

Quilchena Elementary
School District #38
3760 Moresby Drive, Richmond, B.C. V7C 4G6
Tel: 604 668 6224 Email: quilchena@sd38.bc.ca Twitter: @QuilchenaC

Principal: Nichole Kusch Administrative Asst. Sue Hughes School Liaison Trustee: Heather Larson

Quilchena Community

The Week Ahead – April 25th – 29th, 2022

Dates to Note:

April 2-May 1 – Ramadan

April – Sikh Heritage Month

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)



Spring Showers = Puddle and Muddy Fun!

Please remember to have a change of clothes & shoes at school so your child(ren) can be dry and comfortable.

In Other Quilchena News:



Daily Health Check: The mandatory daily health check remains in place for all members of our community and remains a key component of our health and safety protocols. Just a reminder that if your child is not feeling well **before** they come to school, please keep them at home to rest and not return until they are symptom free. Thank you for your efforts in keeping everyone healthy.

Baseball/Softball Mitts: As we move into better weather, many teachers have started to introduce softball to our students during gym classes. If anyone has any used ball gloves that they no longer need and wish to donate to the school, we would be happy to help you declutter! You can bring them to the office or send them with your child. Thank you in advance.



Student Learning Survey 2021/2022: Access to completing the *Provincial Student Learning Survey* will be available until **April 29th**. It gathers information from parents/guardians/caregivers, teachers, and grades 4 & 7 students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

The survey can be completed electronically and can be accessed on the Internet at http://www.bced.gov.bc.ca/sat_survey. The survey can be accessed through the link with or without an anonymous logon code by selecting the school district and school name where your child(ren) attends school.

Mental Health & Wellness: As part of Mental Health Week (May 2nd – 8th), Richmond SD 38 presents a parent information session on *Adolescent Mental Health & Wellness* – May 4th, 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 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 4th date, a Zoom link will be sent to those who have registered.

PAC Corner:

Final weekend to order your Mr. Cooper's Pies – please refer to the PAC Fundraising Page on the school website for more details <https://quilchena.sd38.bc.ca/>

PAC FOOD DAYS: We have been so happy to welcome back our much-loved PAC Food Days. In addition to providing fundraising dollars for our school, these days give students a delicious change to their regular packed lunches. The Food Days are a PAC initiated event, vendors and limited menu items are pre-chosen and orders must be made in advance: it is not an open invitation for parents to drop-off special order lunches at the school. If you wish to participate in PAC Food Days – and we hope you do – please register with Hot Lunches and order from the menu provided. If you choose not to participate, please provide your child with their regular packed lunch in the morning, thank you.



Ordering is open for our May (May 13 - Freshslice Pizza and May 27 - Taco Luis) and June (June 10 - Freshslice Pizza - Cyclone Day...order for your family as well) Food Days!

Please refer to the PAC Fundraising page on our school website under the "Parents" tab. There are direct links for you to register an account and order your lunches. **Ordering will end on May 5th at midnight.** There are no late exceptions so please get your orders in on time if you wish to participate in the remaining Food Days. If you have any questions, please contact the PAC's Food Day Coordinator lanaquay@hotmail.com

A Peek into our Family Teams Listening Walk in our Community

