




QUILCHENA CYCLONES

The Week Ahead: Feb 9 – 13, 2026



**Monday
Feb 9**

PAC Hot Lunch -
Just Poke

Basketball Home Game
vs Dixon 


**Tuesday
Feb 10**

**Wednesday
Feb 11**

**Thursday
Feb 12**

Popcorn Day - \$2



Basketball Away Game
@ Grauer 

**Friday
Feb 13**

ProD day - No School

Mon, Feb 16
Family Day - No School

**coming
soon**

MARK YOUR CALENDARS



Mon, Feb 16: Family Day - no school

Wed, Feb 18: Early Dismissal for conferences @ 11:50am

Mon, Feb 23: Schoolwide Pickleball lessons for the week

Wed, Feb 25: Pink Shirt Day

Wed, Feb 25: PAC Meeting @ 6:30pm - all are welcome!

Thu, Feb 26: Camp Jubilee parent info meeting 5:00pm - gr 5, 6, 7

Welcome to February! Van Isle Violet, BC's groundhog, saw her shadow on Groundhog Day this past week so we are in for another 6 weeks of winter weather - hard to believe after such a mild week we've had. Please ensure students are properly dressed and prepared for all kinds of weather, especially during the wet weather. We had a fantastic school wide skating field trip to Minoru this past Wednesday and it was great to see the students out on the ice. Enjoy your weekend and see you all Monday, Cyclones!

Some of you may have noticed 2 large containers that were delivered this week. They are for storing materials for our LED Lighting Project that will be ongoing for the month of February and March. A crew will be replacing our current lights to a more energy efficient LED system. All work will occur after school hours.



Please visit the [School Calendar](#) on our website for all of our future notable dates and events. Simply click on the 'event' for more details.





QUILCHENA CYCLONES

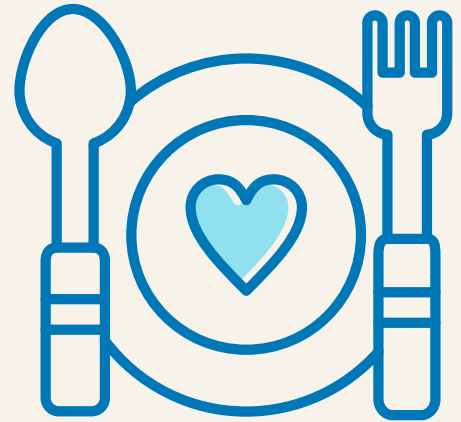
IN OTHER QUILCHENA NEWS...

Popcorn Day: On Thursday, February 12 our PAC will be popping popcorn and have it ready for a yummy recess snack. Bring your \$2 if you would like to buy a bag. Proceeds being raised are going towards a new projector and screen in the gym.



Universal Hot Lunch Program: Utilizing Feeding Futures funding, as well as National School Food Program funding, the Richmond School District will be continuing with their *Universal Hot Lunch program* at 20 elementary and secondary schools for the remainder of the year. This is separate from our PAC Hot Lunch program and is organized at the District level.

Lunch will be offered to all students at Quilchena Elementary School once each month from now until June. We will be using the *MunchaLunch* ordering platform to order. If you did not set up an account for last term's lunches, attached is information on how to register for your MunchaLunch account and how to place your order. There are several diet friendly selections. You can order all lunches at once. Please note the ordering deadlines below and listed on the information page. Please contact Mrs. Kusch if you have any questions.

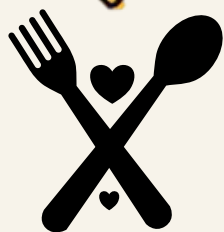


LUNCH MENU & DATES

Lunch Date	Order By Date	Lunch Menu
Wed, February 25, 2026	Fri, February 20, 2026	Chicken OR Pasta with Veggie meatballs
Wed, March 11, 2026	Fri, March 06, 2026	Cheeseburger Pasta OR Veggie Rice
Wed, April 08, 2026	Fri, April 03, 2026	Terriyaki Chicken Stirfry OR Mac & Cheese
Wed, May 20, 2026	Fri, May 15, 2026	Soft Beef Taco OR Cheese Quesadilla
Wed, June 10, 2026	Fri, June 05, 2026	Hawaiian Meatball Rice bowl OR Tomato Pasta



QUILCHENA CYCLONES



A KIND REMINDER ABOUT FOOD SHARING

There are several children within the school that have life-threatening food allergies. With this in mind, we have adopted a 'No Food Sharing' policy. The policy goes beyond simply refraining from sharing snacks and lunches but also to the classroom where special occasions may be celebrated.

Please do not send food to school containing any type of nuts, or traces of nuts (including Nutella, etc). Please do not send birthday treats or gift bags (communicate with your child's teacher for more information).

Kindergarten 2026

The Richmond School District #38 is excited to welcome Kindergarten registration applications for children born in 2021, turning 5 in 2026. These children will begin Kindergarten in September 2026. Online registration is open now and the Priority 2 registration window closes on May 16th. All registration applications received any time during the Priority 2 registration period will receive placement decisions by June 12, 2026.

Please visit our [website https://sd38.bc.ca/student-registration/kindergarten-registration](https://sd38.bc.ca/student-registration/kindergarten-registration) for more information about our online registration process, required documents, important dates, and FAQs.



Rain or shine, Richmond is bringing the fun! The City of Richmond and community partners have lined up 60+ family-friendly activities to explore together during Family Day weekend - February 13-16.

Visit richmond.ca/FamilyDay to browse and register for free and low-cost events.



