

Wulxus (March)
(The time when the frogs start to sing)
Week at a glance:



Syulwulhnet (Monday), March 4 th ABCD, Day 1	<ul style="list-style-type: none"> • Table Tennis @ lunch in MPR
Sthumunt-s (Tuesday), March 5 th ABCD, 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), March 6 th ABCD, Day 1	<ul style="list-style-type: none"> • Wood turning at lunch with Mr. Allan (wood shop) • PAC Meeting @ 6:30 pm in Library
Sxu'athuns (Thursday), March 7 th ABCD, Day 2	<ul style="list-style-type: none"> • Dance Club @ lunch rm 125 • Wear your Quam Hoodie day! Say goodbye to winter!
Slhq'etsus-s (Friday), March 8 th ABCD, Day 1	<ul style="list-style-type: none"> • Last day of school before March Break! • GSA Club at lunch in rm 200 • Nintendo Game Club at lunch in Library • Karaoke at lunch in Band Room • Pokemon Go Club at lunch starting in rm 103

Upcoming Dates:

- **Feb 29 – Mar 2** – Coach Goulet Championships for Grade 8 Boys Basketball – LET'S GO LIGHTNING!
- **Mar 6** – PAC Meeting – all welcome! 6:30 pm in Library
- **Mar 7/8** – Last Day(s) of Exploratory Rotation #4 (Grade 8 Students)
- **Mar 7** – Student Advisory Rep Meeting
- **Mar 7** – Wear your Quam hoodie day!
- **Mar 8** – Last day of school before March Break!
- **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**



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>



CONGRATULATIONS TO
ELIJAH L FOR HIS GOLD
MEDAL WIN IN JUDO AT
THE BC GAMES!

BEST OF LUCK IN YOUR
FUTURE COMPETITIONS,
ELIJAH!



Grade 8 Boys Basketball Update:

25TH ANNUAL COACH GOULET
GRADE 8 CHAMPIONSHIPS




Feb 29-March 2, 2024

Fleetwood Park Secondary
Sullivan Heights Secondary



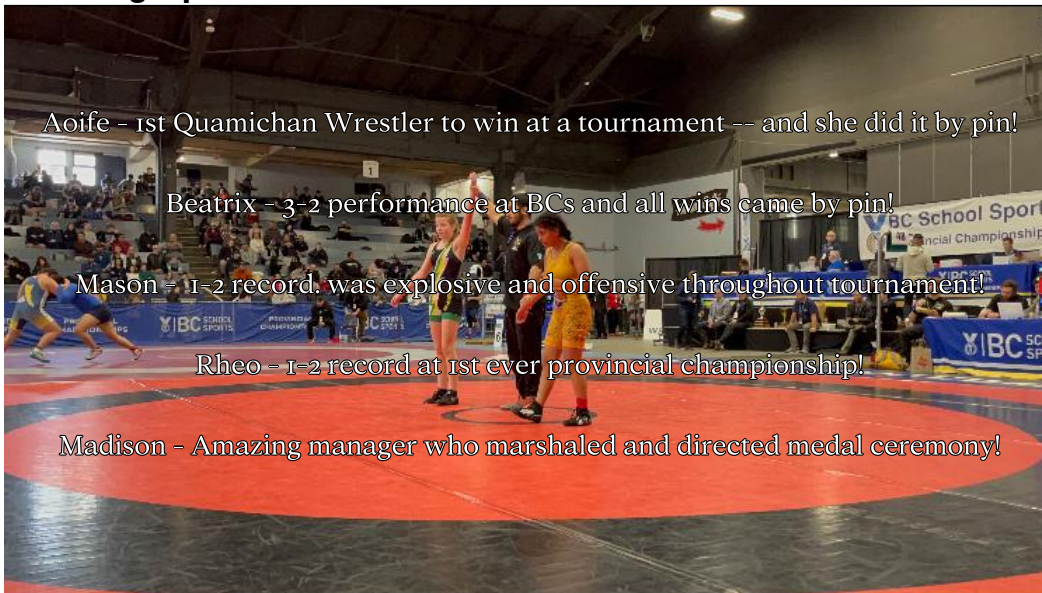
**GATE
ADMISSION**



**\$5.00 PER DAY
CASH OR CARD**

PLAYERS / COACHES / MANAGERS
PLEASE WEAR YOUR ACCREDITATION DAILY

Wrestling Update from BCSS last weekend:



