


<p>Liimus (April) <i>(The time when the wild geese fly in V formation)</i> Week at a glance:</p>	 <p>QUAMICHAN LIGHTNING</p>
<p>Syulwulhnet (Monday), April 7th BADC, Day 1</p>	<ul style="list-style-type: none"> • Girls Soccer Practice - 3:45 - 5:00 pm at Sportsplex • Mt. Bike Club starts back up today – Mt. Tzouhalem @ 4 – 5:30
<p>Sthumunt-s (Tuesday), April 8th BADC, Day 2</p>	<ul style="list-style-type: none"> • Girls Rugby optional morning fitness 7:30 - 8:30 am @ QSS • School Wide Track & Field Day – dress accordingly. Hot dogs will be provided. Please send \$ for drinks/freezies and/or send your student extra liquids and snacks. • Chess Club Meeting @ lunch in rm 103 • D&D Club meets in room 108E @ lunch • Cowichan Citizens Club in rm 200 • Rock Climbing Club @ Mt. Prevost 4 – 6:30 • Girl's Soccer Home League Game v. FKSS @ Sportsplex
<p>Slihws (Weds), April 9th BADC, Day 1</p>	<ul style="list-style-type: none"> • Hot Lunch Day! • Wordle Wednesday Club meets in 107 @ lunch • Climate Action Committee meets in rm 200 @ lunch • Girls Rugby practice 3:30 – 4:30 @ Quw'utsun Secondary School • Staff Meeting
<p>Sxu'athuns (Thursday), April 10th BADC, Day 2</p>	<ul style="list-style-type: none"> • Science & Math Support Club – room 107 @ lunch • Rainbow Club - room 200 @ lunch • Music Club - room 204 @ lunch • District Chess Tournament – all day @ George Bonner
<p>Slhq'etsus-s (Friday), April 11th BADC, Day 1</p>	<ul style="list-style-type: none"> • School Wide Run • Grade 9 Showcase in C1 • Girl's Rugby Tournament All Day – more info to come • Karaoke in Modular 2 @ Lunch • Girls Rugby practice 3:30 – 4:30 @ Quw'utsun Secondary School

UPCOMING DATES

- **Apr 8** – School Wide Track & Field meet @ Cowichan Sportsplex
- **Apr 9** – **STAFF MEETING** / Hot Lunch Day (orders due the week before)
- **Apr 10** – District Chess Tournament – *Best of luck, Quamichan Lightning!*
- **Apr 10** – Parent Evening @ Quam @ 6 pm – for incoming grade 7 families
- **Apr 14** – Non-Instructional Day - NO SCHOOL
- **Apr 18 – 21** – Easter Long Weekend – NO SCHOOL
- **Apr 23** – 2 Hour Early Dismissal (out at 1:14 pm)
- **Apr 24** – Hot Lunch Day (order due week before)
- **May 1** – Due date for Quamichan Yearbook orders (more info below)
- **May 3** – **Quamichan Mother's Day Market**
- **May 7** – Hot Lunch Day (orders due the week before)
- **May 22** – Hot Lunch Day (orders due the week before)

CLUBS

Mt. Bike Club - [Mondays](#) @ Mt. Tzouhalem from 4 – 5:30 pm

Eco Club

[Friday April 4th:](#)

A friendly message from your eco club: Remember to unplug your chargers when you are finished using them. Remember the phantom drain!

[Monday April 7th:](#)

A friendly message from your eco club: Teachers and students- are there items in the classroom that can be unplugged before leaving for the day? Remember the phantom drain!

Power Lifting Club

Power Lifting Club will begin meeting after school on Tuesdays, starting next week ([Tuesday, April 8th](#)) from 3:30 – 4:30. See Mr. Candelaria for more details!

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.

Climate Action Committee – [Wednesdays](#) in rm 200 @ lunch – cookies provided!

Music Club - [Thursdays](#) at lunch in room 204

Rainbow Club – Everyone welcome. Room 200 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 Soccer

The Girls Soccer team had a good first game versus Shawnigan Lake. Despite a 4-2 loss, all the players had a strong game and worked well as a team. The two Quamichan goals were scored by *Ruby Grimshaw* and *Sadie Milward*. Special shout out to *Taylor Lowery* for an amazing job in goal.

Next Girls Soccer practice will be **Monday, April 7th**, 3:45 - 5:00pm at the Sportsplex.

The girls next game will be **Tuesday April 8th**, 3:30 versus Francis Kelsey at the Sportsplex.

Those still needing uniforms are asked to see Mrs. Skene. Those Still needing permission forms are asked to pick one up in the office and turn them into Mrs. Taylor or Mrs. Skene.

