



Coyote Connections

WEEK OF: Sept 15 – 19

Monday – Sept 15 A/B	- Brown Bag Lunch program begins - Mandatory Meeting for all parents/guardians of new athletes to GESS - In the GESS library @ 6pm
Tuesday – Sept 16 C/D	Fire Drill @ 10:05 am
Wednesday – Sept 17 A/B	
Thursday – Sept 18 C/D	
Friday – Sept 19 A/B	Pizza \$2/slice 

Please remember to return all verification and general field trip forms to the office ASAP!

Sept 22 – PAC Meeting at 6:30 pm in the Library
 Sept 24 – Grad Retreat – Group #1 – Oyama Ziplines
 Sept 25 – Grad Presidential Speeches @ 9 am in the theatre
 – Grad Retreat – Group #2 – Oyama Ziplines
 – Terry Fox Walk/Run
 Sept 26 – Grad Breakfast (8-9am) + President Announcement
 – Grad Retreat – Group #3 – Oyama Ziplines
 Sept 29 – GESS **Orange** Shirt Day
 Sept 30 – National Day for Truth and Reconciliation – **No classes**
 Oct 8 – Post-Secondary Institute Fair (9-10:30 am) in the small gym
 Oct 10 – Administrative Implementation Day – **No classes**
 Oct 13 – Thanksgiving Day – **No Classes**
 Oct 14 – Photo Retakes (morning only)
 Oct 16 – Early Dismissal @ 1:30 pm
 – Parent Teacher Conferences @ 5-7 pm in the Foyer & Classrooms

Parents/Guardians of All NEW Athletes to GESS:

There is a **MANDATORY** Athletics Info Night on **Monday, Sept 15th @ 6pm** in the GESS Library. All parents/guardians are welcome to attend.



Buy your GESS Spirit Wear now using [THIS LINK](#), or from the link on the [GESS website](#). Purchases made by September 15th will be ready by the end of September.

GRAD ANNOUNCEMENTS

LAKE COUNTRY BOTTLE DEPOT FUNDRAISER:
Have refundables? Donate them to the '**GESS GRAD**' account at the Lake Country Bottle Depot. There's **no need to sort** them! Proceeds go towards prom for this year's grad class.

UPCOMING IMPORTANT DATES:

- Sept. 15:** Oyama Date Selection Form Due (on Google Classroom)
- Sept. 17:** Oyama Permission Forms Due (both digital and physical copy)
- Sept. 19:** Grad President Campaign Speech – Rough Draft Due to Mrs. Johnson
- Sept. 19:** Grad Logo Competition Closes – Submit on Google Classroom

Please visit the [grad website](#) for more details on grad events and general grad information.

Thursday, Sept. 18 at lunch
“Pie in the face of a teacher”

Terry Fox Fundraiser



GESS Vision Statement: Love. Learn. Thrive.





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Fall 2025 Teen Programs & Certifications



Volleyball Training

Volleyball Training for Teens is run by Volleyball BC. This program has been modified and specifically designed for 13-15-year-olds who are a beginner or intermediate player of Volleyball. It focuses on how to properly bump set and spike and play the game.



Watson Elementary School Gym

Thursdays
• 34743: September 25 - October 23
• 34983: November 6 - December 4
8:15 - 9:15pm

Parkinson Rec Centre Gym

Mondays
• 34759: September 22 - November 3
• 34984: November 10 - December 15
4:30 - 5:30pm

In the Kitchen

Vegan Teen Cooking

In this class, teens will learn how to make nutritious, delicious meals that are vegan.

Parkinson Rec Centre Kitchen
6:00 - 8:00pm
Ages: 12Y - 18Y

35192: Thursday, October 3:
Lentil "Meat" Balls with Spaghetti
and Marinara Sauce

35193: Wednesday, November 19:
Black Bean Quesadilla with Mango
Salsa & Crema

35194: Monday, December 8:
Pad Thai with Tofu



Baking for Teens

In this engaging course, teens will acquire essential baking skills such as measuring, mixing, kneading, and decorating. They'll learn to make classic cookies, muffins, cupcakes, and simple breads, gaining hands-on experience and confidence to create their own sweet or savory treats at home.

Tuesdays

• 35210: September 16 - October 21
• 35211: October 28 - December 2
Parkinson Rec Centre Kitchen
5:30 - 7:00pm
Ages: 11Y - 15Y



Quick & Delicious Cooking for Teens

Whip up something delicious in no time! This fast-paced class teaches teens how to make simple, tasty meals and snacks using basic ingredients and kitchen tools. Perfect for building confidence, independence, and real-life cooking skills—no experience needed!

