



CLARENCE FULTON SECONDARY SCHOOL

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Principal: Lynn Seed Vice-Principal: Mike Edgar Counselor: Charlene Lau (A-K) Counselor: Dave Mackenzie (L-Z)

Hello Families,

It is hard to believe that it is already November and we are just a few weeks away from the end of quarter one. Quarter 2 starts November 20th. It has been an interesting start to our school year but we are happy with how our students, staff and community are handling such a unique year.

With COVID numbers increasing we need to follow our safety plan and continue to engage our community in safe ways. We have had requests to open up our exposure control plan to allow more access to our school for various reasons. Although these proposals come with great intentions to support student learning and staff well-being, now is not the time for us to be expanding beyond our existing safety plans. While we still want to encourage opportunities for students to practice and rehearse, we are not allowing public audiences for shows, athletics, or other events and meetings.

As the weather turns colder, also remember that our school **will not** be unlocked until 8am each day for students to enter the building. Once they are in, they are to go directly to their morning class.

Please remind family members of the following:

1. Physical distancing guidelines from others outside your family or school cohort
2. Avoiding meeting in groups or large gatherings
3. Keeping our "bubbles" contained
4. Washing our hands frequently
5. Wearing a mask where physical distancing can't be maintained

Now, more than ever we all need these reminders to ensure everyone's safety. We know these are difficult times for many and if we can be of assistance, please contact us.

Stay safe and be kind,
Lynn Seed

Yearbooks

We still have approximately 10 Yearbooks left from last year for purchase. Please contact the office if you would like one. They are \$55.

We are also selling pre-purchase Yearbooks for this year. They are \$50 if purchased before December 31 and \$55 after that. If they are not purchased by Spring Break then your child will not be guaranteed to receive one

ATHLETICS REPORT: NOVEMBER 2020

The Fulton Maroons Athletic Department is finishing up the fall season. School sports across the province are still in Phase Two. This means school teams can only practice within their cohort model and there is no inter-school competition as of now. Hopefully, this will change.

We had the following teams practice only in the fall season: Grade 8 boys and girls volleyball, Grade 9 boys and girls volleyball, Grade 8 and 9 coed flag football, Grade 10-12 girls volleyball and cross country. I would really like to thank the following coaches for all their hard work and dedication to our student athletes.

Grade 8 Volleyball: Rachel Rossetti, Chloe Scabar, Cassidy Lavigne

Grade 9 Volleyball: John Neilson, Erin Hobkirk, Jennifer Hobkirk, Bibi Patharangura

Grade 8 and 9 Coed Flag Football: Cole Tucker, Dave Hobbs, Mike Scheller

Grade 10-12 Girls Volleyball: Sharon Shaigec, Riana Magee

Cross-Country: Sean Boal

Basketball season will begin soon. Basketball practice will begin for the various teams at the end of November; Grade 8 boys and girls, Grade 9 boys and girls, Grade 10-12 girls and Grade 10-12 boys will be the teams offered at our school.

The Athletic Department at Fulton is very proud to announce that our Athletic Wall of Fame has been completed. This Wall of Fame showcases Fulton athletes who went on to play college, university and professional athletics. The Wall of Fame is located in the trophy case in the foyer beside the gym. The Athletic Department would like to express their sincere gratitude to Coach Dave Hobbs for creating and compiling the wall. Coach Hobbs spent three plus years gathering and completing the wall. We can't thank him enough for his efforts!

The Athletics site on the Clarence Fulton Website, <https://sd22.bc.ca/fulton> has been revamped. Please check Athletics under Programs and Services to view schedules, coaching lists, Covid procedures and athletic updates.

If you have questions or concerns regarding Athletics at Fulton please contact Mike Scheller, Fulton Athletic Director, 250-545-1348, Ext. 143 or mscheller@sd22.bc.ca.

GO MAROONS!



Food for Thought Program

We are very fortunate to have the support of the Okanagan Learning Foundation which provides the “Food for Thought” program at our school. This program provides food on weekends for families in need. If you feel you and your child would benefit from this, please contact the office, or Mrs. Seed directly, for an application. This program started in October and participating students receive food every Thursday or Friday to help feed them over the weekend. This is a confidential program and we respect your privacy. You must apply every year for this program as situations change and we do not assume you are in need.

