

Punhwe'num (May)
(The time when the blue camas blooms)
Week at a glance:



Syulwulhnet (Monday), May 13 th ABCD, Day 1	<ul style="list-style-type: none"> • 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), May 14 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), May 15 th ABCD, Day 1	<ul style="list-style-type: none"> • 2 HOUR EARLY DISMISSAL @ 1:14 pm • Wood turning at lunch with Mr. Allan (wood shop) • Advisory Rep Meeting
Sxu'athuns (Thursday), May 16 th ABCD, Day 2	<ul style="list-style-type: none"> • Dance Club @ lunch rm 125 • Humble Hooves 11am – 12 pm
Slhq'etsus-s (Friday), May 17 th ABCD, Day 1	<ul style="list-style-type: none"> • GSA Club Fridays in room 200 @ lunch • Nintendo Game Club – in Library @ lunch • Pokémon Go Club – @ lunch in room 103 • Karaoke – @ lunch in Band Room • Rock Climbing drop-in 4 – 6 :30 pm at Mt. Prevost School

Upcoming Dates:

- **May 15** – 2 Hr. early Dismissal – 1:14 pm
- **May 20** – Victoria Day – NO SCHOOL
- **May 21/22**- Track & Field Island Championships in Port Alberni
- **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.**
- **June 4th Transfer Beach for Grade 8's**
- **Jun 6** – Booster Juice Day (orders must be in by May 30)
- **June 7** – Grade 9 Baseball Tournament
- **June 6, 7 & 8** – Track & Field Team – Championships
- **June 14th** – Grade 8 Softball Tournament
- **June 19th National Indigenous Day Celebration.** School Wide Luncheon and presentation of appreciation to our Indigenous presenters
- **Jun 21**- Last Day of Regular Classes



Congrats to the Quamichan Girls Soccer team on a great season of school soccer. The team's season ended with a 3-1 loss to a solid FKSS Jr. Team on Tuesday. Special shout out to the teams Goalie Taylor Lowery in the game against FKSS and Flora Drost for an amazing free kick from distance resulting in a beauty goal. Coaches Mattin and Hart would like to thank all of the players for coming out and parent helpers for assisting with driving. All the best to everyone and we look forward to seeing you next season.



Results from the Mid-Island's in Nanaimo this week:

Gr. 8 Girls

100m
4th Emilie MG
200m
1st Emilie MG
4x100m Relay
1st Zoey B, Caoihme Y,
Arwen G, Emilie MG

100m
2nd Nola C
1500m
2nd Avery W
3000m
3rd Avery W
Discus
1st Nola C

100m
2nd Dario DG
4th James E
6th Dante DG
7th Ben C
8th Nicolae P
200m
4th Fisher B
5th Dante DG
6th James E

Jr. Girls

Gr. 8 Boys

400m
1st Dario DG
4th Dante DG
6th Charles S

800m
1st Dario DG
3rd Charles S

4x100m

CHAMP/CHAMP James E,
Dario DG, Dante DG,
Fisher B

High Jump

1st Ben C

2nd/6th Aiden K

Long Jump

2nd Ben C

3rd Dario
4th Nicolae P
5th Aiden K
Triple Jump

1st Fisher B

Shotput

1st Nicolae P

2nd Charles S

Javelin

1st Fisher B

2nd James E

Junior Boys

200m

9th Levi C

1500m

3rd Levi C
Triple Jump
3rd Robert L
Shotput

1st Josh W

Discus

1st Josh W

Hammer Throw

1st Sam N

2nd Robert L

Javelin

2nd Josh W

3rd Sam N

1500m Racewalk

1st Robert L

Next up:

Island's (Top Four from North Island's in Port Alberni) May 21st & 22nd
Provincial Championships (Top 3 from Islands)



Congratulations to the entire Quamichan Archery Team for a great performance on Friday, May 10. Each athlete shot 15 arrows at 10m and 15 arrows at 15m.

The following students finished in the top three for their grade:

Grade 8

1st Max Traynor: total score of 215.

2nd Nikki Saldua: total score of 196

3rd Sam Mattinson: total score of 181

Grade 9

1st Grayson Gaschnitz: total score of 229

2nd Nola Connelly: total score of 227

3rd Enzo Villacillo: total score of 226

Thank you to Mr. Prest, Mr. Carr, Mr. Carlin, and Mr. Cutt for running the tournament.



Next hot lunch date to order for: May 23rd
Orders due by : May 16th at midnight
Order Booster Juice and/or Little Caesar's
Pizza from <https://www.munchalunch.com/>

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.

