


<p><b>Pune'q</b> (January)  <i>(The time for collecting geoducks)</i>  <b>Week at a glance:</b></p>	
<p>Syulwulhnet  (Monday), January 8<sup>th</sup>  ABCD, Day 1</p>	<ul style="list-style-type: none"> <li>• <b>WELCOME BACK QUAMICHAN!</b></li> <li>• Table Tennis Club @ lunch in Multi- Purpose Room</li> </ul>
<p>Sthumunt-s  (Tuesday), January 9<sup>th</sup>  ABCD, Day 2</p>	<ul style="list-style-type: none"> <li>• Dance Club @ lunch in rm 125</li> <li>• DnD for Dungeon Masters @ lunch in library</li> <li>• Chess Club @ lunch in rm 202</li> <li>• Rubik's Cube Club @ lunch in rm 107</li> <li>• Intermural Basketball @ lunch in gym</li> <li>• Rock Climbing drop-in 4 – 6 :30 pm at Mt. Prevost School</li> <li>• Wrestling Practice 3:45 – 5:15 pm in Multi-Purpose Room</li> </ul>
<p>Slhihws  (Weds), January 10<sup>th</sup>  ABCD, Day 1</p>	<ul style="list-style-type: none"> <li>• Grade Assemblies during Advisory.</li> <li>• Wood turning at lunch with Mr. Allan (wood shop)</li> <li>• Grade 8 &amp; 9 Boys Basketball Quamichan 3:30 - 5 pm</li> </ul>
<p>Sxu'athuns  (Thursday), January 11<sup>th</sup>  ABCD, Day 2</p>	<ul style="list-style-type: none"> <li>• Dance Club @ lunch rm 125</li> <li>• DnD for Game Groups @ lunch in library</li> <li>• Intermural Basketball @ lunch in gym</li> <li>• Wrestling Practice 3:45 – 5:15 pm in Multi-Purpose Room</li> </ul>
<p>Slhq'etsus-s  (Friday), January 12<sup>th</sup>  ABCD, Day 1</p>	<ul style="list-style-type: none"> <li>• School Wide Run (weather permitting)</li> <li>• Nintendo Game Club in Library @ lunch</li> <li>• GSA Club @ Lunch in room 200</li> <li>• Grade 9 Girls Basketball Practice @ Quam 3:30 – 5 pm</li> </ul>

**Upcoming Dates:**

- **Jan. 8<sup>th</sup>** – First day back to school after Winter Break. Excited to see all our friends again!
- **Jan 24** – 2 Hour Early Dismissal (@ 1:14 pm)

**Head Lice FYI**

- 1) It's going around still/again!
- 2) It's not a health risk – they are just pesky!
- 3) They spread quickly with head-to-head contact so keep your head and your hats to yourself. A good idea for long haired students is to wear it tied back.
- 4) Lice cannot live on furniture or carpet and they cannot jump or fly.
- 5) Symptoms are an itchy scalp. But sometimes, nothing. If you think you have someone, ask a caregiver to give you a check
- 6) Lice treatment handouts are available at the office by the chairs and also attached below.

## Medication at School:

School District 79 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.

**Attention:** We do not have Tylenol or Aspirin for students on premises unless you have provided it and we have the form filled out (see them linked above).

## Gift Cards for Quam Snack Shack

Chicken wraps, pizza, drinks, burgers... if you don't want to pack a lunch, we've got what the kids want! The Quamichan Snack Shack/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>

## 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!

## Quamichan Basketball

### Practice Schedule for January – @ Quam

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:30 – 5 pm	Gr. 9 Boys Only	Gr. 8 Boys Only	Gr. 8 & 9 Boys shared	Grade 8 Girls	Gr. 9 Girls only

### Practice Schedule for January – @ Alexander

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:45 – 4:50 pm	Gr. 9 Girls	Gr. 8 Boys	Flex Day	--	--

## Grade 9 Boys Basketball – Games

Thursday, January 11<sup>th</sup> – BYE

Thursday, January 18<sup>th</sup> – v. GISS @ GISS

Thursday, January 25<sup>th</sup> v. Brentwood @ Quam  
Thursday, February 1<sup>st</sup> – v. Shawnigan @ Quam

### **Grade 9 Girls Basketball – Games**

Thursday, January 11<sup>th</sup> – v. Brentwood @ Quam  
Thursday, January 18<sup>th</sup> – v. QMS @ QMS  
Thursday, January 25<sup>th</sup> – v. GISS @ GISS  
Thursday, February 1<sup>st</sup> – v. Shawnigan @ Quam  
Thursday, February 8<sup>th</sup> – Playoffs

### **Grade 8 Boys Basketball – Games**

Tuesday, January 9<sup>th</sup> – v. DCS @ Quam  
Tuesday, January 16<sup>th</sup> – v. CHSS @ CHSS  
Tuesday, January 23<sup>rd</sup> – v. FKSS @ FKSS

#### **Quamichan Wrestling News**

Quamichan wrestling had an awesome day at the first annual Collingwood Duals on December 20th. This event brought together wrestlers from Collingwood School, West Van SS, Terry Fox, Carson Graham, and Sentential Secondary. All wrestlers were hard working, receptive and asking for feedback, and excellent community members who cheered and cleaned up after. Many of our wrestlers also stepped up beyond age grade competition and competed against grade 10 and 11's (which they will do at Islands in February as well).

Arwen Garside: Arwen was 2-0. Arwen had a great two matches to start her season, winning both by pin. Arwen has a strong athletic base from gymnastics and was able to make a number of mid match adjustments throughout the day.

