

# BARRIERE SECONDARY COUGAR NEWS



## What's Happening This Week

MONDAY, November 3

- Post Secondary Visit

TUESDAY, November 4

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WEDNESDAY, November 5

- Take Our Kids to Work Day

THURSDAY, November 6

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FRIDAY, November 7

- District Indigenous Veterans Day

## Upcoming Dates

- November 3 Post Secondary Visits
- November 8 Indigenous Veterans Day
- November 10 BSS Remembrance Recognizes Day
- November 11 Remembrance Day (School Closed)
- November 13 Photo Retakes

*November 3 – November 7*

Eleventh Moon

Pelltemllík  
spawned out salmon month

**Secwepemcúl'ecw yi7élye ell,  
re tmicws re Simpcw n7élye.**

**Acknowledge that we are on  
the territory of the  
Secwepemc Nation,  
specifically the territory of the  
Simpchw People.**

## Cafeteria Menu

### Monday

- Club Wrap or Tuscan Chicken Penne w/ Garlic Toast

### Tuesday

- Pizza Baguettes or Chicken Stir Fry w/ Rice

### Wednesday

- Potato Bacon Soup w/ Bun or Chicken Enchiladas

### Thursday

- Roasted Tomato and Basil Soup w/ Biscuit or Pulled Pork w/ Coleslaw and Veg

### Friday

- Greek Wrap or Spaghetti & Meat Sauce w/ Garlic Toast

## From the BSS Counselling Office

Indigenous Recruitment Fair for Grades 10-12 in the Library on Monday, Nov. 3<sup>rd</sup> from 9 am - 10.30 am. Please see the advertisement later in the News.

Presentation on Mining Industry career opportunities for Grades 10 -12 in the Library on Thursday, Nov. 6, in blocks C & D.

District Career Fair on Friday, Nov. 7<sup>th</sup> from 9 - 11.00 am.

## Take Our Kids to Work:

*Take Our Kids To Work* is an annual national program in which **grade 9** students are hosted by parents, friends, relatives and volunteers at **workplaces** across the country every November. The event this year will take place

on **Wednesday, November 5th, 2025.**

Please have your grade 9 student ask Mrs. Peterson for a consent form if they would like to participate in this community event.

For more information, please visit the SD73 Trades and Transitions [website](#)

## Girls Explore Trades and Technology:

SD73's FREE **8th Annual Girls Explore Trades and Tech** Day for students in grades 7-9 is happening at TRU on **Thursday, November 13th**. The purpose of this day is to:

- Promote Career Programs to interested students
- Support equity inclusion in trades

If your child is interested in participating in this event, please have them ask Mrs. Peterson for more information and an application package. **Applications** are due back to Mrs. Peterson on **November 4th**.

Please Note: There is a bus that will pick students up at Barriere Secondary and take them to TRU. The bus is scheduled to **arrive at TRU by 8:15**, and **leave TRU at 2:30**. This means that students will need a ride to and from Barriere Secondary on November 13th.

An exact schedule will be available closer to the event date. For more information, please contact Mrs. Peterson ([mepeterson@sd73.bc.ca](mailto:mepeterson@sd73.bc.ca)).

## FEES and SchoolCash

School fees and athletic fees are now posted and can be paid through Schoolcash. If you are looking to stop by the school and pay fees using cash, exact change would be appreciated.

Starting September 2025 individual student fees (enhancement fees for field trips and athletics for example) will include a processing fee for all payment transactions using online payment options. This processing fee, which was approved by the Board after the budget consultation process last spring, represents actual costs the Board incurs for using online fee payment services. Cash and cheque payments will not incur this processing fee. We recognize that fee increases can be challenging for families. School District 73 is committed to ensuring that no student is excluded from an educational program or activity or extracurricular activity because of financial need as outlined in the District's Administrative Procedure 506: Student Financial Assistance.

**\*Barriere Secondary School - Schedule of School Fees 2025-2026\***  
*School Fee invoices are distributed to students*  
**September 2025 for Semester 1 and February 2026 for Semester 2**

Please note that paying online has a processing fee (on average 5%) incorporated in the cost to be paid online, which was approved by the Board after the budget consultation process last spring. These represent true transaction fees charged by the District's processing platform.

**Payments made to the school by cash or cheque should be submitted at the lower amount specified below.**  
 Kindly ensure payments are made in the exact amount, as no change can be provided.

**STUDENT ACTIVITY FEE - \$10.75 online / \$10.00 cash or cheque**

Charged to ALL students for supplies to support general school activities over the school year.

**LOCK RENTAL - \$6.50 online / \$6.00 cash or cheque**

Charged to ALL students. Students will be assigned a lock by the school at the beginning of the year and will be expected to return the lock at the end of each year until they leave the school. Students are required to use the lock provided by the school.

