

# Punhwe'num (May)

(The time when the blue camas blooms)

**Week at a glance:**



<p>Syulwulhnet (Monday), May 6<sup>th</sup> BADC, Day 2</p>	<ul style="list-style-type: none"> <li>• MMIW Assembly in A Block</li> <li>• Grade 8 &amp; 9 Showcase in C Block</li> <li>• Table Tennis @ lunch in MPR</li> <li>• Weightlifting Club @ 3:30 – 5 pm in Fitness Portable</li> <li>• Mt. Bike Club meets @ 4-5:30 pm at Mt. Tzouhalem</li> <li>• T&amp;F North Island Permission Forms due</li> </ul>
<p>Sthumunt-s (Tuesday), May 7<sup>th</sup> BADC, Day 1</p>	<ul style="list-style-type: none"> <li>• Girls Soccer Last Away Game v. Frances Kesley</li> <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>• Archery Team in Quam Gym 3:30 – 4:30 pm</li> <li>• Rock Climbing drop-in 4 – 6 :30 pm at Mt. Prevost School</li> </ul>
<p>Sihihws (Weds), May 8<sup>th</sup> BADC, Day 2</p>	<ul style="list-style-type: none"> <li>• Track &amp; Field North Islands Day 1</li> <li>• Wood turning at lunch with Mr. Allan (wood shop)</li> <li>• First Day of Exploratory #6</li> <li>• PAC meeting 6:30 in Libra</li> </ul>
<p>Sxu'athuns (Thursday), May 9<sup>th</sup> BADC, Day 1</p>	<ul style="list-style-type: none"> <li>• <b>Booster Juice &amp; Little Caesar's Hot Lunch Day</b></li> <li>• Track &amp; Field North Islands Day 2</li> <li>• Student Advisory Rep</li> <li>• Dance Club @ lunch rm 125</li> <li>• Humble Hooves 11am – 12 pm</li> <li>• Archery Team in Quam Gym 3:30 – 4:30 pm</li> <li>•</li> <li>• <b>Spring Dance 6-8 pm @ Quam</b></li> </ul>
<p>Slhq'etsus-s (Friday), May 10<sup>th</sup> BADC, Day 2</p>	<ul style="list-style-type: none"> <li>• GSA Club Fridays in room 200 @ lunch</li> <li>• Nintendo Game Club – Fridays in Library @ lunch</li> <li>• Pokémon Go Club – Fridays @ lunch in room 103</li> <li>• Karaoke – Fridays @ lunch in Band Room</li> <li>• Rock Climbing drop-in 4 – 6 :30 pm at Mt. Prevost School</li> </ul>

## Upcoming Dates:

- **May 6** – MMIW Assembly
- **May 8/9** – North Island Track & Field Meet in Nanaimo
- **May 9** – Booster Juice Day (orders must be in by May 2<sup>nd</sup>) / 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 16<sup>th</sup>)
- **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.**
- **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



Quamichan Archery team: Practices Tuesday and Wednesday 3:30 - 4:30 in the Quamichan Gymnasium. Please see one of the coaches if you cannot make a practice.

**Team members:**

**Gr8:** Kyle C, Nikki S, Alexis D, Aiden M-J, Jigisha S, Juliette L, Dustin G, Alyssa B, Madison C, Sophia H, Kayla L, John T  
**Spare gr.8:** Kai F, Christian G, Jonathan G-D, Sam M, Ashlyn M-J, Jacob C  
**Gr9:** Nayla L, Natalie E, Max D, Grayson G, Carter M, Elijah

L, Jack R, Mya B, Muhammed G, Jozia V, Arnav B, Kahlan M.



The Girls Soccer Team is Quamichan's Athletics Team of the Month and will be having a pizza party on **Monday May 6<sup>th</sup> in room 205 at lunch**. All players are invited to attend. If you have any questions, see Mr. Hart

The Teams next game is an away game **Tuesday, May 7<sup>th</sup>** versus Frances Kelsey, 3:30 Kickoff. More information will be sent out on Monday around the game. If you are unable to attend, please see Mr. Hart.



**North Island Track & Field Championships May 8/9th** - permission forms need to be in on Monday May 6th including each student's 3 chosen events and signed by their parent/guardian to ensure students can attend.

**Next up:**

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 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/>



Tickets for sale at lunch in front of office up to Wednesday, May 8<sup>th</sup>. \$2 each. No tickets available on the night of the dance, they must be purchased in advance. Quam students only, thank you!

## 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

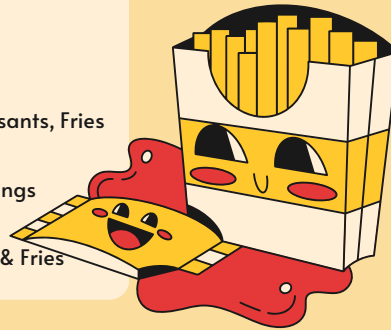
Hot Dogs, Chicken Strips and Fries, Ham & Cheese Croissants, Fries

### Thursday

Chicken Bacon Ranch Wrap, Poutine, Perogies, Onion Rings

### Friday

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



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## 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.

Ages 13 - 18 | Code: 73995

Youth can enjoy watching Rogue One on the big screen with friends – May the 4th be with you.



### **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.

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### **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](#)