



QUILCHENA CYCLONES

The Week Ahead: March 9 – 13, 2026

**Monday
Mar 9**

PAC Hot Lunch -
Libby's Kitchen

**Tuesday
Mar 10**

**Family MATH
Expo**

4:00-5:30pm
School Gym



**Wednesday
Mar 11**

Universal
Hot Lunch Day

**Thursday
Mar 12**

Green Team
Book Exchange
@ lunch

Gr 6/7 Basketball
Play Day @ Boyd

**Friday
Mar 13**

Term 3
PAC Hot Lunch
ORDERING OPEN

Last Day before
SPRING BREAK

Sun, Mar 8
Daylight Saving Starts

We have one more week of school before we head into Spring Break, Cyclones. We have a busy last week ahead – please make sure to check the school calendar and website for upcoming events. Don't forget to change your clocks to one hour ahead on Sunday morning for Daylight Savings. Enjoy your weekend and see you all Monday!

**Spring
Break**
in Richmond
March 14 – 29



The City of Richmond is offering some **low-cost and free family-friendly events and activities** over the upcoming Spring Break (March 14-29). Make the most of the school break with swimming, skating, nature adventures, exhibitions and more. Explore exciting day camps, drop-in fun and registered activities (in-person and online programs for all ages).



Please visit the School Calendar on our website for all of our future notable dates and events. Simply click on the 'event' for more details.



Quilchena

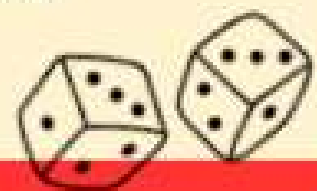
FAMILY **Math** EXPO

MARCH 10TH

**FROM 4:00
TO 5:30 PM**

Quilchena families are invited to come and explore the exciting math and numeracy learning happening in our classrooms. This event is a wonderful opportunity to see students' thinking in action, engage with interactive activities, and gain a clearer understanding of the math proficiencies we are building throughout the year. We look forward to celebrating our learning with you!

With special guests from the Richmond Public Library and Julia Robinson Mathematics Festival



QUILCHENA GYM

5760 Morsby Drive



QUILCHENA CYCLONES

IN OTHER QUILCHENA NEWS...

Supporting STUDENT WELL-BEING

This month we are highlighting two important parts of children's overall health: nutritious eating and healthy sleep habits. Both play a key role in helping students stay energized, focused, and ready to learn.

The flyers below provide more helpful tips from the full resources we've shared. Although Spring Break is upon us, these are healthy habits that can be practiced anytime as a family. Keeping regular bed times, maintaining consistent nighttime routines, and avoiding screens before bed are simple strategies that support better sleep year-round.

These Lunch tips and ideas can also be used during Spring Break vacations and will continue to be helpful as we transition back to our school routines in a few weeks.

We hope these resources provide families with simple ways to support their children's learning and well-being.

How can you ensure your child gets a good night's sleep?

Have a regular bedtime routine	Prioritize daily routines, such as interacting face-to-face, sleep, and physical activity over screen use.	Keep their bedroom dark, quiet, and cool
Avoid screens at least 1 hour before bedtime and discourage recreational screen use in bedrooms.	Does your child have sleep difficulties? This resource by Kelty Mental Health might help 	If your child has sleep difficulties on a regular basis, speak with a health care provider



Ideas of what to include in your child's bedtime routine:

1. Clean up
2. Take a bath
3. Put on pajamas
4. Brush teeth
5. Go to the bathroom
6. Read books
7. Snuggle & sleep



To learn more about how to establish good sleep habits for your family, visit [Kelty Mental Health](#)

Vancouver Coastal Health



Lunches To Go

Quick and easy ideas for packed lunches

Tips

- Include a variety of vegetables and fruit, whole grains, and protein foods. See [Canada's Food Guide](#).
- Encourage children to participate in food preparation. Children enjoy eating what they create and leftovers make great lunches.
- Let children help pack their lunch from options you provide.
- Let your child eat as much or as little as they like from their lunch. Teach them to follow their appetite.
- It's ok if your child wants to eat the same foods every day. Try new foods at home and add them gradually to lunches.
- Make water your drink of choice. Send a reusable water bottle. Limit sugary drinks including juice, sweetened milks and sweetened plant-based beverages.

