Mim'ne' (February)

(The time of the "baby moon," the short month)

Week at a glance:



Syulwulhnet (Monday), February 19 th NO SCHOOL	Happy Family Day!
Sthumunt-s (Tuesday), February 20 th ABCD, Day 2	 Dance Club @ lunch in rm 125 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 LAST Wrestling Practice 3:45 – 5:15 pm in Multi-Purpose Room Grade 8 Boys Basketball Practice @ Quam 3:30 – 5 pm
Slhihws (Weds), February 21 st ABCD, Day 1	 Wood turning at lunch with Mr. Allan (wood shop) Grade 8 Boys Basketball practice @ Quam 3:30 - 5 pm John Hansen Assembly grade assembly PAC meeting 6:30 in library
Sxu'athuns (Thursday), February 22 nd ABCD, Day 2	 Booster Juice Delivery Day Student Advisory Rep Meeting D block Virtual Presentation History of Black Canadians Dance Club @ lunch rm 125 Wrestling Practice 3:45 – 5:15 pm in Multi-Purpose Room Grade 8 Boys Basketball Game @ CSS @ 5:30
Slhq'etsus-s (Friday), February 23 rd ABCD, Day 1	 Nintendo Game Club in Library @ lunch GSA Club @ Lunch in room 200 Grade 10 Course Selections Due

Upcoming Dates:

- 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 23 Grade 10 Course Selections Due (for Grade 9 Students)
- Feb 22-24 BCSS Wrestling Provincial Championships in Vancouver
- Feb 27 & 29 Grade 10 Online Course Selection Days (for Grade 9 Students)
- **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.)
- Mar 7/8 Last Day(s) of Exploratory Rotation #4 (Grade 8 Students)
- Mar 7 Student Advisory Rep Meeting
- Mar 11 23 Spring Break NO SCHOOL
- Mar 25/26 First Day(s) of Exploratory Rotation #5 (Grade 8 Students)
- Mar 29 Good Friday NO SCHOOL
- Apr 1 Easter Monday NO SCHOOL
- Apr 15 NID Day NO SCHOOL

Winter Activity Day Update:

As our Winter Activity Day approaches, we are now full for several activities. We currently have space for the following:

- Cowichan River Hike
- Bowling and Swimming
- Haunted Manor and Golf

Please note that all staff will be supervising the field trips and that there will be no supervision or classes at Quamichan School on March 1st. If you are sending your child to school that day they will need to be signed up for a field trip (listed above).

Please call us at the office ASAP if your students are interested in one of these available events for March 1st as we will need to attribute payment to them on School Cash Online and email you the permission slips to be returned ASAP. **Candice & Roxanne at Quam Office: 250-746-6168**

Social Media Awareness:

We would like to remind parents to continue to have discussions with their student(s) about social media awareness and using apps and other online platforms. Please look at the resources from <u>Safer Schools Together</u> for suggestions about talking to teens about social media awareness https://saferschoolstogether.com/resources/parent-resources/



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 quide 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.

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

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

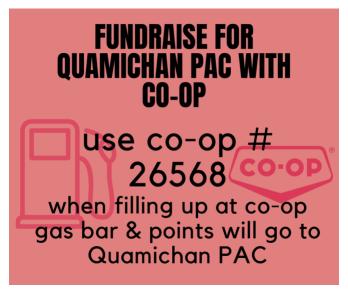


Join the TC 10K Quamichan Team by clicking on this link: https://raceroster.com/registration/9cfea549-ccd5-487d-b26d-4bc0bf85d28d/entry?team=609077 or by selecting "Quamichan Lightning" as your school team when registering at https://www.runsport.ca/tc10k

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

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.





Duncan Community Centre @ 4pm

RAISING FUNDS FOR



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