

# Hwisulenuhw (October)

'Iyusstuhw tun'a skweyul (Enjoy today)

## Week at a glance:



Uy 'Skweyul' Everyone,

We've had a wonderful week watching our students play Volleyball, Rugby and compete in Cross Country. We would like to extend a big Thank You to all our wonderful for all your time to create opportunities for our students.

Please enjoy this long weekend with your friends and family. Happy Thanksgiving.

Syulwulhnet (Monday), October 9th	STAT Holiday – NO SCHOOL
Sthumunt-s (Tuesday), October 10th BADC, Day 2	<ul style="list-style-type: none"><li>• Welcome back from long weekend!</li><li>• Dance Club at lunch in rm 125</li><li>• DnD for Dungeon Masters at lunch in library</li><li>• Chess Club at lunch in rm 202</li><li>• Girls Volleyball at 3:30 – 5 pm in gym</li><li>• Rock Climbing drop-in from 4 – 6</li></ul>
Slhihws (Weds), October 11th BADC, Day 1	<ul style="list-style-type: none"><li>• <b>Student Verification Forms Due</b></li><li>• Boys Rugby practice 3:30 – 5 pm at the back field</li><li>• Girls Field Hockey Practive 3:30 – 5 pm at the Sportsplex turf</li><li>• Wood truning at lunch with Mr. Allan (wood shop)</li></ul>
Sxu'athuns (Thursday), October 12th BADC, Day 2	<ul style="list-style-type: none"><li>• Dance Club @ lunch rm 125</li><li>• Girls Voleyball Practice 3:30 – 5 pm in the Gym</li></ul>
Slhq'etsus-s (Friday), October 13th BADC, Day 1	<ul style="list-style-type: none"><li>• <b>Terry Fox School-Wide Run</b></li><li>• Touch Rugby 3:30 – 4 pm at the back field</li><li>• Rock climbing 4 - 6:30pm at the Mt. Prevost climbing gym</li></ul>

## Upcoming Dates:

- October 9 – STAT Holiday – **NO SCHOOL**
- October 18/19 – First Day of New Exploratory Rotations for Grade 8s
- October 20 – Non-Instructional Day – **NO SCHOOL**
- November 8<sup>th</sup> PAC meeting in Library at 6:30

## Terry Fox Run

Quamichan's school-wide Terry Fox Run will take place on Friday, October 13<sup>th</sup>. Students who so choose, can bring in donaitons all this coming week to their A Block classes in support of cancer research and the Terry Fox Foundation.

## **Student Verification Forms**

Student Verification have been sent home with your students. Please check over address, phone numbers and all contact information. Reminder: if an adult is not listed as someone who can pick up your child, we cannot release the student to them. Please sign, date and return forms to school no later than **Wednesday, October 11<sup>th</sup>**.

## **Medication at School**

The District is committed to providing a safe and healthy study and work environment for its students. The purpose of this procedure is to provide guidelines for administering medication to students at school.

### **Procedures**

1. The administration of medication in the school environment shall only occur where no other options are available, and where the school has received complete information from the parent/guardian about the medication. The principal, or designate, is responsible for the administration of medication to students.
2. Where medication is to be administered at school, the Request for Administration of Medication at School ([Form 316-01](#)) and the Medical Alert Form ([Form 316](#)) must be fully completed by the parent(s).

This procedure applies to students taking over the counter medications like Ibuprofen and Tylenol as well. The office requires formal paperwork filled out for students to be given *any kind of medication*. You must also provide the medication to be locked up in the office, along with Form 316, if you are wanting this to be available to your child. Alternatively, you are welcome to attend the school to administer the medication to your child in place of this procedure.

## **Phone Messages for Students**

Being a large population of students here at Quamichan, we receive a lot of phone messages for students throughout the day. We are hoping to streamline these messages as much as possible to be distributed during break times like lunch and between classes. There are occasional circumstances where this may not be possible, and in those instances we are more than happy to get messages to your child on your behalf as quickly as possible. We are hopeful that with your assistance, we can put in place a procedure that is less disruptive to the learning environment. We thank you and appreciate you for all that you do!

Huy ch q'u (thank you)

## **Student Absences**

If your child will be absent from school, please let us know by giving us a call at: 250-746-6168, or you are welcome to send an email to our Front Desk Secretary at: [quamichanfrontdesksecretary@sd79.bc.ca](mailto:quamichanfrontdesksecretary@sd79.bc.ca).

## **Lost & Found**

All lost items such as sweater, T-shirts, and water bottles will be placed in the Lost and Found located at the end of the PE hallway. All smaller items such as rings, necklaces, watches, will be in the front office. Please check these areas if you lose anything throughout the school year.

## **Quamichan Store**

Quamichan Store now has eGiftcards that be purchased online with the link below.

You can print the eGiftcard or upload to their device and we can scan it!

<https://squareup.com/gift/ML7VD93BFQR37/order>

### **PAC Meeting**

Nov. 8<sup>th</sup> 6:30 in the library.

### **Quamichan Hoodies**


Quamichan Hoodies are now on sale and can be purchased through the front office and online through Cash Online (note: when paying online you will still need to submit style choices in the office).

Hoodies are \$30 and are stocked in purple, grey, dark blue, light blue, and black in sizes M-XL. Our QUAM logo can be added in a wide variety of colours ranging from white to rainbow and even a limited supply of camouflage. Crewnecks and other colours are in very limited supply, see Mr. Robinson if you have something in mind.

