

KLO WEEKLY MEMO

September 22-26, 2025

Dear Students, Parents, Guardians and Caregivers,

It has been a busy week at KLO. Leadership classes have been working hard to gather suggestions from students about what our new school store/kitchen should be called. The top 6 suggestions being voted on today are:

1. The Hub - Together We Are Stronger
2. Lunch & Munch - Together we Munch
3. Cougar Corner - Where Food and Friends Meet
4. Claw & Co - Snack Strong, Snack Proud, Snack Cougar
5. Yummy Place - Yum Yum
6. Clawsco - Snackin' OG

Thank you to all of the students, families and staff who came out to our Welcome Back BBQ on Wednesday evening. It was great to see so many families come out to connect with our KLO community and have a bite to eat. We also had our first PAC meeting of the year and had a great turnout. We are thrilled to have such an amazing and dedicated group of KLO parents who will bring their voices and contributions to our school. Please see below to view our PAC Executive for the 2025/2026 school year. We look forward to working with all of you throughout the school year. Thank you!

Congratulations to our Cross-Country team for competing in their first race. Well done!. We also want to wish our grade 9 volleyball teams good luck this weekend, as they head into their first tournament of the year at UBCO. Thank you to our staff and community coaches for making our athletic programs possible.

I would like to thank Mr. Wells and Mrs. Lockwood's Leadership classes for all of their efforts getting the [KLO Modular Farm](#) rolling and growing, as well as Mr. Vieweg-Cyr's (VC's) Cultural Leadership classes for all of their positive contributions to KLO throughout the first couple of weeks. These leaders are having an incredibly positive impact on KLO as they build connection and belonging within our school community. You can also check out their second addition of [KLO News](#). Have a great weekend, KLO.

Keep up the great work, Cougars!

Sincerely,
Nathen Elliott

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



Upcoming Events...

Monday • lundi Skix ^{wíw} s	Tuesday • mardi s7asíásq̃t	Wednesday • mercredi ska7ílasq̃t	Thursday • jeudi smasq̃t	Friday • vendredi scílkstasq̃t
September 22 22 septembre	September 23 23 septembre	September 24 24 septembre	September 25 25 septembre	September 26 26 septembre
4567 Malicounda Drumming (FRAL 8/9 & FSL 9) Photos Available Online	1234 Malicounda Drumming (FRAL 8/9 & FSL 9)	5671 Staff Meeting	2345 Hockey Academy 8:15 - 9:45 AM (Rink 1)	6712
September 29 29 septembre	September 30 30 septembre	October 1 1 octobre	October 2 2 octobre	October 3 3 octobre
3456  Orange Shirt Day!	No School 	7123	4567	1234 Due date for Happy Farmer PAC Fundraiser (on SchoolCashOnline) School Photo Order Deadline on Oct 5th (First Round)

SEPTEMBER NOTES & REMINDERS:

ATTENDANCE MATTERS!

All learning is important. Unnecessary absences and lates have a significant impact on student learning. Your support with ensuring your child is at school, and on time, is greatly appreciated. If your child is struggling with consistent attendance, please reach out to our support team so that we can work together to help your child.

PARKING LOT

Please use caution when dropping off and picking up your child in the KLO parking lot. There is not a lot of space and it is important to respect the flow of traffic - **no stopping** in the staff parking area or along red curbs / sidewalks.

SCHOOL FEES



School Activity/Cultural Fees are **\$30.00 per student** for this school year. They have now been added to your child's student account by School District 23. All School District 23 fees are paid using [School Cash Online](#).

Please contact the KLO Admin team if you are facing a financial hardship that may restrict the ability of your child to access a school program so we can help with financial matters.

OPTIONAL STUDENT ACCIDENT INSURANCE



Central Okanagan Public Schools does not insure expenses for student injuries that occur on school grounds or during school activities. Parents and guardians can voluntarily purchase private accident insurance. [Student Accident Insurance by StudyInsured](#) is a voluntary plan that provides coverage for students and their families against accidental injury, unexpected medical expenses, and critical illness. To apply for the Plan or to find out more, click [here](#)

PHOTO DAY RETAKES



Photo Day retakes will be on October 21st. Please keep in mind that students should try and wear darker clothing and simpler patterns - **no green** (can interfere with the backdrop)! Students will be bringing home an express proof paper so that you can see their portrait online.

*Any families requesting financial assistance to purchase school photos can reach out to vice-principal Ty Nelson at ty.nelson@sd23.bc.ca.

GRADE 7 - NETHERLANDS EXCHANGE OPPORTUNITY



Grade 7 students will have the opportunity to apply for an exchange program between KLO and a group of middle students in Veendam, Netherlands. [HERE](#) is the application form which is due **October 24** at 3:10pm. Once all the applications have been submitted, a selection process will take place (space for 24 students). There will be a meeting for all interested grade 7 students in the KLO gym at lunch on **Wednesday, September 24th**. If you have any questions, please contact Mr. Sodaro (Michael.Sodaro@sd23.bc.ca) or Mr. Boersma (Justin.Boersma@sd23.bc.ca).

