

Quilchena Elementary
School District #38
3760 Moresby Drive, Richmond, B.C. V7C 4G6
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Principal: Nichole Kusch Administrative Asst. Sue Hughes School Liaison Trustee: Heather Larson

Quilchena Community

The Week Ahead – May 2nd – 6th, 2022

May – Asian Heritage Month & Canadian Jewish Heritage Month

May 2/3 – Eid-al-Fitr

May 8 – Mother's Day

May 8 – Buddha's Birthday



We invite families to visit the School Calendar on our website <https://quilchena.sd38.bc.ca/> for all of our future notable dates and events. Simply click on the 'event' for more details.



Eid Mubarak! As the month of Ramadhan comes to an end, we would like to extend a Happy Eid Mubarak to all our Quilchena Muslim students and families. May your celebrations during this special time bring peace, happiness, and prosperity and of course lots of special foods to everyone! Happy Eid from our school family to yours!

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.

Continuing Education: Please visit the school website's main page <https://quilchena.sd38.bc.ca/> to view the SD38 Program Catalogue which contains information about Summer Learning Programs for Grades 1-12 and elementary enrichment, exploration, fine arts, innovation and much more!

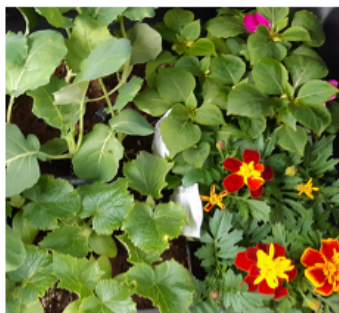


HUGE THANK YOU to Urban Roots

Garden Market – As part of Urban Roots Giving Garden Initiative, Quilchena (along with 200 other schools in the Lower Mainland) received a donation of more than 100 starter plants for our School Garden. Their mission is to promote food literacy and food security in our communities and provide an outlet that improves mental health. These starter vegetables, herbs, and flowers have been planted by our

students this week and they will be nurtured by our young gardeners over the coming months. Check out our 'School Garden' page on the school website for more on what's happening in the Quilchena Garden.

If you're planting your own home vegetable/herb/flower garden this year, Urban Roots Garden Market runs from April to July and has a pop-up location in the parking lot at Lansdowne Centre in Richmond. They offer everything you need to elevate your home garden to a higher level. Their pop-up garden centre sells a range of products, including: Indoor Plants, Outdoor Plants, Plants for Patios, Flower Pots, Planters, Garden Seeds, Perennials, Shrubs, Hanging Baskets, Vegetables, Garden Tools, Bed and Planter Soil. For more on planting, events, and locations please visit their website: <https://urbanrootsgardenmarket.ca/>



JeanUp: Quilchena Elementary School has a long-standing relationship with BC Children's Hospital with our annual participation in their JeanUp! 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 10th as well as donate to the campaign.** Our goal is \$2 per student (\$364 - but more would be great!) Please help Quilchena meet their fundraising goal to help the province's most vulnerable children at BC Children's Hospital. Here's the link to our donation page, feel free to share it with friends and family - Thank you!



<https://secured.bcchf.ca/registant/TeamFundraisingPage.aspx?teamID=979894&langPref=en-CA>

Street Safety: The City of Richmond has placed school zone delineators along the bend of Moresby Drive in front of our school in efforts to slow traffic down, especially during busy times of the school day.

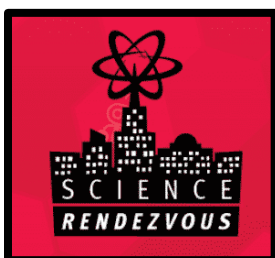
An important reminder with the City signage along the south side of Moresby Drive



- Please note where the signage reads **Loading Zone** and is for actively loading/unloading purposes only, not for leaving your vehicle unattended
- There is signage along Moresby Drive (north and south side) that remains a **No Stopping Zone** on school days. Please do not park your car anywhere you see these signs.

Thank you for making the effort to keep our school community safe and adhering to the City parking rules in our neighbourhood.

UBC Science Festival - Calling all Scientists: UBC is proud to host **Science Rendezvous**, a national festival that takes science out of the lab and on to the street. Join them on Saturday May 7, 2022 from 10AM to 3PM for a day of hands-on, family-friendly science activities! Festival-goers of all ages will get a chance to meet world-class researchers and innovators, participate in hands-on experiments, and see amazing scientific demonstrations on UBC's Vancouver campus. For schedules, maps, and parking information visit <https://science.ubc.ca/science-rendezvous-2022>. In accordance with UBC's campus rules, masks or face coverings are required in public indoor spaces.



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.

Lost & Found: As the warmer weather arrives, we find the school grounds littered with an abundance of discarded sweaters, jackets, gloves, and toques! Do you recognize anything? Please encourage your children to come by the Lost & Found table to claim their belongings. It's a good idea to write their name in clothing to aid it's return. Thanks!



Did you know? Our school website has a fresh new look. Please take a moment to explore the site and get used to visiting often! In addition to our basic school information, you will find: our Health & Safety information, the latest news, events that your family may be interested in, our school calendar, what's happening in our school garden, PAC fundraising, and our social media links. We're still updating some areas but we're very excited about the real-time information we're able to share with our community. Visit now!. <https://quilchena.sd38.bc.ca/>



PAC Corner: Food Days and Gift Card Fundraiser!

- **Ordering for Food Days 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.
- **Gift Card Fundraiser: On now, until may 21st.**

Please refer to the *PAC Fundraising* page on our school website under the “Parents” tab. There are direct links for you to access all the PAC’s fundraising initiatives!

A Peek into Lacrosse in Divison 6 with Special Guests