QUILCHENA CYCLONES

Basketball Game Schedule

TEAM QUILCHENA GAMES

Feb 24th @ Gilmore



TEAM CYCLONES GAMES

Feb 9th vs Dixon @ Quilchena

Feb 12th @ Grauer

Feb 19th vs Gilmore @ Quilchena

Practices - Friday mornings at 8:00am



Sample Q-Man.
Can you spot him?

Enter to Win

CAN YOU SPOT Q-MAN?

Enter each week for a chance for you child to WIN being "Principal for a Morning"!

"Principal for a Morning"
Duties & Responsibilities
Parking Lot Patrol, Door Greeter, Morning
Announcements, Class Visits,
Managing School Operations,
Lunch in office with a Friend

Q-Man will be hiding in the TWA each week from now until Spring Break. If you spot him, send us an email to quilchena@sd38.bc.ca letting us know where he is and we will enter your child's name in our prize draw!

One email per week only please

Subject: Q-Man

In the body of your email please include Q-Man location and the name of your children.

We will draw for a winner and they will be "Principal for a Morning" sometime the week before spring break.

NEEDING SUPPORT?

Please reach out to Mrs. Kusch (nkusch@sd38.bc.ca) if you require financial assistance for any school-related costs (school supplies, field trips, etc.). As always, all requests will be treated with dignity, and your privacy will be respected. We want to work with our families to ensure that students have everything they need to be successful at school. Please do not hesitate to reach out if we can help.





QUILCHENA CYCLONES

PAC UPDATES

SAVE THE DATE

Spring
FAIR

Quilchena is hosting a
Spring Fair in May!
Come and have loads
of fun on
May 22, 5pm - 7:30pm
More details to come!

COMING SOON!

Golden Samosas

**The Golden Samosas fundraiser is back.
Stay tuned for ordering details later this month!**

A Peek into...our school-wide skate





Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ not have access to dental insurance
- ✓ have an adjusted family net income of less than \$90,000

- ✓ be a Canadian resident for tax purposes
- ✓ have filed your tax return in the previous year

The Canadian Dental Care Plan (CDCP) will help make the cost of dental care more affordable for up to **9 million** eligible Canadian residents.

Oral health care is important to your overall health and well being. Regular visits reduce the risk of health problems.

In 2022, 1 in 4 Canadians reported avoiding visiting an oral health professional due to the cost. Every Canadian deserves accessible, affordable and essential dental care.



How to apply

Eligible Canadians of all ages can now apply for the CDCP.

You must meet all 4 eligibility requirements before applying.

Eligible Canadians can apply online at Canada.ca/dental, by calling 1-833-537-4342, or by visiting a Service Canada Centre.



For more details on the CDCP and eligibility criteria, visit Canada.ca/dental.



Government
of Canada

Gouvernement
du Canada

Canada



HELP YOUR CHILD SEE THEIR BEST

Good vision is important for children's learning and development. Explore simple ways to support and protect your child's vision and eye health!

All children should get an eye exam by an optometrist before starting kindergarten to enter school ready to learn.

80% of a young child's learning is visual. Early eye exams can help **catch problems before they affect learning.**

Your child might not realize they have a vision problem. They might think that everyone sees the way they do!

Comprehensive **eye exams help diagnose, treat, and prevent eye diseases and disorders.**

School-aged children should get an eye exam every year to keep their vision sharp.

- The cost of a children's eye exam varies from clinic to clinic.
- MSP provides some funding towards the cost of a children's eye exam once per year.
- Call your optometrist to understand additional fees and other services like languages offered



TIPS FOR PROTECTING YOUR CHILD'S EYES

Encourage regular breaks from screens and remind your child to blink often and sit further away from the screen.

Try to avoid playing video games or watching screens in a dark room. The sharp contrast can strain the eyes.



Offer your child a variety of fruits and vegetables to eat.

Foods like orange peppers, carrots, broccoli, kiwi and berries have important vitamins and nutrients which help keep eyes healthy!



Regular outdoor play is not only a great way for kids to be active - it can help prevent nearsightedness!

The Canadian 24-hour Movement Guidelines suggest children be active each day. They should:

- Enjoy several hours of light intensity physical activity (e.g. walking) every day; and
- At least 1 hour of moderate to vigorous physical activity (e.g. bicycling; running) every day

View the guidelines in full at
<https://csepguidelines.ca/guidelines/children-youth/>

Children's eyes don't block Ultraviolet (UV) radiation as well as adult's eyes, putting them at greater risk of sun damage.

Encourage your child to wear sunglasses and a hat to help protect their eyes when they are outdoors.



QUILCHENA CYCLONES

IMPORTANT & COMMEMORATIVE DAYS IN OUR COMMUNITY

February is Black History Month

Black History Month: Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities. The 2026 theme for Black History Month is: “30 Years of Black History Month: Honouring Black Brilliance Across Generations — From Nation Builders to Tomorrow’s Visionaries.” This theme celebrates three decades of Black History Month in Canada and recognizes the enduring legacy of Black Canadians, whose leadership, creativity, innovation and resilience have shaped our past, continue to influence our present, and will inspire future generations.

Throughout February, Canadians are invited to learn more about and celebrate the diversity and accomplishments of Black Canadians across the country. Black History Month is also a time to reflect on Canada’s painful history and the systemic barriers that Black communities continue to face, including anti-Black racism and discrimination, and to reaffirm our shared responsibility to address them.

“We need to cultivate listening, partnership, and solidarity to carve out a better collective future.” — Desmond Cole

FEBRUARY 15: MAHA SHIVARATRI (HINDU)

Warm wishes to members of the Hindu community observing Maha Shivaratri, the “Great Night of Lord Shiva”, honouring the triumph of light over darkness and the power of spiritual renewal. May this observance bring peace, strength, and spiritual renewal.

Translation note: Maha Shivaratri (महाशिवरात्रि) means “Great Night of Shiva.”

