



# QUILCHENA CYCLONES

## The Week Ahead: March 2 - 6, 2026

**Monday  
Mar 2**

PAC Hot Lunch -  
Libby's Kitchen

**Tuesday  
Mar 3**

**Golden  
Samosas**

ORDER  
DEADLINE  
(on HotLunches.net)

**Wednesday  
Mar 4**

**Thursday  
Mar 5**

**Friday  
Mar 6**

Universal Hot Lunch  
ORDER  
DEADLINE  
(for lunch on Mar 11)

**Sun, Mar 8**  
Daylight Savings Starts



We recognized Pink shirt day last Friday during our Friday morning buddy activity and we wore our pink shirts this past Wednesday also. Both days were an opportunity to remind us of and focus on working together to treat everyone with respect and to accept differences, not just on Pink Shirt Day, but every day. Today our diversity is becoming more visible than ever as people continue to embrace their cultures, identities, and true selves in more open and direct ways; making the need to sprinkle kindness and have greater acceptance, respect, and inclusion for everyone. I am very proud of our Quilchena students as we continue to embrace and build a connected, inclusive community. Enjoy your weekend as we enter March and our final couple of weeks before Spring Break.

### Next week



Tue, March 10 - Family Math Expo

Thur, March 12 - Green Team Book Exchange

Thur, March 12 - Gr.6/7 Basketball Classic Play Day @ Boyd (after school)

Mon, March 16 > Fri, March 27 - Spring Break

MARK YOUR CALENDARS



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...

## Supporting STUDENT WELL-BEING

This month, we're highlighting two important parts of children's overall health: nutritious eating and healthy sleep habits. Both play a key role in helping students stay energized, focused, and ready to learn.

Our attached flyers include:

- Great lunch-on-the-go ideas for busy families
- Information on why sleep is so important for children
- Sleep guidelines for different age groups
- Helpful tips for parents on promoting good sleep routines

As well as, please check out this link [The Healthy eating for parents and children - Canada's Food Guide](#).

We hope these resources provide families with simple ways to support their children's learning and well-being.

**Vancouver Coastal Health**

### NURTURING YOUR CHILD'S PHYSICAL HEALTH: SLEEP

Only about half of BC kids say they're getting a good night's sleep 5 days per week<sup>1</sup>

**Why is sleep important?**

- ✓ Good sleep is important for your child's mental and physical health.
- ✓ Sleep helps children feel energized, learn better, concentrate longer, and be more creative.
- ✓ Regular, restful sleep also strengthens their immune system.
- ✓ A well-rested mind makes better decisions and manages stress more effectively.
- ✓ Regular sleep allows the body to develop, grow, and function properly.

**How much sleep is enough?**

**Sleep Guidelines:**

- 9 to 11 hours of sleep per night for those aged 5–13 years
- 8 to 10 hours per night for those aged 14–17 years

**Aim for:**

- Uninterrupted sleep with consistent bed and wake-up times.
- Less than 2 hours of recreational screen time per day.

1. MED, 2023

**Canada's food guide**

### Eat well. Live well.

Eat a variety of healthy foods each day

- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods

Discover your food guide at [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

© 2019 Government of Canada. All rights reserved. For more information, visit [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide). Page 10 of 10 (2019-03-27)

Quilchena

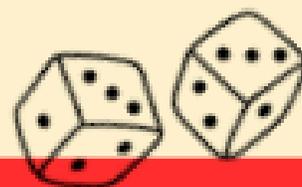
# FAMILY Math EXPO

**MARCH 10TH**

**FROM 4:00  
TO 5:30 PM**

Quilchena families are invited to come and explore the exciting math and numeracy learning happening in our classrooms. This event is a wonderful opportunity to see students' thinking in action, engage with interactive activities, and gain a clearer understanding of the math proficiencies we are building throughout the year. We look forward to celebrating our learning with you!

**With special guests from the Richmond Public Library and Julia Robinson Mathematics Festival**



**QUILCHENA GYM**

*3760 Morsby Drive*



# QUILCHENA CYCLONES

**FINAL WEEK!**



Sample Q-Man.  
Can you spot him?

**Enter  
to Win**

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

## **CAN YOU SPOT Q-MAN?**

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

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](mailto: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.*

## **QUILCHENA QUICK TIP**

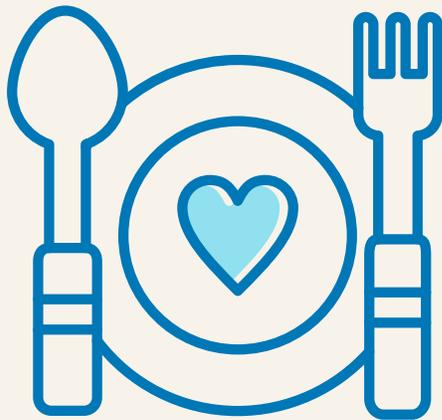
### **REPORTING ABSENCES OR LATE ARRIVALS PLEASE LEAVE A VOICE MESSAGE #604-718-4073**

Parents are reminded to please leave a message on our early warning phone number if your child is going to be absent or late. We suggest calling either the night before or the morning of the absence/late arrival (a voice message is the preferred method to report at this time).

Students who arrive late are asked to please sign in at the office upon arrival.



