

Liimus (April)
(The time when the wild geese fly in V formation)
Week at a glance:



Syulwulhnet (Monday), April 15 th	Non-Instructional Day – No School
Sthumunt-s (Tuesday), April 16 th ABCD, Day 1	<ul style="list-style-type: none"> • 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 • Girls Soccer Practice 3:30 – 4:45 pm at Sherman Road Turf
Slhihws (Weds), April 17 th ABCD, Day 2	<ul style="list-style-type: none"> • Grade Assemblies • Wood turning at lunch with Mr. Allan (wood shop) • PAC MEETING – Quam Library @ 6:30 pm
Sxu'athuns (Thursday), April 18 th ABCD, Day 1	<ul style="list-style-type: none"> • Dance Club @ lunch rm 125 • Rock Climbing drop-in 4 – 6 :30 pm at Mt. Prevost School • Girls Soccer game @ Sportsplex @ 3:30
Slhq'etsus-s (Friday), April 19 th ABCD, Day 2	<ul style="list-style-type: none"> • School Wide Track & Field Day (Hotdog Lunch) Students will start at school and spend the day at the sportsplex.

Upcoming Dates:

- **Apr 15** – NID Day – NO SCHOOL
- **Apr 16** – Girls Soccer Practice 3:30 – 4:45 pm at Sherman Road Turf
- **Apr 17** – PAC meeting – 6:30 pm in Quamichan Library
- **Apr 18** – Girls Soccer game @ Sportsplex @ 3:30
- **Apr 19** – School-Wide Track & Field Day – bring your gym strip, runners and water bottles!
- **Apr 22** – Earth Day
- **Apr 24** – 2 Hour Early Dismissal (1:14 pm) / CVIAA Track & Field Meet #2 @ Sportsplex 2-5 pm
- **Apr 25** – Booster Juice Day (orders must be in by April 18th)
- **May 3** – NID Day – NO SCHOOL
- **May 8/9** – North Island Track & Field Meet in Nanaimo
- **May 9** – Booster Juice Day (orders must be in by May 2nd) / Student Advisory Rep Meeting / Spring Dance 6-8 pm
- **May 10** – School Wide Run
- **May 15** – 2 Hr. early Dismissal – 1:14 pm
- **May 20** – Victoria Day – NO SCHOOL
- **May 23** – Booster Juice Day (orders must be in by May 16th)
- **June** – Pride Month - Cowichan Walk and Festival Pride Parade will again be running this year on **Sunday, June 23rd at 10 am.**
- **Jun 6** – Booster Juice Day (orders must be in by May 30)
- **June 6, 7 & 8** – Track & Field Team - Championships
- **Jun 21** - Last Day of Regular Classes



Order Booster Juice and/or Little Caesar's Pizza from <https://www.munchalunch.com/> no later than the Thursday before the lunch date. 😊



School-Wide Track & Field Day is Friday, April 19th

Students should bring:

- Shorts
- T-shirt
- Sweatshirt (if chilly)
- Weather-appropriate clothing (rain coat, umbrella)
- Extra snacks
- Water bottle
- Hat/sunglasses (if sunny)



A message from the T&F Team Coach:

We would have loved to start Track and Field earlier, this will feel a bit hectic at the start, but I finished coaching Wrestling at the U15/17/19 National Championship in Toronto on Sunday. This year our coaching staff will be myself (Ryan Yewchin), Sean Lefebure, Claire Whitney, and Sheridan Candelaria, we will be working with various capacities and schedules to support our Quamichan Track and Field Team this year.

Practice:

Our practices will be on **Wednesdays, 3:30pm-5pm at the Sportsplex**. We will be sharing this space with DCS and St. John's and will probably overlap with some of their drills and coaching as well. Our focus at practice will be technical sessions for each event (starts, blocks, faults, race conditioning etc). As well, our **Sprinters, Jumpers, and Throwers** will be working with Mr. Candelaria at Weightlifting Club on **Monday's from 3:30pm-5:00pm**, please see Mr. Candelaria for a waiver to participate in Weightlifting. Athletes will also get a homework package with some specific running and plyometric workouts for them as well. This will give Athletes three workouts a week.

Competitions:

The competition schedule for Track and Field has changed this year, this allows us to have an additional meet before the Mid-Island's (top four qualify for Island's, and then to BC's). Our competitions are as follows:

April 12th, 3-6pm at the Sportsplex (Yes, this Friday, I agree it's tight turn around!)

April 19th School Track Meet, all students at Quamichan participate

April 25th, 2pm-5pm at the Sportsplex

May 7/8th, Both Days in Nanaimo for North Island's
Island's (Top Four from North Island's in Port Alberni)

Provincial Championships (Top 3 from Islands)

At North Island's, Athletes are only allowed to register for **three events**. At our two league meets, **athletes may only register for three events per meet**, please these two meets, plus our school track meet to decide your top three events for North Island's.

Permission and Registration

If the April 12th permission and registration form is not in by Friday AM, you will not be participating in Friday's track meet.

Please feel free to email any questions, concerns, or follow ups.