Girls Rugby

Fitness: **Tuesday, April 1st** 7:30-8:20am @ new Quw'utsun gym (optional)

Practice: **Wednesday, April 2nd** 3:30-5:15pm @ old school field

Tournament: **Friday, April 4th** all day (more info to come)

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

NEW! Track & Field

The Quamichan T&F team is about to start. To join the team, you must participate in your event or events at our Quamichan meet. We will have our first team meeting following our meet to outline the season, practices, and event dates. For your information, the following dates are now scheduled:

2025 QUAMICHAN TRACK AND FIELD CALENDAR:

Tuesday, April 8th – Quamichan School Track Meet - No Permission Needed

Thursday, April 17th – CVIAA League Meet #1 3:00 – 6:00 pm @ The Sportsplex.

Wednesday, April 23rd – T&F practice with multiple schools – coaches for all events 3:00 – 6:00pm The Sportsplex

Friday, April 25th – CVIAA League Meet #2 3:00 – 6:00 pm @ The Sportsplex

Wednesday, April 30th – T&F practice with multiple schools – coaches for all events 3:00 – 6:00pm The Sportsplex

Wednesday & Thursday, May 7 & 8th – North Island Meet in Port Alberni

Tuesday & Wednesday, May 20 & 21st - Island Championships - Top Four from each event at North Island's Qualify

Wednesday, May 28th – T&F practice for athletes who qualified for provincials; multiple schools – coaches for all events 3:00 – 6:00pm The Sportsplex

Wednesday, Thursday & Friday, June 6, 7, & 8th - Provincial Championships





Upcoming Hot Lunch Dates Until End of Year:

- Wednesday, May 7th
- Thursday, May 22nd



Hot lunch orders are through [Munch a Lunch.com](https://munchalunch.com) and MUST be placed the week before.

- 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!


   **quamichanschoolpac@gmail.com**

➤ New Email!

Trying to reach your Quamichan PAC?
Sorry if we've been hard to reach - we have a NEW EMAIL ADDRESS! Sadly, our former address is no longer active; it has been compromised. From now on, please send all communications for your PAC to:
quamichanschoolpac@gmail.com (it's just ever so slightly different than the former one!)

2025
QUAMICHAN
LIGHTNING
YEARBOOK PRESALES
ID CODE: 15389425



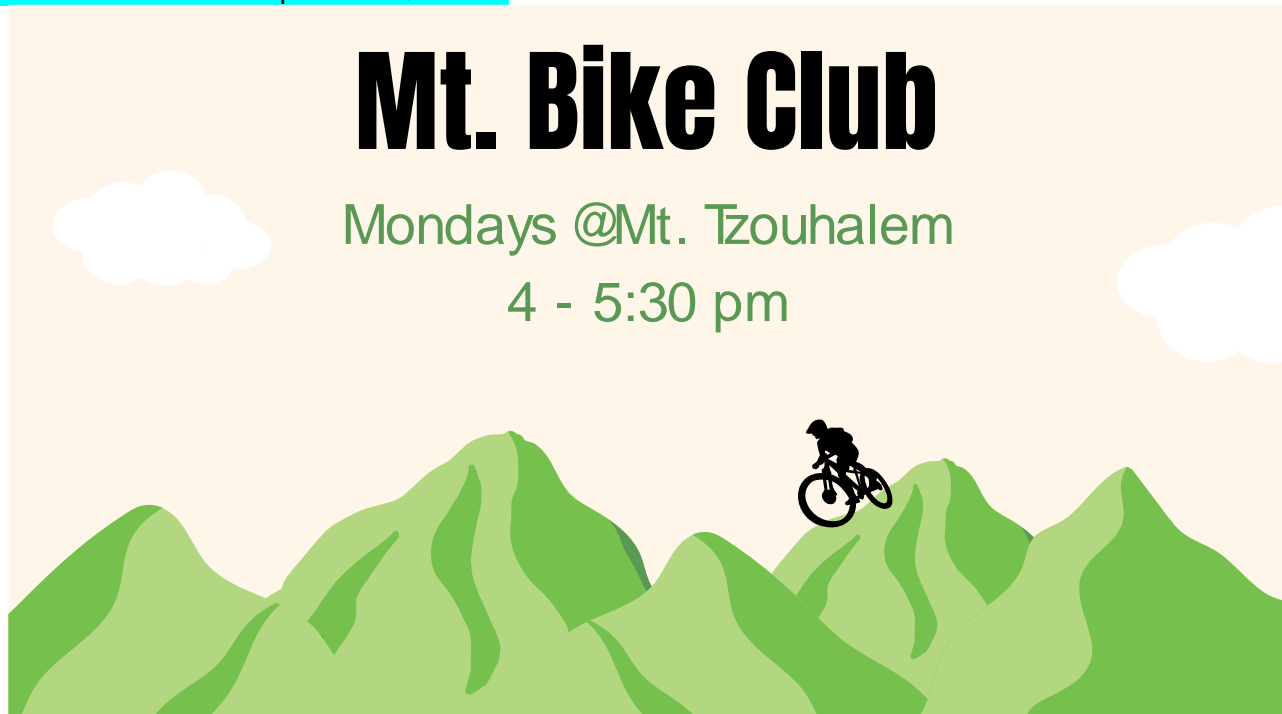
Or go here:

