

# Mim'ne (February)

(The time of the "baby moon," the short month)

## Week at a glance:



**Syulwulhnet (Monday),  
February 10<sup>th</sup>  
BADC, Day 1**

- Whistler Ski Trip – Final Payment Due
- Buy Candy Grams for friends @ lunch in front of office - \$1 each
- Grade 8 Boys Basketball practice 3:30 – 5:30 pm
- LAST Jr. Girls Basketball practice @ 5:30 – 7 pm @ Quam

**Sthumunt-s (Tuesday),  
February 11<sup>th</sup>  
BADC, Day 2**

- Valentine's Day Bake Sale Fundraiser @ lunch (bring your baked goods and bring your cash for treats!)
- Chess Club Meeting @ lunch in rm 103
- D&D Club meets in room 108E @ lunch
- Cowichan Citizens Club in rm 200
- Buy Candy Grams for friends @ lunch in front of office - \$1 each
- Wrestling practice 3:30 – 5:15 in Gym @ Quam
- Rock Climbing Club @ Mt. Prevost 4 – 6:30
- Elite Boys Basketball practice 7 – 9 pm @ Quam

**Slihws (Weds),  
February 12<sup>th</sup>  
BADC, Day 1**

- Girls Rugby – first practice (postponed from last week) – 3:30 – 4:40 @ Quw'utsun Secondary
- Craft & Chat with Student Nurses in rm 214 @ lunch
- Wordle Wednesday Club meets in 107 @ lunch
- Buy Candy Grams for friends @ lunch in front of office - \$1 each
- Jr. Girls Basketball LAST playoff tourney @ DCS (time TBD)
- PAC Meeting in library @ 6:30 pm

**Sxu'athuns (Thursday),  
February 13<sup>th</sup>  
BADC, Day 2**

- Science & Math Support Club – room 107 @ lunch
- Rainbow Club modular 1 @ lunch
- Candy Grams Delivered @ lunch
- Wrestling practice 3:30 – 5:15 in Gym in Quam Gym
- Elite Boys Basketball practice @ Quam 7 – 9 pm

**Sihq'etsus-s (Friday),  
February 14<sup>th</sup>**

**Non-Instructional Day**  
**NO SCHOOL FOR STUDENTS**

# UPCOMING DATES

- **Feb 10** – Whistler Ski/Snowboard Trip FINAL PAYMENT DUE
- **Feb 11- Valentine's Day Bake Sale Fundraiser** / IREP presentation zoom about black history and anti-racism in the morning.
- **Feb 12** – Orders due for Pink Shirt Day shirts – see info and order form below / Hot Lunch Delivery Day / PAC meeting at 6:30 pm in Quam Library
- **Feb 14** – **Non-Instructional Day (NO SCHOOL for students this day)**
- **Feb. 17** – **Family Day Holiday – NO SCHOOL**
- **Feb. 19** - Out in Schools zoom presentation - A block (Letter below for more information).
- **Feb. 20** – National Geographic presentation the Arctic / Student Advisory Rep Meeting @ 11 am
- **Feb 26** – **Pink Shirt Day** / 2 Hour Early Dismissal (@ 1:14 pm)
- **May 1** – Due date for Quamichan Yearbook orders (more info below)
- **Mar 7** – Winter Activity Day
- **Mar 12**- Hot Lunch Delivery Day
- **Mar 28** – Purdy's Chocolate's Fundraiser – orders due by today

# CLUBS

**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

## Girls Rugby

Girls rugby practices are **postponed** till next week due to weather. They will begin next Wednesday at the time previously stated and scheduled. Will kick off Wednesday, February 12<sup>th</sup>.

**\*\*Permission form due to Miss Cardin BEFORE the first practice\*\***

**Wrestling** – [Tuesday](#) Practice 3:30pm-5:15 pm in Quam gym

Thursday Practice 3:30pm-5:15 pm in Quam gym

Competition: None. Enjoy the long weekend with your families!

