

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



Syulwulhnet (Monday), May 20 <sup>th</sup>	<b>Victoria Day – NO SCHOOL</b>
Sthumunt-s (Tuesday), May 21 <sup>st</sup> BADC, Day 2	<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> </ul>
Slhihws (Weds), May 22 <sup>rd</sup> BADC, Day 1	<ul style="list-style-type: none"> <li>• Grade Assemblies</li> <li>• Wood turning at lunch with Mr. Allan (wood shop)</li> </ul>
Sxu'athuns (Thursday), May 23 <sup>rd</sup> BADC, Day 2	<ul style="list-style-type: none"> <li>• Dance Club @ lunch rm 125</li> <li>• Humble Hooves 11am – 12 pm</li> <li>• Booster Juice</li> </ul>
Slhq'etsus-s (Friday), May 24 <sup>th</sup> BADC, Day 1	<ul style="list-style-type: none"> <li>• GSA Club Fridays in room 200 @ lunch</li> <li>• Nintendo Game Club – in Library @ lunch</li> <li>• Pokémon Go Club – @ lunch in room 103</li> <li>• Karaoke – @ lunch in Band Room</li> <li>• Rock Climbing drop-in 4 – 6 :30 pm at Mt. Prevost School</li> </ul>

**Upcoming Dates:**

- **May 20** – **Victoria Day – NO SCHOOL**
- **May 21/22**- Track & Field Island Championships in Port Alberni
- **May 23** – Grade 9 Showcase in C2 / Booster Juice and Little Caesar's Hot Lunch (get orders in by May 16<sup>th</sup> at midnight)
- **May 27/29/31** – Quw'utsun Secondary Tours
- **May 29** – PAC Meeting – Quamichan Library @ 6:30

<https://sd79.zoom.us/j/64339915363?pwd=TmxVWVQzYWtwTHVMODNZOTZCVTFHQ09>

Meeting ID: 643 3991 5363

Passcode: 689480

- **May 30** – Grade 9 Bone Game Tournament / **Performing Arts Show @ 6:30 at Quamichan**
- **June** – **Pride Month** - **Cowichan Walk and Festival Pride Parade** will again be running this year on **Sunday, June 23<sup>rd</sup> at 10 am.**
- **June 4** – Grade 8s to Transfer Beach
- **Jun 6, 7, 8** – T&F Provincial Championships
- **June 7** – Grade 9 Softball Tournament
- **June 11** – Grade 9 Canoe Races
- **June 14** – Grade 8 Softball Tournament
- **June 19** – National Indigenous Day Celebration
- **June 20** – Grade 9 BBQ at Quw'utsun Secondary
- **June 21** – Farewell Party for Grade 9s



***Wishing all our competitors great luck at Islands!!***

**Next up:**

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



**Results from Archery Tournament:**

Grade 8 team: 5<sup>th</sup> place

Grade 9 team: 2<sup>nd</sup> place (trophy is coming!)



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

Next one after that is June 6<sup>th</sup> (orders due  
by May 30<sup>th</sup>)

## 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

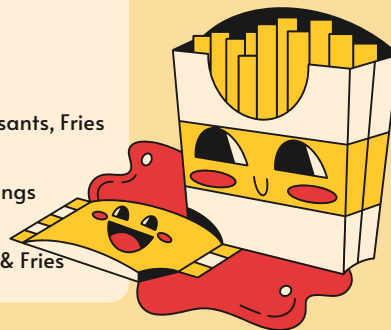
Hot Dogs, Chicken Strips and Fries, Ham & Cheese Croissants, Fries

### Thursday

Chicken Bacon Ranch Wrap, Poutine, Perogies, Onion Rings

### Friday

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





\*\*\*

## Vancouver Island Regional Library – Summer Reading Club



For kids aged 0 – 12 years, this year's Summer Reading Club theme is World of Curiosities! This club encourages children to read a little every day by providing fun tools, trading cards, chances to win cool prizes, amazing in branch library programs/contests/activities, and begins July 2, 2024. [Poster & Letter to Teachers](#)

## Cowichan Secondary Senior Field Hockey – Summer Camp

Summer Field Hockey Camp for youth players, run by the Cowichan Secondary Thirds and their coaches. Runs July 2-5, 2024 for ages 6-14. [Website](#) [Brochure](#)



## Kerry Park Minor Hockey Association



**Summer Goalie Camp** – August 19-23, 2024 at Kerry Park Arena from 8:00–3:00 daily. Each day is broken out into on ice, dryland and in classroom sessions. All ages welcome. [Register](#)  
[Poster](#)

**U11 Players** – Kerry Park Minor Hockey Association has room for multiple U11 teams this year and welcomes more players and goalies in that age division. To enquire, email [registrar@islanderhockey.ca](mailto:registrar@islanderhockey.ca). [Poster](#)

## Humble Hooves – Summer Camps

Humble Hooves focuses on strengthening connection, self-regulation, and empowerment guided by skilled educators with the help of the farm's loving animals. Summer camp options are coming up:

**Youth Regulation Camp** - [Poster](#) [Register](#)

**Horse-Assisted Empowerment Camp** - [Poster](#) [Register](#)



*Humble Hooves*  
THE HUMAN & HORSE CONNECTION

These camps are instructed and supported by education within social work, special education, yoga, somatic movement, and certified equine facilitation.

Community-Led Collaboration Project

# We want to hear from families with children and youth with disabilities or support needs.

Families in The Cowichan Valley are invited to participate in a conversation about services and supports for children and youth with disabilities or other support needs in your community.

We want to know what is working for families, what is missing and what a better network of services and supports could look like in The Cowichan Valley.

## Family Session #1

May 14th 2:00-4:00pm

Shawnigan Lake Community Centre



## Family Session #2

May 16th 4:30-6:30pm

Duncan Community Centre



## Family Session #3

May 22nd 10:00am-noon

Cowichan Lake Community Centre



*\*Scan QR code to register for the session you are interested in*

## Family Session #4

May 27th 1:00-2:00pm

Band Office Board Room, Penelakut Island



All these sessions are FREE.

Food will be provided.

Childcare will be available.

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](mailto: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](mailto:isp@sd79.bc.ca)), call our office (250-746-0744), or visit our website ([www.studyincowichan.com](http://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](http://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](mailto: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](http://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](http://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](#)