



KLO WEEKLY MEMO

September 15 - 19, 2025

Dear Students, Parents, Guardians and Caregivers,

Today, our Leadership class shared their first issue of [KLO Cougar News](#) with our students (use student SD23 login to view). This is a fun, new, weekly tradition that we are bringing to our students. Our hope is that this will bring student voices forward and help build, connection, belonging and community in our school. The Leadership class also celebrated the strong efforts of our students throughout the first couple of weeks by handing out free freezies during lunch time. Our students have been doing an amazing job of keeping our hallways clean and safe and taking care of each other. Keep it up, KLO.

Thank you to all of the students who engaged with our KLO sports teams this week. Our grade 8 and 9 volleyball teams are off to a great start. Please note that our grade 7 volleyball programs will be starting in the coming weeks. Our grade 7/8 rugby team is also underway. Go, Cougars! Remind your child to watch the hallway TV's for updates and practice times.

We have our Welcome Back BBQ next Wednesday from 5:30pm to 6:30pm. We will also have some fun playground games for families to enjoy. We hope to see all of our KLO families join us for a hot dog, hamburger or veggie burger. We will also have juice and chips for those who attend. Everyone is welcome! There will be a KLO PAC meeting to follow from 6:30pm to 7:30pm in the Library Learning Commons (LLC). Please join us to meet our PAC, hear about what's going on and contribute your thoughts and ideas. Continue to keep an eye on the Weekly Memo to stay in tune with everything going on at KLO. Lunch time clubs, sports, intramurals and fun events will continue to be added to these documents. Have a wonderful weekend, KLO.

Sincerely,
Nathen Elliott
Principal
École KLO Middle School
nathen.elliott@sd23.bc.ca

Upcoming Events...

Monday • lundi skix ^w iws	Tuesday • mardi sʔaslásq̓t	Wednesday • mercredi skaʔhlásq̓t	Thursday • jeudi smasq̓t	Friday • vendredi sc̓lkstasq̓t
September 15 15 septembre	September 16 16 septembre	September 17 17 septembre	September 18 18 septembre	September 19 19 septembre
5671	2345 Hockey Academy 8:15 - 9:45 AM (Rink 1)	6712 Welcome Back BBQ 5:30 - 6:30 PM KLO Front Breezeway PAC AGM 6:30 - 7:30 PM Library Learning Commons Hockey Academy 1:45 - 3:15 (Rink TBD)	3456 School Photo Day  (Photo retakes on Oct 21)	7123

Monday • lundi skix ^w iws	Tuesday • mardi s7aslásq̃t	Wednesday • mercredi ska7tlásq̃t	Thursday • jeudi smasq̃t	Friday • vendredi scłkstasq̃t
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)	1234 Malicounda Drumming (FRAL 8/9 & FSL 9)	5671 Staff Meeting	2345 Hockey Academy 8:15 - 9:45 AM (Rink 1)	6712

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.

When possible, please arrange an alternate pickup spot for your child in neighbouring areas (for example, along Lanfranco). Evangel church across Gordon road has also kindly allowed families to use their spacious parking lot as a dropoff and pickup location for our students.

SCHOOL BUS



Please review SD23's [School Bus Rider Rules](#) if your student is taking the school bus

SCHOOLS SUPPLIES

✨ We have backpacks with school supplies donated by Telus available in the Nest (see Ms. Rootes). ✨



- 1-2 Binders (zippered binder recommended)
- Dividers
- Lined paper (250 sheets minimum)
- Pencils (recommended number is 24)
- Ruler
- Scientific calculator
- Scissors
- Glue
- Pencil sharpener
- 2 Erasers
- Highlighter
- Box of pencil crayons
- Box of felt markers
- Pack of 5 exercise notebooks
- Pack of 5 duotangs
- Whiteout
- One grid paper notebook

COURSE CHANGE REQUESTS

Any students who are requesting a course change are invited to pick up a form in the office between September 12-19.



Class size/composition are often the determining factor in these moves. Our School Based Team will meet to review requests (Administration, Counsellor, Inclusion Support Teachers, Indigenous Advocates, Learning Assistance Teachers, Resource Teachers, Student Support Teacher). Parent/Guardian will be contacted by email or phone once the decision has been made.

Please reach out to your administrator if you have any questions about the process:

Last Names A-K: Ty.Nelson@sd23.bc.ca

Last Names L-Z: Laura.Wiemken@sd23.bc.ca

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.

See more information about School Cash Online [HERE](#).

PHOTO DAY - SEPTEMBER 18

School Photo Day is coming on Thursday, September 18th! Please keep in mind that students should try and wear darker clothing and simpler patterns, **no green!** Students will be bringing home an express proof so that you can see their portrait.

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

Retakes will be on October 21.



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

Try outs are Tuesday and Wednesday
(3:30-4:30 in the gym this week)

Please see coach if you missed previous try outs

Grade 8 Girls Volleyball

Coaches: Ms. Blatchford & Mr. Martinson

First practice Wednesday Sept 10 4:45-5:45pm

Grade 8 Boys Volleyball

Coach: Mr. McLaughlin

First practice Thursday Sept 11 3:30-4:45pm

Grade 7/8 Rugby

Coach: Mr. Bennett

Grade 7/8/9 Cross Country Running

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

Info meeting Wednesday,
Sept 10 at lunch in Portable 5

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	Games Club Library Ms. Li Beaded Crafters Room 6 Ms. Thodas	Games Club Library Ms. Li	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.

The first PAC meeting is on **Wednesday, September 17th at 6:30PM** after the September Welcome + Meet the Teacher BBQ. All KLO parents / guardians are invited and encouraged to attend!

FUNDRAISERS



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

THE CENTRAL OKANAGAN SCHOOL DISTRICT'S FINANCIAL HARDSHIP CLAUSE

Within Board Regulation [425R – Student Fees](#), the Board of Education has indicated "that a student will not be excluded from any educational program due to financial hardship". Clause 8.5 in the Regulations states: "Principals are directed to establish a procedure in each school which will allow for the private and confidential consideration of financial circumstances of individual students and families. Such procedures will preserve the dignity of families who may be unable to pay". Please contact the school Principal if you are facing a financial hardship that may restrict the ability of your child to access a school program.

COMMUNITY EVENTS/ RESOURCES

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 focuses 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



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!

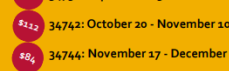
Parkinson Rec Centre Kitchen

6:00 - 7:15pm

Ages: 12 - 15Y

Mondays

- 34752: September 15 - October 6
- 34742: October 20 - November 10
- 34744: November 17 - December 1



& 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 - 9:00 pm

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

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 15 - December 13

11am - 12pm



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: 13Y - 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

City Park Tennis Court

Thursdays

- 34757: September 11 - October 2

5:00 - 6:00pm

CANADA SAFETY COUNCIL HOME ALONE & BABYSITTING COURSES



ONLINE & IN-PERSON SESSIONS

Home Alone: Ages 9+ yrs | \$53
Babysitter Training: 10.5+ yrs | \$70

Register at:

www.babysittingkelowna.com

kidz4safety@gmail.com

or

call/text 250-317-2868

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!

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!

**FREE
TRY-IT
SESSION**