**GRAD FEES - \$89.00 online / \$85.00 cash or cheque**

Charged to Grade 12 graduating students includes: Lifetouch grad photo sitting fee, grad gown rental, souvenir hat & tassel, souvenir grad photo composite in folder and other grad incidentals.

**YEARBOOK-OPTIONAL FEE - \$42.00 online / \$40.00 cash or cheque**

Optional fee to pre-order the school yearbook and keep those GREAT school memories!

### FEE SCHEDULE FOR COURSE ENHANCEMENTS

The following Fee Schedule represents maximum amounts that would be charged in each of the classes. The items listed are descriptions of consumables for courses, with more specific details to be given within the course outline from the classroom teacher.

	online	Cash Cheque		online	Cash Cheque
<b>Mosaic</b>			<b>Technology Education</b>		
<b>Mosaic 7 and 8</b>	\$31.50	\$30	<b>Art Metal 10-12</b>	\$47.25	\$45
Supplies for ADST (Applied Design, Skills and Technology) activities including wood, art supplies and groceries			Metal, casting, supplies, gas, solvents, fasteners, welding/brazing consumables, abrasives and jewelry supplies		
<b>Visual Arts</b>			<b>Metalwork 9-12</b>	\$47.25	\$45
<b>Art Studio 9</b>	\$26.25	\$25	Metal stock, sheet metal, gasses, solvents, fasteners, welding/brazing consumables, abrasives, and hearing protection		
<b>Art Studio 10-12</b>	\$26.25	\$25	<b>Woodwork 9-12</b>	\$42	\$40
<b>Photography 11</b>	\$36.75	\$35	Wood, adhesives, fasteners, abrasives, blades, finishing products, and other consumables		
<b>Media Design</b>	\$21.25	\$20	<b>Skills Exploration 10-12</b>	\$52.50	\$50
<b>Media Arts</b>	\$10.75	\$10	Building materials: lumber, plywood, fasteners, electrical supplies, and plumbing supplies		
<b>Home Economics</b>			<b>Information Technology 9-12</b>	10.75	\$10
<b>Food Studies 9-12</b>	\$52.50	\$50.00	<b>Entrepreneurship and Marketing</b>	\$5.50	\$5
Groceries and supplies for labs			<b>Fitness and Conditioning 11-12</b>	\$47.25	\$45
<b>Textiles 8/9</b>	\$31.50	\$30.00	<b>Human Performance 9-12</b>	\$31.25	\$30
For materials and associated costs					
<b>Textiles 10-12</b>	\$31.50	\$30.00			



Welcome to the Cougar Pride Grad Newsletter—  
Our Post-Secondary, Scholarship & Awards  
Newsletter!

This will be your go-to source for Post-  
Secondary, Scholarship, and Awards information.  
A new edition will be released at the beginning of  
each month, with regular updates as new

opportunities arise — so check back often!

Be sure to explore the Resources section at the end of the newsletter for important information on post-secondary registration, transcript requests, and reference letters to support your next steps after graduation.

For more information reach out to Ms. Domingo and checkout the latest edition here:  
<https://app.smore.com/n/4p3b8>

### **BSS Personal Device Policy**

Please speak with your child prior to them coming on Tuesday about the [BSS Digital Device Usage Policy](#). While the official language is below, what it means is that personal devices, such as cell phones are not to be used during class time. Phones must be stored in their lockers during class time.

At Barriere Secondary School we believe that the foundations of a safe, caring, and welcoming school environment are fostered and maintained through a focus on inclusivity and equity-focused education implemented and supported through a progressive continuum of supports.

### **Cafeteria**

The cafeteria will be open on Thursday, September 4. Cash is accepted or you may purchase your child(ren) lunch cards through the [SchoolCash](#) Online system.

### **Breakfast Program**

The **Free** Breakfast Program has started. For those new to BSS, every weekday from 8:00 am – 8:25 am all students can enjoy a free breakfast.

### **Course Change Requests**

If a course change is needed for Graduation or Post-Secondary requirements, or due to incorrect course assignment, please request an appointment. Continue attending your original classes until you have completed the processes the change.

## Lost and Found Items

If students have misplaced clothing or personal items they will be placed on the table at the entrance to the school where students and families can collect the items. If you happen to be in the school, please have a look. Unfortunately, we do not have space to store these items for long periods of time. We will periodically be packaging unclaimed items and donating them to charity.

EducationPlannerBC invites parents, families, and grades 10-12 students to join their virtual presentation **Tues, Oct 21, 2025, from 6:30pm-7:45pm.**

### **Topic: Parents as Education & Career Coaches: Hosted by EducationPlannerBC**

Come explore our website! Learn about post-secondary education and career opportunities, and resources to support your student in planning for their future. The information will be especially helpful for families with students in grades 10-12. Search thousands of programs, get to know trades, and discover career paths. Find helpful resources, including financial aid options, admission requirements, FAQs, and the Glossary. Learn how to create an account, save programs, paths, and careers to My List, and apply to post-secondary in B.C.

