school bus routes.

**All school bus route cancellations and delays in excess of
10 minutes will be posted on the
"School Bus Stop"**

If you have signed up for the alerts, upon posting the delay, you will receive an email or text with the route delay, length of delay and reason for the delay.

You could also expect to see general alerts when weather conditions or an emergent situation arises regarding the bus route.

TRANSPORTATION SERVICES

6:00 AM—5:00 pm

250-870-5151

transportation@sd23.bc.ca

STAY INFORMED ON BUS ROUTE DELAYS—SIGN UP TODAY!

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.



neighbourhoods@kelowna.ca
kelowna.ca/neighbourhoods



Visit

JAPAN

**Spring
2026**

**ONLY 5
SPOTS
REMAIN**



Scan to enrol & for tour info

<https://www.ettours.ca/tour-website/2750090JU>

- Contact Ms. Brenda Gallagher at brenda.gallagher@sd23.bc.ca
- Enjoy 9 days in Japan in March 2026
- Visit Tokyo, Kyoto, Osaka, Hiroshima, & more!
- Flights, transportation, hotel, & 2 meals per day included.



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

