


<p>Liimus (April) <i>(The time when the wild geese fly in V formation)</i> Week at a glance:</p>	
<p>Syulwulhnet (Monday), April 28th ABCD, Day 1</p>	<ul style="list-style-type: none"> • Student Vote - Grade 9's during A1, Grade 8's during B1 in MPR • Stelly's Bounding Competition – good luck to all our participants! • Archery meets after school @ 3:30 Quam gym • Mt. Bike Club meet at Mt. Tzouhalem @ 4 – 5:30
<p>Sthumunt-s (Tuesday), April 29th ABCD, Day 2</p>	<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 • Tzinqua Dancing meet in 132 @ lunch • Power Lifting Club meets in Fitness Portable after school • Archery meets after school @ 3:30 Quam gym • Girls Rugby Game for the 9's (meet at old school field afterschool, kick-off at 4:30) • Rock Climbing Club @ Mt. Prevost 4 – 6:30
<p>Slihw's (Weds), April 30th ABCD, Day 1</p>	<ul style="list-style-type: none"> • Advisory – Track Meet stuff (see below) • Wordle Wednesday Club meets in 107 @ lunch • Climate Action Committee meets in rm 200 @ lunch • Girls Rugby - LAST PRACTICE for the season 8's & 9's (with pizza) 3:30-5 at the old school field
<p>Sxu'athuns (Thursday), May 1st ABCD, Day 2</p>	<ul style="list-style-type: none"> • School Wide T&F Day (more info purple below) • Science & Math Support Club – room 107 @ lunch • Rainbow Club - room 200 @ lunch • Music Club - room 204 @ lunch
<p>Slhq'etsus-s (Friday), May 2nd</p>	<p>Non-Instructional Day NO SCHOOL</p>

UPCOMING DATES

- **Apr 28** – Student Vote

- **May 1** – School-Wide Track & Field Day / Due date for Quamichan Yearbook pre-orders (more info below)
- **May 2** – Non-Instructional Day – NO SCHOOL for students
- **May 3** – Quamichan Mother's Day Market
- **May 7** – Hot Lunch Day (orders due the week before)
- **May 8** -Grade 9 Showcase in C2 / Tentative Date for Evening of the Arts @ Quamichan – more info to come
- **May 9** – Quamichan Evening of the Arts @ 6 pm (ask your students if their exploratory is performing!)
- **May 14** – 2 Hour Early Dismissal (out at 1:14 pm)
- **May 19** – Victoria Day – NO SCHOOL
- **May 22** – Hot Lunch Day (orders due the week before)
- **June 20** – LAST DAY OF REGULAR CLASSES

CLUBS

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

Eco Club - Look for messages in the PIT and listen to announcements for more

Tzinqua Dancing – Tuesdays @ lunch. Meet in rm 132 at lunch to walk over to Alexander with Mr. Mason.

Power Lifting Club - Tuesdays 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

New! Archery – meeting after school on Monday, April 28th and Tuesday, April 29th.

Tuesday, May 6 – Archery Competition in the Gymnasium

Girls Soccer

Thanks to all the girls who participated on this years soccer team. The team participated in a very competitive league and consistently improved as the season went on. All the best to our players moving onto high school next year at QSS. Please turn in your washed Jersey into Mr. Hart.

Girls Rugby

Tuesday, April 29th - Girls Rugby Game for the 9's (meet at old school field afterschool, kick-off at 4:30)

Wednesday, April 30th - LAST PRACTICE for the season 8's & 9's (with pizza) 3:30-5 at the old school field

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

Students will be away from school competing in a climbing competition on **Monday**, April 28th for Stelly's Bouldering Competition. Best of luck to our Quamichan Lightning participants!

Track & Field

Wednesday, April 30th – T&F practice with multiple schools – coaches for all events 3:00 – 5 pm @ 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

Quamichan T&F meet:

Quamichan T&F meet:

When: Thursday, May 1, 2025.

Quamichan is holding its annual T&F meet on Thursday, May 1. Please encourage your child to attend the day. It is days like these that we remember when we look back to our time at Quamichan.

