

**Pune'q** (January)  
*(The time for collecting geoducks)*  
**Week at a glance:**



<p>Syulwulhnet          (Monday), January 22<sup>nd</sup>          ABCD, Day 1</p>	<ul style="list-style-type: none"> <li>• Table Tennis Club @ lunch in Multi- Purpose Room</li> <li>• District Advisory Rep Meeting at 10 am</li> <li>• Grade 8 Boys Basketball away game v. CHSS (time TBA)</li> <li>• Grade 9 Boys Basketball practice @ Quam 3:30 – 5 pm</li> <li>• Grade 9 Girls Basketball Game @ DCS 3:30</li> </ul>
<p>Sthumunt-s          (Tuesday), January 23<sup>rd</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> <li>• Grade 9 Boys Basketball Away Game v. Gulf Island Secondary School</li> <li>• Grade 9 Girls Basketball Away Game v. Gulf Island Secondary School @ 6 pm</li> <li>• Grade 8 Boys Basketball Away Game v. Cedar @ 6pm</li> </ul>
<p>Slhihws          (Weds), January 24<sup>th</sup>          ABCD, Day 1</p>	<ul style="list-style-type: none"> <li>• <b>2 HOUR EARLY DISMISSAL - @ 1:14 PM</b></li> <li>• Wood turning at lunch with Mr. Allan (wood shop)</li> <li>• Grade 8 Boys Basketball Away Game v. FKSS @ 3 pm</li> <li>• Grade 9 Boys Basketball practice @ Quam 3:30 - 5 pm</li> <li>• PAC meeting in Library at 6:30</li> </ul>
<p>Sxu'athuns          (Thursday), January 25<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> <li>• Grade 9 Boys Basketball Game @ Quam v. BCS @ 3 pm</li> <li>• Grade 8 Boys Basketball @ Quam v. Brentwood @ 3:30 pm</li> </ul>
<p>Slhq'etsus-s          (Friday), January 26<sup>th</sup>          ABCD, Day 1</p>	<ul style="list-style-type: none"> <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 22** – District Advisory Student Representatives Meeting @ 10 am
- **Jan 24** – PAC Meeting in Quamichan Library at 6:30 pm
- **Jan 24** – Booster Juice Order Deadline (for February 1<sup>st</sup> Event)
- **Jan 24** – 2 Hour Early Dismissal (@ 1:14 pm)
- **Jan. 30** – Grade 9 Boys Basketball Away Game v. Shawnigan Lake School @ 4 pm
- **Jan 31** -- Last day of Term 1
- **Feb 1** – Booster Juice Day!

- **Feb 11** – Booster Juice Order Deadline (for February 15<sup>th</sup> Event)
- **Feb 15** – Booster Juice Day!
- **Feb 16** – Non-Instructional Day – NO SCHOOL FOR STUDENTS
- **Feb 19** – Happy Family Day! – NO SCHOOL

### Grade 8 Basketball Updates:

**Tuesday, Jan 23<sup>rd</sup>** - Practice 3:30-4:30 at Quam. This will be a light practice - more of a walk-through of some of our offenses and defenses.

- Leaving Quam at 4:30 with time to stop for a quick dinner or time eat a packed dinner on the drive.

- Game @ Cedar Secondary vs their junior team at 6:00 pm. Please arrive at 5:30 pm.

**Wednesday, Jan 24<sup>th</sup>** - is early dismissal day (@ 1:14 pm). We play a league game at Frances Kelsey at 3:00 pm (arrive 2:40 pm).

### Parent Safer Schools Presentation

A link to the Parent Safer School Presentation we screened for students on Wednesday, January 17<sup>th</sup>, 2024.

1. Click link to [erase Family Sessions \(saferschoolstogether.com\)](https://saferschoolstogether.com)
2. From that site hit "Register Now"
3. Fill out the brief info, select the session date and hit "Submit".

### BOOSTER JUICE DAY @ QUAM

Quamichan School PAC is partnering with Booster Juice for at least two more dates this year – February 1<sup>st</sup> and March 15<sup>th</sup>. Our lunch options will always be open to staff as well as students. To order to order, simply visit <https://munchalunch.com/schools/quamichan> -> create an account (if you do not already have one) -> Add a Child -> Enter your name -> Select Grade as "Staff" -> Select your Division or Staff Room. If you have any questions, please don't hesitate to let us know.

 Order Deadline: **Jan 24<sup>th</sup>** (for Feb 1<sup>st</sup> event) & **Feb 11<sup>th</sup>** (for Feb 15<sup>th</sup> event)

 Event Dates: **February 1<sup>st</sup>** and **February 15<sup>th</sup>** 2024

### 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!



# RUNSPORT

Join the TC 10K Quamichan Team by clicking on this link: <https://raceroster.com/registration/9cfea549-ccd5-487d-b26d-4bc0bf85d28d/entry?team=609077> or by selecting "Quamichan Lightning" as your school team when registering at <https://www.runsport.ca/tc10k>

If you have any questions, students can see Mr. Candelaria a visit in the Foods room, rm.123. Or email him at [scandelaria@sd79.bc.ca](mailto:scandelaria@sd79.bc.ca)



## Student Sign Out

If your child needs to leave campus throughout the day, the office must be made aware beforehand via phone or email from parent/guardian to the front desk.