Here are two Youtube videos to give an idea of the experience: [Video 1](#) & [Video 2](#)

KLO'S SCHOOL LUNCH STORE

Our school lunch store received a major renovation over the summer and will remain closed until the completion of the project. In the meantime, we have contracted daily meals with local businesses that are available for purchase on a first come first serve basis. Please pack a nutritious lunch or purchase the daily meal at the start of lunch.

Monday - Pasta \$5

Tuesday - Burrito \$5

Options: Chicken or Veggie

Wednesday - Sushi \$5

Options: California, Spicy California, Yam or Veggie

Thursday - Sandwich \$5

Options: Ham, Turkey or Veggie

Friday - Pizza \$2.50 / slice

Options: Cheese, Pepperoni, Ham & Pineapple or Veggie



We strive to ensure all our students are well-fed and ready to learn. Any families who need food support can email laura.wiemken@sd23.bc.ca to be added to our free lunch list.

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 7/8 Rugby

Coach: Mr. Bennett

Grade 7/8/9 Cross Country Running

Coaches: Ms. Richardson, Ms. Boersma & Mr. Jackman

Grade 7 Girls & Boys Volleyball

Info TBA - starting in a couple weeks

**For detailed athletics information, please see the [KLO Athletics Website](#)
Any interested volunteers can contact our Athletic Director at garth.dupre@sd23.bc.ca**

LUNCH TIME CLUBS - More to come! Stay tuned 😊

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

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.

Get to know your PAC Executive:

President: Kirk Penton

Vice-President: Angela Nagy

Treasurer: Emily Lartigue Hilbrecht

Secretary: Ivan Castaneda

COPAC Rep: Cadre Simpson

Fundraising: Stephanie Harland

Members at large: Angie Szerepi, Anita Veal, Rebecca Navarro, Steve Haynes, Tanya Miles and Terresa Li

PAC Happy Farmer Fundraiser →

First Order deadline is October 3, 2025. Orders can be placed on School Cash Online or through the [Link](#).

OKANAGAN FARM OUTLET

HAPPY FARMER FUNDRAISER



Honeycrisp Apples or Ambrosia Apples

5 lb bag for \$10

40% RETURN FOR THE FUNDRAISER

Your choice of Honeycrisp Apples or Ambrosia Apples
OR chose to pay it forward and purchase a bag for a family in need.

This fundraiser is brought to you by the KLO PAC.
Proceeds go towards our school FARM that supports healthy eating for our KLO students.

First Order deadline October 3, 2025.
Orders can be placed on school cash online.
<https://CentralOkanagan.schoolcashonline.com/Fee/Details/93553/15/False/True>
PAC will arrange pick up at the school.
Thank you for your support!

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](#).

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

Join Us

NOURISH

FOR PARENTS WITH SCHOOL-AGED CHILDREN, FRIDAYS AT 12:30PM

A Weekly Parent Connection Group. Raising school-aged kids can be amazing — and sometimes overwhelming. Nourish is here to support you.

Join us for a weekly gathering where parents of school-aged children come together to share, connect, and grow. This is a warm, welcoming space for conversation, support, and practical ideas for parenting in today's world. Starting September 12th

To register, please send us an email
katie@childhoodconnections.ca

- Meet other parents
- Have meaningful conversation
- Receive support and give support



Take the Plunge

Learn to Dive with KSDC

1 meter and 3 meter springboard diving lessons for:

- Beginners
- Competitive Athletes
- Adults

Ages 5 and Up
Lessons held at the H2O Adventure + Fitness Centre and the Rutland Family YMCA

Email ksdc.general@gmail.com with any questions



SMASHBALL

GIRLS & BOYS GR K-5!

LEARN MORE & REGISTER → 

IGNITE A LOVE FOR VOLLEYBALL!

FREE TRY-IT SESSION

Volley Spark is a fun, energetic introduction to volleyball. For those just learning the game, or with no previous experience, Volley Spark is the perfect place to start!

- \$75 for 7-Week Program!
- Focused on Basic Skills!
- Locations in Mission, Rutland & Glenmore!
- Fun, Engaging & Encouraging Atmosphere!



Fall 2025 Teen Programs & Certifications



Volleyball Training

Volleyball Training for Teens is run by Volleyball BC. This program has been modified and specifically designed for 13-15-year-olds who are a beginner or intermediate player of Volleyball. It focusses on how to properly bump set and spike and play the game.



