



Principal's Message

Mark your calendar!

Important Dates

- Feb 3: Pro D day
- Feb 6: Report Cards Published
- Feb 7: Semester 2 Gym Ski Trip
- Feb 8: PAC Meeting
- Feb 17: No School
- Feb 20: No School
- Feb 22: Last Day to Withdraw
- Feb 23: Ski Trip

With semester one coming to a close and the second semester upon us, it feels like a great time to reflect on all the wonderful work done by students and staff, as well as look to making new goals for new courses that have now begun.

The intention of goal-setting is good for all of our students. Many of our students finished this reflection doing an exercise that looked to where their strengths lie, and where they can continue to improve. It always humbles me to read responses that are well thought out!

The staff at ESS are here to teach and support our student and students are there to learn. The next few months pass by very fast. Finding focus in purpose is essential for success.

A mentor of mine, George Couros shared the following and I believe they are intentions that will help the students of ESS succeed:

- Over-communication is better than under-communication.
- Take care of yourself so that you better support others.
- Take your work seriously but never take yourself too seriously.
- Share your passions with others.
- Always start in the positive
- Don't just value people but also ensure people know they are valued.

This is a reminder that the intention at ESS is learning, we will do it in a way that values all, never taking ourselves too seriously and we will remain in the positive.

Thomas Skelton



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 to report any absence.

Aboriginal Education Circle

Ktunaxa Puzzle

Please find the Highlighted Ktunaxa word in the puzzle below.

Kupi ꞑ Quꞑaꞑ Owl & Chipmunk (2 of 6- the story will continue in upcoming newsletters)

ꞑI'KATAPSI TITIꞑIS WATAKS ꞑ QAQꞑLAPSI, "ꞑINAN, SA'N HIN
ꞑXAꞑ QA WIꞑKIꞑNI, ꞑXAꞑ QA ꞑUPXNI KUPI NI'S KIN ꞑUKIꞑMIꞑ. ꞑAT 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."

QUꞑAꞑ SUKIꞑꞑ UKNI NI'S KꞑXAꞑ SIꞑ ꞑUK QATIXAMIK.
ꞑUKATI NAHIꞑIS QANAꞑ ꞑUNKINAXI ꞑAQAHAKS.

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



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

Elkford Secondary School
2500 B Balmer Dr.,
PO Box 910, Elkford, BC V0B 1H0
Phone: 250-865-4674 Fax: 250-865-2915
Website: <http://www.sd5.bc.ca/school/ess>
Michael Kelly, Principal
Ryan McAllister, 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.

Staff Spotlight

Miss B, is actually Miss Beranek. Hello!

Despite being descended from the original Elk Valley Pioneers, I have lived half my life as a Valley girl and the other half as a West Coast City girl.

I was born at the Michel/Natal Hospital, while visiting the family's Dairy farm on Matevic Rd. My Grandfather (from my Mom's side) sold Studebakers out of the original Sparwood Esso at the time.

At 18 I left home. Graduated with Business Honours from Lethbridge Alberta and promptly moved to the Ocean where I lived the next 23 yrs (between Vancouver and Whistler). With more jobs than money, I went back to school in my 30's. Attending Simon Fraser and going through PDP. I graduated with a BA in History, but by then had discovered I would NEVER be a teacher! In the year 2000, I came back to the Valley temporarily for family reasons... and... I've been here ever since.

I desperately misses the Ocean (and the city, sometimes) but realized how much I missed Horses, friends, and family while away. I loves ♥ my career working with young people, but would be the first to tell you, I never thought I'd live to be this old 😊. I am without a doubt the most senior Unqualified staff in School District 5 and am a jack of all trades (look out! you might find her driving a John Deere in our Fields one day or manning the kitchen up at Packhorse Creek Outfitters). I love being at Elkford Secondary and thanks to everyone for putting up with the Curmudgeon!



Hi, my name is Erika King.

