


Pune'q (January) <i>(The time for collecting geoducks)</i> Week at a glance:	
Syulwulhnet (Monday), January 20th ABCD, Day 2	<ul style="list-style-type: none"> • Jr. Girls Basketball practice @ Quam 5:30 – 7 pm • Grade 8 Exploratory Showcases in D2 • Elite Boys Basketball Team away game v. Spectrum Community School @ 5 pm • Cowichan Tribes Bus 108 switches to bus 109 at end of school day
Sthumunt-s (Tuesday), January 21st ABCD, Day 1	<ul style="list-style-type: none"> • Chess Club Meeting @ lunch in rm 103 • D&D Club meets in room 108E @ lunch • Cowichan Citizens Club in rm 200 • Grade 8 Exploratory Showcases in D1 • Elite Boys Basketball Team away game v. Brentwood College School @ 3:30 pm (early dismissal) • Wrestling practice 3:30 – 5:15 in Gym @ Quam • Rock Climbing Club @ Mt. Prevost 4 – 6:30
Shihws (Weds), January 22nd ABCD, Day 2	<ul style="list-style-type: none"> • Wordle Wednesday Club meets in 107 @ lunch • Jr. Girls Basketball practice or game @ Quam 3:30 – 5 pm • Gr. 8 Boys Basketball practice @ Quam – 5:30 – 7 pm
Sxu'athuns (Thursday), January 23rd ABCD, Day 1	<ul style="list-style-type: none"> • Science & Math Support Club – room 107 @ lunch • Rainbow Club modular 1 @ lunch • Wrestling practice 3:30 – 5:15 in Gym in Quam Gym • Elite Boys Basketball Team practice @ Quam 7 – 9 pm
Shq'etsus-s (Friday), January 24th ABCD, Day 2	<ul style="list-style-type: none"> • Karaoke in Modular 2 @ lunch • Rock Climbing Club @ Mt. Prevost 4 – 6:30 • Elite Boys Basketball away game v. Esquimalt High School @ 12:30 pm • Jr. Girls Basketball practice @ Quam 5:30 – 7 pm

Attn: Cowichan Tribe's Bus Students

Bus 108 will be changing to bus 109 at the end of school as of Monday, January 20th

UPCOMING DATES

- **Jan. 18** – Wrestling – Campbell River Invite – Go, *Lightning!*
- **Jan 20/21** – Last Day of Exploratory Rotation #3 (grade 8s)
- **Jan 22/23** – First Day of Exploratory Rotation #4 (grade 8s)
- **Week of January 27th – 31st** – Grade 9 Classes to computer labs for Quw'utsun

registration this week

- **Jan 31** – SPIRIT DAY – Anything but a backpack day! Bring your school supplies in anything BUT a backpack today!
- **Feb 3** – New Snack Shack Employee Schedule posted
- **Feb 10** – Whistler Ski/Snowboard Trip FINAL PAYMENT DUE
- **Feb 12** – Orders due for Pink Shirt Day shirts – see info and order form below / Hot Lunch Delivery Day
- **Feb 14** – Non-Instructional Day (NO SCHOOL for students this day)
- **Feb. 17** – Family Day Holiday – NO SCHOOL
- **Feb 26** – Pink Shirt Day / 2 Hour Early Dismissal (@ 1:14 pm)
- **May 1** – Due date for Quamichan Yearbook orders (more info below)
- **Mar 12** – Hot Lunch Delivery Day

CLUBS

Weightlifting Club – ~~Mondays @ lunch in Fitness Portable~~ – DONE FOR THE YEAR (New fitness portable activities coming in the Spring!)

Cowichan Citizens Youth Club – All welcome. **Tuesdays** @ lunch in rm

200 D&D Club – **Tuesdays** from 3:30 – 5 pm in room 108E

Chess Club – **Tuesdays** @ lunch in rm 103

Wordle Wednesday Club – All skill levels welcome. Meet on **Wednesdays** in room 107.

Rainbow Club – Everyone welcome. Modular 1 on **Thursdays** @ lunch

Science and Math Support Club – Rm. 107 on **Thursdays** for support in Science and Math

Karaoke Club – Bring out your inner super star in Modular 2 on **Fridays** @ lunch

SPORTS

Wrestling – **Tuesday** Practice 3:30pm-5:15pm

Thursday Practice 3:30pm-5:15pm

Saturday: Seaforth Cup in Vancouver, details coming soon.