Lunch Ideas

Wraps, pita pockets, and sandwiches	Rice or noodles	Other ideas
• Egg salad with cucumber slices • Tuna salad roll-ups • Hummus, salad greens and cheese • Chicken, tomato, lettuce • Salmon, cream cheese, cucumber • Falafel with cucumber and tomatoes • Burrito with salsa • Grilled cheese • Salad rolls • French toast strips	• Sushi bowl (carrot, cucumber, edamame, salmon or marinated tofu, seaweed) • Fried rice • Spaghetti • Stir-fried vegetables and tofu/chicken • Vegetable curry • Macaroni and cheese	• Homemade pizza • Chili with corn bread • Dumplings or perogies • Quinoa or barley salad • Steamed meat or vegetable bun • Baked beans • Stew • Soup with bread (chowder, tomato, chicken noodle, split pea) • Scrambled eggs, potato and sausage • Moroccan chickpea stew • Mashed potatoes, peas and beef



QUILCHENA CYCLONES



Universal Hot Lunch This is a Richmond School District program offered to all students at Quilchena and is separate from our PAC Hot Lunch program.

Lunch will be offered once each month from now until June using the *MunchaLunch* ordering platform to order. Attached is information on how to register for your MunchaLunch account and how to place your order. You can order all lunches at once. Please note the ordering deadlines below and listed on the information page.

LUNCH MENU & DATES

Lunch Date	Order By Date	Lunch Menu
Wed, February 25, 2026	Fri, February 20, 2026	Chicken OR Pasta with Veggie meatballs
Wed, March 11, 2026	Fri, March 06, 2026	Cheeseburger Pasta OR Veggie Rice
Wed, April 08, 2026	Fri, April 03, 2026	Terriyaki Chicken Stirfry OR Mac & Cheese
Wed, May 20, 2026	Fri, May 15, 2026	Soft Beef Taco OR Cheese Quesadilla
Wed, June 10, 2026	Fri, June 05, 2026	Hawaiian Meatball Rice bowl OR Tomato Pasta

NEEDING SUPPORT?

Please reach out to Mrs. Kusch (nkusch@sd38.bc.ca) if you require financial assistance for any school-related costs (school supplies, field trips, etc.). As always, all requests will be treated with dignity, and your privacy will be respected. We want to work with our families to ensure that students have everything they need to be successful at school. Please do not hesitate to reach out if we can help.





QUILCHENA CYCLONES



HAS YOUR CONTACT INFORMATION CHANGED?

To ensure we can reach you quickly and easily, please inform the school office of any updates to your contact information. This includes changes to phone numbers, residential address, email addresses and emergency contacts - **these are contacts that can also pick up your child in an emergency situation where reunification may be required.** Keeping your details current helps us communicate important information in a timely manner and allows us to contact you promptly if any urgent matters or emergencies arise. Thank you for helping us stay connected!

A PARENT'S GUIDE TO EMERGENCY PREPAREDNESS



The Richmond Board of Education places the safety of students and staff at the centre of its work. An updated document outlines how the district prepares for and responds to emergencies. Families are encouraged to review the guide to better understand district procedures, emergency drills, communication protocols, and the student reunification process. The document can be found [HERE](#) on our website, under the Parent Resources tab.

This message has been shared with all families by the Richmond School District. If you have any questions, please contact questions@sd38.bc.ca.

QUILCHENA QUICK TIP

REPORTING ABSENCES OR LATE ARRIVALS PLEASE LEAVE A VOICE MESSAGE #604-718-4073

Parents are reminded to please leave a message on our early warning phone number if your child is going to be absent or late. We suggest calling either the night before or the morning of the absence/late arrival (a voice message is the preferred method to report at this time).

Students who arrive late are asked to please sign in at the office upon arrival.



QUILCHENA CYCLONES

PAC FUNDRAISING – SPRING BREAK

If you're planning to register your child for a Spring Break program with Pedalheads, **use code QUIL26 at checkout** to receive \$25 off your invoice – and Pedalheads will donate \$25 back to Quilchena PAC!

Bike, Swim, and Soccer Camps + Lessons

\$25 FOR THEM, \$25 FOR YOU

PEDALHEADS WILL DONATE \$25 TO YOUR ORGANIZATION WITH EVERY CODE USED. CANCELLATIONS DO NOT COUNT TOWARDS TOTAL.

