

<b>Mim'ne'</b> (February) <i>(The time of the "baby moon," the short month)</i> <b>Week at a glance:</b>	
Syulwulhnet (Monday), February 26 <sup>th</sup> BADC, Day 2	<ul style="list-style-type: none"> <li>• Table Tennis @ lunch in MPR</li> </ul>
Sthumunt-s (Tuesday), February 27 <sup>th</sup> BADC, Day 1	<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>• Online Course Section (Grade 9 students only)</li> <li>• Grade 8 Boys Basketball Practice @ Quam 3:30 – 5 pm</li> </ul>
Slhihws (Weds), February 28 <sup>th</sup> BADC, Day 2	<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> </ul> <div style="text-align: center;">   <b>Pink Shirt Day!</b> </div>
Sxu'athuns (Thursday), February 29 <sup>th</sup> BADC, Day 1	<ul style="list-style-type: none"> <li>• Dance Club @ lunch rm 125</li> <li>• Wrestling Practice 3:45 – 5:15 pm in Multi-Purpose Room</li> <li>• Online Course Section (Grade 9 students only)</li> <li>• Hot Lunch Delivery Day – Booster Juice &amp; Little Caesars</li> </ul>
Slhq'etsus-s (Friday), Mar 1 <sup>st</sup> <b>NO REGULAR SCHOOL</b>	<p style="text-align: center;"><b>WINTER ACTIVITY DAY!</b></p> <p>Please note that there are still spaces in hiking. There will be no classes on Friday, as teachers will be supervising field trips.</p>

### Upcoming Dates:

- **Feb 22-24** – BCSS Wrestling Provincial Championships in Vancouver – Go Lightning!
- **Feb 27 & 29** – Grade 10 Online Course Selection Days (for Grade 9 Students)
- **Feb 28** – Anti-Bullying Pink Shirt Day
- **Feb 29** – Hot Lunch 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**

## 📣 Last Call for Hot Lunch Orders! 📣

Hey everyone! Just a friendly reminder that **today (Friday, February 23<sup>rd</sup>)** is the LAST DAY to place your orders for our upcoming hot lunch event featuring Booster Juice & Little Caesars! 🍷🍷 Don't miss out on this delicious opportunity to enjoy some tasty treats on February 29, 2024!

🕒 Ordering closes at midnight tonight, so be sure to get your orders in ASAP to secure your meal for lunch day. Whether you're craving a refreshing smoothie from Booster Juice, some mouthwatering pizza from Little Caesars or both we've got you covered! To place your order, simply visit <https://munchalunch.com/login> 🖱️

Questions? Please email Claire Brown - [quamichanpac@gmail.com](mailto:quamichanpac@gmail.com)



### What is meant by scent-free?

When we talk about scents, we usually mean the smells or odours from ingredients and chemicals in perfume, body sprays & cologne or from other products such as air fresheners, cleaners, etc.

### Can scents cause health problems?

When exposure to the ingredients or chemicals in scented products has been blamed for adversely affecting a person's health, some or all of the following symptoms are typically reported:

- headaches
- dizziness, light-headedness
- nausea
- fatigue
- weakness
- insomnia
- numbness
- upper respiratory symptoms
- shortness of breath
- skin irritation
- malaise
- confusion
- difficulty with concentration

The severity of these symptoms can vary. Some people report mild irritation, while others are incapacitated and/or must give up many 'normal' activities to avoid exposure (such as going to public places). As a consequence, some patients report feelings of depression or anxiety.

*Please, for the sake of fellow students and staff, refrain from additional fragrances. Thank you!*

### 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](https://saferschoolstogether.com/resources/parent-resources/) for suggestions about talking to teens about social media awareness <https://saferschoolstogether.com/resources/parent-resources/>



## **HISTORY OF PINK SHIRT DAY CANADA**

The first Pink Shirt Day was established by Travis Price and David Shepherd of Berwick, Nova Scotia. In 2007, they bought and shared 50 pink shirts after Chuck McNeill — a male ninth-grader — got bullied for wearing a pink shirt on the first day of school. The former Premier of Nova Scotia, Rodney MacDonald, then declared the second Thursday of September “Stand Up Against Bullying Day” in commemoration of these events. The Premier of British Columbia in 2008, Gordon Campbell, announced February 27 to be the regional anti-bullying day, and that set the last Wednesday of every February as the national anti-bullying day in Canada.

## **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>

## Grade 9 Boys Basketball Team:



## Wrestling Update:



The Wrestling Team is over on the mainland this weekend, competing in the BCSSs.

So far today (Friday) here is where we stand:

Beatrix 1-1

Rheo 1-1

Aoife 1-0 with a pin

Mason 0-1

## 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



# RISE

FLAG FOOTBALL

POWERED BY UNDER ARMOUR

# Free Flag Football Skills & Drills

## Saturdays

Feb 24th & Mar 2nd

2-3pm

Cowichan Sportsplex

K-Gr 12 Co-Ed

no registration required!



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