Drop-In Rock Climbing – **Tuesdays and Fridays** from 4-6:30 pm @ Cowichan Climbing Gym

Junior Girls Basketball – See chart below:

Monday, January 20	5:30 - 7:00	Practice
Wednesday, January 22	3:30 - 5:30	Practice - Game maybe
Friday, January 24	9:00 am - 7:30 pm	2025 Vic High Girls Hardwood Classic (Roper Gym)
Thursday, January 25	8:00 am - 6:30 pm	2025 Vic High Girls Hardwood Classic (Roper Gym)
Monday, January 27	5:30 - 7:00	Practice
Wednesday, January 29	3:30 - 5:30	Practice
Thursday, January 30	TBD	GAME DAY - TBD - PLAYOFFS
Friday, January 31	5:30 - 7:00	Practice
Monday, February 3	5:30 - 7:00	Practice
Wednesday, February 5	3:30 - 5:30	Practice
Thursday, February 6	TBD	GAME DAY - TBD - PLAYOFFS

Grade 8 Boys Basketball –

Wednesday - TBA

Friday - TBA

Grade 9 Boys Basketball –

Premiere: TBA

Elite: Monday away game at Spectrum Community School @ 5 pm

Tuesday away game at Brentwood College School @ 3:30 pm

Thursday practice @ Quamichan School @ 7 -9pm

Friday away at Stelly's Secondary School @ 3:30 pm

Saturday away at Esquimalt High School @ 12:30 pm in and at the UVic game Saturday night



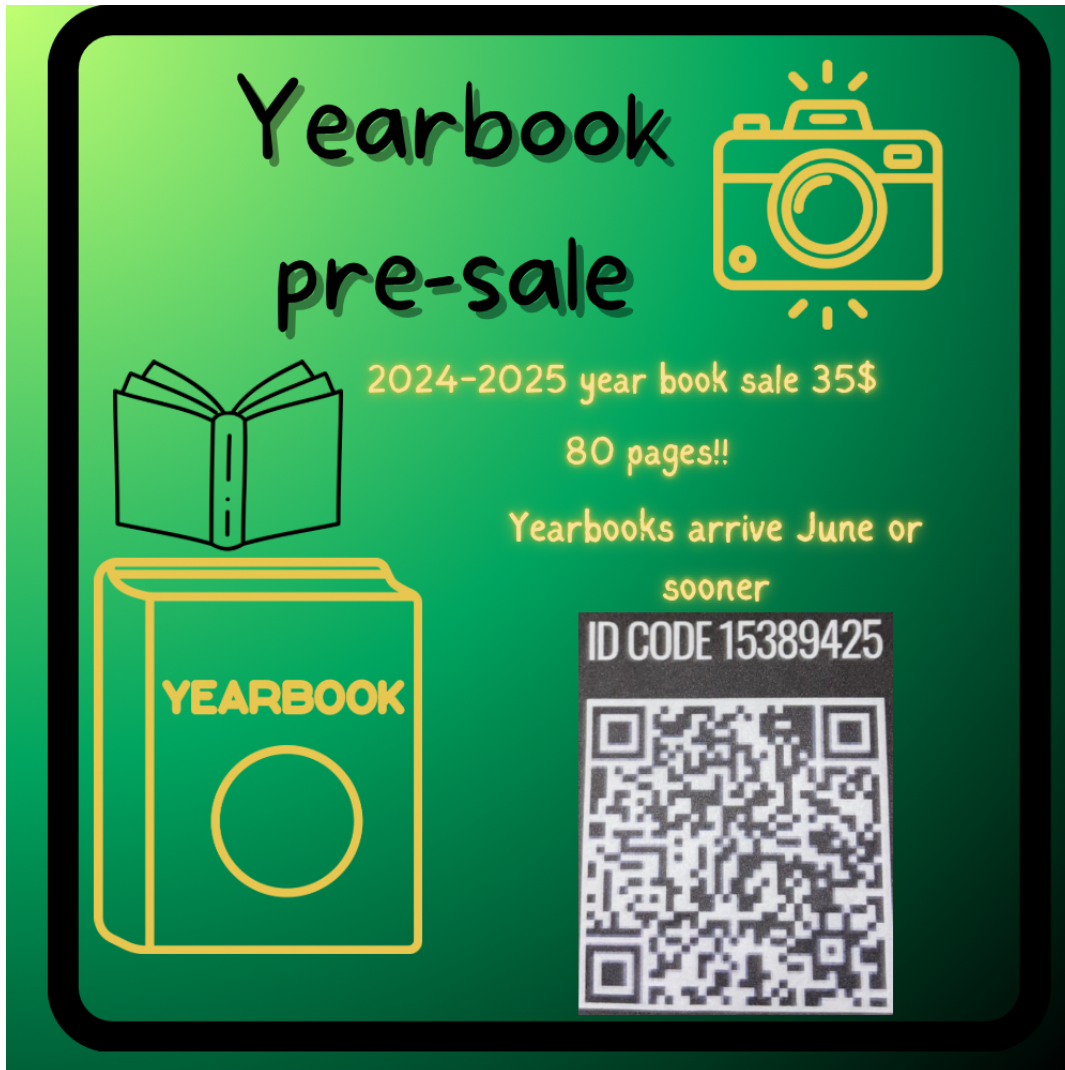
A message from your Quamichan PAC...

