
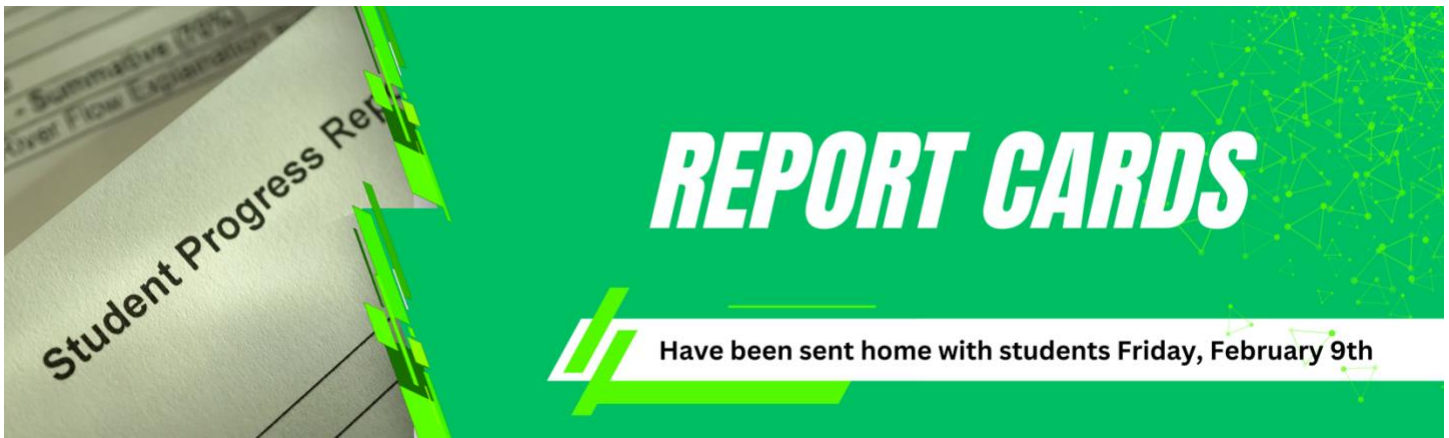


<p><b>Mim'ne'</b> (February)  <i>(The time of the "baby moon," the short month)</i>  <b>Week at a glance:</b></p>	 <p><b>QUAMICHAN LIGHTNING</b></p>
<p>Syulwulhnet  (Monday), February 12<sup>th</sup>  BADC, Day 2</p>	<ul style="list-style-type: none"> <li>• Climate Action Committee Meeting at lunch in rm 214</li> <li>• Table Tennis Club @ lunch in Multi- Purpose Room</li> <li>• Grade 9 Boys Basketball practice @ Quam 3:30 – 5 pm</li> <li>• Grade 9 Girls Basketball practice @ Alexander 3:45 – 4:50</li> </ul>
<p>Sthumunt-s  (Tuesday), February 13<sup>th</sup>  BADC, Day 1</p>	<ul style="list-style-type: none"> <li>• Dance Club @ lunch in rm 125</li> <li>• Chess Club @ lunch in rm 202</li> <li>• Rubik's Cube Club @ lunch in rm 107</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 8 Boys Basketball Practice @ Quam 3:30 – 5 pm</li> </ul>
<p>Slhihws  (Weds), February 14<sup>th</sup>  BADC, Day 2</p>	<ul style="list-style-type: none"> <li>• Happy Valentine's Day!</li> <li>• Wood turning at lunch with Mr. Allan (wood shop)</li> <li>• Grade 8 &amp; 9 Boys Basketball practice @ Quam 3:30 - 5 pm</li> <li>• Wooden Rose Delivery in D Block</li> </ul>
<p>Sxu'athuns  (Thursday), February 15<sup>th</sup>  BADC, Day 1</p>	<ul style="list-style-type: none"> <li>• Booster Juice Delivery Day</li> <li>• Student Advisory Rep Meeting</li> <li>• Dance Club @ lunch rm 125</li> <li>• Wrestling Practice 3:45 – 5:15 pm in Multi-Purpose Room</li> <li>• Grade 8 Boys Basketball Game @ CSS @ 5:30</li> </ul>
<p>Slhq'etsus-s  (Friday), February 16<sup>th</sup>  <b>NO SCHOOL</b></p>	<ul style="list-style-type: none"> <li>• <b>NO SCHOOL for Students – Non-Instructional Day</b></li> </ul>