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

### Junior Girls Basketball

LAST practice on Tuesday, February 11<sup>th</sup> from 5:30 – 7 @ Quam

LAST playoff tournament Thursday, February 13<sup>th</sup> at Duncan Christian School – time TBD

### Grade 8 Boys Basketball –

Monday, Feb 10<sup>th</sup> – Game @ 4 pm

Wednesday, Feb 12<sup>th</sup> – Away Game

Friday, Feb 14<sup>th</sup> – Practice 3:30 – 5:30 pm @Quam

### Grade 9 Boys Basketball –

Premiere: Coach has not reached out with dates.

Elite: Tuesday, Feb 11<sup>th</sup> - Practice 7-9 pm @ Quam

Thursday, Feb 13<sup>th</sup> - Practice 7-9 pm @ Quam



- Next PAC meeting is Wednesday, February 12<sup>th</sup> @ 6:30 pm in the Quam library
- 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, February 12<sup>th</sup>**. To order for you student, please login to <https://munchalunch.com/login> and place your order before midnight on February 5<sup>th</sup>. (March 12<sup>th</sup> is the next month's date).



# 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](#)

# Student Guidelines for Safe Use of Artificial Intelligence (AI)

## Protect Your Privacy



When at school, use AI tools that are approved by your school or trusted adults. Be aware of how your data is used. Do not enter personal details like full name, address, phone number, or school name into AI systems.

( CoPilot is currently district approved )

## Understand AI Bias and Verify Responses

AI tools can sometimes give biased or inaccurate information. This happens because AI systems are trained on data, which may not always be fair, accurate or inclusive. Always verify information from other reliable sources - especially if it seems inaccurate.



## AI is a Learning Companion



Use AI tools to support your learning - do not let these tools do the thinking for you. AI can help with research, provide suggestions, or check your work, however, your critical thinking and creativity are essential. Use of AI to cheat will restrict your learning.

## Create Specific Prompts

A good AI question is clear, specific and provides enough detail to guide the AI in generating a response. If the response is not sufficient, ask follow-up questions to the AI to refine the output.



## Ask for Help



If you're not sure how to use an AI tool or if you're worried about how it works, talk to a teacher or an adult you trust. They can guide you in using AI safely and responsibly.

## Keep Learning About AI

AI is a powerful tool that is constantly evolving. Keep learning about how it works and stay informed on the latest developments so you can use it safely and effectively.





# i need help |

**you're not alone – everyone  
needs to ask for help sometimes**



**call 911 |  
report an emergency**

If you aren't sure if your situation is an emergency, go ahead call.

It's better to be safe than sorry.

Get in touch with a counsellor or a trained professional to talk about real-life stuff that you or a friend might be dealing with.



**talk to someone |  
chat with a counsellor  
or trained professional**



**tell someone |  
notify your school or  
report it anonymously**

Let an adult know who can help.

The erase **Report It** tool is an easy way to send a message to someone who can help. It can be anonymous and the problem will be kept private.

**→ [erase.gov.bc.ca](https://erase.gov.bc.ca)**

**erase** | EXPECT RESPECT &  
A SAFE EDUCATION



## VALENTINE'S DAY

# CANDY GRAMS

**PURCHASE A CANDY BAG IN FRONT OF OFFICE AT LUNCH AND HAVE IT DELIVERED TO YOUR FRIENDS IN D BLOCK ON FEBRUARY 13TH**



**We are taking orders for our Quamichan Yearbook!**

**Price: \$35 Pages: 80 pages**

**Due date: May 1, 2025 Website:**

**<https://ybpay.lifetouch.ca/Order/Select Job>**

**Order ID code: 15389425**



# 2025

QUAMICHAN

YEARBOOK

ID CODE

15389425





## Supporting a Cause Never Tasted So Good!

Buy your favourite chocolates to support

Quamichan's Leadership Program



Go to [purdys.com/fundraising](https://purdys.com/fundraising) or Scan QR



Enter customer #  to shop & support.

Place your order by

Contact  at

for more details.



