



KALAMALKA SECONDARY SCHOOL

7900 McCLOUNIE ROAD, COLDSTREAM, B.C. V1B 1P8

www.sd22.bc.ca/kalamalka

TELEPHONE (250) 545-1396

PRINCIPAL: Jeff Huggins

VICE PRINCIPAL: Petr Pospisil

Counsellor: Lori Knight (A-L)

Counsellor: Ed Lefurgy (M-Z)

Welcome



Our KAL Parliament held its first meeting on Wednesday.

Important February Dates:

February 6: Report Cards released
February 13: Pro-D Day
February 16: Family Day
February 17: Grade 11 Students to UBCO
February 17: 6:30PM PAC Meeting
February 19: Grade 9 Immunizations
February 24: Grad Retakes
February 25: Pink Shirt Day
March 3: Parent Grad Meeting 6:30pm
March 4-5: 26-27 school year Course Selection

PAC Information

The next meeting is on February 17 at 6:30pm. Follow PAC on Facebook "Kalamalka Secondary Parents." Email Kalamalka PAC kalamalkapac@gmail.com for inquiries.

****IMPORTANT MyEd updates ****

Parent/Student MyEd portals have been updated.
Please click on the link below for information on how to navigate the new portal
[MyEd BC - School District No. 22](#)

We appreciate the PAC and their financial support of the following clubs and groups: Art, Athletics, Cafeteria, Cheer, Cricket, Environmental, Robotics, Warhammer, Weightlifting, Garden & Drawing.

Kal Newsletter February 2026



Student Government

Kalamalka Parliament held its first ever meeting on February 4th. Kal Parliament is a representative body composed of Students (Student Government), teachers, staff and administration who debate and vote on issues that impact the students and the school. In the first meeting, Parliament elected students Sam and Vanessa as chairs and discussed the following issues brought by Student Government – Slow running water fountains, revenue and high costs of vending machines products, and the quality and accessibility of feminine hygiene products. Our next meeting is on February 24th.

School Fees

Fees have been assessed for semester 2 through MyEd BC. Please check your student account to see outstanding fees owing. Fees can be paid online by credit card through your parent MyEd login or by cash, cheque or credit card at the school office. Any questions please contact the office at 250-545-1396.

Course Selection

We will be starting our course selection process this month with Grade Level Assemblies on February 26-27. Counselors and administrators will come to classes on March 3 and 4 and assist students as they enter their course requests into MYED. Our 2026-2027 Course Booklet will be found here by February 16: <https://kalamalka.sd22.bc.ca/course-selection>

Grad 2026

The next parent grad meeting is on March 2nd at 6:30pm in the Kalamalka Library.

We appreciate the community support for the January bottle Drive. We also have a KAL Grad 2026 account at Interior Freight and Bottle Depot, 4205 24 Ave. You can drop off your bottles and cans

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throughout the year and just let them know to put the money toward the KAL Grad 2026 account. We appreciate your support of the grads.

Clubs:

We encourage students to participate in one of Kal's 16 school clubs. All students are welcome. A list of clubs and their meetings times can be found on the school website: <https://kalamalka.sd22.bc.ca/extracurricular>

Athletics: <https://www.kalamalkaathletics.com/>
<https://www.instagram.com/kalamalkaathletics/?hl=en>

We are looking for Track and Field and Ultimate Coaches for the spring season. If you would like to be a sponsor and support the Kalamalka Athletic program in any way, please contact our Athletic Director, Jessie Bourgeois., jbourgeois@sd22.bc.ca.

Are you looking for some **KAL Athletic gear**, check out this opportunity!

<https://www.kalamalkaathletics.com/category/all-products>

SUPPORT KALAMALKA ATHLETICS!

BURGER AND BEV
*BEER OR WINE



\$25

TICKETS VALID FOR
FEBRUARY AND MARCH 2026

Email Ms Bourgeois - jbourgeois@sd22.bc.ca for tickets.



<https://www.kalamalkaathletics.com/product-page/beer-beverage-ticket-the-winston-pub>

Okanagan Shuswap Regional STEM Fair:

The newly announced Okanagan Shuswap Regional STEM Fair will take place March 10–11, 2026 at UBC Okanagan in Kelowna, BC. The fair is open to students in grades 3–12 from public schools (Districts 19, 22, 23, 53, 67, and 83), FNSA-affiliated schools, independent schools, and home schools within the region. Winning projects will advance to represent the region at the Canada Wide Science Fair. Registration opens January 2026, with more details to follow. If interested, contact Mr. Huggins or Mr. Pospisil.