https://ybpay.lifetouch.ca/Order/SelectJob?utm_source=Flyer&utm_medium=Print&utm_campaign=YB25_5003906

and enter the ID code: 15389425

Pre-Orders due: April 30th, 2025

Mt. Bike Club
Mondays @Mt. Tzouhalem
4 - 5:30 pm



co-ed Basketball camp

3 Days a Week from 7:30 – 8:30 am in
Quam Gym on Tuesdays and Thursdays

- No Tournaments
- Mentorship by elite athlete

Link to register: [https://
equestar.wixsite.com/legacy360-
basketball](https://equestar.wixsite.com/legacy360-basketball)





QUAMICHAN SCHOOL
PRESENTS

a Mothers Day
MARKET

SATURDAY | MAY 3 | FROM 10-2
2025

2515 Beverly Street, Duncan

See you there

**VENDOR APPLICATIONS
NOW OPEN**

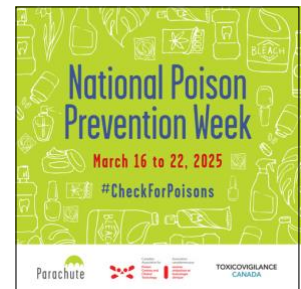
email us at: quamichanmarket@gmail.com
or quamichanheadsecretary@sd79.bc.ca for
an application or more information.



BACKGROUND

Poison Prevention Week – March 16 to 22, 2025
parachute.ca/ppw

Poison Prevention Week is an annual national awareness campaign to draw attention to the causes of poisoning and how to prevent them from occurring. With many potential poisons – such as medications, household cleaners and cannabis products – in and around the home, it's important to know how to safely store these items and what to do in the event of a poisoning.



The facts on poisoning

Unintentional poisoning is the third-leading cause of injury death in Canada. Each year, unintentional poisonings cost the health care system and Canadian society \$2.6 billion. These tragedies also have immeasurable costs to the individuals, families and communities affected.

On average, more than 4,000 people die due to poisoning every year in Canada. Thousands more are seen in emergency departments and admitted to hospital.

Each year, Canada's poison centres receive more than 200,000 calls, with approximately a third of exposure cases involving a child under 6.

Children are particularly vulnerable to poisoning because of their small body size and lower weight. They are also curious and like to mimic behaviour they see in adults.

Awareness saves lives. Prevent poisoning before it happens.

This year, partners across the country are joining forces to encourage all people in Canada to #CheckForPoisons. Being poison aware can help you and your family prevent poisonings and react quickly if the unexpected happens.

Recognize and identify potential poisons

There are many items in and around the home that can cause poisoning.

- **Medications are the leading cause of poisoning in Canada.** Prescription and over-the-counter medications can cause poisoning if taken by mistake or used incorrectly.



- **Household cleaners can be fragrant, brightly coloured and appealing to children.** When mixed, household cleaners can produce dangerous chemicals.
- **Ingesting cannabis is the most common cause of cannabis poisoning in children.** Cannabis edibles often resemble common snacks (e.g., brownies, gummy candies). A young child may be unable to tell the difference.
- **Fragrant and brightly coloured personal care products such as perfume, mouthwash and hand sanitizer can be appealing to children.** These products often contain a high percentage of alcohol, which can be harmful to children if ingested. Store these products high and locked away from children's reach.

Take action to prevent poisoning

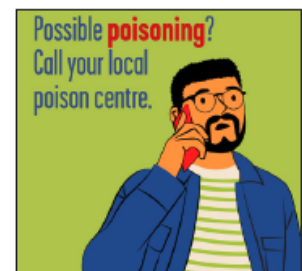
- **Know how to store potential poisons safely and prevent unintentional poisoning:** Store poisonous products high, locked and out of sight and keep products in their original, child-resistant packaging.
- **Follow directions and use products as they're meant to be used:** Always read the label and check the dosage each time you give or take medicine. Avoid mixing different cleaning products together.
- **Talk to your pharmacist.** Your pharmacist can help you learn how to use prescription and over-the-counter medications and natural health products safely.
- **Safely dispose of expired and unused medications.** Having expired and unused medications around the home can lead to their potential misuse and abuse. Return expired and unused prescription and over-the-counter medications and natural health products to your pharmacy or through your [local unwanted medications take-back program](#).



