

KLO WEEKLY MEMO

October 27 - 31, 2025

Dear Students, Parents, Guardians and Caregivers,

Next week is a busy one full of Halloween spirit. There will surely be lots of energy in the building as we head towards Halloween on October 31. Please remember that there are no masks and no weapons permitted at school. We look forward to seeing everyone dressed up. We will also be hosting our first dance for Halloween during the last block on Friday. Students can attend the dance or engage with various activities that will be running throughout the school. Thank you to our Leadership classes and teachers for bringing this event to our school. It is going to be a fun and exciting week.

It was great to see many of our KLO families at our first Parent/Teacher night on Wednesday. This first round of PT's was by appointment only. If you were not able to book an appointment and you have questions or concerns, please do not hesitate to reach out to classroom teachers by email. Email addresses for staff are always firstname.lastname@sd23.bc.ca. Please note that we will have an Open House format for our Showcase of Learning, which is scheduled for the evening of January 21, 2026.

Congratulations to our Cross-Country team for their amazing performances in the Zone Championships. We have a number of students heading to Provincials and we wish them well. Our grade 7 girls volleyball team will also be competing in their first tournament of the year. We have some amazing art filling up our hallways and we have five spots at the Kelowna Art Gallery to show off incredible student work at a group exhibition this Spring. Way to go, Cougars.

Please remember that there's no school tomorrow as teachers will be busy engaging with learning and professional development for the day. Have a great weekend, KLO!

Sincerely,
Nathen Elliott

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



Upcoming Events...

Monday • lundi Skixwíws	Tuesday • mardi s7asíásq̄t	Wednesday • mercredi ska7tlásq̄t	Thursday • jeudi smasq̄t	Friday • vendredi scílkstasq̄t
October 27 27 octobre	October 28 28 octobre	October 29 29 octobre	October 30 30 octobre	October 31 31 octobre
6712 Spirit Day: PJ Day!   Hockey Academy (1:30-3:00 Rink 2)	3456 Spirit Day: Twin Day!  PAC Smoothie Day FREE @ lunch Bring your own cup to be entered for a prize! Family: to volunteer and help, please email saharland@shaw.ca	7123 Spirit Day: Teachers Dress Like Students & Students Dress Like Teachers!  Staff Meeting (7:30am)	DD45  Spirit Day: Throwback Thursday Discovery Days start!	67122  Hockey Academy (1:45-3:15 Rink 2) Grade 9 "Take Our Kids to Work Day" permission form due to HR teacher  Halloween Dance! Last block of the day! (Reminder! No Masks or Weapons)
November 3 3 novembre	November 4 4 novembre	November 5 5 novembre	November 6 6 novembre	November 7 7 novembre
3456	7123	4567 Take Our Kids to Work Day! (Grade 9's - see below)	DD12  Hockey Academy (1:45-3:15 Rink 2)	3456

HALLOWEEN



Costumes - students are welcome to dress up in a costume or wear orange and black on October 31, if they like. This is not mandatory. Please remember that there are **no masks and no weapons permitted**.

Dance - KLO will be hosting a Halloween Dance on October 31 during the last block in the gym.

Movies - Halloween movies will be shown as well as other activities around the school during the dance.

Spirit Week - See calendar above for details. Please note that all Spirit Days are optional.

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.

Return the permission form to your Homeroom teacher by Friday, October 31st.

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

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](#).

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.

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

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

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

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

inclusionBC

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



NEW VINTAGE THEATRE and LAWSON LUNDELL 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



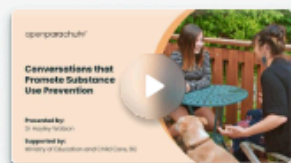
Substance Use Prevention Series

Online Learning for Parents, Caregivers, and Guardians



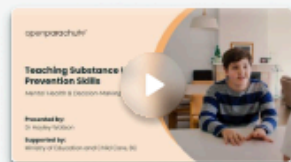
This series is designed to support parents, caregivers, and guardians across BC with tools and strategies to help with substance use prevention in the home. In this document, you will find three webinars recorded live between February 2024 and May 2025, each containing a one-hour presentation and a 30-minute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