



## Principal's Message

### Important Dates

Mark your calendar!

- May 7: Day 2
- May 7: White Hatter Presentation Gr 8-12 (Cyberbullying/Sexting) 10am-11:30am
- May 9: Mothers Day
- May 12: White Hatter Presentation Gr 6/7 (Social Media Safety) 10am-11:15am
- May 12: White Hatter Presentation Gr 10-12 (Levering Social Media) 1pm-2:30pm
- May 14: Day 1
- May 19: Q4/T7 - Ends
- May 20: Q4/T8 - Begins
- May 21: No School
- May 24: Victoria Day (No School)
- May 27: Report Cards
- May 28: Day 2

At times we all have bad days, sometimes we could have been nicer, and sometimes things just don't go as planned. There are times in life where people just have to move on. Moving on may involve forgiving or it may just be understanding that carrying a grudge is a lot of work. I wonder how the students of ESS could apply the following in their lives?

“Heavy Load” from Zen Shorts by Jon J Muth

Two travelling monks reached a town where there was a young woman waiting to step out of her sedan chair. The rains had made deep puddles and she couldn't step across without spoiling her silken robes. She stood there, looking very cross and impatient. She was scolding her attendants. They had nowhere to place the packages they held for her, so they couldn't help her across the puddle.

The younger monk noticed the woman, said nothing, and walked by. The older monk quickly picked her up and put her on his back, transported her across the water, and put her down on the other side. She didn't thank the older monk, she just shoved him out of the way and departed. As they continued on their way, the young monk was brooding and preoccupied. After several hours, unable to hold his silence, he spoke out. “That woman back there was very selfish and rude, but you picked her up on your back and carried her! Then she didn't even thank you!”

“I set the woman down hours ago,” the older monk replied. “Why are you still carrying her?”

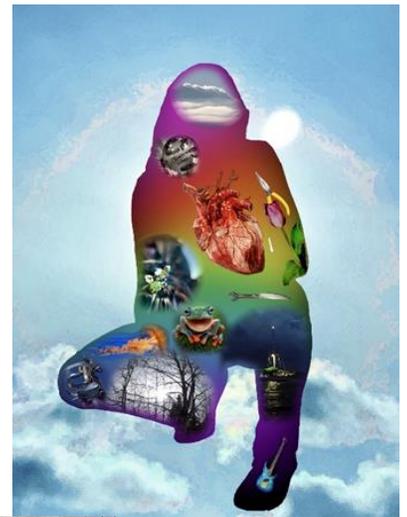
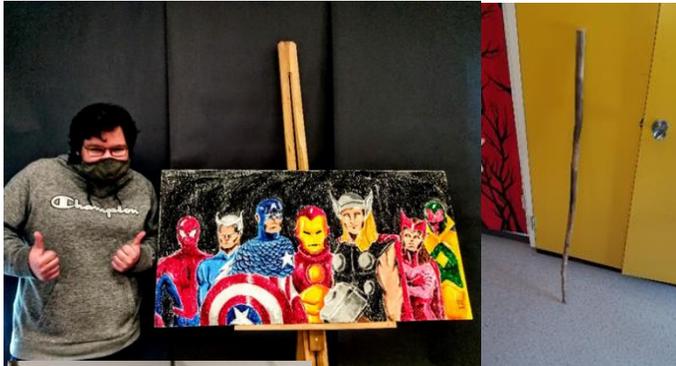


No student should be absent from the school unless the parent has notified the school of this absence. This includes leaving at lunch. If a student is not going to return after lunch, parents should notify the school of this absence.

You can call the school at **250-865-4674**, use the **SchoolMessenger** app, or email the school at [ess.mailing@sd5.bc.ca](mailto:ess.mailing@sd5.bc.ca) to report any absence.

## Art 10, 12

It has been a wonderful month for us in the Senior Art class as students worked on their Personal Projects choosing the media and subjects for their artwork. The artwork ranges from skillfully painted ceiling tiles, through a carved walking stick, wonderful door panel paintings, to unique ceramic forms. Please have a look at the pictures below – aren't they great?



## Photography 10-12

The last few weeks were dedicated to creative experimentation with photographic techniques as well as animals and fashion photoshoots. Students also altered their photos in Photoshop and built websites to showcase their work. The pictures above illustrate their effort, creativity, and hard work in this class. I hope you will enjoy them – Mrs. Wenda

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Website: <http://www.sd5.bc.ca/school/ess>  
Michael Kelly, Principal  
Ian Jarrell, Vice Principal



*Vaping or Smoking is Prohibited on **all school property**. If any student requires support with quitting, please see the **School Counselor** for assistance.*

## Le temps des sucres

Senior French students learning about the production of maple syrup, “Le temps des sucres” that traditionally takes place in March. Students experienced making “La tire” (French taffy), they collected fresh snow, heated the maple syrup and using a popsicle stick, they rolled the maple syrup in the snow.



## Croque-Monsieur

Senior French students headed to spring break by starting their class with some French yoga and then headed to the kitchen to make “Croque Monsieur”.



**Gr 8/9 Board Games**  
Thursday at lunch  
Room #152

All grade 8/9s welcome.  
Bring your lunch

**Intramural**

3:30 – 4:30

Gr 7s – Mon  
Gr 8/9 – Tue  
Gr 10-12 – Wed

All students welcome. Must have gym strip.