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 Snack Shack

Monday

Grilled Cheese, Nuggets & Fries, Spring Rolls, Fries

Tuesday

Chicken Burgers, Chicken Caesar Wraps, Taquitos, Fries

Wednesday

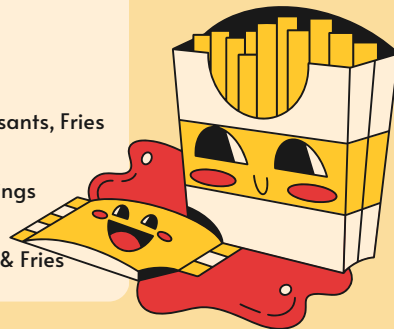
Hot Dogs, Chicken Strips and Fries, Ham & Cheese Croissants, Fries

Thursday

Chicken Bacon Ranch Wrap, Poutine, Perogies, Onion Rings

Friday

Cheese Burger, Turkey & Cheese Croissants, Corn Dogs & Fries



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)



All about artificial intelligence

Why is everyone talking about artificial intelligence?

Artificial Intelligence, or AI, is becoming a more regular part of our daily lives, making many tasks easier and quicker. If you've been curious about what AI is, you're not alone. Think of AI as a computer program that learns from information it already has and uses that information to solve problems and create materials. Just like we learn from our experiences, AI learns from the information it's given and the questions (or prompts) it's asked.

You encounter AI in things like your phone's voice assistant, which can answer questions or set reminders. It's behind the suggestions you get on streaming services, recommending shows you might like. AI also works in chatbots on websites and generative AI tools that create written, audio, or visual content.

Will AI impact my child's learning?

As AI is becoming more common, you may have questions about how AI will impact your child in and out of school. AI may or may not be used in your child's classroom. It's okay to be curious (or uncertain) about changes in technology. It's also important to ask questions about these changes to help you and your child understand how they might impact learning. The good news is that the skills being taught in BC classrooms today are designed to prepare all students with the tools they need to thrive both today and in a future where AI-related skills may be important in many jobs.

As technology changes, students must learn the skills to keep up. The BC curriculum helps students learn the competencies and digital skills they need for today's world. BC's curriculum also teaches the Core Competencies, which are the thinking, personal, and social skills your child needs to ensure that they use technology safely and responsibly. What your child learns today will ensure that they have skills for the future, like digital literacy, critical thinking, and problem-solving.

AI terms to know:

- **Algorithms** are like a recipe for a computer. They provide a step-by-step guide for computers, telling them exactly what to do to solve a problem or complete a task.
- **Artificial intelligence (AI)** is a digital tool that uses data to learn, solve problems, and make decisions — things that usually only people can do.
- **Bias in AI** is when the computer makes inaccurate or unfair choices because it learned from incomplete data. It's like learning to play a game but with only some of the rules.
- **Data privacy** is keeping your personal information safe online from others who shouldn't see it.
- **Digital literacy** is the ability to use technology and the internet wisely. It's having the skills to access, understand, evaluate, and share information online.
- **Generative AI** is a technology-based tool that can independently create content, like writing or art, on its own.

Information for Parents and Caregivers



BRITISH
COLUMBIA

What might my child learn about AI in school?

At school, your child will learn about digital literacy, digital tools, and how to use tech safely and responsibly.

Understanding AI is important in today's world. Teachers will have different ways to share this learning with your child. Most learning is covered in two parts of the curriculum: Career Education and Applied Design, Skills, and Technology. In these subjects, your child will learn to make sure the information they find, and use is reliable. There are other subjects that may also build your child's digital skills. Your child may learn about how digital tools work, how computers make decisions, and how issues like fairness, privacy, and ethics are part of staying safe online. Learning about AI can help students make informed choices about when they may want, or not want, to use AI tools.

Will AI tools be used in my child's school?

Whether or not AI tools are used in your child's school will vary from classroom to classroom. Some teachers may use AI tools in different ways to support learning. If your child has a disability or diverse ability, it may be decided that an AI tool can be used to support them. If you're curious about how and when AI tools are used in your child's classroom, ask your child's teacher or principal for more information.

When it comes to assignments, some teachers may allow students to use AI tools for specific tasks. However, it's important for students to ask their teachers for permission and guidance before using AI tools in their work. Just like a calculator can be a helpful tool in mathematics, AI may be another kind of tool used in some classrooms.

How can I encourage safe and responsible use of technology at home?

AI has elements that parents and caregivers should know about, just like with any other digital tool. Privacy is important—and knowing how AI uses personal data, where it's kept, and who gets to see it is the best way to protect your privacy. Sometimes, AI can be biased, unfair, and inaccurate. It's important to be aware of this so you can spot it and help your child do the same.

It's also important to grow your child's digital literacy skills. While teachers will provide some of these learning opportunities at school, if your child is using digital tools, it's equally important to strengthen them at home.

Why is digital literacy important to my child's learning?

