

Quilchena Elementary  
School District #38  
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## Quilchena Community

**The Week Ahead – April 18<sup>th</sup> – 22<sup>nd</sup>, 2022**



### Dates to Note:

April 2-May 1 – Ramadan

April – Sikh Heritage Month

April 15-22 - Pesach

April 17/18 – Easter Sunday/Monday (no school)

April 20 – PAC Meeting (virtual @7pm)

April 22 – Food Day

April 8-24 – Mr. Cooper's Pies Fundraiser

May 2 – Eid-al-Fitr

May 8 – Mother's Day

May 8 – Buddha's Birthday

May 10 – Jeans Up Day

May 13/27 – Food Days

May 20 – Pro-D Day (no school)

May 23 – Victoria Day (provincial holiday - no school)



It has been quite the week of weather patterns and we have experienced everything from sunshine to hail and strong winds. This is a good reminder to always be prepared for all kinds of weather and to have a change of shoes and clothes at school. This not only eliminates the need for us to call home but helps keep our classrooms and hallways clean. Wishing Happy Vaisakhi and Easter to those Quilchena families that celebrate these holidays. As we enter the long weekend, wishing all our families a restful break and we will see you all on Tuesday!

### In Other Quilchena News:

**Daily Health Check and Health & Safety:** We are very much aware that COVID-19 and its variants remain active within many BC communities. Our school relies heavily on the continued compliance of our Daily Health Declaration by all staff and students to ensure the health and safety of our own school community. PLEASE DO NOT send your children to school if they are sick. Seemingly mild symptoms such as headache, tickly throat, cough, and body aches may be early signs of COVID. Please refer to the Daily Health Declaration EVERY morning BEFORE leaving the house. Knowing our staff and students arrive at school healthy is one of our best defenses against disease transmission.



**SWIS:** Central Registration & Welcome Center

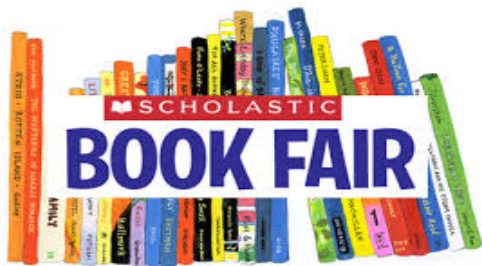
Please copy and paste the url below to view the monthly SWIS video featuring this month's SWIS workshops for students and parents. [https://www.youtube.com/watch?v=mTCDNNw\\_NrU](https://www.youtube.com/watch?v=mTCDNNw_NrU)

Oops...  
I forgot my

**Has Your Child Forgotten Something at Home?** Boots, band instruments, tech devices, snacks, jackets, lunches, homework, water bottles? Despite our efforts to drastically reduce the number of visitors to the school there has been an alarming increase in the number of parents dropping off 'forgotten items' during the school day. We are asking for your assistance in changing this. Please help your child prepare for their

school day the night before so items are not forgotten in the morning rush. Teachers are continuously working with students to foster a sense of independence; they are learning to take responsibility for themselves. "Do I have everything I need for a successful day?" may be a question your child asks themselves each morning before leaving the house. Thank you for your help with this matter.

**Jeans Up:** Quilchena Elementary School has a long-standing relationship with BC Children's Hospital with our annual participation in their Jeans Up! Campaign (formerly Jeans Day). This year, we will once again partner with them to raise much needed funds for our province's foremost teaching and research facility for child health. We encourage our Quilchena Community to wear denim clothing on Tuesday, May 10<sup>th</sup> as well as donate to the campaign. Our goal is \$2 per student (\$364 - but more would be great!). Our donation page link will be emailed to families and appear in our Week Ahead Bulletin at the end of April.



**Scholastic Book Fair:** Thank you to everyone who came out to the Scholastic Book Fair! What a success! It's been quite a while since we've had the opportunity to enjoy this annual book-buying tradition. Although we don't have the grand total yet, Ms. McCormick tells us that over \$3000 was spent in the three days of the fair. A portion of the sales comes directly back to classrooms to allow teachers to purchase new reading materials for our students to enjoy. Online ordering ends Thursday, April 14<sup>th</sup> -

<https://virtualbookfairs.scholastic.ca/pages/5179687> Thank you so much for participating!

**Mental Health & Wellness:** As part of Mental Health Week (May 2<sup>nd</sup> – 8<sup>th</sup>), Richmond SD 38 presents a parent information session on *Adolescent Mental Health & Wellness* – May 4<sup>th</sup>, 2022 (on Zoom) featuring:

Dr. Yifeng Wei, MA, PhD  
Dr. Li Sha, MEd, PhD  
Andrew Baxter, MSW RSW



This Parent Mental Health Literacy session is designed by [mentalhealthliteracy.org](https://mentalhealthliteracy.org) for parents and families to improve their understanding of mental health and mental disorders, reduce stigma surrounding mental illness, encourage help-seeking and promote mental health. It is designed to align with the Mental Health & High School Curriculum Guide for youth and educators. The session aims to promote parent mental health literacy so that parents and families can support their children's mental health more efficiently and effectively.

This parent session will discuss the conceptual understanding about mental health, child brain development and common mental disorders occurring during adolescent years (e.g., depression, anxiety, attention deficit hyperactivity disorder, and substance use disorder). It further provides evidence-based help-seeking strategies and information about treatment options to support youth in need of mental health care.

Please see the attached information flyer for additional details and a weblink/QR code to register. Closer to the May 4<sup>th</sup> date, a Zoom link will be sent to those who have registered.



**PAC Corner:**

**Food Days:** Ordering for our May and June Food Days will open on April 14<sup>th</sup> and end on May 5<sup>th</sup> at midnight.

There will be no late exceptions please order on time if you wish to participate in the remaining Food Days. Direct questions to the PAC's Food Day Coordinator [lanaquay@hotmail.com](mailto:lanaquay@hotmail.com)

Please refer to the PAC Fundraising page on our school website <https://quilchena.sd38.bc.ca/> under the "Parents" tab. There are direct links for you to register an account and order your lunches.



May 13 - Freshslice Pizza

May 27 - Taco Luis

June 10 - Freshslice Pizza (Cyclone Day...order for your family as well!)

**A Peek into Band with Division Q and Ms. Kwok**

