


<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 19<sup>th</sup>  <b>NO SCHOOL</b></p>	<p><i>Happy Family Day!</i></p>
<p>Sthumunt-s  (Tuesday), February 20<sup>th</sup>  ABCD, Day 2</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>• <b>LAST</b> 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 21<sup>st</sup>  ABCD, Day 1</p>	<ul style="list-style-type: none"> <li>• Wood turning at lunch with Mr. Allan (wood shop)</li> <li>• Grade 8 Boys Basketball practice @ Quam 3:30 - 5 pm</li> <li>• John Hansen Assembly grade assembly</li> <li>• PAC meeting 6:30 in library</li> </ul>
<p>Sxu'athuns  (Thursday), February 22<sup>nd</sup>  ABCD, Day 2</p>	<ul style="list-style-type: none"> <li>• Booster Juice Delivery Day</li> <li>• Student Advisory Rep Meeting</li> <li>• D block Virtual Presentation History of Black Canadians</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 23<sup>rd</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 10 Course Selections Due</li> </ul>

**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 1<sup>st</sup> 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 [Safer Schools Together](#) 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 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

## 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)

## 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



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