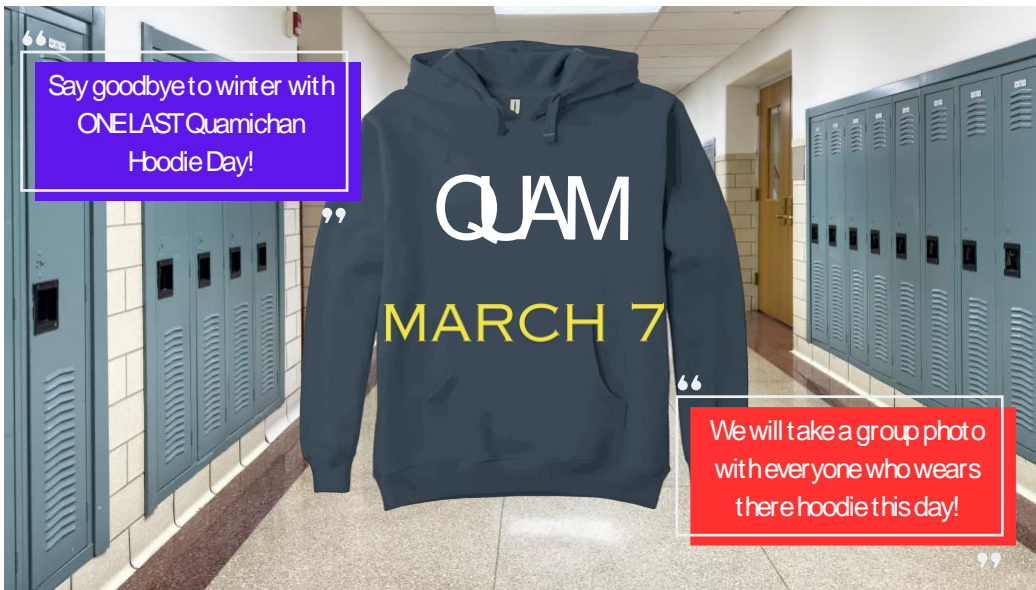
Aoife - 1st Quamichan Wrestler to win at a tournament -- and she did it by pin!

Beatrix - 3-2 performance at BCs and all wins came by pin!

Mason - 1-2 record, was explosive and offensive throughout tournament!

Rheo - 1-2 record at 1st ever provincial championship!

Madison - Amazing manager who marshaled and directed medal ceremony!



Say goodbye to winter with
ONELAST Quamichan
Hodie Day!

We will take a group photo
with everyone who wears
there hoodie this day!

Wear your QUAM hoodie on March 7th to say goodbye to Winter and hello to Spring! We will take a group photo with all students and staff who show their Quam pride that day!



RUNSPORT

X

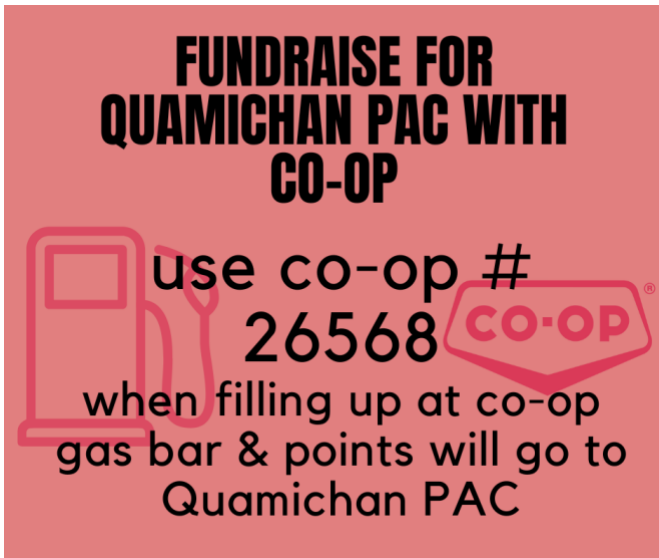
Join the TC 10K Quamichan Team by clicking on this link: <https://raceroster.com/registration/9cfea549-ccd5-487d-b26d-4bc0bf85d28d/entry?team=609077> or by selecting "Quamichan Lightning" as your school team when registering at <https://www.runsport.ca/tc10k>

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.



FORED BC Society – Art Contest for Indigenous Youth

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. This year's theme is Traditional Knowledge & Medicine. Deadline is May 19, 2024. [Contest Details](#) [Website](#)

Telus Wise – Pink Shirt Day Activities

[#HowWouldUFeel](#) (Gr 7-12) – Play this Kahoot! To help students recognize and avoid the common excuses youth use to justify the non-consensual sharing of other people's intimate images or sexts. Evoke teens' social compass to help address the culture of sharing and this extreme form of cyberbullying.

[Sprinkle Kindness](#) (Gr 1-3) – Students will lift each other up by sharing positive words and compliments with this interactive activity.

TELUS Wise®

[Your pledge to #EndBullying](#) (Gr 1-8) – Rally your students around a pledge to #EndBullying and show your school's pride with this customizable activity.