Aoife Mann: Aoife was 0-2 in her pool. Aoife however only wrestled grade 11 and 10 athletes, which is no small feat for a grade 8. Aoife is working hard, constantly developing, and looks like she belongs competing with older and more experienced athletes. Well done, Aoife!

Rheo Loiselle: Rheo was 1-1 in his pool. Rheo has been working hard to improve his leg attacks and it showed as he was able to score a number of takedowns in both matches. Well done, Rheo!

James Elliot: James was in his pool. James has now had as many matches as practices and the added mat time has greatly benefitted James who is hitting a number of different takedowns and turns successfully leading to a pin and a technical fall on the day. Well done, James!

James Charlie-Modeste: JJ competed well in a tough pool finishing with an 0-2 record. JJ is showing consistent growth, impressive strength, and is a positive presence for all his teammates. Well done, JJ!

### **Quamichan PAC Co-Op Fundraiser**

If you use the **Co-Op # 26568** at the Co-Op gas bar, all points will go towards the Parent Advisory Council fundraising for Quamichan School. These funds go directly back into our school for student related activities and large school projects.

<https://www2.gov.bc.ca/gov/content/vaping/talking-to-teens-about-vaping>

# FUNDRAISE FOR QUAMICHAN PAC WITH CO-OP



use co-op #  
26568



when filling up at co-op  
gas bar & points will go to  
Quamichan PAC

# VAPING LAWS: WHAT YOU NEED TO KNOW

All schools in BC are tobacco\* and vape-free

24 hours a day, 7 days a week

## THE LAWS

In BC, the sale and use of tobacco and vapour products is governed by the **Tobacco and Vapour Products Control Act, Tobacco and Vapour Products Control Regulation and E-Substances Regulation**. Vapour products are regulated the same way as tobacco products.

*The legal age to buy and sell vapour products in BC is 19.*

Just like tobacco products, vapour products cannot be used in public buildings and workplaces, near doorways, or air intakes or on school property.

When someone under the age of 16 is inside your vehicle, it is illegal to smoke or vape. Some municipalities have increased the age to 19.

All K-12 schools in BC are tobacco and vape-free, 24 hours a day, 7 days a week, even when schools are closed.

The ban includes parking lots, sports fields, driveways, courtyards and vehicles parked on school property.

## WHAT HAPPENS IF I'M FOUND VAPING?

**There may be consequences. They could include:**

- Contacting your adult or guardian
- Meeting with the Principal and/or School Administrators
- Confiscation of the vapour product
- Restrictions on participating in extra-curricular school activities, events or field trips

*Each school in BC may approach it differently.*

[gov.bc.ca/vaping](http://gov.bc.ca/vaping)



\* This resource is referring to commercial tobacco products which is not to be confused with traditional tobacco used by some Indigenous communities in BC.

## WHERE TO GET HELP

### VISIT QUITNOW.CA

or call 1-877-455-2233 to get support from a Quit Coach. QuitNow is a free service for those looking to cut back or quit. It is judgement-free, confidential and personalized to you.



### VISIT TALKTOBACCO.CA

or call 1-833-998-TALK or text **CHANGE** to 123456. Talk Tobacco offers free, confidential, culturally appropriate support and information to First Nations, Inuit, Métis and urban Indigenous communities.

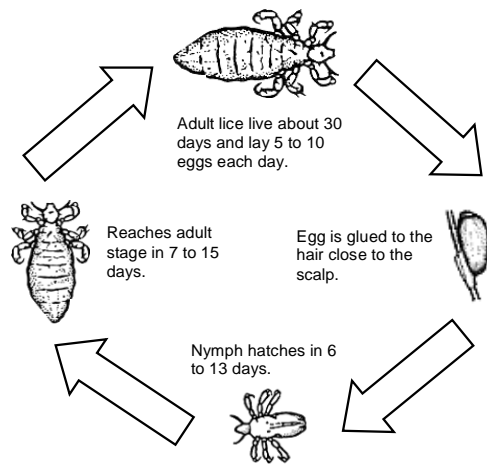


<https://www2.gov.bc.ca/gov/content/vaping/talking-to-teens-about-vaping>

# HOW TO GET RID OF HEAD LICE

## WET COMBING

### LIFECYCLE OF THE HEAD LOUSE



### HEAD LICE FACTS

- ◆ Lice are tiny insects about the size of a sesame seed.
- ◆ Anyone with hair can get head lice.
- ◆ Lice do not have wings and cannot fly or jump.
- ◆ Lice move quickly in dry hair and this makes them hard to see.
- ◆ Lice do not live long once they are off the head. They only lay eggs close to the scalp.
- ◆ Having head lice does not always make the scalp itchy.
- ◆ Lice commonly move to other heads when heads touch and rarely by sharing hairbrushes and combs.

- ◆ Lice are common where children play or work closely together.
- ◆ Once a lice egg has hatched, the empty eggshell stays stuck to the hair.
- ◆ If you find an eggshell more than half an inch away from the scalp, it is most likely empty.
- ◆ The eggshells are white and look like dandruff but cannot be brushed or blown away.

### WHEN TO CHECK

- ◆ **Regularly ONCE A WEEK after shampooing**
- ◆ If your child's playmates have head lice
- ◆ When a family member has head lice
- ◆ When a person is scratching his or her head more than usual

### WHAT YOU NEED

- ◆ Shampoo and white-coloured conditioner (low-priced is fine)
- ◆ Wide-tooth comb to untangle hair
- ◆ Towels and paper towels
- ◆ Lice comb - we recommend a narrow comb with fine teeth and slanted tips, such as a "Bug Busting" comb, that makes it easier to remove lice.
- ◆ Lice combs are available at many Public Health Units and pharmacies.