

<p>Pune'q (January) <i>(The time for collecting geoducks)</i></p> <p>Mim'ne' (February) <i>(The time of the "baby moon," the short month)</i></p> <p>Week at a glance:</p>	
<p>Syulwulhnet (Monday), January 29th BADC, Day 2</p>	<ul style="list-style-type: none"> • Table Tennis Club @ lunch in Multi- Purpose Room • Grade 9 Boys Basketball practice @ Quam 3:30 – 5 pm • Grade 9 Girls Basketball practice @ Alexander 3:45 – 4:50
<p>Sthumunt-s (Tuesday), January 30th BADC, Day 1</p>	<ul style="list-style-type: none"> • Dance Club @ lunch in rm 125 • DnD for Dungeon Masters @ lunch in library • Chess Club @ lunch in rm 202 • Rubik's Cube Club @ lunch in rm 107 • Rock Climbing drop-in 4 – 6 :30 pm at Mt. Prevost School • Wrestling Practice 3:45 – 5:15 pm in Multi-Purpose Room • Grade 9 Boys Basketball Away Game v. SLP @ 4 pm • Grade 8 Boys Basketball Away Game v. DCS @ 5pm
<p>Slihws (Weds), January 31st BADC, Day 2</p>	<ul style="list-style-type: none"> • Wood turning at lunch with Mr. Allan (wood shop) • Grade 8 & 9 Boys Basketball practice @ Quam 3:30 - 5 pm • Winter Activity Day Sign up in Advisory Block
<p>Sxu'athuns (Thursday), February 1st BADC, Day 1</p>	<ul style="list-style-type: none"> • Booster Juice & White Spot Day! • Dance Club @ lunch rm 125 • DnD for Game Groups @ lunch in library • Wrestling Practice 3:45 – 5:15 pm in Multi-Purpose Room • Grade 9 Boys Basketball Game @ Quam v. Shawnigan • Grade 9 Girls Basketball Game @ Quam v. Shawnigan
<p>Slhq'etsus-s (Friday), February 2nd BADC, Day 2</p>	<ul style="list-style-type: none"> • Nintendo Game Club in Library @ lunch • GSA Club @ Lunch in room 200 • Wrestling – Alberni Invite in Port Alberni (Saturday also). • Grade 8 Boys Basketball Tournament v. QMS – ALL DAY

Upcoming Dates:

- **Jan 30** – Grade 9 Boys Basketball Away Game v. Shawnigan Lake School @ 4 pm
- **Jan 31** -- Last day of Term 1
- **Jan 31** – Winter Activity Day Sign Up in Advisory Block
- **Feb 1** – Booster Juice Day!
- **Feb 11** – Booster Juice Order Deadline (for February 15th Event)
- **Feb 15** – Booster Juice Day!
- **Feb 16** – Non-Instructional Day – NO SCHOOL FOR STUDENTS
- **Feb 19** – Happy Family Day! – NO SCHOOL

Parent Safer Schools Presentation

A link to the Parent Safer School Presentation we screened for students on Wednesday, January 17th, 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 1st and March 15th. 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 24th (for Feb 1st event) & Feb 11th (for Feb 15th event)

 Event Dates: February 1st and February 15th 2024

Please note: If your student is not in attendance on hot lunch delivery day, we will happily donate their order to someone who does not have a lunch. Thank you!

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

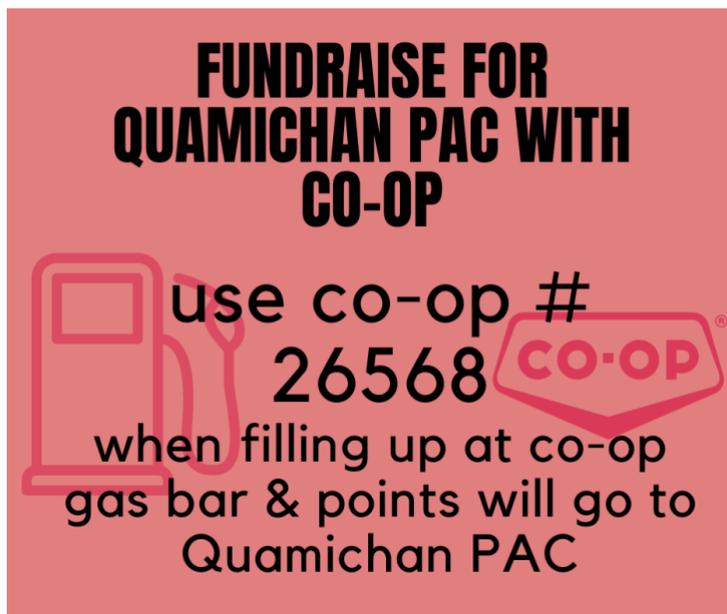
link:<https://raceroster.com/registration/9cfea549-ccd5-487d-b26d->

[4bc0bf85d28d/entry?team=609077](https://www.runsport.ca/tc10k) 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

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.



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.



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

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





Cowichan Junior Field Hockey

Registration is now open until February 15, 2024 for the upcoming season (April 1 – June 8).

[Website](#) [Poster](#)



Cowichan Thunder Lacrosse Association

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

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

YOUTH HEALTH MATTERS



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

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.