

We wish to acknowledge as a school community that we continue to work, learn and play together on the homelands of the Ktunaxa People.



Principal's Message

Hello FSS Families,

Another year is flying by! Once Spring Break arrives, the end of the school year always seems to approach very quickly. Here are a couple of important items to keep in mind over Spring Break and once we return:

Course Selection (Grades 7–12)

Students in Grades 7–12 completed their course selections prior to Spring Break. If your child has not yet submitted their course selections, they should connect with the office as soon as possible before the break. Course selection information was also sent in an email from either Ms. Romero or me, and families are welcome to email their child's course choices if that works best.

Graduation Preparation

Graduation will be here before we know it. Graduating students should take some time to double-check that they have completed, or are currently enrolled in, all required courses and other graduation requirements, including provincial assessments. We want to ensure all students remain in good academic standing and are able to participate in commencement and the graduation ceremony.

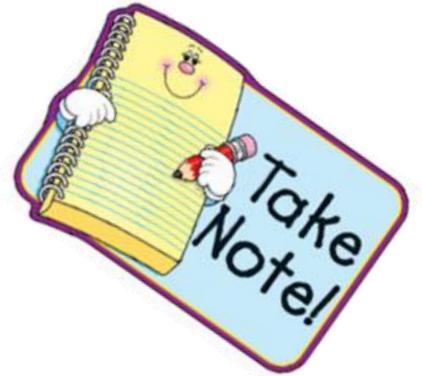
Thank you to our students, staff, and community members for making it a great year so far. I hope everyone has a safe and enjoyable Spring Break.

Regards,

Jason Sommerfeld
Principal
Fernie Secondary School

Upcoming Dates to Note:

- Mar. 4th-7th – Sr. Boys Basketball - Provincial
- Mar. 4th – Science Fair
- Mar. 9th – Grade 7 – Ski Trip
- Mar. 11th – PE 8 (Gulyas) X-Country Skiing
- Mar. 13th – Tuesday Day 1 Schedule
- Mar. 16th- Mar.27th – Spring Break
- Apr. 3rd – NO SCHOOL – Good Friday
- Apr. 6th – NO SCHOOL – Easter Monday
- Apr. 8th – Grad Photo Retakes
- Apr. 10th – Wednesday Day 1 Schedule



School Counsellor

Karen Walker – karen.walker@sd5.bc.ca

Andrea Reed – andrea.reed@sd5.bc.ca

Sarah Hallett – sarah.hallett@sd5.bc.ca

Indigenous Education Support Worker

Willow Burk (IESW) willow.burk@sd5.bc.ca

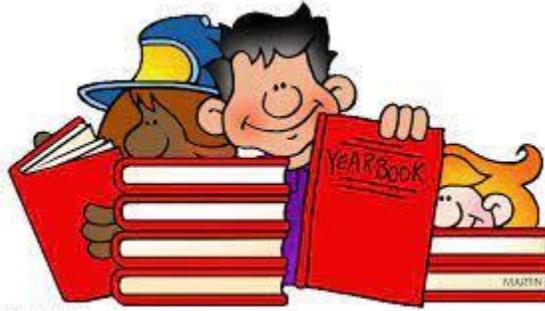
Deb Springle (Elder in Residence) deb.springle@sd5.bc.ca

Youth Care Worker Support

Lisa Bax (YCW) lisa.bax@sd5.bc.ca

Sherry Bylsma (YCW) sherry.bylsma@sd5.bc.ca

Order Your YEARBOOK



philipnorton.com

You can order your yearbook on SchoolCash Online

FERNIE YOUTH SOCCER ASSOCIATION

Fernie Youth Soccer Association strives to promote the sport of soccer in Fernie and the Elk Valley by providing opportunities for children and young people to engage in the game. We believe this engagement happens best through playing, coaching, refereeing and spectating this great sport. FYSA welcomes all soccer enthusiasts who wish to see individuals and families flourish in our community through soccer.



Don't miss the March 31 registration deadline for **spring soccer** with the Fernie Youth Soccer Association. Register at <https://ferniesoccer.com/>.

Staff Appreciation Luncheon April 15th,
2026.

PAC will be looking for volunteers to help
contribute food to our staff.





This Friday and Saturday, senior students from Elkford Secondary, Sparwood Secondary, Fernie Secondary, and Jaffray School came together for an unforgettable Indigenous learning journey to Lethbridge, Alberta. It was so much more than just a field trip.

On the way, we stopped in the Piikani Nation, where students were welcomed with fresh fry bread made especially for them. It wasn't just food, it was connection, relationship, and community in action.

In Lethbridge, students visited the Galt Museum, where they reconnected with Elder Blanche, someone they have built a relationship with and learned from over the years.

Blackfoot Elder Blanche promotes respect and connects the past to the present in meaningful, tangible ways. Students were immersed in the history, traditions, identity, and worldview of the Blackfoot people — not from a textbook, but through her lived knowledge and story.