## Grade 11 English

We have been reading and listening to Ktunaxa legends and learning about the tradition of pictographs and rock painting. We went for a walk-through Hopkins Hollow to collect some stones to paint. Students incorporated some Ktunaxa symbols into their paintings to tell a story. We had a beautiful walk outside and learnt about our local First Nations people. We also had a video call with Joe Pierre to hear more stories about our local area.



## Shop Talk

Mr. Olorenshaw would like to thank the Gr. 8-9 Woods class for a fantastic quarter. He was very impressed with their patience, dedication, and hard work to get their projects done.



Current woodwork and metalwork upgrade fees are available for payment with school cash online.



## RISE TO THE SUMMIT

'Celtic Character Award' celebrates the culture of ESS, while supporting students in developing the character it takes to be successful and happy individuals at school and in the world.

RESPECT - haþiþkaxumaþtiþ

INTEGRITY - cmakki

STRENGTH - cmakqa

EMPATHY - hakiþwiþkiþin



Made with PosterMyWall.com

To learn more about this program please check out the QR Code below:



### Rise Awards Winners



Macy Murray – EMPATHY

Levi Rice – INTEGRITY

Hunter Ferenc

Jordan Baird

## Lasting Memories

Yearbooks have made their way back to Elkford Secondary! Ms. Wurmlinger's Senior Media Design class has been hard at work designing a yearbook for this school year. Yearbooks are wonderful sets of memories that can be cherished forever! Especially during years like this one that are filled with uncertainty, it is nice to look back and think of all the fun we still managed to have! To order a yearbook, you can use this link-

<https://ybpay.lifetouch.ca/> and enter the code 14292921

or contact Ms. Wurmlinger @ [shelby.wurmlinger@sd5.bc.ca](mailto:shelby.wurmlinger@sd5.bc.ca).

Thank you in advance for your support in having yearbooks at our school!



## Anatomy and Physiology

And it's a wrap! This quarter was the last one for many of the grade 12 students. From therapy pets to fetal pig dissections, it was a great learning experience for everybody in Anatomy and Physiology. Best wishes to all those students who said, 'goodbye for now'!



## AB ED Corner

The SD5 Aboriginal Education department has a new logo. Elkford Secondary was lucky to have a grade 8 student, Nicole Tanner, paint the new logo in the Aboriginal Education room. She did an amazing job. her artwork will be treasured for many years to come.



### *The meaning of our new logo*

**Circle** – The circle is meant to symbolize the Community/Family Support and Protection surrounding the student.

**Smaller Circles** – The smaller Circles symbolize the four directions, the four senses of self (mental, spiritual, emotional, and physical) and the four elements. Bringing a sense of balance to the student. The bottom circle depicts Earth, the top circle depicts Air, the right Circle depicts Fire, the left circle depicts Water.

**Tree** – The tree inside of the student is meant to represent personal growth, with the roots anchored to show a sense of being “grounded” in self and culture.

**Feathers** – The feathers are meant to represent the Elders/Traditional/Ancestral knowledge.

**Inukshuk** – The Inukshuk symbol is meant to acknowledge out Inuit students and families.

**Infinity Sign** – The infinity symbol is meant to acknowledge our Metis students and families.

**The Student** – The Student’s head, the heart and the earth symbol/roots are connected to one another. The heart holds a “fire of determination and purpose.”

**Sun and Mountain Range** – The sun represents a new beginning, hope, and a lit path moving forward. The mountain range is to give a sense of the Kootenay area.

*Check out the next page for something fun*

## Outdoor Leadership 7

Students participating in Earth Day clean-up.



## English 8

Students exploring the outdoors to help get inspiration for their nature poems.



# Ktunaxa Puzzle

Please find the Highlighted Ktunaxa word in the puzzle below.

**Kupi & Q'uca** Owl & Chipmunk (2 of 6- the story will continue in upcoming newsletters)

CI'KATAPSI TITI?IS WATAKS & QAO&LAPSI, "CINAN, SA'N HIN  
 &XAF QA WI&KI?NI, &XAF QA ?UPXNI KUPI NI'S KIN ?UKI?MI&. ?AT NISIKATINI."

GRANDFATHER FROG LOOKED AT HER AND SAID, "GO, BUT YOU HAVE TO BE VERY QUIET, SO OWL WILL NOT KNOW YOU ARE OUT ALONE. HE IS VERY DANGEROUS."

Q'UCA& SUKI&Q' UKNI NI'S K&XAE& SI& ?UK QATIXAMIK.  
 &UKATI NAHI&KIS QANA& ?UNKINAXI &AQAHAKS.

CHIPMUNK WAS EXCITED AND HAPPY TO BE DOING SOMETHING HERSELF. SHE PICKED UP HER PICKING BASKET AND DISAPPEARED INTO THE WOODS.

T' N  
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 T Q' & K P P  
 I S P A & Q A Q U I K I T P R X N & S &  
 N ? U P X N I · & · & Q ? T I T I ? I S  
 R O I & Q X X A K A A ? M · R & Q X  
 · & A M S L & A K T U I I N T P  
 K N & I K T T K I N N T & T'  
 A A K H Q A U X K Q' X M  
 S Q Q I O Y P P A I & K · N  
 A Y A H L N S M M N I · K T'  
 T · U H A Q R I P' I A K K N Q X  
 P' N U A N & N K X U & Q N K  
 I P' L P K M ? I S C X P & T  
 W H & X S O H A K ·  
 M Q' T' N ? & ? T'  
 Q' S & A