

Quilchena Elementary
School District #38
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Principal: Nichole Kusch Administrative Asst. Sue Hughes School Liaison Trustee: Heather Larson

Quilchena Community

The Week Ahead – May 30th – June 3rd, 2022

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.

May – Asian Heritage Month & Canadian Jewish Heritage Month

May 30 - June 3 – Bike to School week

June 3 – Grade 7 Farewell Fundraiser Frozen Treats Sale (after school)



It's hard to believe that we are entering June next week and we are approaching the end of our school year. There are many activities planned in June and the best way to stay informed is through our Week Ahead and our school website and calendar.

In Other Quilchena News:



Daily Health Check: We would like to thank all families for your continued compliance with our mandatory daily health check, it continues to be a key component of our health and safety protocols. COVID continues to circulate throughout the province, and we must maintain our current safety protocols. In addition to keeping your child home from school when they are unwell or symptomatic, we would ask you to conduct a rapid test on the **THIRD DAY OF SYMPTOMS** - this day provides the most accurate results. Select pharmacies are

able to provide free test kits to all BC residents by producing your Care Card. Students may return to school five days after an illness providing they are symptom free. Thank you for your efforts in keeping everyone healthy.

School Hours: Our first bell rings at 8:40am for students to be greeted and welcomed into their classroom. At 8:45am, our day begins. We are noticing an increase in students being late and arriving well after 8:45am. This is not only disruptive for the morning flow of the class but doesn't allow for our students to start their day in a calm manner. As the hours of daylight increases, we understand that it may be harder to get your child(ren) to bed. Keeping a bedtime routine and having your child(ren) well-rested is important for them to have a successful day of learning. Thank you for your attention and efforts with this matter.



Biking & Walking to School: As we move into some warmer weather, thank you for making the effort to walk or ride your bike to school. *Bike to School* week runs from May 30th - June 1st and we hope to see less cars and more bikes as your mode of transportation. Not only does this limit the number of cars in and around our school but reduces carbon emissions and keeps us healthy at the same time.

ParticipACTION Community Better Challenge (June 1-30): Make Richmond Canada's most active community! Calling all families, friend and neighbours to get active and have fun. Go for a walk on a trail or in a park, participate in a fitness class, splash around with friends at the pool, bike, golf, take a fitness class, workout in the gym, play tennis or pickleball to get active and win prizes! The rules of the challenge are simple and can be found at www.richmond.ca/participACTION.



Who will be Canada's Most Active Community?



Make Richmond Canada's Most Active Community!

Calling all families, friends, neighbours and fellow community members! It's time to get up and get moving with the ParticipACTION Community Better Challenge. The goal of this nationwide initiative is to help communities get active and have fun.

The rules of the challenge are simple: download the free ParticipACTION app through the Apple App Store or Google Play Store. Sign up with your Richmond postal code to rack your activity from June 1 to 30. Go for a walk on a trail or in a park, participate in a fitness class, splash around with friends at the pool, bike, golf, take a fitness class, workout in the gym, play tennis or pickleball to get active and win prizes!

Count whatever gets you moving. Be sure to track every active minute, every day.

Learn more www.richmond.ca/participACTION



Freezie Day: Friday, June 3rd after school there will be a frozen treats fundraising sale! All proceeds will go towards our Grade 7 Farewell celebration at the end of June.

Where: Picnic bench beside the playground

When: June 3rd at 2:50pm

What: Freezies or Space Pops \$1 each
Kit Kat or Oreo ice cream bars \$2 each

PAC Corner: Food Day Parent Helpers Needed: Parent volunteers are needed to help with organizing the food and helping to distribute to students in each classroom. Our next Food Day will be on June 10th (Cyclone Day). *If you can help out, please email the Quilchena PAC at quilchenapac@gmail.com to let them know.*

Did you know that you can access all of our PAC Fundrasing initiatives through our school website? Please refer to the *PAC Fundraising* page on our school website under the "Parents" tab. There are direct links for you to easily access the information!

A Peek into our Garden Progress!