The experience continued at the Lethbridge International Powwow. Our students arrived early, not as spectators, but as helpers. They supported Elders, assisted vendors with setting up their handmade crafts, and engaged in meaningful conversations with dancers and community members. They listened. They learned. They gave back.

Saturday morning was about service and relationship. Saturday afternoon was about celebration! The powerful dancing, breathtaking regalia, the steady heartbeat of the drum, and the pride of culture alive and thriving. Students witnessed strength, resilience, and joy woven together in every grand entry.

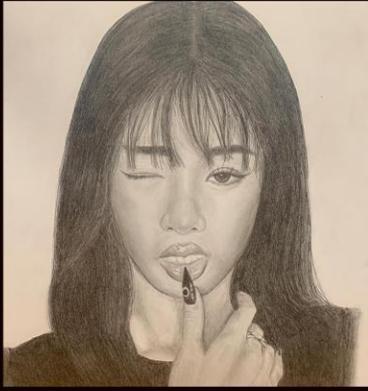
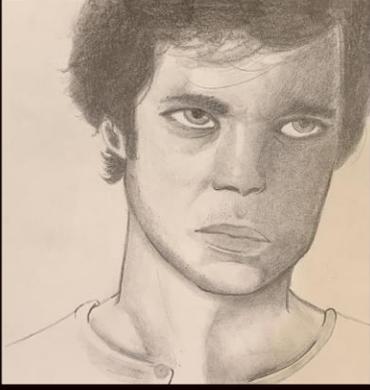
This trip wasn't just educational, it was transformational.

It strengthened connections between schools. It deepened understanding of Indigenous history and culture. It created space for youth to step into respect, humility, and reciprocity. It honoured the past while empowering the next generation to carry knowledge forward.

Experiences like this matter. They build bridges. They grow empathy. They remind us that reconciliation is not a word; it is action, relationship, and shared learning.

We are so proud of our students for the way they showed up. They had open minds, helping hands, and full hearts. This was Indigenous education lived in real time. And it was powerful.

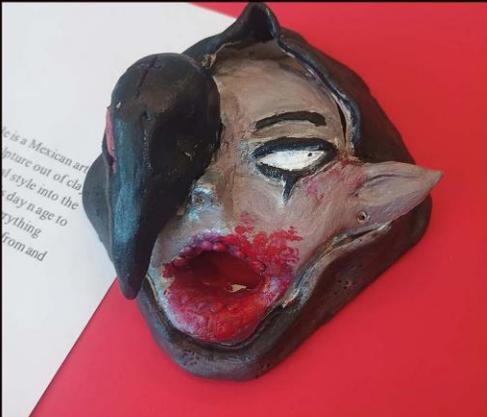
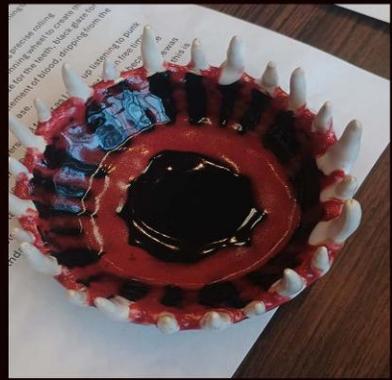
In the words of one of our students, "Thank you so much for the trip, it was an amazing experience with a really good group of people. I really appreciate the opportunities you give us all to have these experiences."



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Artist: *Pharida* Subject: *Suhle Dink*



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It has been a busy and action-packed winter for Mr. Gulyas' PE and Outdoor Education students at FSS.

Whenever the snow arrived, students grabbed their cross-country skis and headed out to the Fernie Golf Course to learn the fundamentals of Nordic skiing. Students practiced gliding, turning, and climbing hills using the classic herringbone technique, building confidence while learning a new winter sport right in our backyard.

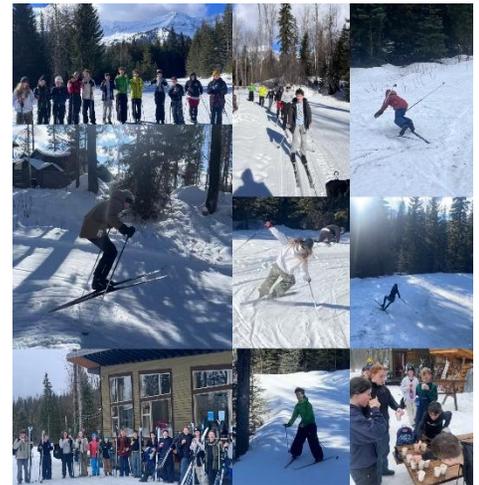


Soon students were ready for the next level. Grade 7-8 classes and Senior Outdoor Education students headed up to the Fernie Nordic Centre, where the

Fernie Nordic Society welcomed students with beautifully groomed trails and a warm fire in the cabin. Students skied the Cedar Loop, climbed Lookout Trail, pushed their way up Grunt, and came flying back down the hills with huge smiles. There were