I'm the new Student Services Teacher that will be working alongside Graham Preston here at Elkford Secondary School. Originally from Lethbridge, I currently reside in the Crowsnest Pass. I've been a teacher for 12 ½ years now and have been enjoying getting to know all of the students and staff these past few weeks. What a great bunch! I love the outdoors, and enjoy spending my spare time fishing, kayaking, and of course taking my doggo out for some seriously long walks! I'm also an avid gardener with a passion for orchids and flower pots.



Staff Spotlight



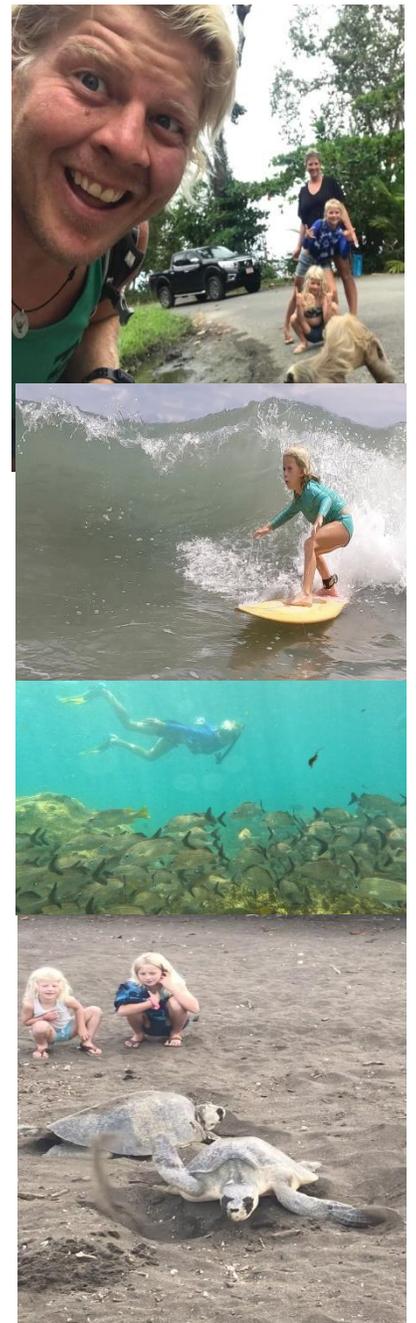
My name is Andrew Gulyas

I have been teaching at Elkford Secondary over (what feels like many years) the past 8 years.

Recently, my family and I took a year off in Costa Rica. We traveled around the country helping sloths across the street, riding horses, getting robbed on the beach and surfing 5-7 days a week. We learned a little bit of Spanish, investigated varying eco systems and swam with sharks and zip lined across volcanos. This was a place where my daughters not only learned to surf, but learned jujitsu, galloped on horses through jungles and over beaches. We lived in a place called Tamarindo, where mangos fell from the trees and the white sandy beaches were steps from our home. After our central America adventure, we are happy to be back in Fernie.

I am an avid skier, “newbie” hunter, enthusiastic mountain biker and a lover of our local wilderness. I grew up in Kelowna and graduated from Immaculata High School. I completed three years in the Canadian army, traveled around Canada and the United States sleeping in my car skiing and surfing. My wife and I have lived in Australia, and England while in university. We decided to make Fernie home due to its vibrant mountain culture and epic skiing. I truly love working in Elkford and could not be happier as the PE teacher for Elkford Secondary School.

I am excited to be starting the new semester and hope to see all my students outside in the local mountains.