- Help your Quam PAC each time you make purchases at **Co-op gas stations** (fuel or in-store purchases). Just use our Co-op membership number #26568 and your rebate for those purchases will be directed into the Quam PAC fundraising account! Thank you!
- **Hot Lunch** – next Hot Lunch is Wednesday, January 29th. To order for you student, please login to <https://munchalunch.com/login> and place your order before midnight on January 22nd. Hot Lunch dates for February 12th and March 12th are



The School Day ends at 3:14 pm:

If appointments and early dismissals could be arranged with student and teachers AHEAD OF TIME, that would make things run much smoother, with less interruptions to the classrooms. To place an absence ahead of time, please use our Safe Arrival app or call/email the school. Thank you for your consideration!



We are taking orders for our Quamichan Yearbook!

Price: \$35

Pages: 80 pages

Due date: May 1, 2025

Website: <https://ybpay.lifetouch.ca/Order/SelectJob>

Order ID code: 15389425





CANADIAN PARENTS FOR FRENCH BRITISH COLUMBIA & YUKON

Salut, French Immersion parents and caregivers!

The Cowichan Valley Chapter of Canadian Parents for French (CPF) is meeting regularly to plan activities, create opportunities for enhancing French language learning, and build a community of French language enthusiasts for your kids!

Sign up for a free Membership, it has some great benefits!

<https://bc-yk.cpf.ca/en/cpf-membership/>

Reach out to us to join our meetings, find out what we're up to, and how we are supporting your French Immersion students this year.

cowichanvalleycpf@gmail.com

Help us with our fundraising by taking your empties to Return-It, and asking them to divert your refund to the "Canadian Parents for French" fundraising account. We will say a huge MERCI! for the support.



Pink Shirt Day **FEBRUARY 26TH, 2025**

1



T-shirts: \$20
Long sleeve crews: \$30

2



*Choose style
1 or 2*

ORDER AT OFFICE NO LATER THAN FEBRUARY 12TH

Shirts can be paid for using [School Cash Online](#), cash or debit/credit in the office. ☺
Order form:



T-SHIRT
OR
SWEATSHIRT

SIZE
(S - XL)

STYLE
1 OR 2

FULL NAME

E-MAIL

PHONE

ORDER TOTAL: _____

HOW PAID: _____



**ORDERS DUE
NO LATER THAN
FEBRUARY 12TH**

Pink Shirt Day
FEBRUARY 26TH, 2025

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



Please save the date!

Young Farmers Day at the Islands Agriculture Show is on Friday, January 31, 2025, from 9 am to 2 pm at the Cowichan Exhibition Grounds.

This day provides an opportunity for schoolchildren to learn about farming in their community through fun activities and demonstrations.

You and your students are invited to attend as our guests, FREE admission!