250-746-6168

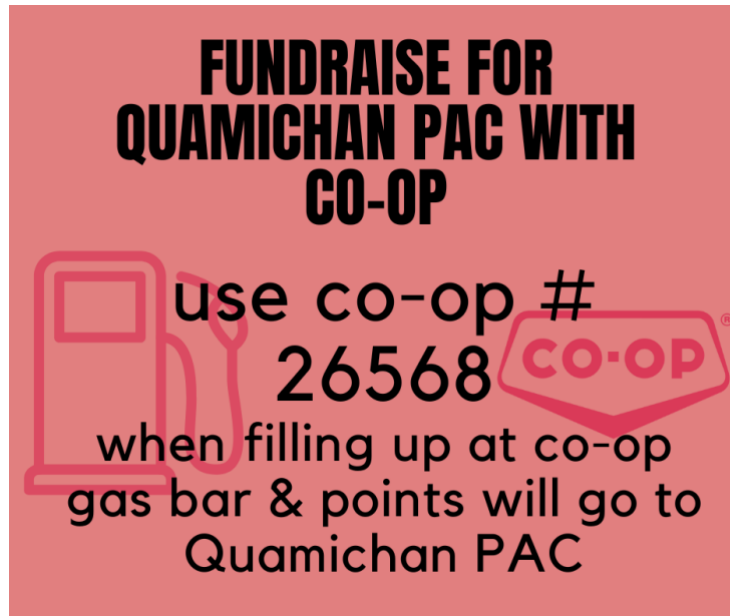
[quamichanfrontdesksecretary@sd79.bc.ca](mailto:quamichanfrontdesksecretary@sd79.bc.ca)

Without contact from a parent/guardian, student cannot be released.



## 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.



### Black history Month – February

Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities. Please let us know some of the things your school is doing to support Black History Month.

January 15th is also Black Excellence Day. January 15th is in honour of the great civil rights leader, Dr. Martin Luther King Jr. who was born on January 15, 1929.

## Cowichan Thunder Lacrosse Association



2024 registration is open! [Website](#) [Poster](#)

Recently immunization consent packages for grade 9 students were sent home from the school. If you have not already done so, discuss the information in the consent package with your child and include them in the decision to provide consent for immunization. Please return the completed consent form to the school in a sealed envelope as soon as possible. Students in grade 9 will be offered immunizations in school-based clinics.

Grade 9 students can make an informed decision about immunization.

For more information visit HealthLinkBC: [The Infants Act, Mature Minor Consent and Immunization.](#)

Contact the Margaret Moss Health Unit at 250 709-3050 if you have any questions.



# Youth Clinic

Text: 250-508-7119  
Call: 250-715-3322  
clinic@cowichantribes.com

Stop by: 3:30 PM - 5:30 PM  
1st & 3rd Tuesday of every month  
Slhexun sun'ts 'a' Clinic  
121 Ingram Street, Duncan  
Call/Text for a ride: 250-252-0207



## Services for Indigenous

### Youth ages 24 and under:

- Skin/acne/eczema
- Pain
- Stomach pain/cramps
- Sadness, anxiety
- STI testing & treatment
- Birth control
- Questions about vaping, drugs
- Pregnancy testing
- Free safe-sex supplies
- Advocacy...and more!

## Empower your Health!

Join our YOUTH CLINIC, where friendly nurses, doctor/nurse practitioners & mental health staff are here for you.

Get answers, support, and CONFIDENTIAL care on STIs, contraception, or ANY physical and mental health questions you have.

Your health and well-being matters!

S'a'lhstuhw tun smustimuhw—Treat/look after your body well

#YouthHealth #StayInformed #IndigenousHealth



# Building Bridges: Through Understanding the Village©

**Saturday  
February 3rd  
9:00-4:30**

**Duncan United Church  
246 Ingram St., Duncan**

**Free Registration:**  
kthomas@warmlandwomen.org  
**250-710-8177**

**Lunch Provided**



Warmland Women's Support Services  
Sexual Assault Response Program  
Funded by the Ministry of Public Safety  
and Solicitor General



**Kathi Camilleri**  
Cultural Safety Practitioner  
[villageworkshopseries.com](http://villageworkshopseries.com)

In this experiential workshop participants explore their own role in supporting the revival of the values that worked so beautifully in Indigenous villages for thousands of years. We explore in-depth, the effects of Residential Schools and Canada's Policy of Assimilation on Indigenous communities. The workshop is done from a non-blame/non-shame perspective and invites participants to become part of the healing that is already happening.