



June 25, 2020



## HIGHLIGHTS AND ITEMS TO NOTE:

### **DRK Grade 9 Send-off Video**

[Click the link to enjoy.](#)

### **Grade 9 Legacy Gift**

Thank you to the DRK Grade 9 Class of 2020 for voting on the Bottle-Filling Water Station for our second floor. What a wonderful legacy gift for our future students and staff!

### **Outstanding School Fees**

All outstanding fees will be carried over to the next school year 2020-2021.

### **Technology Return**

Chromebooks are now overdue and need to be returned to the school as soon as possible.

### **Report Card/Yearbook Pick up**

If you missed report card or yearbook pick up please contact the office at 250-870-5130.

**The Dr. Knox Staff wishes everyone a terrific summer!**

‘intheknow’

# Information and Support

For families and caring adults who  
are parenting a child or youth with  
mental health challenges.

**IN THE KNOW PROVIDES EXPERT SPEAKERS ON TOPICS IMPORTANT TO FAMILIES.  
CONNECT AND LEARN WITH OTHER FAMILIES FOR AN ONLINE DISCUSSION - JOIN BY  
COMPUTER OR PHONE.**

## How to Manage Your Mental Health in Tight Quarters: A Conversation for Families

Join us in a facilitated group discussion building upon the video with Liz Kay, RCC on how to manage stress and anxiety while living in closer proximity to each other. We will also explore how to create balance, meaning and connection during stressful times.

Registration Required

<https://itkjunekeownapentictonvernon.eventbrite.ca>

Video: A Conversation for Families

Cost: Free of Charge

Date: June 24, 2020 1:00pm to 2:00pm

Discussion facilitated by FamilySmart Parent in Residence

Watch the video on your own time and come together with other families for a facilitated discussion.



June 19, 2020



### **Message to Students and Families from Mr. Dolgopol**

Dear Dr. Knox Students and Families,

As the school year comes to a close, I would like to share some reflections on this school year and on my years as part of the Dr. Knox Community.

We had a great year of working together to realize many successes, milestones, and personal bests both individually and collectively. This year has definitely presented some new challenges for all of us! When faced with these challenges, you showed great resilience and further developed your skills and competencies to solve problems, and maintained a positive and growth-oriented mindset! Congratulations, I am so proud of you! I hope that you will continue to demonstrate positive leadership, kindness and empathy to others, and strive to achieve all the goals you have set for yourselves.

Grade 9 students, it has been a pleasure spending the last three years with you! You have grown so much in every aspect of your lives over the years and have contributed to making Dr. Knox a great place for everyone. As you make the transition to secondary school, I sincerely hope that you take with you, many fond memories and lifelong friendships that were established during your middle school years here at Dr. Knox! We wish you all the best as you move on to secondary school and look forward to what you will accomplish in the future.

As you are aware, I will be leaving Dr. Knox at the end of this school year. I would like to thank all the students, staff, families, and members of the community that I have worked alongside for over five years now! I am very grateful for our time together and will miss everyone tremendously. I have always appreciated the support everyone has provided me and the school culture that we have built together. I hope our paths cross again in the future!

Please join us in welcoming our new Dr. Knox Principal, Scott Parker! Mr. Parker is currently the Principal at École Glenrosa Middle School and will be moving to Dr. Knox for the 2020-2021 school year. Mr. Parker has shared how excited he is to join the Dr. Knox community and is looking forward to meeting all our Dr. Knox students, staff, and families.

We have one more week of school and then we will say good-bye to everyone for the summer. I would like to wish all students and their families a great summer! Go Falcons!

Sincerely,  
Mr. Dolgopol