Use code **QUIL26** for \$25 off

MUST BE REDEEMED BY JUNE 30, 2026. VALID FOR ANY PEDALHEADS PROGRAM IN BRITISH COLUMBIA UNTIL AUGUST 31, 2026.

pedalheads.com/british-columbia

PAC NEWS



Hot Lunches OnLine

**Term 3 Hot lunch ordering:
Opens on Friday, March 13!**

Food Dates and Vendors:

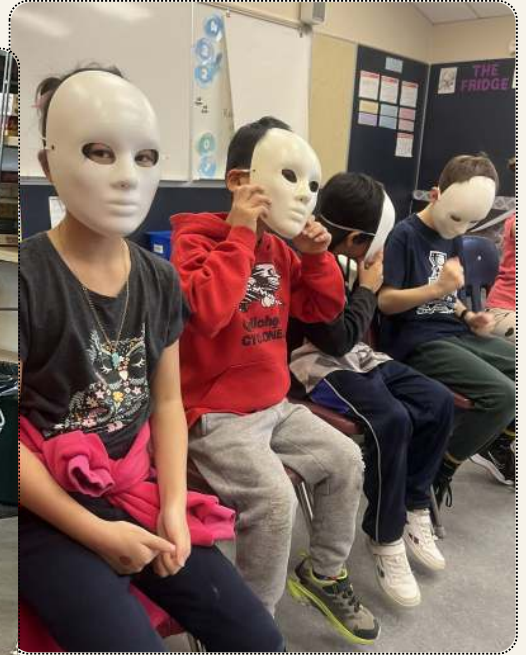
April 20 Just Poke
April 27 Primo's
May 4 Taco Luis
May 11 Ttop Kitchen
May 19 Sushi Lovers
May 25 Freshslice Pizza
Jun 1 Just Poke
Jun 8 Taco Luis
Jun 15 Primo's
Jun 22 Village Curry

*thanks
for your
support*



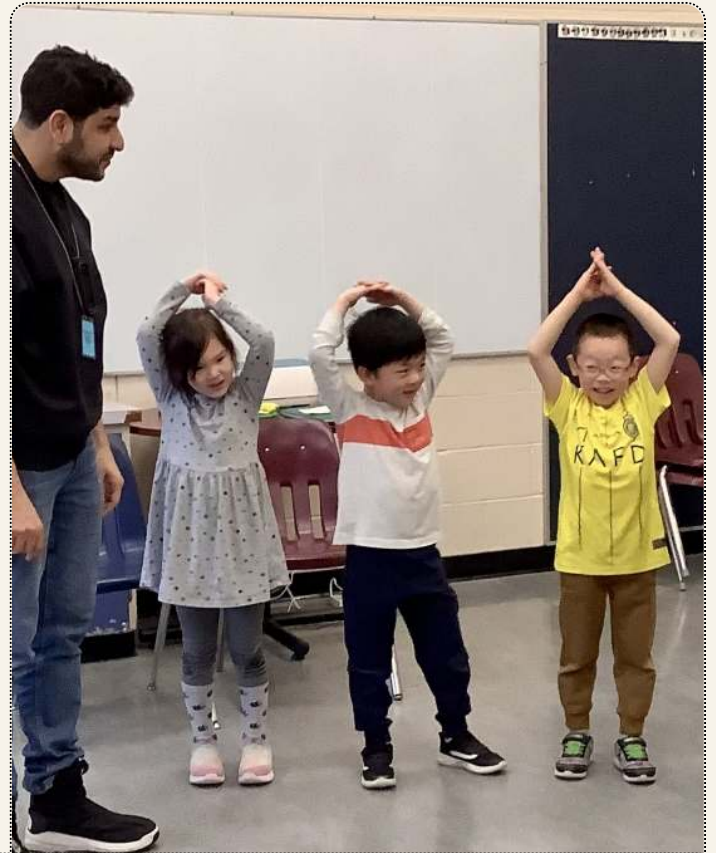


A Peek into...Drama with Divisions 5, 6 & 7





A Peek into...Drama with Divisions 5, 6 & 7





QUILCHENA CYCLONES

IMPORTANT & COMMEMORATIVE DAYS IN OUR COMMUNITY

March is Irish Heritage Month

March was declared Irish Heritage Month in the House of Commons in 2022. Irish Heritage Month celebrates Irish Canadians' contributions to Canada's story and serves as an opportunity to learn more about Irish-Canadian history.



MARCH 8: INTERNATIONAL WOMEN'S DAY

International Women's Day is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women, who have played an extraordinary role in the history of their countries and communities.