**Upcoming Dates:**

- **Feb 11** – Booster Juice Order Deadline (for February 15<sup>th</sup> Event)
- **Feb 12** – Grade 9 Girls Basketball Tournament 10:30 – 3 pm
- **Feb 12** – Climate Action Committee Meeting at lunch in rm 214
- **Feb 14** – Valentine's Day Roses Delivered & Bake Sale Day (feat Chai Tea!)
- **Feb 15** – Booster Juice Day!
- **Feb 15** – Mr. Lawrence & Ms. G's Class Swimming Field Trip
- **Feb 16** – **Non-Instructional Day – NO SCHOOL FOR STUDENTS**
- **Feb 19** – **Happy Family Day! – NO SCHOOL**
- **Feb 20** – Last Wrestling Practice of the Season – Great job, team!
- **Feb 22-24** – BCSS Wrestling Provincial Championships in Vancouver
- **Feb 28** – Anti-Bullying Pink Shirt Day
- **Mar 1** – Quam Winter Activity Day! (If not attending a trip, students are to stay home. School is not in session this day.)



Please check with your student as Report Cards were sent home with them at the end of the day today, Friday, February 9<sup>th</sup>.



*The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults.*

*Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.*

#### Key Takeaways for Participants:

- Learn why children/teenagers are drawn to substances.
- Understand what causes and maintains substance use disorder and needs.
- Increase your child's ability to make positive choices about substances.
- Acquire practical conversation tools for discussing substances in the home.

Participants must register in advance due to limited capacity. Session dates are:

- **February 20, 6:00 – 7:30 pm PST** - [Click here to Register](#)
- **February 22, 6:00 – 7:30 pm PST** - [Click here to Register](#)
- **February 28, 6:00 – 7:30 pm PST** - [Click here to Register](#)

Any questions, please email the Mental Health and Substance Use Branch at [educ.mentalhealth@gov.bc.ca](mailto:educ.mentalhealth@gov.bc.ca) .

Student Wellness and Safety Team, Ministry of Education and Child Care



## 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: Feb 11<sup>th</sup> (for Feb 15<sup>th</sup> event)

 Event Dates: February 15<sup>th</sup> 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>



# 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)

**BAKE SALE - FEBRUARY 14TH**  
FEAT. CHAI TEA!  
REMEMBER TO BRING YOUR CASH!




PROCEEDS GO TO SCHOOL SPORTS FUND


If you would like to send baked goods on this day, we would greatly appreciate it! All proceeds will be put back into Quamichan Sports. And please remind your students to bring some change to purchase some treats.

### Quamichan PAC Co-Op Fundraiser

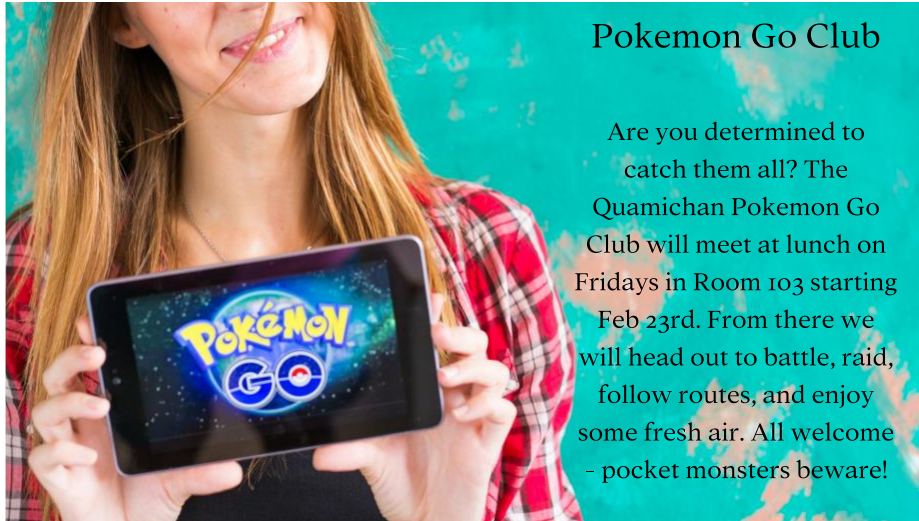
If you use the **Co-Op # 26568** at the Co-Op gas bar, all points will go towards the Parent Advisory Council fundraising for Quamichan School. These funds go directly back into our school for student related activities and large school projects.

**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



## Pokemon Go Club

Are you determined to catch them all? The Quamichan Pokemon Go Club will meet at lunch on Fridays in Room 103 starting Feb 23rd. From there we will head out to battle, raid, follow routes, and enjoy some fresh air. All welcome - pocket monsters beware!

**New club alert! First meeting of Pokemon Go Club is February 23<sup>rd</sup> at lunch.**

## Cowichan Valley Museum – Family Day Treasure Hunt Event

Join us at the Museum for this free family-friendly event! February 16-19 from 11:00 am – 4:00 pm daily. See if you can find the objects in our treasure hunt and get a prize for participating! Check out original photos taken by Cowichan Secondary students and see their skills at work.