Know what to do in case of a poisoning

Having an action plan in place can help you and your family respond quickly in the event of a poisoning. Only 18 per cent of Canadians report knowing about local poison resources.

- **Possible poisoning? Call your local poison centre.** Canada has a toll-free 24/7 number for poison centres. If you suspect a poisoning, call **1-844-POISON-X (1-844-764-7669)**. If you are located in Nunavut, contact your [local health centre](#). If you are located in Québec, call 1-800-454-1212.
- Keep the number of your poison centre nearby or in your phone. Program the number into your phone's contact list or keep it in a visible location, such as on



your fridge. In the event your child or someone else in your household is potentially poisoned, contact the poison information centre.

Help is a call away

There are many resources available if you or someone you know is in crisis and in need of support. Call your local poison centre if you suspect self-harm by poisoning. If you or someone you know:

- Requires urgent medical care, call 9-1-1.
- Is thinking about suicide, call or text 9-8-8. In Québec, call 1-866-APPELLE. Support is available 24 hours a day, 7 days a week.
- Is looking for substance use support, find [Canada-wide and regional support services](#).



Help create a safer Canada

Everyone can help by reporting unsafe products and issues with medications:

- [Play a vital role in reducing medication incidents by reporting them](#). A medication incident, also known as a medication error, is a mistake with medication (e.g., receiving the wrong medication, dose or route of administration).
- [Health professionals are encouraged to report adverse reactions and concerns about products](#). Reporting is a critical part of the process to improve health product safety for all people in Canada.

For more information on how to #CheckForPoisons, visit these websites:

- Parachute – parachute.ca/poisoning
- Canadian Association for Poison Centres and Clinical Toxicology – infopoison.ca
- Health Canada – canada.ca/en/health-canada.html



Canadian
Association for
Poison
Centres and
Clinical
Toxicology



Association
canadienne pour
centres
antipoison et
toxicologie
clinique

TOXICOVIGILANCE
CANADA

Lunch Provided

MONDAY APRIL 14TH

Bedazzle Day

9:00 - 5:00

Cowichan Valley Youth
Services

Bedazzle anything!
Learn to sew
and More

Register at
250 748 0232

294 Coronation Ave, Duncan

See you soon!

13-18 years
old





**Need to find new ways to
connect with and support
your pre-teen or teen?**

Connect is a 10-week
attachment-based program
that helps parents support
youth aged 8-18.

Thursday Evenings

Starting April 17, 2025

For More Information:

Call: 250-748-0232

Email: office@cvyouth.ca



**COWICHAN
VALLEY
YOUTH
SERVICES**

X



Z



COWICHAN
PERFORMING
ARTS CENTRE

LET THEM COOK: A GEN Z VARIETY SHOW



CPAC YOUTH WEEK

Calling all singers, dancers, rappers, poets, rock bands, classical virtuosos, karaoke stars, and those who want to lip sync for their life! Cowichan Performing Arts Centre & Cowichan Community Centre present an opportunity to perform on the Island's largest stage! This show is for youth 13-18. Sign up to perform or come hangout for the snacks and the show.

THURS | MAY 1 | 4:00-6:00PM

PRE-REGISTRATION CODE: 95018 | DROP-INS WELCOME | FREE

COWICHAN PERFORMING ARTS CENTRE - THEATRE



RECCOWICHAN.CA



BIODIVERSITY-THEMED
ART COMPETITION

FOR KIDS & TEENS, AGES 3-18

Showcase your **local biodiversity** using any medium!



Biodiversity is all the living things, like plants, animals, fungi, and microorganisms



Open for entries until:

**1 June
2025**



 @wildpostcardproject
 www.wildpostcardproject.com



BIODIVERSITY-THEMED
ART COMPETITION
FOR KIDS & TEENS, AGES 3-18



2 Your name:

3 Your age:

1 Showcase your local biodiversity using any medium!



BIODIVERSITY is all living things, like plants, animals, fungi, & microorganisms.

4 Title of your artwork:

5 Short description of your artwork:

A large rectangular area enclosed by a dashed green border, intended for the student to create their artwork.

6 What is your favourite biodiversity?

