

Liimus (April)

(The time when the wild geese fly in V formation)

Week at a glance:



Syulwulhnet (Monday), April 22 nd BADC, Day 1	<ul style="list-style-type: none">• Earth Day• Table Tennis @ lunch in MPR• Weightlifting Club @ 3:30 – 5 pm in Fitness Portable• Mt. Bike Club meets @ 4-5:30 pm at Mt. Tzouhalem
Sthumunt-s (Tuesday), April 23 rd BADC, Day 2	<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
Slhihws (Weds), April 24 th BADC, Day 1	<ul style="list-style-type: none">• Wood turning at lunch with Mr. Allan (wood shop)• 2 Hour Early Dismissal @ 1:14 pm
Sxu'athuns (Thursday), April 25 th BADC, Day 2	<ul style="list-style-type: none">• Booster Juice & Little Caesar's Hot Lunch Day• Dance Club @ lunch rm 125• CVAA League Track & Field Meet at Sportsplex @ 2-5pm• Rock Climbing drop-in 4 – 6 :30 pm at Mt. Prevost School
Slhq'etsus-s (Friday), April 26 th BADC, Day 1	<ul style="list-style-type: none">• GSA Club Fridays in room 200 @ lunch• Nintendo Game Club – Fridays in Library @ lunch• Pokémon Go Club – Fridays @ lunch in room 103• Karaoke – Fridays @ lunch in Band Room• Rock Climbing drop-in 4 – 6 :30 pm at Mt. Prevost School

Upcoming Dates:

- **Apr 22** – Earth Day
- **Apr 24** – **2 Hour Early Dismissal (1:14 pm)**
- **Apr 25** – Booster Juice Day (orders must have been in by April 18th) / CVIAA Track & Field Meet #2 @ Sportsplex 2-5 pm
- **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



Congrats to the Girls Soccer team in their game versus the Cowichan Secondary Senior team. The girls lost 2-1 but played an *amazing* game against player 3 to 4 years older. The game featured some exciting sibling rivalries and all the players positively contributed. The team's next game was originally scheduled for this coming Wednesday, however, Duncan Christian School is currently unavailable. A new game for this coming week is being set up and information will be provided to the players on Monday.



We couldn't have asked for a more beautiful day to host Quamichan's 2024 School Wide-Track & Field Day! Javelins and Shot Puts were thrown and races were won. Hot dogs were eaten and the sun was soaked in. Thank you to all who participated and made this year's T&F Day another fun-filled success!



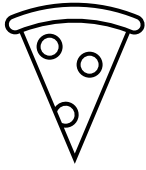
Competitions:

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 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)



Next hot lunch date to order for: May 19th
Orders due by : May 2nd at midnight
Order Booster Juice and/or Little Caesar's Pizza from
<https://www.munchalunch.com/>



We are hosting a Quamichan Spring Dance for Students on Thursday, May 9th from
6 - 8 pm.
We will have further information regarding ticket sales (times and price) coming soon.
We will be selling pizza and snacks for students at the event.
This event is for Quamichan students ONLY, 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>

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.

Original Video, Artwork & Photo contest
for Indigenous youth K-12. 🎥 🌍 📷
\$150 🏆 prizes!

Theme: *Indigenous Traditional Knowledge & Medicine*

Prize: 4 x \$150 prizes. Group work is eligible for a shared prize.

Deadline: May 19, 2024

To celebrate the **rich cultural and heritage traditions of the Indigenous people of Canada**, FORED is sponsoring its annual **artwork, photography** and **video** contest with \$150 cash prizes for Indigenous youth, aged 5-18.

Could you please help us circulate this contest information to all educators and youth in your districts through email, social media, and website if applicable?

This contest is a wonderful opportunity to find a mentor in the Elder community to pass down this important knowledge to Indigenous youth. Previous award winners are sometimes featured in [local community newspapers](#). **No commercial use of entries is permitted.**

Contest deadline: May 19, 2024. View [contest details here](#) or use the [green button](#) to download a pdf.

Additional Traditional Knowledge Bursary: For educators or parents with older Indigenous youth possibly exploring post-secondary choices in sustainable natural resources management at BC's Nicola Valley Institute of Technology (NVIT), FORED also sponsors a Traditional Knowledge bursary of \$500 each year (*since 2010*), administered by [NVIT](#).