



KITSILANO WEEK AT A GLANCE

JANUARY 19 – 23, 2026

Monday January 19	Tuesday January 20	Wednesday January 21	Thursday January 22	Friday January 23
8:40-3:10	8:40-3:10	8:40-3:10	8:40-3:10	8:40-3:10
1234	1234	1234	1234	1234
FIT PM	FIT AM		FIT PM	FIT AM
Go to the Kitsilano FIT Planner to sign up for your FIT periods this week. Make a plan for what you will work on and which learning space you'll be in.		 Wednesdays after school The Learning Hub Rm 228		

EVENTS, ACTIVITIES AND INFORMATION

STUCO End of Semester 1 Spirit Week: Jan. 19-23

Show your school spirit!

- M** Quarter Zip
- T** 80's Fashion Throwback
- W** White Lie Wednesday
- Th** Students dress as Teachers and vice versa
- F** Superhero Day



Program Planning 2026-27

Program Planning presentations for current grades 8-11 students are taking place during FIT.

January 15 FIT	Gr. 11 Program Planning Presentation
January 16 FIT	Gr. 10 Program Planning Presentation
January 19 FIT	Gr. 9 Program Planning Presentation
January 20 FIT	Gr. 8 Program Planning Presentation

Jan. 15 – Feb. 6 Course Selection Entry on MyEd. BC

Please take time to review with your child the current course offerings and assist them in making their course selections.

To see course offerings for the next school year, refer to the [Course Planning Guide 2026-27](#) posted on the school website. If you have any questions, contact your child's counsellor.

Grade 8 End of Semester Movie Night – January 21

Attention all grade 8 students:



Link Crew has organized a movie night with free snacks on **Wednesday, January 21 at 3:20 PM** in the Multipurpose Room. Come celebrate the end of the semester and enjoy a fun afternoon with your friends!

RSVP and vote for the movie by scanning the QR code on the [LINK](#) Crew channel on the Grade 8 Team.

Semester Turnaround Days – January 26 & 27

Semester Turnaround Days are **January 26 and 27**. There are no classes scheduled and students may be at school to see teachers and/or complete work, quiz/test at a teacher's request. Extra-curricular activities are not taking place during regular school hours.

DATES TO REMEMBER:

January 12-30	Graduation Assessments
January 19-23	STUCO End of Semester 1 Spirit Week
January 23	Semester 1 Ends
January 26-27	Semester Turnaround Days
January 27	PAC Meeting @ 7 PM
January 28	Semester 2 Begins
January 28	Collaborative Day 4 (PM)
January 30	Semester 1 Final Report Cards Published

SACY Family Team Upcoming Presentations

The [SACY](#) Family Team invites parents/guardians to some upcoming education opportunities. See attached for information and how to register.

January 29	Building Bridges Workshop at Tupper Secondary
February 11	Responsive Parenting Workshop Series (6 weeks) at Robert and Lily Lee Community Health Centre

Kitsilano All Students Team Channel

Check the [Kitsilano All Students Team Channel](#) regularly for posts about opportunities in the community such as volunteer work, contests, community events and more.

Recent posts include:

- Creative Writing Contest
- Rule of Law Essay Contest
- UBC Winter 2026 Science Slam
- Violet Richardson Award
- WorkSafeBC Student Safety Video Contest

Homework Help

Peer tutoring is available to all students every Wednesday after school, 3:10-4:00 PM in the Learning Hub (Room 228). Peer tutors, grades 10-12 can provide one-to-one help in a variety of subject areas on a drop-in basis.

Kitsilano Athletics

See attached for the Kitsilano Athletics WAAG. Also, check out what is happening in athletics on Instagram at [@kitsathletics](#).

Career Centre News

See attached for upcoming post-secondary deadlines and events.

Kitsilano Secondary School

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E-mail: kitsswitchboard@vsb.bc.ca • Website: <http://kitsilano.vsb.bc.ca> • X: [@KitsilanoSS](#)

Athletics Instagram: [@kitsathletics](#)