Basketball Practice

- Junior and Senior Boys – Monday and Wednesdays – 3:05-5:00
- Bantam Boys – Mondays and Wednesdays – 5:30-6:30
- Bantam, Junior, and Senior Girls – Tuesdays and Thursdays – 3:05-5:00

Chess Club

Thursdays at lunch in the Woods Shop



Thrown for a Loop



Have the feeling that you want to learn a Yarn craft? Try Thrown for a Loop! Tuesdays at Lunch in the Library with Shannon



Magic: The Gathering Club Mondays @ lunch in rm. 116



Drama Club

Mondays at Lunch in Mrs. Kings room (122)



Tuesdays at lunch in room 115

Robotics Club



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 - ɸmakki

STRENGTH - ɸmakqa

EMPATHY - hakiþwiɸkiþin



To learn more about this program, check out the QR Code.



Last day of the semester for PE students at Elkford Secondary School.

Senior students requested one of their all-time favourite activities from “the old school,” THE PARACHUTE!!! Rocky Mountain Elementary School went deep into their archives and lent the graduating high school students a parachute. 17 -18-year-olds laughed and played like they were in their grade 1 class again. Kids being kids for one last PE class.

After senior students had their turn, PE 7-9 followed suit, playing “the mushroom game,” “sharks and lifeguards” and “pop corn.” Static electricity had hair standing on end and infectious smiles were shared by all. Half the school year is over, and a new beginning starts for the next group of PE students.

Let the fun and fitness begin, Mr. Gulyas.



Physical and Health Education Students: Making Connection to Their Local Support.

Early in the month of January, Shealaine Taylor (Elkford Public Health Nurse), Hilary Mozeski (Child and Youth Mental Health Outreach Worker), Gareth Webb (Youth Substance Counsellor from the East Kootenay Addiction Services Society) and Natalie Carruthers (Sexual Abuse Intervention Councillor from the Columbia Basin Family Resource Society) came to the Physical and Health Education class to introduce themselves and work with students.

Shealaine worked with the Senior PE classes, discussing opioids and the fentanyl crisis as well as how students could receive help in their community. Shealaine went into further discussion about harm reduction and the use of Naloxone kits and drug testing. Hilary, Gareth and Natalie talked with all students about emotions and where they are felt within the body. The importance of mental health and how important it is to make healthy connections. Students also learned some skills for dealing with emotions, feelings, and awareness with a class mindfulness exercise. Finally, students discussed the dangers of addictions and the harm, as well as how substance use connects to avoidance and escape from reality. There were discussions with many classes about harm reduction and how students can make healthy choices.

The goal was to introduce students to local councillors and the local community nurse, making connections with the resources in their community as well as learning from professionals in their fields.

Thank you to our speakers that came to the school and shared their knowledge. Thank you to the students for their respectfulness during the presentations.



