

KLO WEEKLY MEMO

October 6 - 10, 2025

Dear Students, Parents, Guardians and Caregivers,

The month of October has begun and our KLO students have been working hard. It is always fun catching our students carrying their Tech Education projects through the hallways. Wood boxes, laser engraved pieces, 3D prints and lego constructions ready to go to battle, just to name a few. These types of hands-on learning experiences tap into unique areas of passion for students, which can open up doors to incredible career paths in various trades and technology sectors.

As the weather starts to cool, we want to remind students to bring appropriate clothing to school. Good shoes, or boots, and warm clothes for Physical Health Education class and/or Field Studies are important. A healthy lunch is also important for our KLO learners. Please know that food is available for those in need. Simply email Laura Wiemken (laura.wiemken@sd23.bc.ca), if your child would benefit from our food programs. Breakfast is always available in the mornings and lunches can be arranged for those in need.

Our drama students are working hard on their production of Charlie and the Chocolate Factory. We look forward to seeing them perform this piece in January. We have an amazing group of drama students who are very excited to be a part of this performance. Keep up the great work!

Grade 7 volleyball has now started and we have lots of keen players in our programs. Students also had the opportunity to sign up for volleyball intramurals and chess club this week in the Cougar Den. If your child missed it, ask them to connect with the Leadership class in room 5.

KLO is hosting the Jr. Best of the West Tournament this weekend and we want to wish all of the competitors good luck. And, as always, an extra special good luck to our KLO teams throughout the tournament. Go COUGARS!

Check out this week's KLO News segment [HERE](#).

Don't forget to make sure your child is signed up for Discovery Days using the [selection form](#). Discovery Days will start on October 30.

Sincerely,
Nathen Elliott

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



Upcoming Events...

Skix ^w iwsMonday • lundi	Tuesday • mardi s7asíásqt	Wednesday • mercredi ska74líasqt	Thursday • jeudi smasqt	Friday • vendredi scíkstasqt
October 6 6 octobre	October 7 7 octobre	October 8 8 octobre	October 9 9 octobre	October 10 10 octobre
5671	2345 Discovery Days <u>selection forms</u> close	6712 PAC Apple fundraiser (pick up starting at 2:30pm at the front doors)	3456	No School Administrative Implementation Day
October 13 13 octobre	October 14 14 octobre	October 15 15 octobre	October 16 16 octobre	October 17 17 octobre
No School 	7123	4567 PAC Meeting 6:30 KLO Library	CEd12	3456



ALL GUESTS MUST SIGN IN AT KLO OFFICE!



All guests entering the KLO building must check in at the office and sign in.

This is a health and safety requirement for our school.

If you are approached, or questioned, by a staff member, please understand that this is coming from a place of care and safety. Your support and understanding are greatly appreciated.

STUDENT MEDICAL ALERTS



If your child has a medical condition that their teacher and the school should know about, there are medical forms that must be filled out and updated every year. Epi-Pens and medication may be kept in the office with the appropriate documentation. Please come to the office or email klo@sd23.bc.ca to request medical forms.

DISCOVERY DAYS - KLO'S ENRICHMENT PROGRAM

Discovery Day course descriptions are now available. Please take some time to go through the options to choose top five choices. The [selection form](#) was emailed to families on October 1st and is due by October 7th.

Discovery Days will start on October 30, 2025.

You can access the Discovery Day Descriptions Booklet [HERE](#). Thank you to all of our teachers for the enriching experiences they are offering our KLO learners. This is such a great opportunity for students across all programs, and grades, to connect and engage with something they are truly excited about.

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)!

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

Our school recently participated in photo day. Your child should have a sheet similar to the one on the right. If you do not have an *Express Proof* for your child, contact Photo Expressions at studio@photoexpressions.ca or 604-477-7399 to request your Online Code.

Photo Expressions

YOUR PHOTOS ARE ONLINE! Scan the QR code below!
(Or visit weblink below)

Visit photoexpressions.ca/orders and enter your Online Code

Your personal Online Code

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 for the 24 student seats. 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](#)

CLAWSCO - KLO'S SCHOOL LUNCH STORE

Hooray! Clawsco, our school lunch store, received a major renovation over the summer and is now open. Snack items are being added daily so stay tuned to the menu wall for the most up-to-date options.

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 or Veggie

Thursday - Sandwich \$5

Options: Ham, Turkey or Veggie

Friday - Pizza \$2.50 / slice

Options: Cheese, Pepperoni, Ham & Pineapple or 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 pop on 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.

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

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

Practices: Tuesday & Fridays 7:30am - 8:30 am

Grade 8 Boys Volleyball

Coach: Mr. McLaughlin

Practices: Tuesdays 3:30pm-4:30pm & Thursdays 7:30am-8:30am

Grade 7/8 Rugby

Coach: Mr. Bennett

Grade 7/8/9 Cross Country Running

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

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)

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

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)

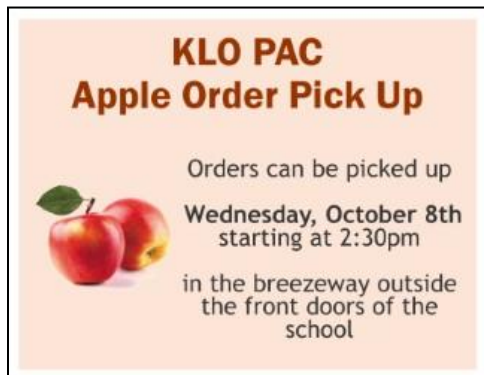
The purpose of the KLO PAC is to promote and improve the quality of education and the well being of students at KLO Middle School. Our PAC helps decide where to allocate the gaming funds to specific needs within our school. They also run school events and fundraisers to help improve the KLO community.