CAREER CENTRE NEWS

Week of January 19 – 23, 2026

DEADLINES

January 23	Cmolik Foundation Scholarship School Nomination Application Deadline
January 23	Western U. National Scholarship Program School Nomination Application Due
January 23	University of Guelph National Scholarship Program Application Deadline
January 23	BC Excellence Scholarship School Nomination Application Deadline
January 28	Schulich Leader Scholarship Application Deadline (school nomination required)
January 31	Mensa Canada General Scholarship Application Deadline
February 1	Kin Canada Bursaries Application Deadline
February 14	Western U. National Scholarship Program Application Due (school nomination required)
February 15	BC Excellence Scholarship Application Deadline (school nomination required)
February 15	Pathway to Teacher Education Scholarship Application Deadline
February 15	BCGEU Scholarship Application Deadline
February 15	Dalhousie University Entrance Awards Application Deadline
February 19	McMaster Engineering Entrance Scholarship Application Deadline
February 28	Les Dames d'Escoffier British Columbia Application Deadline
March 1	Jake Weitz Memorial Scholarship Application Deadline
March 1	Capilano University Entrance Awards Application Deadline
March 6	RE/MAX Canada Quest for Excellence Scholarship Application Deadline
March 16	BCPVPA Student Scholarship Application Deadline
March 31	BCRPVPA Student Scholarship Application Deadline
March 31	Horatio Alger Association of Canada Scholarships Application Deadline (for Grade 11s)
March 31	Langara Dean's Excellence Scholarship Application Deadline
April 24	H&R Block x myBlueprint Scholarship Application Deadline
April 24	Scotiabank x myBlueprint Scholarship Application Deadline

EVENTS

Ongoing	Post Secondary BC Events , various
Ongoing	Creative Pathways , various opportunities - paid work, programs, skills + training, information + knowledge, networking + events within the motion picture industry, Animation, Visual Effects and Post, and Film Adjacent sectors
Sept. - January	Langara Program Information Sessions
November - March	UBC Faculty of Forestry Undergraduate Info. Sessions , 4:00-5:00 PM on Zoom
February 7	Vancouver Film School Open House , 10:00 AM - 1:00 PM

For the latest information, regularly check the “All Students @ Kitsilano Secondary” Team, “Post Secondary” channel.



JANUARY 19-23

KITSILANO ATHLETICS

JAN
19

- JUVENILE BOYS BASKETBALL GAME @ MAGEE 3:45 PM
- JR/SR BOYS BASKETBALL GAMES @ KITS VS VAN TECH 6/7:30 PM
- SR "B" BASKETBALL GAME @ VANCOUVER COLLEGE 6PM
- 7AM PRACTICES: BANTAM BOYS, JUVENILE GIRLS, JUNIOR GIRLS
- 3:30 PM PRACTICES: BANTAM AND SENIOR GIRLS BASKETBALL

JAN
20

- BANTAM GIRLS BASKETBALL GAME @SWC 3:45 PM
- JR/SR GIRLS BASKETBALL GAMES @KITS 6/7:30 PM (SENIOR NIGHT!)
- GIRLS ICE HOCKEY PRACTICE 7AM
- JUNIOR BOYS BASKETBALL PRACTICE 7AM
- JR/SR BOYS RUGBY PRACTICE 3:30 PM - NEWCOMERS WELCOME!
- JUVENILE BOYS BASKETBALL 3:30 PM
- SENIOR "B" BOYS BASKETBALL 5PM
- SENIOR "A" BOYS BASKETBALL 6:30 PM

JAN
21

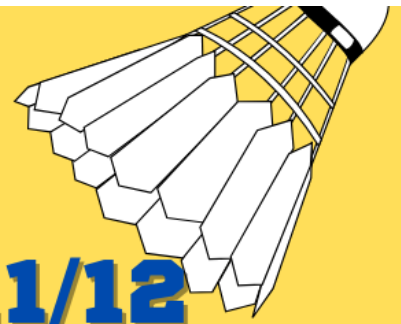
- BOYS TABLE TENNIS MATCH @ PW 4PM
- BANTAM BOYS BASKETBALL GAME @KITS VS HAMBER 3:45 PM
- JR/SR BOYS BASKETBALL GAMES @ DAVID THOMPSON 6/7:30 PM
- 7AM PRACTICES: BANTAM BOYS, BANTAM GIRLS BASKETBALL
- JUVENILE GIRLS BASKETBALL 3:30 PM
- SENIOR GIRLS BASKETBALL PRACTICE 5 PM
- SENIOR "B" BOYS BASKETBALL PRACTICE 6:30 PM

JAN
22

- SENIOR GIRLS BASKETBALL LANGARA TOURNAMENT 3:30 PM
- SENIOR "B" BOYS BASKETBALL TOURNAMENT @RICHMOND HIGH
- BANTAM GIRLS BASKETBALL GAME @KITS VS TUPPER 3:45 PM
- 7AM PRACTICES: JUVENILE BOYS AND GIRLS BASKETBALL
- JR/SR BOYS RUGBY PRACTICE 3:30 PM - NEWCOMERS WELCOME!
- JUNIOR BOYS BASKETBALL PRACTICE 3:30 PM
- SENIOR "A" BOYS PRACTICE 6:30 PM

