

**Quilchena Elementary**  
**School District #38**  
**3760 Moresby Drive, Richmond, B.C. V7C 4G6**  
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## Quilchena Community

**The Week Ahead ~ May 8<sup>th</sup> – May 12<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.**

*May – Canadian Jewish and Asian Heritage Month*  
*May 9 – Jean Up Day*  
*May 11 – Class Photo Day*  
*May 12 – School Movie Night*  
*May 18 – District Track Meet at Minoru (Grades 3-7)*



The sun is trying to shine more, and our garden beds are starting to take shape with herbs, vegetables, and flowers that were recently planted by students of various divisions. Don't forget to peek during drop off and pick up! A reminder to keep up to date by checking our school calendar and website with upcoming events and deadlines. Have a wonderful weekend, Cyclones!

### In Other Quilchena News:



**Just B4 Preschool:** There are still spaces at the District's Just B4 Pre-schools at both Walter Lee Elementary and RM Grauer Elementary. The preschool program is specifically designed for 4-year old children (born in 2019) to attend Just B4 with the hope of inspiring and supporting the creation of rich, joyful early childhood spaces. The approach is emergent, play-based and focuses on children's natural inquiries. Registration for September 2023 is open online (<https://sd38.bc.ca/programs/early-learning-programs/just-b4-preschool>) for 2019 Birth Year students. Please see the attached flyer for more information.



**District Track Meet:** The District Track Meet is on Thursday, May 18<sup>th</sup> at Minoru Track for grades 3-7. After surveying the students with their desired events, the Track Committee has created teams for our participating students. Green notices that include event information, schedules, and permission to attend, were sent home today. We are relying on parent drivers to get us to and from the track meet. Please complete all the necessary paperwork and return with your child by next week. For students who do not wish to participate, this is a regular school day for them. Additional information will be going home closer to the event date.

**Jean Up:** Quilchena Elementary School has a long-standing relationship with BC Children's Hospital with our annual participation in their Jean Up! Campaign. 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 9<sup>th</sup> as well as donate to the campaign. Our goal is \$2 per student/staff member (\$394 - 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. Click [HERE](#) donate, feel free to share it with friends and family - Thank you!



As part of Mental Health Week, Dr. Deborah MacNamara led a virtual session for parents, guardians, and caregivers on **Holding Onto Our Kids in a Digital World** this past Tuesday. The **video link** ([click here](#)) to this presentation is available until May 16, 2023. **Please note the presentation is tailored for an adult audience, not children. Passcode: 0vd1y^B&**

### A summary of the presentation:



*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.



### **SWIS Monthly Announcement for May: Central Registration & Welcome Centre**

The SWIS team (Settlement Workers in Schools) has created a monthly calendar showing all the workshops and activities that families can sign up for! Please see the attached calendar showing all events for the month of May!

### **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 at [www.RichmondCE.ca](http://www.RichmondCE.ca), as well as the attached Program Catalogue. <https://ce.sd38.bc.ca/files/ce/2023-04/Summer%202023%20Catalogue.pdf>



### **PAC News:**

**Upcoming Food Days:** May 24 Sushi Lovers June 14 Subway



**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 and we are asking that you pre-order your Movie Night Pizza on Hotlunches. **Last day to order is May 5<sup>th</sup>.** Please see the attachment for more detailed information.



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 for volunteers: <https://www.signupgenius.com/go/10C0E44ABAC2AA1F8C25-pacmovie>

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

*A Peek into Lacrosse in Division 5 with Special Guests*