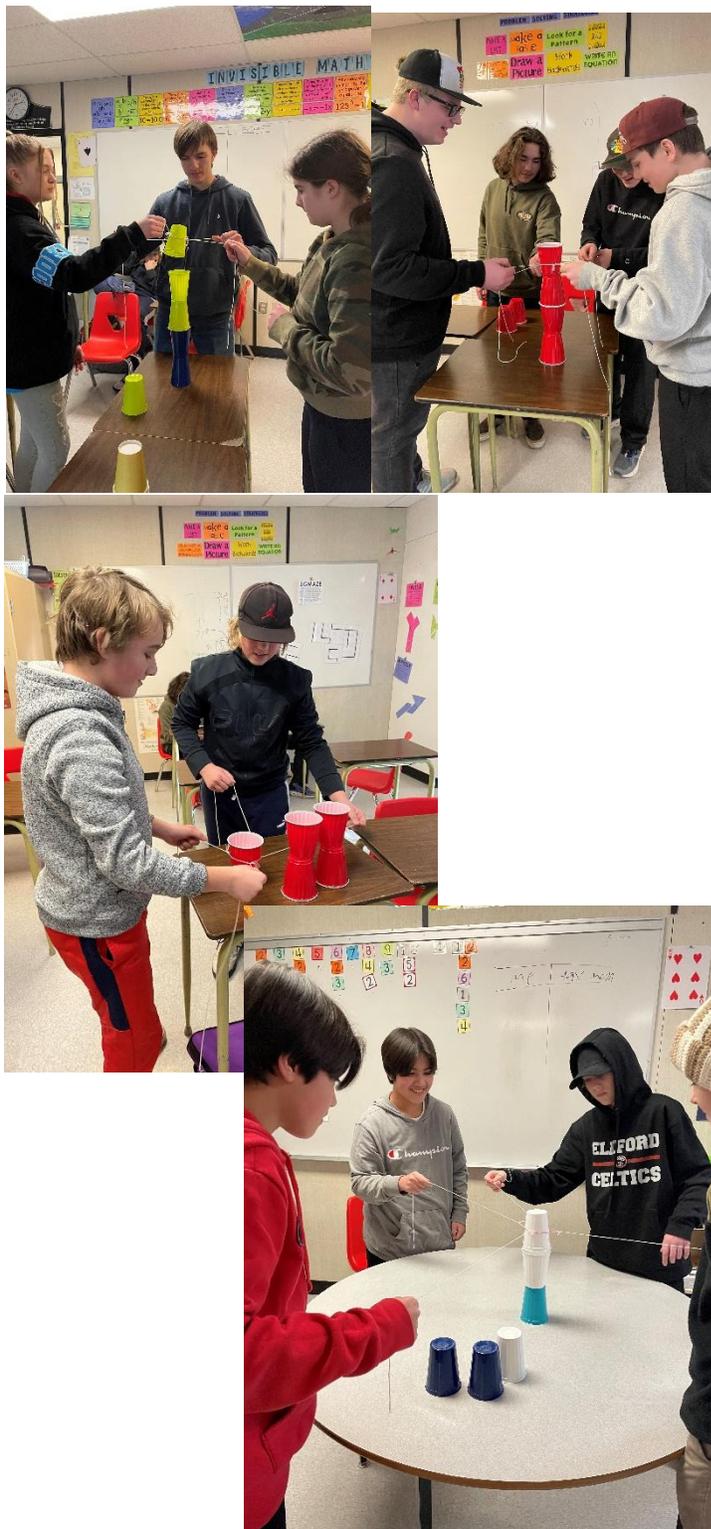
PE Students Surviving in Their Back Yard

Students have been trudging through the mountains and local trails to make survival fires and quinzhees. Students really showed their grit, resilience and tenacity. I have been very impressed with the level of fitness, strength and determination in these wonderful young people. Students have been working hard and walking to our nearby locations, piling snow and worked together to hallow out their shelters. We commemorated this work with campfires, some hot chocolate, and marshmallows. Great hustle everyone! Mr. Gulyas.



Mrs. Culver's Math 8 class

During the final days of this semester students practiced their teamwork and problem-solving skills with a cup stacking activity. Using only a rubber band and some string students were asked to stack their cups in various ways. The result was a mixture of fun and chaos along with learning how to work together as a team.





Indigenous
Caregivers of BC



BRITISH
COLUMBIA



foster
parents
50 YEARS
BCFFPA

FosterNow.ca



**"She believed in me until I could believe in myself." - Guy,
*Former youth in care***

Throughout this pandemic, children are still coming into care. If becoming a foster parent has been on your mind, please reach out to us.

Ministry of Children and Family Development Local Contact:

Resource Social Worker: Halina Wloka

Ph: 250-423-9718

Email: Halina.Wloka@gov.bc.ca

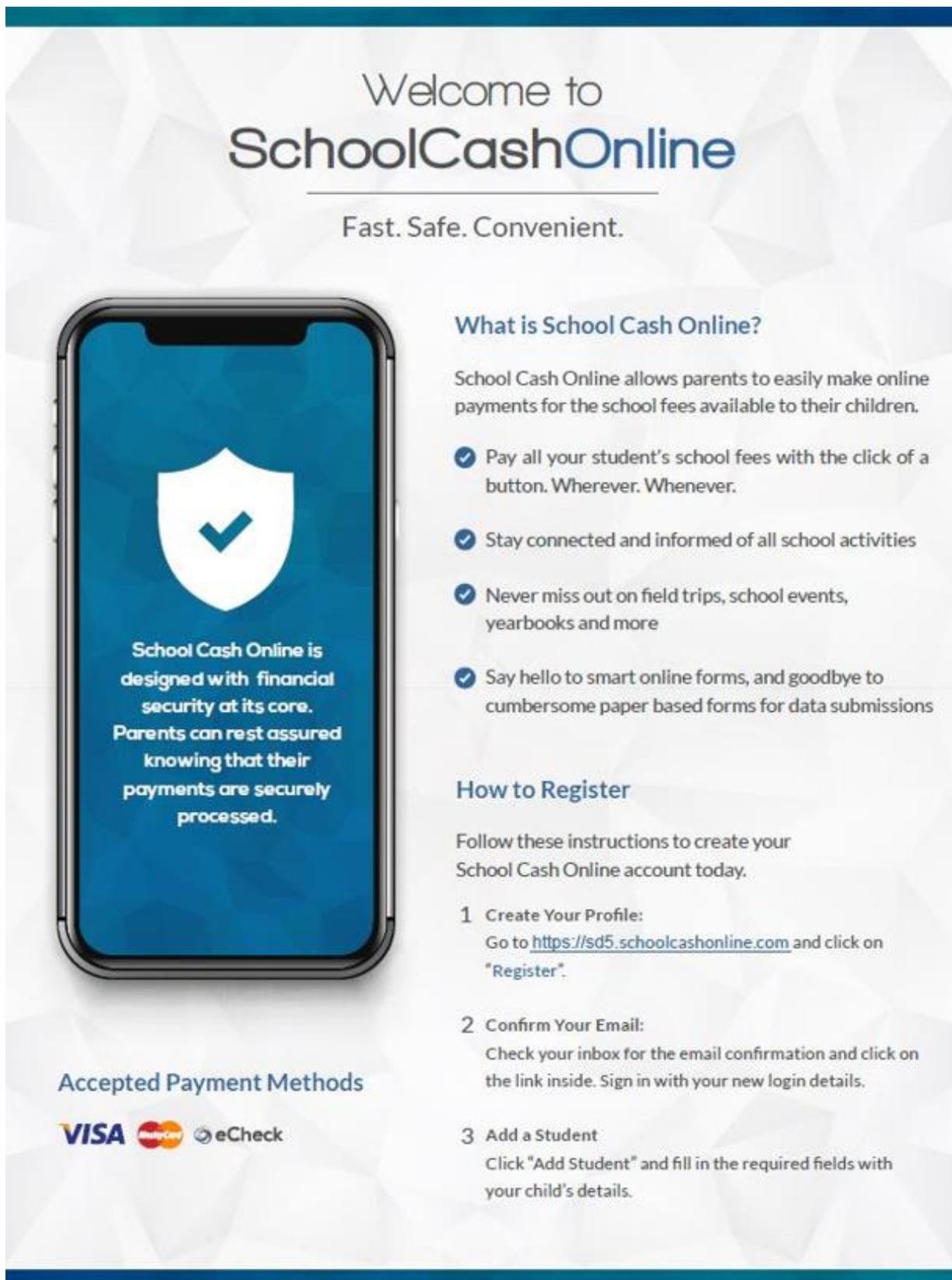
341 2nd Avenue

PO Box 950

Fernie, British Columbia, V0B 1M0

Payments

Making payments to the school has never been easier with SchoolCashOnline. Of course, you can still pay the old fashion way at the office with Check or Cash. Please see the directions below, to pay any outstanding school fees.



The banner features a blue header with the text "Welcome to SchoolCashOnline" in white. Below this, the tagline "Fast. Safe. Convenient." is centered. On the left, a smartphone displays a white shield with a blue checkmark and text about financial security. On the right, there are sections for "What is School Cash Online?" with a list of benefits, "How to Register" with a list of steps, and "Accepted Payment Methods" with logos for VISA, MasterCard, and eCheck.

