



NORKAM SECONDARY SCHOOL NEWSLETTER



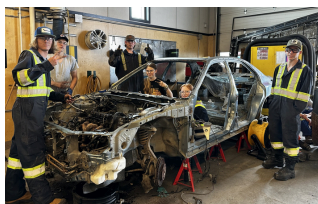
DECEMBER 2025 | WWW.NKSS.SD73.BC.CA | 250-376-1272



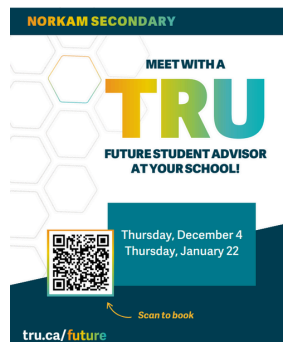
TRADES 2026/2027

Attention students who are interested in trades for 2025/2026 school year. Applications are due once again EARLY this year, **December 12th, 2025.**

Please see Mrs. Graham for applications ASAP if you are interested in applying.



ARE YOU PLANNING ON GOING TO TRU NEXT YEAR?



Please see the poster below and scan the QR code or use the link below to book a one-on-one appointment with a TRU advisor that will be visiting NorKam in the counselling office

on Dec 4th and Jan 22nd. [Click this link to book.](#)

SD73 BURSARIES: INDIGENOUS

Please follow the link below to view scholarships and bursaries for Indigenous students. Applications due **MAY 1, 2026.**

[CLICK HERE](#)

ANNUAL PANCAKE BREAKFAST

On Wednesday, December 17th, NorKam will be hosting a school-wide pancake breakfast for our students to kick off the Christmas break. Don't miss out!

GRAD PHOTOS

Grad photos are coming up on Thursday, December 11th to Tuesday, Dec. 16th. A few things to note:

- There is a **\$ 35.00** Sitting Fee payable by Cash, Visa, MasterCard or Cheque (made out to Right Photography Ltd.)
- Grads will need to come in 10 minutes prior to their appointment.
- Please include graduate's name and phone number when booking.
- Please pick up a brochure at the main office for more information

[CLICK HERE](#) to register for your photos.

NEW THIS YEAR:

Right Photography will be offering ONLINE ORDERING for grads this year. The entire process for taking the graduation photos will remain the same. Previews and an order form will be sent to each grad that has a photo sitting, and they will arrive approx. One week after the last grad is photographed.

IMPORTANT DATES

Pro-D (No School)	Dec. 1
Mosaic Change	Dec. 3
Artifacts Week	Dec. 8
Grad Photos	Dec. 11 - 16
Christmas Play	Dec 17
Pancake Breakfast	Dec. 17
Winter Break	Dec. 22-Jan 4
Double block (AA/BB)	Jan. 19
Double block (CC/DD)	Jan. 20

ADMINISTRATION

PRINCIPAL: MRS. R. SDOUTZ
VICE PRINCIPAL: MRS. N. STEWART
VICE PRINCIPAL: MR. D. POELZER

COUNSELLORS

Mrs. Kelsey Davy (A-F)
Ms. Katie Friesen (G-M)
Mrs. Erin Theunissen (N-Z)

SECRETARIES

Mrs. Brittany van der Merwe
Mrs. Deanna Kucko
Mrs. Tanya Storey
Mrs. Valerie Cadoret
Mrs. Deb Collins
(COUNSELLING)

OFFICE HOURS
MONDAY—FRIDAY
8:00AM TO 3:45PM

GRAD 2026

SEE LAST PAGE FOR IMPORTANT INFORMATION REGARDING GRAD 2026



DRAMA DEPARTMENT

Please join us for this year's Christmas play on **Dec 17th at 6:30pm in the Theatre.**

Admission is by cash donation, and everyone is welcome to join.

MESSAGE TO PARENTS AND GUARDIANS

Join Child and Youth Mental Health Eating Disorder clinicians as they examine eating disorders, what they are and what you can do.

In this session, you will:

- Examine what an eating disorder is
- Review the signs and symptoms to watch for
- Explore what to do and how to respond
- Identify supports available in the community

This workshop will be held via Zoom on Tuesday, December 9, 2025, from 6:00 PM to 7:00 PM. If you are interested in attending, please register in advance [here](#). Following your registration, you will receive the link to the meeting.

SCHOOL CASH ONLINE FEES REDUCTION / REFUND



We understand there have been some concerns and feedback from parents regarding the district's online transaction fee rates.

After a review of the transaction fee price structure with SchoolCash Online, **the District will be reducing its transaction fee rates to a 2.5% charge for online payments.**

On December 5th, the District will be working with SchoolCash to update the system's programmed rates for payments made online. This will require all current fees to be deleted and recreated under the new rate structure - online and cash payments cannot be processed during the transition on December 5th. Please also expect limited availability to pay online during the week of **December 6th-12th.**

Between December 15th to January 31st, 2026, the District will be working to process refunds to families who paid online, **reducing their net charge to 2.5%.** These refunds will be processed to the card used to make the original payment.