### **Guitars Needed**

Hello Quamichan parent community. The school is currently in need of 5 Steel String Acoustic guitars. If you have one sitting around that you would be willing to donate, please drop it off at the office. We have the ability to string it, so if the strings are damaged, we can repair. Huge Thanks!

# Quam Clubs Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Dance Club at lunch in room 125</b>	<b>Wood Turning at lunch in the Woodshop - all welcome</b>	<b>Dance Club at lunch in room 125</b>	
	<b>DnD for DMs at lunch in Library</b>		<b>DnD for Game Groups at lunch in Library</b>	
	<b>Chess Club at lunch in room 202</b>			

# Quam Sports Calendar

**Monday**

**Rugby Practice**  
3:30 - 5 pm  
at Back Field

**Tuesday**

**Girls Volleyball Practice** 3:30 - 5 pm in the Gym

**Rock Climbing**  
4 - 6:30 pm at Mt. Prevost

**Wednesday**

**Rugby Practice**  
3:30 - 5 pm at the Back Field

**Girls Field Hockey Practice**  
3:30 - 5 pm at Sportsplex turf

**Thursday**

**Girls Volleyball Practice**  
3:30 - 5 pm in the Gym

**Friday**

**Rugby Practice**  
3:30 - 4 pm at Back Field

**Boys Basketball Practice**  
3:30 - 5 pm

**Rock Climbing**  
4 - 6:30 pm at Mt. Prevost

BE MY  
**HOME**  
AWAY FROM  
**HOME**



## Homestays Needed

The Cowichan Valley School District is seeking families to host international students from around the world for three-month, five-month and full school year programs.

### Why host?

- Create lifelong relationships for yourself and your children
- Experience another culture
- Receive a monthly honorarium

### What do we ask you to provide?

- Be willing to provide emotional and academic support
- Be open to new cultural experiences and willing to share your own
- Include your student into your family life and share activities together
- Have transportation and the ability to pick up/drop off students at sports practices/games, extra-curricular activities, and school-organized field trips.
- Have the ability to pick up and drop off your student at the airport at the time of arrival/departure.
- A private bedroom with a desk, dresser, closet, and window.
- Healthy meals and snacks

If you would like to join our program, please contact Brenda Langlois, Homestay Manager, at [blanglois@sd79.bc.ca](mailto:blanglois@sd79.bc.ca)

# Beyond Basketball



Developing girls basketball  
across the Cowichan Valley

**October 4, 11 & 18**

**6:00pm–7:30pm**

**Grades 6–9 Girls**

**Queen Margaret's School**

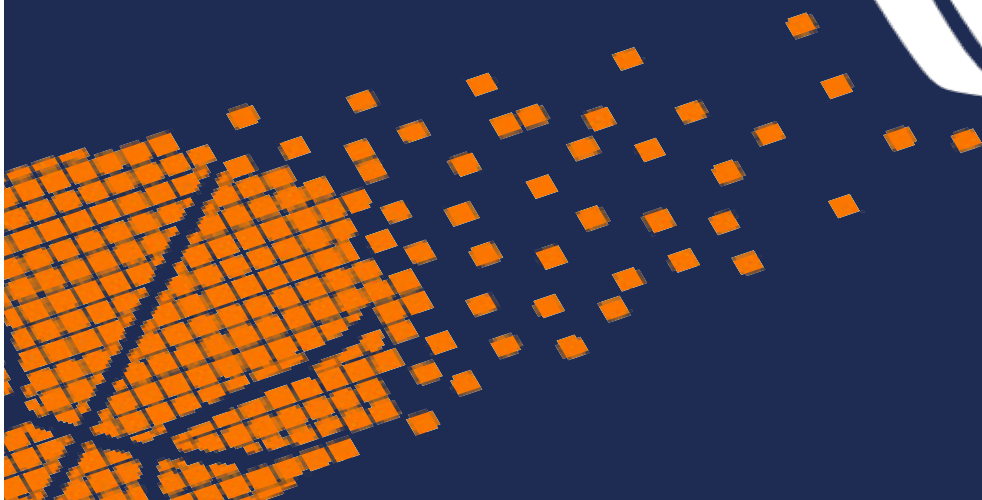
Founders' Hall, 660 Brownsey Avenue, Duncan

**\$20/session**  
**To Register:**



Email: [beyondbasketballcvi@gmail.com](mailto:beyondbasketballcvi@gmail.com)

Local high school coaches from across the  
region and post-secondary basketball athletes  
giving back to the game.





# TL'I'STAMU TSUN - HOLDING OUR CHILDREN THROUGH GRIEF AND LOSS

A FREE 2-Day Workshop For Grown-Ups Supporting Cowichan Youth

*Free*

Sat & Sun Oct 14th-15th  
9:30am-3pm (Both days)

5th Floor of Oceanfront  
Suites, 1681 Cowichan Bay Rd.

**\*Space is Limited! QR  
Registration Is Required.\***

Catered Lunch and Snacks Provided

Childcare and Transportation  
Support Available Upon Request

**SCAN HERE TO SIGN UP**



For Questions Contact Kwun'atsustul Counsellor Elizabeth Ibarra  
at (250)-246-7148 or [elizabeth.ibarra@cowichantribes.com](mailto:elizabeth.ibarra@cowichantribes.com)