Parkinson Rec Centre Kitchen

6:00 - 7:15pm
Ages: 11 - 15Y
Mondays

34752: September 15 - October 6

34762: October 20 - November 10

34764: November 17 - December 1



Sports



Pickleball for Youth

Join this exciting pickleball class for teens, perfect for beginners or those wanting to improve. The class covers fundamentals like rules, techniques, and strategies, emphasizing teamwork and sportsmanship. Teens will gain confidence on the court while staying active and having fun.
Canyon Falls Middle Gymnasium
Ages: 12Y - 15Y
Saturdays
35255: September 6 - 27
35256: October 25 - December 13
11am - 12pm



Drop-in Basketball

Join us for basketball! This program welcomes all skill levels, emphasizing fun, friendship, and fitness. Feel free to bring your own ball, and remember to bring a dark and light shirt or jersey along with a water bottle.
Canyon Falls Middle Gymnasium
Ages: 13Y - 18Y
Saturdays
September 6 - 27
October 25 - November 13
November 22 - December 13
1:30 - 3:00pm

Tennis for Teens

Serve, rally, and improve your game! This fun and active class helps teens build tennis fundamentals, including proper grip, footwork, and stroke techniques. Taught by experienced instructors, it's a great way to stay active, meet new friends, and enjoy the game in a supportive setting.



Ages: 12Y - 16Y

Robertson Park

Wednesdays
34756: September 10 - October 8
5:00 - 6:00pm

City Park Tennis Court

Thursdays
34757: September 18 - October 2
5:00 - 6:00pm

\$70

\$65



Take the Plunge

Learn to Dive with KSDC



1 meter and 3 meter springboard diving lessons for:

- Beginners
- Competitive Athletes
- Adults



Ages 5 and Up
Lessons held at the H2O Adventure + Fitness Centre and the Rutland Family YMCA

Email ksdc.general@gmail.com with any questions

& more!

Free Youth Nights

Youth Night is the perfect way for young people to hang out, meet new friends, and enjoy a variety of activities. This always includes a free swim, gym time and other fun activities.

Parkinson Rec Centre

6:00 - 9:00 pm
Ages: 11Y - 15Y
• Saturday September 20
• Saturday October 18
• Saturday November 15



Babysitter Certification

\$82



Canadian Red Cross

Participants will gain the skills to provide age-appropriate care for young children while mastering effective emergency prevention and response techniques—all through a Red Cross Certified program.

Parkinson Activity Centre - Activity Room

9 am - 4 pm

Ages: 11Y - 18Y

Saturdays

• 34627: September 20

• 35213: October 18

• 35214: November 22

rec.kelowna.ca
250-469-8800



REGISTER NOW

OKANAGAN COLLEGE BASKETBALL

FALL PROGRAMS

FALL 3V3

BOYS & GIRLS; GRADES 1-9

SEPTEMBER 7 - NOVEMBER 22/23

FALL MICROBALLERS

BOYS & GIRLS; AGES 3-5 YEARS

SEPTEMBER 13 - NOVEMBER 22

FALL 5V5

GR 6-8 BOYS, GR 9-12 BOYS & GR 9-12 GIRLS

SEPTEMBER 7 - NOVEMBER 10

SEE TIMES, LOCATIONS AND INFO HERE
WWW.GOCOYOTES.CA

2025/26 HOME SCHEDULE

DATE	TIME	OPPONENT
OCT 17	5:00pm - 7:00pm	CHIEFS
OCT 18	1:00pm - 3:00pm	CHIEFS
NOV 14	6:00pm - 8:00pm	BLUES
NOV 15	1:00pm - 3:00pm	BLUES
NOV 21	6:00pm - 8:00pm	BLUES
NOV 22	1:00pm - 3:00pm	BLUES
JAN 09	6:00pm - 8:00pm	BLUES
JAN 10	1:00pm - 3:00pm	BLUES
JAN 23	6:00pm - 8:00pm	BLUES
JAN 24	1:00pm - 3:00pm	BLUES
FEB 13	6:00pm - 8:00pm	BLUES
FEB 14	1:00pm - 3:00pm	BLUES



PLAY ELITE

PREMIER ATHLETIC TRAINING

VOLLEYBALL FALL PROGRAMMING

FOR BOTH GIRLS & BOYS

GR 6-10: SKILLS TRAINING

Our TECHNICAL TRAINING skills program focuses on high-end volleyball skill-development through weekly sessions to compliment school ball, running weekly in preparation for club tryouts!

GR 9-12: POSITIONAL INTENSIVES

In our POSITIONAL INTENSIVES program players will learn skills specific to their role - setters, middles, outsides & passers. Taught by former university players who played the same position!

GR 9-12: NEXTGEN SQUADS

Our NEXTGEN SQUADS program gives club players who are unable to play school volleyball a place to practice in preparation for club tryouts in November and December!



REGISTER TODAY!

FIND OUT MORE!



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