Thank you in advance for your patience and understanding during this process.

NORKAM JUNIOR CITY COUNCIL NEWSLETTER

Two of our students, Jake Washington (Gr 12) & Shayne Makortoff (Gr 11), proudly represent part of the Kamloops Junior City Council. Please click on [THIS LINK](#) for the latest newsletter.

ATHLETICS DEPARTMENT

Basketball, curling, and wrestling will be underway soon! Keep an eye on our [athletic web page](#) for updates!

LIBRARY COMMONS



***Please remember to return or renew your Library books before they go missing. Fiction novels go out for three weeks and Non-Fiction books go out for two weeks. This will mean books can circulate and be available to all students to use and enjoy!

Kindles For Avid Readers

*Don't forget, if you have NO OVERDUES, you might be able to sign out one of our Kindle eReaders for the holiday break! Some have over 140 titles on them! Come and speak to Mr. Hafeli for details.

FAQs about reading over the holidays:

- Am I allowed to take out books to read over the holidays?
YES!
- Am I allowed to take out more than one book?
YES! (if you have no overdues)
- Can I take out a Kindle with, like, over 140 books on it?
T'YEAH! We have 20 Kindles!!
- Is reading print (books, newspapers, magazines, etc.) better for me than social media?
MAIS OUI! Studies have shown that retention and enjoyment of print materials is far superior and you will do better in school as a result!
- WHO do I ask for help deciding on a book?
Mr. Hafeli, Mr. Regnier, any of your teachers, any of your friends, Goodreads, that person at Starbucks that always seems to be reading, staff at a bookstore.... Literally, anyone who reads will have an opinion! Check out <https://nksslibrary.weebly.com/reading.html> for ideas too!

Special Fiction or Non-Fiction Request Forms

Special fiction or non-fiction request forms can still be filled-out on the [NorKam Library CONTACT page](#). *Thanks to the dozens of students who have provided suggestions for new fiction and manga, we have LOTS of them in our New Arrivals section already!



****Mr. Hafeli will proofread your works cited page ANYTIME!** My proofreading is 100% guaranteed, so why not take a few minutes to let me give it a once-over?*

Battle of the Books

If you are a member of the NorKam BoB Team, there will be a meeting on the second Monday of the month. **That means our meeting will be December 8th during lunch in the Library project room - snacks will be provided!** If you have any questions about BoB, ask Mr. Hafeli or Mrs. Goss.



Have a safe and happy holiday season from Mr. Hafeli and Mr. Regnier!

GRAD UPDATES

2026

Class of

INFORMATION

- NorKam's 2026 Graduation Commencement Ceremony will take place on **Tuesday, June 16th 2026**, location TBA

GRAD PHOTOS

- Grad photos are taking place on December 11th(Thurs), 12th(Fri), 13th(Sat), 14th(Sun), 15th(Mon), & 16th(Tues)
- There is a sitting fee of **\$35** that includes 12 previews, a 5x7 grad photo that is included in the certificate holder supplied at commencements, as well as a 5x7 photo taken AT the ceremony and provided in the spring.
- [CLICK HERE](#) to book an appointment for Grad Photos
- Please pick up a informational brochure at the main office with everything you need to know about this process

BABY PHOTOS

- We are now accepting baby photos at the office. Please select ONE photo between newborn to grade six. Email to norkam-sec-office@sd73.bc.ca with the subject line: "Baby Photo (Student Name)"

SAFE GRAD *A Parent Organized Committee* ***Events are independent of the school-organized grad events

- **ONLINE HOLIDAY AUCTION:** FACEBOOK "Norkam Safe Grad Holiday Auction 2025"
View 20+ auction items starting: Dec 10 → → **AUCTION DAY: Dec 13th – 9am-5pm**
- **MEAT DRAW & 50/50** – JANUARY 10 @ 2-4:30pm - Pogue Mahone Irish Alehouse
- **TRUE EARTH** Laundry detergent fundraiser – <https://tru-earth.sjv.io/Norkam2026>
- **GOLF & RESTAURANT** Rotary Cards- 30.00 each

Stay Connected

CLICK HERE TO VISIT OUR GRAD PAGE ON OUR SCHOOL WEBSITE

CONTACT THE PARENT GRAD COMMITTEE AT:



Norkamsafegrad@gmail.com



[Norkam Safe Grad 2026](#)

HEALTH PROMOTING SCHOOLS NEWSLETTER

DECEMBER 2025



FOOD LITERACY

Neurodiversity and Eating Disorders

Eating disorders are complex mental health conditions that affect individuals across all ages, genders, and backgrounds. Neurodivergent children and youth may be at increased risk of exhibiting disordered eating behaviours or developing an eating disorder. EmbodyBC has resources for parents and professionals. Check them out here: [Neurodiversity and Eating Disorders - a guide for parents & professionals](#)



Embody Kindness for every body
For Parents & Caregivers | For Professionals | For Me | Resources | Events | About

Neurodiversity and Eating Disorders: A guide for parents & professionals

LEGAL SUBSTANCES

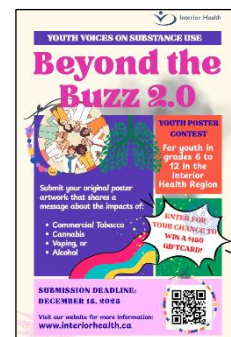
REMINDER: Beyond the Buzz 2.0

Just a reminder the submission deadline for the **Beyond the Buzz Poster Contest** is **December 15, 2025**. Click [here](#) for all the details.

