

*Quilchena Elementary*  
*School District #38*  
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## Quilchena Community

**The Week Ahead ~ May 1<sup>st</sup> – May 5<sup>th</sup>**

**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.**

April 29<sup>th</sup> – **Last Day** to order Mr. Cooper's Pies

May – Canadian Jewish and Asian Heritage Month

May 3 - Mr. Cooper's Pies Fundraiser Pick Up

May 3 – PAC Food Day – Taco Luis

May 3 – **Last Day** to order Family Movie Night Pizza (on [Hotlunches.net](http://Hotlunches.net))

May 12 – Family Movie Night: Disney's Encanto

May 18 – District Track Meet at Minoru (Grades 3-7)



It appears that spring has finally arrived, and we have welcomed brighter and warmer days this week. Please continue to check our school website for newsletters and important dates and deadlines so not to miss out on any school wide events. Have a wonderful weekend enjoying the sunshine, Cyclones!

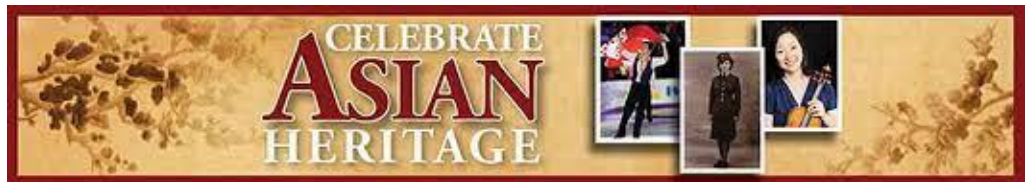
### In Other Quilchena News:

May marks the beginning of Canadian Jewish Heritage Month, as well as Asian Heritage Month. This is an opportunity to celebrate Jewish culture, faith, and history in Canada. It is also a time to honour and celebrate Asian heritage and the excellence and resilience of people of Asian descent in B.C. Diversity represents one of Canada's greatest strengths, and we strive to ensure that all Canadians have the opportunity to reach their full potential and participate in Canada's civic life.



Canada is home to an estimated 400,000 people of Jewish heritage. Jewish Canadians have made and continue to make important contributions to our society, including medicine, theatre, engineering, music, architecture, academia, politics, law, the arts, and more. During this month, we also recognize the courage, determination, and resilience that members of Jewish communities have shown throughout history.

Over the last two centuries, immigrants have journeyed to Canada from East Asia, Southern Asia, Western, Central and Southeast Asia,



bringing our society a rich cultural heritage representing many languages, ethnicities, and religious traditions. The people of this diverse, vibrant, and growing community have contributed to every aspect of life in Canada - from the arts and science to sport, business, and government. Asian Heritage Month offers all Canadians an opportunity to learn more about the history of Canadians of Asian heritage and to celebrate their contributions to the growth and prosperity of Canada.

**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 will be planted by our students in the coming 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. For more on planting, events, and locations please visit their website:



<https://urbanrootsgardenmarket.ca/>

**As part of Mental Health Week (May 1st – 7th), Richmond SD 38 presents...**



Deb MacNamara: Information Session for Parents, Guardians, and Caregivers  
Tuesday, May 2, 2023 (on Zoom) 6:30pm – 8:00pm

**Holding Onto Our Kids in a Digital World** - Dr. Deborah MacNamara

As if parenting wasn't hard enough in having to deal with screens, peer pressure on kids - and then we had to add a pandemic on top of it! How can we hold on to our kids so we can influence and guide them? What do kids really need from us to grow into socially and emotionally responsible beings? This presentation will discuss issues from technology to peer problems and how parents are the ultimate answer for what kids need most of all. Practical suggestions for (re)building strong relationships with kids from preschoolers to teenagers will be discussed along with managing challenging behaviour - including screen time!

**BIO**

Dr. Deborah MacNamara is the author of *Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one)*, and her children's picture book, *The Sorry Plane*. She is on Faculty at the Neufeld Institute and Director of the counselling practice, Kid's Best Bet.

**Parents, guardians, and caregivers can click here to register or use the QR code in the attached flyer – please register by Friday, April 28, 2023.**

**CONTINUING  
EDUCATION**

**Continuing Education: Summer 2023 - Program Catalogue - Registration is Open!**

Attention Richmond families! Did you know that many of Richmond Continuing Education Summer Learning Programs are **FREE** for BC students who are Canadian Citizens, Permanent Residents and students who have Refugee status?

With an array of exciting and enriching courses and camps to choose from, your child is sure to have a memorable summer. Choose from Elementary Enrichment, Summer Exploration, Summer Fine Arts, Academic Full Credit, Academic Completion, Secondary Enrichment, and Secondary Enrichment Skill Building Courses. We also offer Summer Camps for both elementary and secondary students, with options for ages 6-16. Don't miss out on this opportunity to grow and learn in a fun and engaging way! Keep your child's learning journey going strong this summer and sign up now for Summer Learning 2023. For more information go to our [website](#), as well as the Program [Catalogue](#).

**District Track Meet:** The District Track Meet is back after several years of absence due to Covid and students from grades 3-7 will be participating. Over the last several weeks students have participated in *Track Attack* rotations to experience the different events and build stamina and skill. We have surveyed the students with their desired events and the Track Committee is in the midst of creating our event teams. We will be sending home information with students shortly. For students who do not wish to participate, this is a regular school day for them.





**PAC News:**

**Upcoming Food Days:**

May 3 Taco Luis

May 24 Sushi Lovers

June 14 Subway



**Mr. Cooper's Pies:** Quilchena PAC has once again partnered with Mr. Cooper's Pies to provide their family crafted, locally sourced, ready to heat-and-eat savoury pies! Pies are \$10.50 each or purchase 10+ pies for a 10% discount. Quilchena PAC will receive 25% of all sales. We thank you in advance for your fundraising support. Orders may be placed between **Thursday, April 6th and Saturday, April 29th** - Visit the link below. Pick up your order on Wednesday, May 3rd between 2:45pm - 3:15pm outside the school gym. [Quilchena PAC Fundraising Page](#)



**Family Movie Night:** Come for a fun family evening on May 12<sup>th</sup> to watch Disney's Encanto. There will be pizza and popcorn for sale but we are asking that you pre-order your Movie Night Pizza [HERE](#). **Last day to order is May 3<sup>rd</sup>.**



We will need parent volunteers to help make this event a successful one. There is a sign up for volunteers to help with collecting admission fees, selling food tickets, concession snack sales and pizza distribution. Please click on the link below or visit our school website and look under the Parent Tab. Sign-up to volunteer [HERE](#)

Questions? Lana at [quilchenafundraising@gmail.com](mailto:quilchenafundraising@gmail.com)

***A Peek Into Favourite Book Character Day***