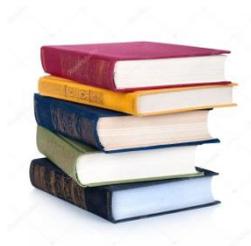
Student Timetables

School District #22 and Fulton will continue with the quarter system and placing students into cohorts, as one of the layers of protection and safety against COVID-19. In support of the cohort system course change request deadline for Quarter 2 is Thursday, November 19th. Quarter 2 starts on Monday, November 23.

Due to COVID restrictions, counsellors will be processing MOST change requests via the same online form that was used by students before the start of quarter 1. Please consult the master schedule before submitting your change requests. Many courses are offered only once; therefore may conflict with a change you are requesting.

School Counsellors will work hard to honour your schedule change request, but please be aware that MANY courses are already full and your change request may not be possible. Mrs. Lau or Mr. MacKenzie will respond to your change form submission via an email message as soon as possible. The most accurate student schedule is ALWAYS found on your MYED portal account.

Due to the volume of the change requests school counsellors will not be able to process change requests over the phone. Please visit <https://sd22.bc.ca/fulton/> and the NEWS & ANNOUNCEMENT or SCHOOL COUNSELLOR section of our website for more information and links to the online change form and the master schedule.



Fulton Book Club

The Fulton book club will be starting up in Quarter Two and we will be looking for ideas for our next great read! Updates will follow as details become available. Please contact Mrs. Corina Summerfelt if you have any suggestions or questions.

Upcoming Events

November 11 th	Remembrance Day
November 12 th	Indigenous focus for non-instructional day
November 13 th	School Based Pro-d day
November 19 th	Quarter 1 ends
November 20 th	Course Completion day
November 23 rd	Quarter 2 begins
November 27 th	Fill the Bus at Buy Low
December 17 th	Q2 Midterms available online
December 18 th	Last day of classes before winter break
January 4 th	School reopens Block Order D/C



4 Ways to Build Trust with Your Teen

In this 60-minute talk, Relationship Expert and Former Sassy Teenager [Aly Pain](#) discusses how parents can build trust with their teenager during the most tumultuous developmental stage in parenting life.

Understanding BIG Feelings

It's difficult to see your teen struggling with big feelings and even worse when they can't even explain what they're feeling or why. Aly explains why your teens need your unconditional support and empathy and how to work on the emotional literacy after the dust has settled.

Helping Them Cope

Teens are painfully aware of the pressure to succeed by getting good grades and feel so afraid of failing that some even stop trying. Aly discusses how to balance encouraging them to reach their potential with easing the pressure that has them struggling with anxiety.

Setting Reasonable Limits

Creating and enforcing boundaries is important at any stage of parenting and with all the potential pitfalls facing teenagers, teen years are no different. Aly shares how setting reasonable limits gives teens the flexibility to make their own decisions while maintaining the rules that keep them safe from bad choices.

Giving Them Privacy

Technology has given us unprecedented access to our teen's private life. It's as simple as unlocking their phone and scrolling through a few hundred texts. Aly shares how it destroys trust and instead, offers up advice on how to get your teen talking (even about the stuff they may not want to share with you).

When: Thursday, November 26th from 7pm-8pmPT

Where: Via Zoom Video Conference - [Click here to register](#), it's FREE!

Who: All parents are welcome (Teens too 😊)

About Aly

Growing up, I was the smart, fun girl on the outside, and a frantic and anxious mess on the inside. I spent years healing the pain of dysfunctional family relationships and releasing negative patterns to break the cycle with my own family. Today, I've been happily married to my husband for over 23 years, and we have 2 incredible teen boys. My passion is empowering parents to effectively communicate and connect with their teens while building healthy, lasting relationships.

Aly created her [Finding Our Way](#) Parenting Program in response to the numerous calls she got from overwhelmed parents at the beginning of the pandemic. [Finding Our Way](#) is for caring parents who are at a loss of what else to do and want expert support without more appointments.