

Hwisulenuhw (October)

(The time when leaves are shaken from trees)



Week at a Glance:

Syulwulhnet – Oct 13 (Monday)	• THANKSGIVING DAY – NO SCHOOL
Sthumunt-s – Oct 14 (Tuesday) ABCD – Day 2	• D&D club @Lunch in Room 209 • Craft & Chat club @Lunch in Counselling office • Girls Gr 8 & 9 Basketball – 3:30 to 5pm • Cross Country @Glenora Park • Rock Climbing @Ecole Mt Prevost school 4:00 – 6:30pm • FCS Karate Club – Teen/Adult Classes 7:00 – 8:30pm
Slhihws – Oct 15 (Wednesday) ABCD – Day 1	• INED Soccer @8:00am • Advisory Representatives Meeting 10:00 Library • D&D Club 3:30 to 5pm • Girls Gr 8 VBall Practice 3:30 – 5pm • Girls Field Hockey @Sportsplex 3:30pm • G 9 Boys Basketball Tryouts 5:30 – 7pm
Sxu'athuns – Oct 16 (Thursday) ABCD – Day 2	• CC Youth Club meeting @Lunch – room 200 • 10:19 Great Shake Out Earthquake Drill • Craft & Chat club @Lunch in Counselling office • Girls Volleyball games hosted here Gr 8 vs Lakers - Gr 9 vs Shawnigan • Boys Rugby back field 3:30 pm
Slhq'etsus-s – Oct 17 (Friday) ABCD – Day 1	• Girls Field Hockey @Sportsplex hosting Quam Cup 12:30 – 4:15pm • Gr 9 Boys Basketball Tryouts 3:30 – 5pm • Rock Climbing @Ecole Mt Prevost school 4:00 – 6:30pm • FCS Karate Club – Teen/Adult Classes 7:00 – 8:30pm

UPCOMING DATES

- Oct 13 - **Thanksgiving Day - No School**
- Oct 16 - School Earthquake Drill
- Oct 16 - First Day of Exploratory Rotation #2 - Day 2
- Oct 17 - First Day of Exploratory Rotation #2 - Day 1
- Oct 23 - **2 Hour Early Dismissal - 1:14 pm**
- Oct 24 - **Non-Instructional Day - No School**
- Nov 3 - Photo Retake Day
- Nov 7 - Remembrance Day Assembly

PLEASE NOTE: We are unable to store bikes or scooters in the building. Any scooters or bikes ridden to school will need to be locked to the bike racks in front of the school. Students will need to provide a sturdy lock. We cannot guarantee the safety of any vehicles.

CLUBS

Craft & Chat Club - all students welcome, Tuesday and Thursdays at Lunch in the Counselling office

Cowichan Citizens Youth Club (CCYC) – Thursdays at Lunch in Room 200, Ms Shave

- The Cowichan Citizens Youth Club is an in-school club where students build identity, belonging, and connection. We do this by having meaningful conversations on topics like respect and empathy, and by giving back through school and community service projects. Monthly service days bring students from all CCYC schools together to make a difference. If you'd like to join or find out more, please see Ms. Shave in Room 200.

D&D Club - Tuesdays at Lunch in room 209

- Wednesdays after school from 3:30 to 5:00 pm

GO LIGHTNING



SPORTS

Girls Basketball (Gr 8 & 9): Please come to an open gym time on Tuesday Oct. 14th from 3:30-5:00pm if you are interested in playing for the Quamichan team.

Grade 9 Boys Basketball: Please come to tryouts in the gym on Wednesday Oct. 15th from 5:30-7:00 pm and Friday Oct 17th from 3:30-5:00pm if you are interested in playing on the grade 9 Boys Basketball team.

Intramural Volleyball - Dates TBA - see Mr. Lefebure if you are interested

Field Hockey - Practices and games are at the Sportsplex.

Rugby - Practices are after school on Thursdays from 3:30 to 4:45 on the back field

Swim Club - TBA

Mountain Bike Club - Club meets on Mondays 4:00 to 5:30pm at the Kaspera parking lot on Mt. Tzouhalem

Other Happenings

Rock Climbing Club - Tuesdays and Fridays at Mount Prevost School from 4:00 to 6:30 pm. Open to all school aged children.

FCS Karate Club at Quamichan - Teen and Adult Classes, Tuesdays and Thursdays from 7:00 to 8:30 pm "We train Shite-Ryu karate. New students or students from other karate styles are welcome." The classes are for students 13+ years old. Scan the QR code for more information on fees and registration, or to talk to Mr. Walls if you have any questions.