Welcome to SchoolCashOnline

Fast. Safe. Convenient.



School Cash Online is designed with financial security at its core. Parents can rest assured knowing that their payments are securely processed.

What is School Cash Online?

School Cash Online allows parents to easily make online payments for the school fees available to their children.

- ✓ Pay all your student's school fees with the click of a button. Wherever. Whenever.
- ✓ Stay connected and informed of all school activities
- ✓ Never miss out on field trips, school events, yearbooks and more
- ✓ Say hello to smart online forms, and goodbye to cumbersome paper based forms for data submissions

How to Register

Follow these instructions to create your School Cash Online account today.

- 1 Create Your Profile:**
Go to <https://sd5.schoolcashonline.com> and click on "Register".
- 2 Confirm Your Email:**
Check your inbox for the email confirmation and click on the link inside. Sign in with your new login details.
- 3 Add a Student**
Click "Add Student" and fill in the required fields with your child's details.

Accepted Payment Methods

VISA MasterCard eCheck

How to Report an Absence

SchoolMessenger SafeArrival

To report an absence to the school you may choose any of the following methods:

- call 1-833 566-1225
- Access the website <https://go.schoolmessenger.ca>
- download App from [Apple](#) or [Google Play](#)

Please choose the reason for your child's absence from school: sick, appointment, family vacation, etc. **Don't forget to wait for confirmation # to ensure your child's absence has been recorded.**

How to sign up for SMS

School Messenger SMS

Our district utilizes the School Messenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can join by sending a text message of "Yes" or "Y" to **978338**.

Please make sure you are utilizing the cellular number that the school has on record. The cellular phone number for SMS must match the contact information on file.

For more information and detailed instructions visit our support page on the School District Website

[http://www.sd5.bc.ca/studentparent/SchoolMessenger/Pages/default.aspx#/="](http://www.sd5.bc.ca/studentparent/SchoolMessenger/Pages/default.aspx#/=)



MyEd Family Portal

Report cards are coming soon. Now is a good time to familiarize yourself with the MyEd Family Portal. Since last year our school has done report cards electronically. Thus, cutting our paper waste and reducing the number of students that lose them on the way home. If you need any assistance, please feel free to contact us at the office 250-865-4674.

Click here for [Family Portal Information](#). Also check out the quick notes below.

Initial Log In



We recommend to use a **Laptop** or **Desktop Computer** to initialize your account.

Pop Ups should be **enabled** for some features of the site to work properly.

Login to MYEDBC: <https://www.myeducation.gov.bc.ca/aspen/logon.do>

Family Portal Login ID: **sd5-firstinitiallastname** (all lower case)

Welcome to MyEducation BC!

1. Enter your **Login ID**
2. Enter your **Password** (Case Sensitive)
3. Click **Log On**

1. **Current Password** – enter the temporary password
2. **New Password** – enter the new user created password
3. **Confirm New Password** – enter the new user created password a second time

Passwords are good for 90 days to protect your child's data and you will be prompted to change your password.

Passwords must meet the following criteria:

- ✓ Minimum length is **8**
- ✓ At least one **number**
- ✓ At least one **capital letter**
- ✓ At least one **lowercase letter**
- ✓ At least one **symbol** that isn't a letter or number
- ✓ Cannot contain login name, first name, middle name, last name, date of birth, personal id, or only sequential letters or numbers.

Security Preferences Update
To enable self serve password recovery, please provide the following information

1. Enter your **Primary Email address**. This email address will be used to receive a new password if you forget your password.

2. Choose a **Security Question**

3. Enter your **Security Answer** then confirm your security answer. (Case Sensitive)

4. Click **Submit**

This will allow you to use the '**I forgot my password**' function on the logon page, should you need to reset your password.