Watson Elementary School Gym
Thursdays

- 34743: September 25 - October 23
- 34983: November 6 - December 4

8:15 - 9:15pm

Parkinson Rec Centre Gym
Mondays

- 34759: September 22 - November 3
- 34984: November 10 - December 15

4:30 - 5:30pm

In the Kitchen

Vegan Teen Cooking

In this class, teens will learn how to make nutritious, delicious meals that are vegan.

Parkinson Rec Centre Kitchen
6:00 - 8:00pm

Ages: 12Y - 18Y

35192: Thursday, October 23:

Lentil "Meat" Balls with Spaghetti
and Marinara Sauce

35193: Wednesday, November 19:

Black Bean Quesadilla with Mango
Salsa & Crema

35194: Monday, December 8:

Pad Thai with Tofu

\$30 per class



Baking for Teens

In this engaging course, teens will acquire essential baking skills such as measuring, mixing, kneading, and decorating. They'll learn to make classic cookies, muffins, cupcakes, and simple breads, gaining hands-on experience and confidence to create their own sweet or savory treats at home.

Tuesdays

- 35210: September 16 - October 21
- 35211: October 28 - December 2

Parkinson Rec Centre Kitchen
5:30 - 7:00pm

Ages: 11Y - 15Y



\$240

Quick & Delicious Cooking for Teens

Whip up something delicious in no time! This fast-paced class teaches teens how to make simple, tasty meals and snacks using basic ingredients and kitchen tools. Perfect for building confidence, independence, and real-life cooking skills—no experience needed!

Parkinson Rec Centre Kitchen
6:00 - 7:15pm

Ages: 12 - 15Y
Mondays

34752: September 15 - October 6

34742: October 20 - November 10

34744: November 17 - December 1

34744: November 17 - December 1

34744: November 17 - December 1



Sports



Pickleball for Youth

Join this exciting pickleball class for teens, perfect for beginners or those wanting to improve. The class covers fundamentals like rules, techniques, and strategies, emphasizing teamwork and sportsmanship. Teens will gain confidence on the court while staying active and having fun.

Canyon Falls Middle Gymnasium
Ages: 12Y - 16Y

Saturdays

35255: September 6 - 27

35256: October 25 - December 13

11am - 12pm

\$45

\$90



Drop-in Basketball

Join us for basketball! This program welcomes all skill levels, emphasizing fun, friendship, and fitness. Feel free to bring your own ball, and remember to bring a dark and light shirt or jersey along with a water bottle.

Canyon Falls Middle Gymnasium
Ages: 12Y - 18Y

Saturdays

September 6 - 27

October 25 - November 15

November 22 - December 13

1:30 - 3:00pm

Tennis for Teens

Serve, rally, and improve your game! This fun and active class helps teens build tennis fundamentals, including proper grip, footwork, and stroke techniques. Taught by experienced instructors, it's a great way to stay active, meet new friends, and enjoy the game in a supportive setting.

Ages: 12Y - 16Y

Robertson Park

Wednesdays

34756: September 10 - October 8

5:00 - 6:00pm

\$70

City Park Tennis Court

Thursdays

34757: September 11 - October 2

5:00 - 6:00pm

\$56



& more!

Free Youth Nights

Youth Night is the perfect way for young people to hang out, meet new friends, and enjoy a variety of activities! This always includes a free swim, gym time and other fun activities.

Parkinson Rec Centre
6:00 - 9:00pm

Ages: 11Y - 15Y

- Saturday September 20
- Saturday October 18
- Saturday November 15



Babysitter Certification

\$82



Canadian
Red Cross

Participants will gain the skills to provide age-appropriate care for young children while mastering effective emergency prevention and response techniques—all through a Red Cross Certified program.

Parkinson Activity Centre - Activity Room
9 am - 4 pm

Ages: 11Y - 18Y
Saturdays

- 34627: September 20
- 35213: October 18
- 35214: November 22

rec.kelowna.ca
250-469-8800



REGISTER NOW

erase | EXPECT RESPECT &
A SAFE EDUCATION

Information for Parents and Caregivers

Resources to support you and your child



Register for free training

Tips to protect children
and youth online



Have a conversation

Talk with children and
youth about things they
may be experiencing

What kind of information can I find on
erase.gov.bc.ca?

- **Practical guidance** to help you support your child's safety and well-being
- **Resources and information about:**
 - Diversity and inclusion
 - Mental health and substance use
 - School and online safety
- **Free training sessions** to help you keep your child safe online
- **Videos** explaining erase, the Report It Tool, and safe, caring and inclusive schools
- **Tips** for bringing concerns to your child's school

What is the Report It Tool?

Report It is an anonymous online tool for students to report anything concerning to their school safety team—whether it happens at school, online, or somewhere else. Find it at erase.gov.bc.ca.

Questions? Reach out to your school to learn more.



Ministry of
Education and
Child Care