Parents and Guardians: the link below is to support parents to engage in conversations about substance abuse.

<https://www2.gov.bc.ca/assets/gov/erase/documents/mental-health-wellness/substance-use-prevention-series.pdf>

Quamichan Snack Shack Menu

All items are available first come - first serve.

MONDAY		TUESDAY		WEDS		THURSDAY		FRIDAY	
Pizza	\$3.50	Pizza	\$3.50	Pizza	\$3.50	Pizza	\$3.50	Pizza	\$3.50
Beef Taco Wrap	5.50	Chicken nuggets & Fries	5.00	Grilled Cheese	3.50	Chicken strips & Fries	5.00	Cheeseburger	6.00
Chicken Burger	5.00	Fries	4.00	Tater tots	3.50	Taquitos	\$1 each	Fries	4.00
Taquitos	\$1 each	Chicken Caesar Wrap	5.50	Taco in a bag	6.00	Fries	4.00		
Fries	4.00			Onion rings	4.00	Ham & cheese croissant	5.00		

Snack Shack Snacks

Chips	\$1	Popcorn	\$1	Cookie	\$1	Lollipop	\$0.50	Seaweed	\$1
Cookie	\$1	Munchie Mix	\$1	Pringles	\$1.50	Rice Krispie Square	\$2	Cupcake	\$1.50
Big Cookie	\$2	Nutella & Go	\$2	Seaweed	\$1	Cupcake	\$1.50	Pocky	\$2.75
		Wagon Wheel	\$1						

Snack Shack Drinks

Can drink	\$1.50	Chocolate Milk	\$3	Fruit2Go	\$2.50	Hot Chocolate	\$1.00
Juice Box	\$0.75	Slush Puppies	\$2.75	Water	\$1.00		



Order Quamichan School Snack Shack eGift Cards

Order Quamichan School Snack Shack eGift Cards by scanning the QR card, or online and give the perfect gift. Send gift cards instantly to anyone. Powered by Square Gift Cards app.squareup.com



Cowichan Valley Canadian Parents for French (CPF) is our local branch of the national CPF network of parents and educators who are passionate about youth having access to French second-and-additional language learning and cultural events in schools.

As members are our driving force we are participating in a "Membership Drive Campaign" this month, and we'd like to encourage all parents and youth to sign up for a FREE membership by Oct 31.

Membership gives you early access to events, resources for K-12 learners, and the support of a dedicated advocacy group.

We are planning advocacy and events for this coming year. We'd love to have your help!

Do you have questions? Would you like to become involved?: cowichanvalleycpf@gmail.com.

Merci! Huy ch q'u! Thank you!



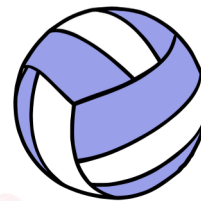
Help your Quam PAC each time you make purchases at Co-op gas stations (fuel or in-store purchases). Just use our Co-op membership number #26568 and your rebate for those purchases will be directed into the Quam PAC fundraising account! Thank you!

Congratulations!! and thank you to our newly elected PAC executive team. They will be working hard to support the school once again this year. Reach out if you have ideas or energy to contribute - all parents/guardians are welcome at general meetings and are needed as volunteers for events.

The next PAC meeting is Wednesday, November 5th.

Volleyball

INTERMURALS



what are intermurals?
students create teams and play
games at lunch. 6-8 people
needed per team

Interested?
See Mr. Lefebure

CREATIVITY CONTEST OPPORTUNITIES!

The Legion is having their annual "Youth Remembrance Contest". Are you an artist, a wordsmith, or filmmaker? Create something about Remembrance and what it means to you and your country, and you would win local and national prizes, including cash!

Deadline: November 15, 2025

Who can Enter?

All kids and youth, grades 1-12, in BC and Yukon.

Contest Categories:

- Poster - Grades 1-12
- Essay - Grades 4-12
- Poetry - Grades 4-12
- Video - Grades 7-12



For more information, please go to:

<http://www.remembrancecontests.ca/>

Or you can visit Mrs. Skene in the library to collect an entry form from the "Writing Contests" bulletin Board.

Polar Expressions Publishing is having their annual SHORT STORY and POETRY writing contests. It is available to all students. There are cash prizes for winners in each grade! If you are interested in this contest, please see Mrs. Skene in the library for more information. **Due date is, Nov. 21st** for Poems and Short Stories.