North Okanagan Youth and Family Services Parenting Groups - <https://noyfs.org/groups/>

As we head into the winter season, North Okanagan Youth and Family Services Society (NOYFSS) is pleased to offer a variety of supportive and educational groups for families, parents and youth in the North Okanagan in early 2026.

Canadian Mental Health Association Seeking Input

CMHA Vernon & District is seeking input from local youth to inform decision-

the development and Foundry North Youth contributions to lasting change and meaningful impact on resources in your and the North region.



making in design of Okanagan. could lead have youth community Okanagan

Join us for our next Youth Engagement Session: December 10 | 3:30PM - 5:30PM.

Use the link below to register:

<https://tinyurl.com/yishengagementsession>

Use this link to learn about Foundry North Okanagan:

<https://cmhavernon.ca/openthedoor/>

Building Better Tech Habits: A New Self-Guided Workshop for Families

- MediaSmarts has launched a new, free self-guided workshop to help families develop healthier technology and screen-time habits. [Building Better Tech Habits](#) provides practical, research-informed strategies for managing family screen use and addressing common digital challenges at all ages.

The workshop can be accessed 24/7 and completed any time, making it easy to fit into busy schedules.

We invite you to share this resource with parents and caregivers in your school community.

RCMP Youth Academy – April 19-24, 2026

Any gr. 10-12 students interested in exploring a career in law enforcement are encouraged to apply to Jean Minguy Memorial RCMP Youth Academy. Cost is \$350, which includes, food, lodging,

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clothing, and supplies for the week.

Applications are in the counselling area and are due January 15, 2026.

For more information and to submit your application, see Mr. Thorpe on Mondays and Thursdays at Kal.

SCHOLARSHIPS

The Local Scholarship Application will open on February 20th and closes March 9th. You can access the application on the SD22 website under Families then Scholarships. Mrs. Knight will be meeting with the grade 12's on Tuesday February 12th in B-Block to go over the application.

<https://www.sd22.bc.ca/scholarships>

WORK EXPERIENCE

Are you currently working or volunteering?

Get high school credits for the employment skills you are gaining in the workplace.

Program Details: 120 hours of work = 4 credits

Students must be registered and activated in Work Experience to start counting hours towards the 120 required.

This course can be completed over the summer as well.

See Mr. Thorpe in the counselling area to get started. Office hours are 8:00am-3:30pm on Mon/Thu.

Code of Conduct:

Our school and SD22 [Code of Conduct](#) is reviewed with all students. It is expected all students are familiar with and uphold the standards of our Code of Conduct. Our school firmly believes that each and every student deserve to learn and thrive in a safe, caring, and healthy learning environment.

MySchoolDay App

Our student handbook as well as the student calendar is found digitally in the MySchoolDay app, free and downloadable from the Android and Apple app stores. We encourage all students to download the app so they can stay up to date with our school class schedule, activities, events.

Lates and Absences:

If your student is late or absent from school please notify the office to excuse the absence.

email Wendy: kaloffice@sd22.bc.ca

or phone: 250-545-1396

Please let the office know of any change in phone

numbers, address, or email so that you can stay up to date with the latest at Kal Secondary.

Before considering online classes:

Students and families should consider whether the student has yet developed the necessary study habits, time management, organizational skills and motivation before registering for online courses. vLearn has provided a profile of a learner that finds success in online classes.



PROFILE OF AN ONLINE LEARNER

Time Management

- ☐ I can create and follow a schedule for my learning tasks.
- ☐ I complete assignments on time without frequent reminders.

Communication

- ☐ I feel comfortable asking questions and seeking support through email, telephone, or discussion boards.
- ☐ I participate actively in online discussions when required.

Independence

- ☐ I can complete tasks without constant supervision.
- ☐ I take responsibility for my own learning progress.

Technologically Prepared

- ☐ I know how to use online platforms, video conferencing, and file-sharing tools.
- ☐ I can troubleshoot basic technical issues on my own.

Adaptability

- ☐ I can adjust to changes in schedules, technology, or different course expectations.
- ☐ I stay positive and flexible when unexpected challenges arise.

Self-Motivation and Readiness

- ☐ I have a strong desire to learn new skills and acquire knowledge.
- ☐ I can stay focused and motivated without a teacher physically present.
- ☐ I set personal goals and work toward them consistently.
- ☐ I am academically ready for the course material.

Persistence and Problem Solving

- ☐ I don't give up easily when I face challenges.
- ☐ I look for solutions or ask for help when I encounter problems.