The next PAC Meeting is October 15th at 6:30pm in the KLO Library.

PAC Happy Farmer Fundraiser

Pickup October 8th →

Stay tuned for the next round of orders



Fresh to You Fundraiser

Bundle 1 - \$25 - carrots, yellow onions, apples, russet potatoes

Bundle 2 - \$30 - Carrots, parsnips, russet potatoes, squash

Available on School Cash Online.

More info →

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](#).

The logo for the Fresh to You fundraiser, featuring a stylized fruit basket with the text "FRESH TO YOU" and "SCHOOL FRUIT AND VEGETABLE NUTRITIONAL PROGRAM".

FRESH TO YOU FUNDRAISER

The Fresh to You Fundraiser is a great way to fundraise with healthy food choices while making a 40% profit for your school.

Here's What's in the Bundles

Basic bundle \$25

- 3lb Carrots
- 3lb Yellow Onions
- 3lb Apples
- 5lb Russet Potatoes

Seasonal Bundle \$30

- 3lb Carrots
- 1lb Parsnips
- 5lb Russet Potatoes
- 283g Shallots
- 3 pack Loveable Little Squash

A group of diverse children raising their hands in excitement.

We love to eat fresh fruits and vegetables!

This fundraiser supports the KLO Modular farm and free meal programs in the school

Our school is making a healthy choice in fundraising by selling top quality fruits and vegetables from BC.

Help us:

- meet our school's fundraising goals
- support healthy choices
- support local growers and producers

Fundraising Dates: **October 2nd to 22nd**

Fundraising Coordinator: **Mme Lockwood**

Purchase through school cash online .

Delivery mid November

Revised 2025

The logo for BC Agriculture in the Classroom, featuring a stylized green plant and the text "BC Agriculture in the Classroom".

COMMUNITY EVENTS / RESOURCES

CASTANET Thursday, Oct 2

< city > Kelowna's Homepage Google Castanet OBITS

NEWS BC CANADA WORLD BUSINESS SPORTS SHOWBIZ CLASSIFIEDS

Kelowna News

YOUTH VOICE KEY TO SAFETY

City invites youth to share their voices for a safer Kelowna

Madison Reeve - Oct 1, 2025 / 5:00 pm



Photo: Contributed
In September, Kelowna business owner reported teens causing trouble and violence, leading to police arrest.

↑ To read the full Castanet article, click [HERE](#) ↑

Kelowna Friends of the Library

Book Sale!

35th GREAT OKANAGAN BOOK SALE

SUPPORTING ALL BRANCHES OF OKANAGAN REGIONAL LIBRARY

Wednesday	October 15	2:00pm to 8pm
Thursday	October 16	9:30am to 8pm
Friday	October 17	9:30am to 8pm
Saturday	October 18	9:30am to 2pm

Location: Immaculate Conception Parish Hall
839 Sutherland Avenue, Kelowna

Church Parking: New One-Way System
Enter: West Alley (by Church) Exit: East Alley (by Hall)

Kelowna Friends of the Library acknowledge the support of
DR MOSHE OZ and TWO SMALL MEN WITH BIG HEARTS MOVING
fol4k@hotmail.com | www.kelownafol.ca | Facebook

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

Are you 13 to 17?

Shape Your Future. Drive Real Change!

Join the Kelowna Youth Safety Committee and help shape a safer city.



Work alongside police, fire, and other first responders to improve safety concerns in your neighbourhood.

- Present your ideas to City Council in June 2026
- Earn up to 40 volunteer hours
- Get a letter of reference for your next opportunity

Apply online by October 15



scan + apply

City of Kelowna, Kelowna Fire Department, Kelowna Police Department, and other local organizations are involved in this initiative.

UBCO HEAT

FALL 2025 4 ON 4 VOLLEYBALL PROGRAM

OPEN FOR REGISTRATION

REGISTER NOW @ GOHEAT.CA

PROGRAM OVERVIEW Community - Volleyball

This program focuses on skill building and game play using smaller sized courts and a 4 on 4 format. Fewer players means more contacts and a faster game to accelerate your development. Each of the 3 sessions will feature a warm-up, skill acquisition activities, and game play so athletes can apply what they have learned. Whether you are new to the game, playing on a school team or preparing for club tryouts, this program will help you develop your skills, prepare for 5 on 5, and have fun.

PROGRAM INFORMATION

- Grades 4-5 @ 1:15pm-2:15pm (\$60.00)
- Grades 6-7 @ 2:30pm-4:00pm (\$90.00)

All genders welcome!

UBC Okanagan Gymnasium (3211 Athletics Court, Kelowna)

- Sunday, October 19
- Sunday, October 26
- Sunday, November 2

Questions: please contact scott.koskie@ubc.ca

***Registration includes all three dates.

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



\$140

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



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



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

City Park Tennis Court
Thursdays
34757: September 11 - October 2
5:00 - 6:00pm

\$70

\$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