Huy steep q'u for supporting your Student-Athlete away from Quamichan,

Ryan Yewchin (He/Him)

Quamichan School

Athletic Director and Teacher

ryewchin@sd79.bc.ca

1-250-746-6168



Congratulations to the Girls soccer team for their 4-3 win over Brentwood. The team battled hard in rainy conditions with goals from Ciara Mason, Sadie Milward Jasmine Cook, Kaiya Mattin. The team kept pressure on the Brentwood squad for the majority of the game. Special shout out to Amie Irvine for playing in net and Flora Drost for her stellar defensive play. Players who still have their game jerseys are reminded to bring them to Mr. Hart ASAP.

The girls next practice will be **Tuesday, April 16th at Sherman Rd. at 3:30-4:45 pm**. Rides will be available for those needing them leaving from the school at 3:30.

Our next game will be a mixed squad game with the Cowichan Secondary Senior team at the Sportsplex on **Thursday, April 18th at 3:30 pm**.

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-](https://raceroster.com/registration/9cfea549-ccd5-487d-b26d-4bc0bf85d28d/entry?team=609077)

[4bc0bf85d28d/entry?team=609077](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>


April 28th, 2024

If you have any questions, pay Mr. Candelaria a visit in the Foods room, rm.123.

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

**BE MY
HOME
AWAY FROM
HOME**



**HOMESTAYS NEEDED FOR HIGH SCHOOL
INTERNATIONAL STUDENTS**

If you are an active family interested in hosting an international student from Europe and around the world contact us!

Brenda 250-510-1436 / blanglois@sd79.bc.ca

The Cowichan Valley School District's International Student Program is once again recruiting homestay families.

We have students from Europe and around the world in our program, and would like to encourage families to consider opening their home to welcome our new students to the Cowichan Valley. We have both short- and long-term hosting opportunities. Hosting an international student is an exciting, rewarding, and enriching experience that will allow Cowichan Valley families to learn about another culture and share what they know about Canada.

Our host families:

- Are willing to provide emotional, social, and academic support;
- Are open to new cultural experiences;
- Integrate their student into their family life and share activities together;
- Have transportation and the ability to pick up students occasionally;
- Provide a private bedroom with a desk, dresser, and closet;
- Provide healthy meals and snacks;
- Are paid \$1000/month when hosting a student.

For more information about our program you can email us (isp@sd79.bc.ca), call our office (250-746-0744), or visit our website (www.studyincowichan.com – look under the Homestay tab for more details).

Smiles,

Alison Keple, M.Sc. (she/her)
District Principal

International Student Program

AD: 2652 James St, Duncan, BC, V9L 2X2

PH: 250-746-0744

F: 250-746-0757

W: www.studyincowichan.com

FB: [cowichanISP](https://www.facebook.com/cowichanISP)

IG: [@cowichanISP](https://www.instagram.com/cowichanISP)

YT: [cowichanSD79](https://www.youtube.com/cowichanSD79)

Additional erase Family Sessions – Establishing Safe, Caring and Respectful Digital Communities (for information):

Safer Schools Together has added three new dates for erase Family Sessions. These online sessions focus on social media awareness and online safety and take place in the evenings from 6:30 to 7:30 pm on March 26, April 10, and April 16. All parents, caregivers, and students (ages 10 and up) are welcome to attend. Please share this information with your school communities as soon as possible, as sessions are coming up quickly. The March 26 session may occur during spring break in some districts, and it can be a great opportunity for families to watch together. Trainings can be found at erase Family Sessions [erase Family Sessions \(saferschoolstogether.com\)](http://saferschoolstogether.com)

Cowichan Valley Minor Ball Hockey League

Registration is now open! [Flyer](#)



Future Stars Wrestling

Register to become a future wrestling star! Each child registered on or before April 17 will receive a wrestling t-shirt. Runs from April 17 – June 12, on Wednesdays from 5:30 - 6:30.

[Brochure](#)



Maple Bay Rowing Club – Youth Summer Camps

Maple Bay Rowing Club is once again hosting Youth Summer Camps over the summer break for youth of the Cowichan Valley. [Flyer](#) [Website](#)



Royal Canadian Sea Cadet Corps – Cowichan Sea Cadets



Every Tuesday at 6:30 in Maple Bay. For more information or to register, please contact 250-748-9296 or 100sea@cadets.gc.ca. [Brochure](#)

Cowichan Valley Arts Council – Upcoming Programs



Pro-D Day Art Camps – Youth program activities for ages 6-12.

Summer Art Camps – Series of art camps for different creative interests and age groups. From textiles to 3D, cartoons and a new teen art intensive, camps are designed to engage and inspire young artists.

[Website](#)

Ministry of Education and Child Care - Training and Education Savings Grant



Children born from 2015-2018 may be eligible for a \$1,200 BC Training and Education Savings Grant into the RESP for the child. No money deposit is required, the RESP simply has to be opened. Please see the letter for details that can be sent home to parents/guardians. [Letter](#)

Brentwood College – Youth Summer Camps

Brentwood College's Youth Summer Camp's include musical theatre, rock band, climbing, debate, and music academy for strings & piano. [Website](#)



MAPLE BAY ROWING CLUB

YOUTH SUMMER CAMPS

LEARN-TO-ROW

Dates

CAMP 1: JULY 8 - 12

CAMP 2: JULY 15 - 19

CAMP 3: JULY 22 - 26

CAMP 4: AUGUST 5 - 9

CAMP 5: AUGUST 12 - 16

MONDAY - FRIDAY

9AM - 2PM

REGISTER NOW



MORE INFO



www.maplebayrowingclub.ca



arae9593@gmail.com