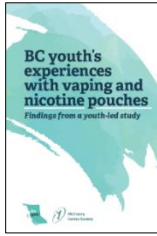
Addressing Vaping in Schools – Conference

BUNYAAD Public Affairs in collaboration with PHE Canada and the Lung Health Foundation is hosting a conference to talk about the challenges around vaping in schools, share what's working and building forward together.

February 13, 2026 | 8 AM – 5 PM | Vancouver, BC | Register [here](#).



BC youth's experiencing with vaping and nicotine pouches



The Minister of Health's Youth Advisory Council on Health and Wellness ([BC YAC](#)), supported by McCreary, co-led a study on BC youth's experiences of vaping, nicotine pouches, and other nicotine products. The results from 2,784 youth aged 12-19, along with the BC YAC's recommendations to support youth who do and do not use these products, [have now been released](#). Members of the BC YAC have also prepared a video to share a summary of their findings, [available on their YouTube channel](#).

MENTAL HEALTH

Recognizing Self-Harm: How to Support Your Child

Self-harm is when someone intentionally hurts themselves to cope with difficult emotions. It's a way some teens express or manage intense feelings, not necessarily a desire to end their life. It's natural to feel shocked, confused, guilty or angry when you find out that your child is self-harming. Check out resources to learn more about self-harm and how you can help. **Remember: You're not alone, and neither is your child. With the right support, things can get better.**



See the resources here:

[Talking About Self-Harm: A Guide for Parents and Caregivers | Kelty Mental Health](#)

Violence Prevention Resources

The most recent initiative at [PREVNet](#) has focused on building the capacity of educators who support children and youth by co-creating and sharing tools and resources that address and **prevent gender-based violence, including identity-based bullying, sexual harassment, and teen dating violence**. They've developed 12 resources, including tip sheets, videos, and a training module, all available here: <https://www.prevnet.ca/resources/for-educators/>.



PHYSICAL LITERACY

Outdoor play

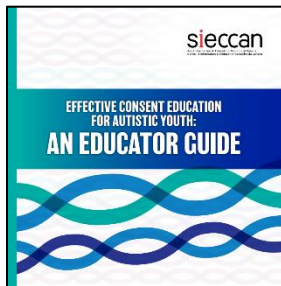


Outdoor play is a basic childhood need and taking risks is a necessary part of play. Whether jumping in a pile of leaves, climbing a tree, or playing street hockey, children are often happiest when playing. These kinds of experiences are a lot less common for kids today. **Check out UBC's [OutsidePlay](#) which has resources for parents, ECEs, and teachers on outdoor play.**

Keep non-sporty kids moving

There are kids who would prefer to draw than to dive. Kids who prefer to read than to run. And kids who prefer to investigate than to inline skate. Just like the clothes you prefer to wear, sport and physical activity is a matter of personal choice and taste. But no matter how much a kid likes sport or not, being active and moving everyday is good for all kids. So how do you get your non-sporty kid to be active? **Try these [tips](#) from Active for Life to incorporate what they love with movement.**

SEXUAL HEALTH



Effective consent education for boys and Autistic youth: Sex Information & Education Council of Canada (SIECCAN)

Effective consent education for [boys](#) and [Autistic youth](#): A SIECCAN resource for health service providers is now available! This resource page will help educators, health professionals, and other service providers **learn about important core concepts for providing effective consent education to boys and Autistic youth.**

RESOURCES

Interior Health Website

The [School Health](#) section of the Interior Health Public Website will take you to the following sections where you can find more information: [School Staff](#), [Promoting Health of Children & Youth in School](#), and [Medical Conditions at School](#).

Healthy Schools BC Website

The [Healthy Schools BC Website](#) is a great resource for teachers. Look for the "Classroom and School Resources" and "Teach Food First".



Healthy Schools Information Sharing

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 5](#), [SD 8](#), [SD 19](#), [SD 23](#), [SD 53](#), [SD 73](#), [SD 83](#)

Harm Reduction Resources

For resources visit the [Interior Health Website](#).

To connect with a Harm Reduction Coordinator email: YHRC@interiorhealth.ca

Legal Substances Program

For resources on tobacco, vaping or cannabis use, visit the Interior Health [Tobacco & Vaping Information for Schools](#) webpage or the [Cannabis Information for Youth](#) webpage.

To connect with a Legal Substances Reduction Coordinator, email: LegalSubstances@interiorhealth.ca

For previous newsletters: [Health Promoting Schools Newsletters](#)