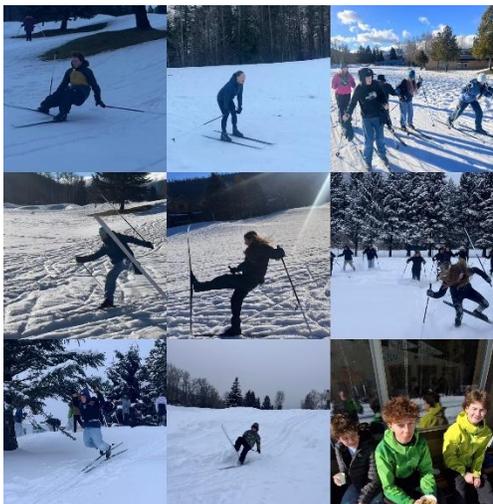
crashes, laughter, and epic resilience as students supported one another and kept pushing forward.

Senior Outdoor Ed students also teamed up with Mr. Baty's Outdoor Ed 8/9 class for hands-on avalanche education at Fernie Alpine Resort. Students practiced with avalanche transceivers, examined safety gear used by ski patrol, and dug snow pits to study the layers in the snowpack. Compression tests helped students see how cracks form and how unstable layers develop. A highlight was meeting a Fernie Ski Patrol avalanche rescue dog and learning how these incredible dogs help locate buried skiers during rescue situations.



Students also jumped into new challenges indoors and on the ice. Some students put skates on for the very first time, learning to fall, get back up, and skate with determination. Others stepped into the weight room for the first time, learning safe technique with lifts like squats, bench press, and deadlifts. New skills, new confidence, and lots of positive energy.

In the Elk Valley, adventure is right outside our doors. Great hustle everyone, Mr. Gulyas





The Grade 7 Boys had a tournament in Cranbrook on the 6-7th. They went undefeated, beating Parkland twice, Creston and Kimberley. In the final, they played Parkland. It was a close and physical game but came out victorious.

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

MARCH 2026

HEALTHY EATING

March is Nutrition Month



This month, celebrate the power of healthy eating and the creativity that brings nutritious meals to life. To help families explore new ideas in the kitchen, we're excited to highlight the [2026 Member Cookbook](#) — a collection of favourite recipes contributed by dietitians from across Canada.

From quick weeknight meals to wholesome snacks, this cookbook showcases diverse flavours, practical ideas, and nutrition expertise from dietitians. It's a fun way to get kids involved in cooking, discover new favourites, and enjoy recipes that nourish and inspire.

Celebrate Nutrition Month by exploring delicious ways to fuel families! 🍴 ❤️

MENTAL HEALTH

Self Harm: There Is Always Help, There is Always Hope - Webinar

Realizing that your child is self-harming can be scary and confusing. Learn from Ciara, a young person with lived experience, and Kim Leifso, a therapist, as they talk about why some kids harm themselves and some healthy coping strategies for your child and you. Discover helpful ways to respond to your child. Join Kelty Mental Health and other families for this video presentation and discussion that's facilitated by a [FamilySmart](#) Family Peer Support Worker.

There are multiple sessions available:
March 3, [2026](#) | 6:30pm-8:00pm Pacific Time (British Columbia)
March 5, [2026](#) | 6:30pm-8:00pm Pacific Time (British Columbia)



Click [here](#) for more information

Parenting When Anxiety Shows Up As Anger - Webinar

Anxiety in kids can show up as anger, and that can make parenting extra challenging. Learn from Karen Peters, Registered Clinical Counsellor, to discover some strategies that can help before, during, and after these hard moments. Join Kelty Mental Health and other families for this video presentation and discussion that's facilitated by a [FamilySmart](#) Family Peer Support Worker.

There are multiple sessions available:
March 11, [2026](#) | 12:30pm-1:00pm Pacific Time (British Columbia)
March 25, [2026](#) | 6:30pm-8:00pm Pacific Time (British Columbia)
March 31, [2026](#) | 6:30pm-8:00pm Pacific Time (British Columbia)

Click [here](#) for more information

HARM REDUCTION & LEGAL SUBSTANCES

Supporting Teens: Understanding the Risks of Gambling

Gambling may seem harmless to teens—whether it's online games, sports betting, or friendly wagers—but it can quickly become risky without guidance. As parents and caregivers, staying informed and keeping conversations open is one of the best ways to help teens make healthy, responsible choices.

The Canadian Paediatric Society offers an excellent resource that explains what teen gambling looks like today, warning signs to watch for, and how to talk with your child about risk-taking behaviours. It also provides tips to help teens build decision-making skills and understand the consequences of gambling activities.



Learn more here:

Teen Gambling – Canadian Paediatric Society

<https://caringforkids.cps.ca/handouts/preteens-and-teens/teen-gambling>