Digital literacy goes beyond just knowing about AI; it's about using all tech wisely. If your child uses digital tools, they should know how to search the internet and to make sure what they find is reliable. They'll also need digital literacy skills to create and share information safely, protect their personal details, use social media wisely, and communicate responsibly. Learning these skills now will help your child make smart choices both online and offline.

How can I support my child's learning at home?

To help your child use digital tools, which could include AI, safely and responsibly, you can develop their digital literacy skills at home. Here are a few key skills you may want to encourage with your child at home:

- Keeping personal information (like name, age, and address) private online
- Using the internet safely and avoiding websites they should not access
- Recognizing and avoiding online scams
- Knowing what to do when they see something unsafe online
- Thinking about possible effects before sharing online
- Thinking carefully about what they see online and understanding that AI can change pictures, videos, audio recordings, and words
- Knowing that AI tools might make mistakes or be biased, unfair, and inaccurate
- Understanding that using other people's work without permission (plagiarism) is not okay
- Mentioning where they sourced information from if they used AI tools for their schoolwork

Contact Us



studentlearningbranch@gov.bc.ca



[Digital Literacy and the Use of AI in Education](#)



| Workshop

Creative Canvas: Teen Summer Art Intensive

Cost: \$160

Register through the
Cowichan Valley
Regional District

use code 72925

By phone or online.

<http://reccowichan.ca>

Phone: 250-748-7529

July 8 - 12, 2024

Mon - Fri | Noon - 4 pm

Ages 14-19



Instructor Chantey Dayal

will guide youth in learning and using different techniques and mediums, and offer her extensive experience and knowledge.

CVAC Studio, 2687 James St, Duncan, B.C.
MON - FRI, 11am - 4pm | SAT, 12pm - 4pm
250-746-1633 | FREE Gallery Admission

cowichanvalleyartscouncil.ca

Cowichan Valley Arts Council – Upcoming Events

Youth Event - On May 1, from 4:00 - 6:30 pm, CVAC is joining the CVRD for an afternoon as part of their week of youth events. Art for Wellness & Art as Career will offer a chance to have conversations with art professionals of various practices, enjoy art activities, a selfie station and snacks. Free of charge, please register through reccowichan.ca with Code 73966. [Poster](#)

Fine Arts Show – The Month of May is our annual Fine Arts Show - an exhibit of 140 art pieces. During this show we invite school groups and other youth teams to use our 'Scavenger Hunt' resource sheet to help view the art on display. Please let us know ahead when you're bringing your team, so we can prepare.

Summer Art Class - A great summer art class for teens 14 to 19: [Creative Canvas Art Intensive](#) with Chantey Dayal. 5 afternoons, July, 8-12. [Poster](#)

CVRD – BC Youth Week at Cowichan Community Centre

Art for Wellness & Art as a Career with CVAC

[BC Youth Week Poster](#)

Wed | May 1 | 4:00 p.m. - 6:30 p.m. | Ages 13 - 18 | Code: 73966

Youth can enjoy conversations with guest facilitators, snacks, and hands on work with collage, paint, and more.

Youth BBQ

Thursday | May 2 | 11:30 a.m. - 12:30 p.m.

Youth can enjoy a lunchtime BBQ and games such as spike ball, corn hole and bucket golf. Youth 20/20, Work BC and Vancouver Island Regional Library will be joining us on site with information and resources. Location: Cowichan Secondary front lawn

After School Drop-In Sports

Friday | May 3, 7 | 3:30 p.m. - 5:00 p.m. | Ages 13+

Youth can come hangout in the gym and play volleyball, basketball, pickleball or other games of their choice.

Star Wars Movie Night

Saturday | May 4 | 6:00 p.m. - 8:30 p.m.

13 - 18 | Code: 73995

can enjoy watching Rogue One on the big screen with friends – May the force be with you.



Ages
Youth
4th be

Kidz Open Gym

Monday | May 6 | 4:30 p.m. - 5:30 p.m. | Ages 8-12

Youth can enjoy gym time with opportunities to choose the sports of their liking.

Skate Jam at Duncan Xtreme Skate Park

Tuesday | May 7 | 3:30 p.m. - 5:00 p.m. | Code: 74076

Youth (ages 8-12) can learn new skills, try out equipment and have a chance to win some great prizes.

Bike Rodeo

The Cowichan Community Centre is hosting a spring Bike Rodeo in partnership with Cowichan Brain Injury Society. In a mission to spread brain injury awareness and education within our communities, this event will include obstacle courses, helmet checks, bike wash station, maintenance checks by Cowichan Cycles and a raffle draw for prizes. Bring your bike, scooter, skateboard or roller blades - everyone is welcome!

Saturday | May 4 | 10:00 a.m. – 12:00 p.m. | FREE Admission

Cowichan Community Centre | Arena Dry Floor

[Bike Rodeo Poster](#)