RVSP by email or phone with your school's name, teacher name, and number of students by January 17th, 2025.

Email cowex@shaw.ca or phone 250-748-0822

If you would like more information on registering, you can see the official invitation in this email. We hope to hear from you soon about this great opportunity!

Thanks so much!



ISLANDS Vancouver Island, BC AGRICULTURE SHOW

COWICHAN EXHIBITION • WWW.IASHOW.CA • COWEX@SHAW.CA



Young Farmers Day

Friday January 31st 2025 9am -2pm

You and your students are invited to attend the Islands Agriculture Show as our guests.

Free Admission!

This is the Island's largest agricultural event of the year! Located at the Cowichan Exhibition, Young Farmers Day provides an opportunity for schoolchildren to learn about farming in the community through fun activities and demonstrations.

Please RSVP

RSVP by email or phone with your school name, teacher name and number of students by January 17, 2025.

cowex@shaw.ca | 250-748-0822

COWICHAN EXHIBITION • 7380 TCH. DUNCAN, BC • 250-748-0822 • WWW.COWEX.CA



SOGI Inclusion Family Info Night

**HOSTED BY THE ARC FOUNDATION
IN COLLABORATION WITH SD79**

WHAT

JOIN US TO LEARN ABOUT THE SOGI 1 2 3
RESOURCE AS WELL AS HOW SCHOOLS ARE
RECOGNIZING DIVERSITY OF SEXUAL
ORIENTATION AND GENDER IDENTITY AND
ENSURING SAFETY AND RESPECT FOR ALL
KIDS AND FAMILIES INCLUDING 2SLGBTQ+
PEOPLE

WHEN

WEDNESDAY, JANUARY 22ND @ 7PM

WHERE

ONLINE VIA ZOOM (LINK BELOW)
[HTTPS://US02WEB.ZOOM.US/J/85893708602](https://us02web.zoom.us/j/85893708602)

WHO

FAMILIES OF LEARNERS ENROLLED IN THE
COWICHAN VALLEY SCHOOL DISTRICT

SOCIAL MEDIA, SCREEN TIME AND OUR CHILDREN

♥ 25

Are you growing concerned about your child's mental health? Are you noticing changes in their behaviour when you attempt to 'hang up (the device) and hang out' with them? Do you experience push back and conflict over screen time, gaming and technology use?

If any of these questions sound relatable to you and your family, you are not alone. In fact, parents across British Columbia are growing increasingly concerned over rising mental health concerns in youth and the connection this has with their participation in the virtual world. Not only does a phone or screen based childhood interfere with necessary development, it also has a significant impact on the rise of adolescent mental illness like depression, anxiety, self-harm and suicide. As parents, caregivers, and teachers it is our responsibility to adjust our parenting and educational approaches to encourage other avenues of self-expression, play and engagements, without the use of devices. We can do this together, as a community, by increasing social community learning, time spent shoulder to shoulder and decreasing screen time.

What can parents, families and communities do?

Free Play

After school encourages free play

Allow children space to engage in play that isn't an adult-supervised 'enrichment' activity at least once a weekend. Invite your neighbour's over for a play in the back yard or sit at the end of your cul-de-sac while your children ride their bikes.




Out of Sight



Practise having your kids out of your sight without them having a way to reach you

Although this idea may seem scary at first, it's all about small steps! Encourage your child to go to the park with a friend group, ask them to take the dog on a walk around the block or have them send out a letter in the local mail box. This kind of practise will help you feel more prepared to give your child more independence and hold off on giving them a phone - with a little practise and support, you'll see for yourself that they can do fine without one!



Playbourhood

Form a playbourhood with other parents

Develop connections with parents in the school community to support play and safety among families. Take turns hosting free-play afternoons for parents and children in your home or at a local park/beach and agree to holding phone-free spaces.



Play Dates



Encourage playdates, and don't micromanage them

Support your child to have school friends over to your house, meet at a playground or engage in a community event! If a friend brings their phone, hold on to it until the friend leaves so their time isn't phone-based. As normalized phone-boundaries increase between families, the more social learning/connections happens as a community!



Anxious Generation
*Join us for a parent
information session!*

January 15, 2025



Decreasing screen time to
promote and support
independence and mental
health and well-being.