# QUILCHENA CYCLONES



**Universal Hot Lunch** This is a Richmond School District program offered to all students at Quilchena and is separate from our PAC Hot Lunch program.

Lunch will be offered once each month from now until June using the *MunchaLunch* ordering platform to order. Attached is information on how to register for your MunchaLunch account and how to place your order. You can order all lunches at once. Please note the ordering deadlines below and listed on the information page.

## LUNCH MENU & DATES

Lunch Date	Order By Date	Lunch Menu
<del>Wed, February 25, 2026</del>	<del>Fri, February 20, 2026</del>	<del>Chicken OR Pasta with Veggie meatballs</del>
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

### NEEDING SUPPORT?

Please reach out to Mrs. Kusch ([nkusch@sd38.bc.ca](mailto: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.





**ORDER  
NOW**

## *Golden Samosas*

**\$30 per box**

Back by popular demand, the Quilchena PAC is bringing back Golden Samosas! If you missed it last time here's your chance to order! We are selling a box of 20 samosas (half baked) for \$30. Keep frozen until ready to eat, then heat until golden brown or fully cooked. Samosas will be ordered mild.

**DEADLINE FOR ORDERS MARCH 3**

**Pick up: March 12, after school - outside school entrance**

**Place your orders on the Hot Lunches website.**

**[Click Here](#)**





# QUILCHENA CYCLONES

## PAC FUNDRAISING – SPRING BREAK

If you're planning to register your child for a Spring Break program with Pedalheads, **use code QUIL26 at checkout** to receive \$25 off your invoice – and Pedalheads will donate \$25 back to Quilchena PAC!

**Bike, Swim, and Soccer Camps + Lessons**

**\$25 FOR THEM, \$25 FOR YOU**

PEDALHEADS WILL DONATE \$25 TO YOUR ORGANIZATION WITH EVERY CODE USED. CANCELLATIONS DO NOT COUNT TOWARDS TOTAL.

Use code **QUIL26** for \$25 off

MUST BE REDEEMED BY JUNE 30, 2026. VALID FOR ANY PEDALHEADS PROGRAM IN BRITISH COLUMBIA UNTIL AUGUST 31, 2026.

pedalheads.com/british-columbia

## PAC NEWS

**COMING SOON**



Hot Lunches OnLine

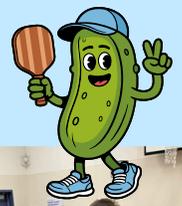
**Term 3 Hot lunch ordering:  
Opens on March 13!**

### Food Dates and Vendors:

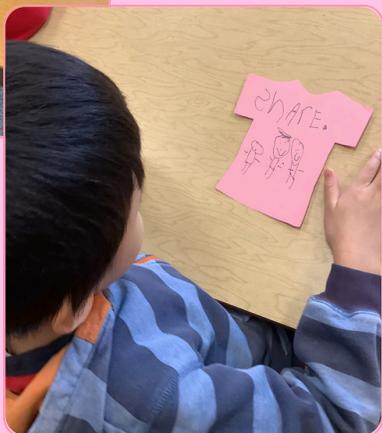
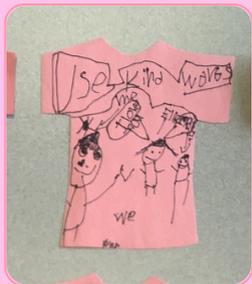
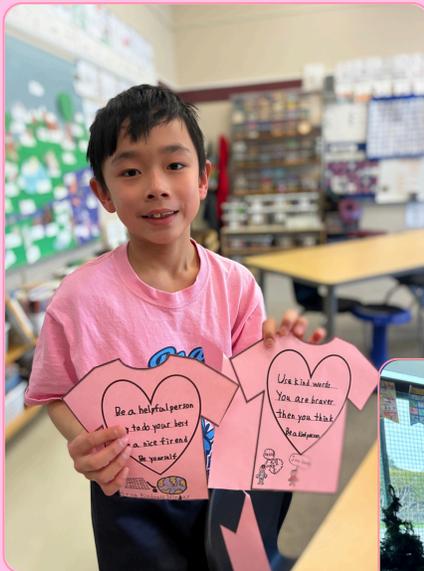
- April 20 Just Poke
- April 27 Primo's
- May 4 Taco Luis
- May 11 Ttop Kitchen
- May 19 Sushi Lovers
- May 25 Freshslice Pizza
- Jun 1 Just Poke
- Jun 8 Taco Luis
- Jun 15 Primo's
- Jun 22 Village Curry

*thanks  
for your  
support*

# A Peek into...Pickleball



# A Peek into...Pink Shirt Day





# QUILCHENA CYCLONES

## IMPORTANT & COMMEMORATIVE DAYS IN OUR COMMUNITY

### *March is Irish Heritage Month*

March was declared Irish Heritage Month in the House of Commons in 2022. Irish Heritage Month celebrates Irish Canadians' contributions to Canada's story and serves as an opportunity to learn more about Irish-Canadian history.



### **MARCH 4: HOLI (HINDU)**

Warm wishes to the Hindu students, staff, and families celebrating Holi! Known as the Festival of Colours, Holi is a joyful celebration of spring, renewal, and the triumph of good over evil. May this vibrant day bring happiness, togetherness, and hope.

### **MARCH 8: INTERNATIONAL WOMEN'S DAY**

International Women's Day is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women, who have played an extraordinary role in the history of their countries and communities.