DO YOU LOVE TO WRITE?

WANT THE CHANCE TO BE PUBLISHED?

WE ARE PLEASED TO ANNOUNCE OUR **20TH** ANNUAL STUDENT WRITING CONTESTS

2025/2026 NATIONAL K-12 STUDENT POETRY AND SHORT-STORY CONTESTS

NO ENTRY FEES!
BOOKS AND CASH PRIZES TO BE WON!

Deadlines: Poems (32-line max.): November 21, 2025
Short Stories (450-word max.): November 21, 2025

Other rules: All work must be original and within line/word limits (above). One poem and/or one story per entrant. NO essays, nonfiction, or fanfiction. Creative fiction only. Peer editing (same age or younger) is allowed. Entrants must live and attend school in Canada. Visit our website for all the details.

FOR STUDENTS IN KINDERGARTEN THROUGH GRADE TWELVE

PLEASE VISIT OUR WEBSITE TO ENTER ONLINE OR DOWNLOAD AN ENTRY FORM TO MAIL IN.

BOOKS AND CASH PRIZES WILL BE AWARDED TO STUDENTS AND SCHOOLS

ALL ENTRANTS RECEIVE A BOOKMARK GIFT. THERE ARE NO LOSERS!

VISIT OUR WEBSITE TO READ PAST WINNING ENTRIES AND TESTIMONIALS

SUBMIT ENTRIES

ONLINE (PREFERRED)
WEB: <https://polarexpressions.ca/SubmitEntryOnline.html>
POEM: <https://form.jotform.com/250395888142264>
STORY: <https://form.jotform.com/250395928161260>

OR BY REGULAR MAIL (BE SURE TO INCLUDE AN ENTRY FORM OR REASONABLE FACSIMILE)
POLAR EXPRESSIONS PUBLISHING
PO BOX 500 STN MAIN
MAPLE RIDGE BC V2X 3P2

PLEASE VISIT OUR WEBSITE www.polarexpressions.ca FOR MORE INFORMATION

ATTENTION! It's almost time for our Annual Quamichan School Christmas Market!



**Do you have unique crafts, handmade goods, or retail items to share?
Interested in being a vendor this year? Whether you offer art,
jewelry, clothing, home décor, specialty foods, beauty products,
books, toys, or other retail treasures—we'd love to have you!
Simply scan the QR code to the right to access the application form
and join our vibrant marketplace.**



SCHOOL DISTRICT 79 EMPLOYMENT OPPORTUNITIES



WE'RE Hiring

COWICHAN VALLEY School District

Indigenous Support Worker

We are currently accepting applications for Indigenous Support Workers (ISW). ISW work is a great way to make a meaningful difference in the lives of students throughout the district.

If interested, please email your resume to: Human Resources, Support Staff at apply@sd79.bc.ca or drop off at the School Board Office: 2557 Beverly Street, Duncan.

Hourly wage of \$34.22

For more information visit www.sd79.bc.ca



WE'RE Hiring

COWICHAN VALLEY School District

Cultural Teaching Assistants (CTA)

First Nations Cultural Teaching Assistants provide a range of First Nations cultural education and Hul'q'umi'num' language in classrooms.

If interested, please email your resume to apply@sd79.bc.ca or drop off at the School Board Office: 2557 Beverly Street, Duncan.

Hourly wage of \$34.22

For more information visit www.sd79.bc.ca



WE'RE Hiring

COWICHAN VALLEY School District

Hul'q'umi'num Language and Culture Advisor (HLCA)

Hourly wage of \$38.16

HLCA's act as a Coast Salish Knowledge Keeper and Hul'q'umi'num' Language Advisor throughout the district. This work makes a meaningful difference in the lives of students.

For more information visit www.sd79.bc.ca

If interested, please email your resume to: apply@sd79.bc.ca or drop off at the School Board Office: 2557 Beverly Street, Duncan.



WE'RE Hiring

COWICHAN VALLEY School District

School Bus Drivers

We are currently accepting applications for On-Call School Bus Drivers. Our drivers play an integral role in the day of our students. This is a great opportunity to work early mornings and afternoons getting students safely to and from school.

Hourly wage of \$32.47

If interested, please email your resume to: apply@sd79.bc.ca or drop off at the School Board Office: 2557 Beverly Street, Duncan.

Qualifications:

- Grade 12 Diploma or equivalent
- Class 1 or 2 Driver's License with Air Brake endorsement
- Clean Driver's Abstract
- Demonstrated interpersonal and communication skills