# 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.

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)**

**OUT  
S C H O O L I N  
S**

January 2025

Dear educators, parents, caregivers, and community members,

My name is Danny Lybbert, and I am the Program Manager at Out In Schools. We are part of Out On Screen, a non-profit organization based in Vancouver that celebrates queer, trans, and Two-Spirit lives through film and dialogue. Out In Schools offers developmentally appropriate conversations about 2SLGBTQIA+ people to students, teachers, and beyond. We hope to join you in maintaining school communities that are inclusive of all students and families.

Out In Schools is built on a strong understanding of the Ministry of Education's approach to sexual orientation and gender identity (SOGI). This approach was introduced in response to changes to the BC Human Rights Code in 2016. At its core, the goal of SOGI is to ensure every student is valued and included, and that no one is discriminated against because of their sexual orientation or gender identity.

Our presentations introduce students to a diverse spectrum of identities. We will pair our content with short films and facilitated discussions to help illustrate ideas and share stories of people with lived experiences. You can expect our session to cover the following content:

- ï Recognizing sexual orientations and gender identities within and beyond the 2SLGBTQIA+ acronym, including queer, transgender, straight, and cisgender.
- ï Understanding that concepts of gender and identity are shaped by our culture and vary around the world.
- ï Building awareness of how to respect all people and families in our diverse society, including building empathy for people whose identities are different than our own and allyship through action.

If you have any questions, please get in touch at [danny@outonscreen.com](mailto:danny@outonscreen.com) or by calling [604-844-1615, extension 304](tel:604-844-1615).

Thank you so much,  
Danny Lybbert

he/him, they/them



## Support Your Neighbours!

To ensure transit accessibility and public safety, school communities are reminded to not park or idle in designated transit bus zones. Transit bus zones are marked with red curb paint and are used to safely load and offload riders, often requiring the deployment of a ramp.

Thank you for supporting safe transit and safe schools.

# Pink Shirt Day

February 26th, 2025

1

2

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

STRONG PEOPLE STAND UP FOR THEMSELVES.  
BUT  
THE STRONGEST PEOPLE  
STAND UP FOR OTHERS

LOVE, COURAGE, OPEN, ACCEPTANCE, INDIVIDUALITY, WELCOMING, HOPEFUL, GENEROUS, HONEST, EMPATHY, RESPECT, COMPASSION, KINDNESS, CARE, UNDERSTANDING

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. ©



**SHORT-SLEEVED T-SHIRT**



**CREW SWEATSHIRT**

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**

## YOUNG AUTHORS' CONFERENCE 2025

### Student Information

The Young Authors' Conference, sponsored by the Cowichan Valley School District, will take place Thursday, May 1, 2025 at Vancouver Island University in Duncan and at Quw'utsun Secondary School next door.

At this conference, students will have an opportunity to attend one morning and one afternoon session with two different published authors. In these sessions, the authors will comment on the students' writing and also lead some writing activities. We would like to encourage any students who would benefit from this experience to submit two scripts and a student questionnaire form to the school contact person. Scripts by our definition are two polished pieces of original student writing (not AI generated) which may be from any of the following genres:

- Poetry
- Short story
- Essay
- Fictional journal writing
- Graphic novel/cartoon story (1-2 8 ½" x 11")
- A non-fiction article or newspaper article

**Both submitted scripts from each student MUST conform to the following and be in the format in which they will be published (nothing handwritten is acceptable)**

- Typewritten, single-sided, **5 copies** of each script. Two of these copies will be submitted to the authors, and the others will be bound into student anthologies
- Double spaced with margins on all sides to allow space for author feedback
- Student name and school to be put on the bottom of every page
- **No more than 4 pages of writing in total per student** – additional pages will not be used
- Use size 12 plain font (like Arial or Times New Roman, not fancy fonts)
- **Do not staple – just paper clip**

If you have any questions, please call or e-mail Jenny Ingram before submitting  
[jingram@sd79.bc.ca](mailto:jingram@sd79.bc.ca) or Bench Elementary School (250) 743-5552