So far, the weather looks promising. To help make the day enjoyable:

- Dress for the weather, ensuring good shoes and clothing designed for ease of movement.
- Warm clothes to cut the wind.
- Hat and sunscreen.
- Water bottle and food/snacks. Note, the Quamichan Snack Shack will be selling snacks and drinks at the meet.
- Sportsmanship, sportsmanship, sportsmanship!

Parents are welcome to come watch. A schedule of events is listed below.

Track and Field

Event Schedule

Field Events

Groupings	10:00	10:45	11:30	12:15	01:00	01:45
Junior Boys grade 9	Shot Put	Triple Jump	High Jump	Javelin	Long Jump	Discus
Junior Girls grade 9	Long Jump	Javelin	Discus	Shot Put	Triple Jump	High Jump
Grade 8 Boys	Discus	Long Jump	Javelin	High Jump	Shot Put	Triple Jump
Grade 8 Girls	Javelin	High Jump	Shot Put	Long Jump	Discus	Triple Jump

Track Events

1500m	10:00
100m heats	10:30
800m	11:30
100m Finals	12:00
400m	12:45
200m timed finals	01:30
4x100m relays	02:00

**PLEASE NOTE. The times listed above are approximate and the events may start earlier/later than indicated.

**QUAMICHAN SCHOOL
PRESENTS**

a Mothers Day
MARKET

MAY

SATURDAY

3

FROM 10-2

2025

2515 Beverly Street, Duncan


**OVER 35
LOCAL
VENDORS**

**FREE ACTIVITES FOR
THE KIDS!
FACE PAINTING
COOKIE DECORATING**

**PURDY'S
CHOCOLATE
BARS
FOR SALE**

**EACH TIME YOU SUPPORT ONE OF OUR AMAZING
VENDORS, YOU WILL RECEIVE AN ENTRY INTO
OUR MOTHER'S DAY BASKET DRAW!**


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: 5389425

**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

QUAMICHAN SWAG



Truckers Caps

\$20



T-Shirts

\$20



Crew Neck

\$35



Hoodies

\$40



Full Zip Hoodies

\$50



Jogging Pants

\$35

CUSTOMER INFORMATION

FULL NAME

EMAIL

PHONE

ORDER INFORMATION

PRODUCT TYPE Please circle your style & colour choice below

SIZES S, M, L, XL, 2XL (\$5 extra)

LOGO COLOURS White, Black, Silver, Gold, Pink, Navy, Rainbow



Unisex T-Shirt Colours \$20 (6500M)



Size	Logo Colour	Logo Place
<input type="text"/>	<input type="text"/>	Full Front/ Left Chest



Unisex Crew Colours \$35 (18000)



Size	Logo Colour	Logo Place
<input type="text"/>	<input type="text"/>	Full Front/ Left Chest



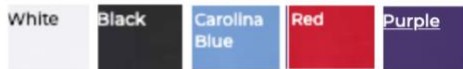
Unisex Hoodie Colours \$40 (18500)



Size	Logo Colour	Logo Place
<input type="text"/>	<input type="text"/>	Full Front/ Left Chest



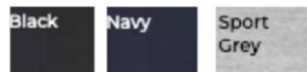
Unisex Full-Zip Hoodie Colours \$50 (18600)



Size	Logo Colour	Logo Place
<input type="text"/>	<input type="text"/>	Full Front/ Left Chest



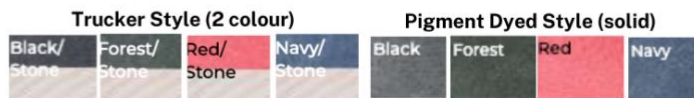
Unisex Jogging pant Colours \$35 (18200)



Size	Logo Colour	Logo Place
<input type="text"/>	<input type="text"/>	Left Thigh



Unisex Cap Colours \$20 (SP510/SP500)



Logo Colour	Logo Colour
White or Black	White or Black

ORDER TOTAL: \$ _____ Payment Attached: Paid Online:

(Other styles, sizes and colours available upon request)