[The impact of cyberbullying](#) (Gr 4-6) – Help students visualize the emotional harm cyberbullying and build empathy.

[Celebrate Pink Shirt Day](#) (Gr 3-5) – Learn the origin of Pink Shirt Day and understand impact of small acts of kindness.



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Competitive Kids STEM+ - Canadian Innovation Contests

There are 6 Canadian Innovation Contests for: Math, Computing, Art, Writing, Public Speaking, and Photography. Competitive Kids STEM is a Canadian registered non-profit organization that has enhanced kids' education by enabling them to achieve excellence. Canadian Innovation Global Contests provide a holistic experience and an opportunity for students with varying interests to extend themselves, explore their capabilities and maximize their potential. Open to



students in Grades 2-12. Contests will run from April 22 to May 8, 2024. The registration deadline is March 31, 2024. [Contest Flyer](#) [Information Brochure](#) [Website](#)

RCMP – Name the Puppy Contest & Education Programs

The Royal Canadian Mounted Police needs help naming Canada’s future police dogs. Every year the Police Dog Service Training Centre looks for new and creative names that their dogs can wear with pride while serving Canadian communities. The annual contest invites kids between the ages of 4 to 14 to submit name suggestions. This year, the names need to start with a letter “T”. [Poster](#) [Website](#)



The RCMP Heritage Centre has education programs available for classrooms. [Poster](#) [Website](#)

Beyond the Win – Hall of Famers on Tour Program

The Hall of Famers on Tour program connects sport heroes with students in real-time (via live stream on YouTube) to share their stories of how they’ve reached the pinnacle of their careers and are going “beyond their wins” to champion good in the community. [Website](#)



Gareth Rees – March 14: Hall of Famer and 25-time Canadian Rugby Team Captain

Vicki Keith – March 21: Hall of Famer, marathon swimmer, first person to swim across all 5 Great Lakes

Dr. Sandra Kirby – April 11: Hall of Famer, Olympian, author and advocate

Institute for Sustainability Education and Action – Youth Climate Activism Award

Nicknamed the ‘Greta Award’, the Youth Climate Activism Award honours students under the age of 20 and comes with a prize of up to \$1,000. Make a 5 minute video or write a short story of 500 words and tell us how you are taking meaningful steps toward improving the outlook for our planet with respect to climate change. Application deadline: April 22, 2024. [Website](#) [Poster](#)



Young Artists Competition – Hosted by RebalanceMD – High School Students



We invite you and your students to participate in the 8th Annual Young Artists Competition. This is a fantastic chance for your students to showcase their talents in the community. There are three cash prizes for the gold, silver and bronze winners. This year’s theme is IDENTITY: WHAT DEFINES YOU AND ME? Deadline to submit: May 15, 2024 [Poster](#)

Safer Schools Together – Understanding Sextortion in Today’s Digital Landscape

This complimentary educational session discusses the intricacies of sextortion, how it can happen, best practice for supporting targets/victims, and essential insights on how to protect yourself and today’s youth in the digital age. March 12, 2024 via Zoom from 9:00 am – 11:00 am. [Register](#)

Other sessions:

[Digital Threat Assessment Training](#)

[Advanced Digital Threat Assessment Training](#)

[Current Online Behavioral Trends and Updates](#)

[Targeted Hate and Racism: A Restorative Approach Case Study](#)

[Trauma-Informed Safe and Caring School Communities](#)

[Cyberbullying: Strategies for Prevention and Intervention](#)



SAFER
SCHOOLS
TOGETHER

[Communicating Through Crisis: Navigating Critical Incidents](#)
[Ensuring Your Digital Privacy](#)

Chatter High – Financial Literacy Fest

Grades 6-12 are invited to participate in the following courses, that each have a \$5,000 prize pot:

[Learn About Your Taxes Competition](#) - by the Canada Revenue Agency

[Insurance Literacy and Me Competition](#) - by the Insurance Institute and the Insurance Bureau of Canada

[Money Management Competition](#) - by the Financial Consumer Agency of Canada



Are you **passionate** about making a **difference** in the lives of children, youth and families?

Turn your passions and dreams into a reality and a rewarding career. With a Child and Youth Care Degree or Diploma you can become a professional who supports and advocates for children, youth and families.

Please join us for our upcoming (Zoom) CYC Information Session to find out more about the Child and Youth Care Profession and the diploma and degree options at Vancouver Island University.

CHILD AND YOUTH CARE PROGRAM INFORMATION SESSION

4 to 5 pm (Pacific Time)
Wednesday March 6, 2024



Scan to learn more.
Or visit campaign.viu.ca/info-sessions-cyc