Visit our [Parents & supporters](#) website for our event calendar and helpful resources.

**Registration is required.** The session will be on MS Teams.

Registration link: [Parents as Education & Career Coaches](#)

Date: Tue, Oct 21

Time: 6:30 pm - 7:45 pm

## Leaving Early or Reporting Absences

Under "Safe Arrival": Did you know there is a safe arrival app? This makes reporting absences that much easier! You can find more information [HERE](#).

A reminder to parents that ALL absences/ lates /early dismissals should be recorded on our Safe Arrival system prior to 8:30 am on the day of the absence/ late / dismissal (you can also report absences in advance, if they are known). Please review [THIS](#) link for more information and instructions.

## BSS Bell Schedule for the 2025/2026 School Year

The [bell schedule](#) for the 2025/2026 school year will be changed slightly from this year. The start end times for the day will remain the same but there will now be two blocks before lunch and two after lunch. This change will allow for lunch to take place earlier in the day, hopefully helping to ensure students have better access to food throughout the day.

TIME	Day 1	Day 2	Day 3
8:25 A.M.	Warning Bell		
8:30 - 9:48	A	C	D
9:48 - 10:04	16 Min LONG BREAK		
10:04 - 11:22	B	B	B
11:22 - 12:19 (warning 12:14)	LUNCH		
12:19 - 1:37	C	D	A
1:37 - 1:43	BREAK		
1:43 - 3:01	D	A	C
3:01	DISMISSAL		



# Barriere Secondary School Learning Goals 2025-2026



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Engagement Foster student connection and care by engaging all educational community members.

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Mental Health Create a school environment that supports positive mental health.

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Culture Foster a safe, caring, welcoming, and inclusive school culture.

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For more information please check out the Barriere Secondary School Learning Plan at the following [LINK](#).

# Empowerment Through Support

## Youth Day Treatment

**Tuesday & Thursday**

**1:30 PM - 3:30 PM**

235 Lansdowne St.



### Week 1

**The Bigger Picture of Substance Use: Introduction to Boundaries, emotions & Safety.**

Presenters: City of Kamloops & BGCK on Human Trafficking and Internet Safety

### Week 2

**Harm Reduction: Identity, Adolescent Development & SMART recovery.**

Friday:  
Pumpkin Carving at Garden Gate

### Week 3

**Safety First & Stigma: Mindfulness, Substance Safety & Post- Acute Withdrawal Syndrome (PAWS).**

Presenters: KSAC on Consent and Healthy Boundaries.

Friday :  
Mountain Biking

### Week 4

**Drugs: Stimulant Substances, DBT DEARMAN Skills & Youth Resiliency.**

Presenters: Interior Health on Overdose Prevention and Naloxone.

Friday:  
Horseback Riding

### Week 5

**Cognitive, Social & Emotional Competence: Thoughts, Feelings & Actions.**

Friday:  
Connection through Movement at Riverside Park.

### Week 6

**Social Connections: Belonging, Purpose & Social Awareness.**

Friday:  
Indigenous Ways of Knowing in The Land

### Week 7

**Health and Wellness: Problem Solving, Decision Making & Discharge Planning.**

Friday:  
Blazers Game

Starting October 21 to December 5, youth ages 14-20 who face substance use challenges, can access a youth day treatment that seeks to strengthen wellness through education, practice, fun activities, and connecting with others.

FOR MORE INFORMATION PLEASE CONTACT ACCESS AT 250.377.6500 OR EMAIL VIRGINIA.KLAMMER-VALENZUELAD@INTERIORHEALTH.CA



Interior Health

# Connect & Learn

## Online Events for Parents & Caregivers

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.



### Substance Use and the Power of Support

Connection and relationship can make a difference in substance use and addiction. Guy Felicella, a renowned advocate and international speaker who has overcome a two-decade substance use disorder, passionately promotes harm reduction, trauma therapy, and faster access to treatment using his story of resilience and recovery. Learn how we can show care not just for our kids, but for the broader community impacted by substance use disorder.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

- **COST:** Free
- **DATES:**

Times are in Pacific Time (most of B.C.)

- Thursday, November 6, 12pm
- Tuesday, November 18, 6:30pm



Register online at  
[familysmart.ca/events](https://familysmart.ca/events)





# Strengthening Connections

**Empowering Indigenous Futures:  
Explore, Connect, and Thrive!**

**Nov 3, 2025**

**9AM - 10:30AM**

**Thinking about your future? Connect with Indigenous recruiters  
and advisors from post-secondary institutions across BC at your  
school!**



MC COLLEGE



THE UNIVERSITY  
OF BRITISH COLUMBIA

UVIC



**Contact your Indigenous Support Worker for more information.**

**Admin Message**

Happy Friday Cougar Families,

Wishing you safe and happy weekend. Please reach out if you have any questions or concern.

Warm regards,

Andres Ruberg  
Vice-Principal

Derek Markides  
Principal