[Poster](#)



# Join the **TRADITION** **GIRLS RUGBY**



**COWICHAN SECONDARY**

**NO EXPERIENCE NEEDED**

WEDNESDAYS 3:30-4:45  
FRIDAYS 3:30-4:45 at  
COWICHAN secondary field

***Start NOW.... Join the T-Bird Jr  
team ( Grade 8-10)***

**FEB 9th, followed  
by Feb 14& 16**

Email: Coach Sherry Spence  
[sspence@sd79.bc.ca](mailto:sspence@sd79.bc.ca)

# WorkBC Centre

## JOB FAIR



**DUNCAN**  
Cowichan  
Community Centre

Thursday, February 22nd 10 AM - 2 PM

## MEET THESE EMPLOYERS

### Healthcare

- Island Health
- Pacific Coast Community Resources
- Integra Support Services
- BC Ambulance
- M'akola Assisted Living
- Valley Integration to Active Living - Vital Society
- CareCorp Senior Services
- Bayshore Home Health

### Government

- BC Corrections
- Correctional Service Canada
- Canadian Armed Forces Army Reserves
- Cowichan Tribes
- BC Public Service (MCFD)

### Law Enforcement & Security

- RCMP 9-1-1 Police Dispatchers
- Footprints Security
- North Cowichan Duncan RCMP

### Finance

- Scotiabank

### Manufacturing & Construction

- The Hazelwood Group
- Ravenstone Construction
- Kinetic Construction
- West Coast Pre Fab
- Pacific Truss & Pacific Homes
- BC Infrastructure Benefits
- Vancouver Island Labour Services Inc.
- Student Works Painting Cowichan Valley
- Universal Group

### Forestry

- Osprey Forest Operations
- Western Forest Products

### Agriculture & Related

- Island Farmhouse Poultry

### Retail

- London Drugs
- Save On Foods

### Food, Beverage & Hospitality

- Oceanfront Suites at Cowichan Bay
- Chances Cowichan
- McDonalds

### Non-profit

- Cowichan Brain Injury Society
- Volunteer Cowichan
- Special Olympics BC - Cowichan Valley
- Neil Squire Society
- Literacy Now Cowichan

### Human Services

- ETHOS
- Clements Centre Society
- Clements Centre Society - Home Share

### Education

- Cowichan Valley School District
- Vancouver Island University



More employers  
to be introduced...

Scan QR Code  
for the complete list

Come see us to get help with your resume before you meet your next employer!

WorkBC Centre Duncan  
250.748.9880  
workbccentre-duncan.ca  
centre-duncan@workbc.ca

WorkBC Centre Ladysmith  
250.924.2884  
workbccentre-ladysmith.ca  
centre-ladysmith@workbc.ca

WorkBC Employment  
Services in Lake Cowichan  
250.749.6822

Canada



This program is funded by the Government of Canada  
and the Province of British Columbia.

# WorkBC Centre

## JOB FAIR



### LADYSMITH

Ladysmith Eagles Hall

Wednesday, March 6th

1 PM - 3 PM Everyone Welcome

## MEET THESE EMPLOYERS

### Healthcare

- BC Ambulance
- Island Health
- CareCorp Senior Services
- Pacific Coast Community Resources

### Government

- Canadian Armed Forces Army Reserves
- BC Corrections
- BC Public Service (MCFD)

### Law Enforcement & Security

- RCMP 9-1-1 Police Dispatchers
- Footprints Security
- RCMP

### Construction

- BC Infrastructure Benefits
- The Hazelwood Group

### Sales & Service

- Xtend Rentals & Safety
- Country Grocer
- Footprints Security

### Human Services

- ETHOS

### Non-profit

- Neil Squire Society

### Food & Beverage

- Mcdonald's



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## FOLLOW US & GET THE INSIDE SCOOP

Job Postings . Hiring Trends . Labour Market Info . Networking

 @workbc.cowichan.valley

 @workbc-cowichan-valley

 @workbc\_cowichanvalley

 @workbc\_cowichan



Sign up on our website for:  
*The Weekly Newsletter*



WorkBC Centre Duncan  
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Canada



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duncan  
feb. 24, 2024  
CMHA Cowichan Valley

team up + fundraise!  
walk | donate | volunteer  
it's cold out there #cnoy24  
cnoy.org/duncan



The Coldest Night of the Year is a winterrific family-friendly fundraising walk in support of local charities serving people experiencing hurt, hunger, and homelessness. Team up, fundraise, walk, and take a moment to **look closer...** because it's cold out there.

Duncan Community  
Centre @ 4pm

RAISING FUNDS FOR



Canadian Mental  
Health Association  
Cowichan Valley

toll free 1-877-743-3413  
duncan@cnoy.org