JAN
23

- SENIOR GIRLS BASKETBALL LANGARA TOURNAMENT TBD
- GIRLS ICE HOCKEY GAME @KITS VS POINT GREY 2:30 PM
- SENIOR "B" BOYS BASKETBALL TOURNAMENT @RICHMOND HIGH
- BANTAM BOYS BASKETBALL PRACTICE 7AM
- JUNIOR BOYS AND GIRLS BASKETBALL PRACTICES 3:30 PM
- SENIOR "A" BOYS BASKETBALL PRACTICE 5PM



ATHLETIC LEADERSHIP 11/12

GRADE 11 COURSE CODE: YHRA-1A

GRADE 12 COURSE CODE: YHRA-2A



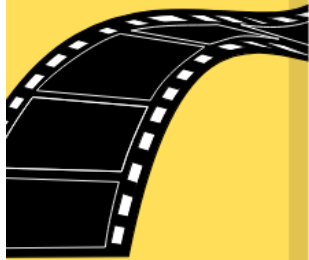
OFF TIME-TABLE!



OPPORTUNITIES TO:

- ORGANIZE SPECIAL EVENTS
- COACH OR MANAGE A TEAM
- RUN LUNCH-TIME INTRAMURALS
- SCOREKEEP AND REFEREE GAMES
- RUN SOCIAL MEDIA AND PROMOTIONS
- GAIN SERVICE/VOLUNTEER HOURS
- DEVELOP LEADERSHIP SKILLS

Teachers: Mr Lefsrud and Mr Polonijo



Building Bridges

SACY Family Stream

An opportunity for parents and caregivers to learn about teen substance use and build tools for prevention.



Description

Building Bridges is a **90-minute** interactive **workshop** facilitated by the Family Stream of SACY (Supporting and Connecting Youth), offering parents and caregivers an opportunity to learn about teen substance use and build tools for prevention.

Parents and **caregivers** will gather in the portable at Sir Charles Tupper Secondary School to **participate** in a workshop exploring topics such as **destigmatizing** substances, **prevention** and **safety**, and how to have **conversations with teens** about **substances**.

The format of the workshop will be a facilitated **presentation** starting at **5:50pm** with opportunity to **ask questions** throughout.

Event Details

Date: January 29, 2026

Time: 5:30pm - 7:30pm

Location: the portable at Sir Charles Tupper Secondary; corner of E23rd and Prince Edward St. (419 E 24th Ave, Vancouver, BC V5V 2A2)

Family Facilitators

Hayden Averill
haverill@vsb.bc.ca
604 690 9261

Savoy Williams
savoy.williams@vch.ca
604 612 9109



QR Code or Link to Register: <https://linktr.ee/sacyresourcelist>

RESPONSIVE PARENTING GROUP

BY THE FAMILY STREAM OF SACY



A 6-week parents and caregivers group facilitated by the Family Stream of SACY, focusing on proactive responses to teen Concurrent Disorders concerns; the combined experience of youth substance use and mental health concerns.

Parents and caregivers will gather once a week for 6 weeks in room 325 at the Robert and Lily Lee Community Health Centre to learn proactive responses to teen Concurrent Disorders (CD) concerns; the combined experience of youth substance use and mental health concerns.

Responsive Parenting group creates space for parents and caregivers to learn and discuss topics such as adolescent development and Concurrent Disorder trends, care practices for supporting teens and exploring Vancouver Coastal Health youth services.



February 11, 18, 27 March 4, 11, 18

1669 E Broadway Street Vancouver, BC

6pm-8pm Room 325

Please wait in 1st floor lobby once you have arrived. Call/text Savoy or Hayden and they will provide access to the group in room 325.



Savoy Williams

604-612-9109
savoy.williams@vch.ca

Hayden Averill

604-690-9261
haverill@vsb.bc.ca



Scan QR code for registration form

Session 1: Feb 11

**Introduction, Adolescent
Development & Responsive
Parenting**

Session 2: Feb 18

**Concurrent Disorder
Trends**

Session 3: Feb 27

**Problem Solving,
Collaboration and Self
Compassion**

Session 4: Mar 4

**Communication and
Boundaries with VCH**

Session 5: Mar 11

Harm Reduction with VCH

Session 6: Mar 18

**Central Addictions
Intake Team with VCH**