



QUILCHENA CYCLONES

The Week Ahead: April 13 - 17, 2026

**Monday
Apr 13**

**Tuesday
Apr 14**

**Wednesday
Apr 15**

**Thursday
Apr 16**

**Friday
Apr 17**

Movie Night
Pizza orders due



PAC Movie Night
Doors: 5:30pm
Movie: 6:00pm

**MOVIE
NIGHT**

Sun, Apr 12

PAC Term 3 Lunch orders due

**coming
soon**

MARK YOUR CALENDARS



Wednesday, April 22: PAC Meeting

Thursday, April 23: Class Photo Day

Thursday, April 23: Learning Updates published

May 6-8: Grade 5, 6, 7 students go to Camp!

We were spoiled this week with plenty of sunshine! We hope for more sunshine next week and this is a good reminder that Westcoast April weather can bring spring showers. Please have your child(ren) come prepared to school for all kinds of weather. Having an extra pair of socks and shoes at school is a good idea for those wet days. The weather looks mixed for this upcoming weekend. See you Monday Cyclones!

BE PREPARED FOR ANY WEATHER!

WE GO OUTSIDE RAIN OR SHINE



Rain coat/wind
breaker



Rain boots



extra shoes &
socks



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...



MyEducationBC

LOG IN



Have you logged in to your MyEducation Parent Portal?

Written Learning Updates (also known as Report Cards or Progress Reports), will be published electronically (PDF) in your MyEducation Parent Portal on Thursday, April 23 after school. The MyEd Parent Portal is used to view and access these Updates. Paper copies will not be sent home.

Your MyEd Parent Portal account also gives you access to student/pupil numbers. [A quick link is available on our school website](#), as well as instructions on how to register for and access the MyEd Parent Portal.

★ **NOW IS THE TIME TO TRY TO LOG IN TO TROUBLESHOOT ANY ISSUES BEFORE LEARNING UPDATES ARE PUBLISHED IN A FEW WEEKS.** ★

★ **LEARNING UPDATES ARE ONLY AVAILABLE IN YOUR MYED PARENT PORTAL FOR A LIMITED TIME. ONCE PUBLISHED PLEASE SAVE TO YOUR DESKTOP OR PRINT FOR YOUR RECORDS.** ★

Questions? Please contact the school office quilchena@sd38bc.ca

PARENT TECH SUPPORT: If you need tech support with your MyEd Parent Portal account (ie: forgot your password), please email the SD38 Parent Tech Help Desk at: myedparentportal@sd38.bc.ca. Include your child's name, school name and grade.



SUMMER LEARNING 2026

The Richmond School District offers engaging summer learning programs where you can explore new interests, learn new skills, and review or preview academic courses. You can find Summer Learning 2026 general information [HERE](#). The catalogue is also available and program registration is open now (exact dates vary for various grades and programs - please check the website). Courses do fill up quickly, please make sure to set up an account if you haven't already to speed up your registration process. ***Student PEN numbers can be found in your MyEducation Parent Portal.***



QUILCHENA CYCLONES

Supporting

STUDENT WELL-BEING

This month, we're focusing on screen time balance and sharing practical strategies and tips to help families manage their child's screen use in positive, healthy ways. With support from [RASS \(Richmond Addiction Services Society\)](#) and [Game2Life](#), these resources were originally offered to youth aged 13-19 but have now evolved to serve school-aged children. Starting these conversations earlier can benefit children as they grow older and have greater access to technology.

Parents are encouraged to be curious and open about their child's interests and activities online, helping to build trust and ongoing communication. Setting clear and consistent limits, along with regular screen-free time can support healthy routines and encourage children to engage in a variety of learning and play experiences. We hope these resources provide families with simple, helpful ways to support their children's learning, well-being, and healthy relationships with technology. Please see the below notes for more tips, and check out the [RAAS website for more information](#).

Additionally, please see the next page for a parent education opportunity from ERASE, suitable for families with children ages 10 and up. This free Zoom session will explore a range of digital topics, including how to be a responsible digital citizen, and more.

8 TIPS to keep on top of your child's screen time

Be consistent with limits

Make sure to offer the same amount of screen time every day

Be involved, play with them

Take time to participate in activities with your kid, interact on their level

Set screen-free times and areas

ie. no screens an hour before bed time, no screens at the dinner table.

Observe, listen and ask questions

Be involved in their lives and show interest in their interests and activities

Encourage other toys & activities

Engage them with novel experiences, or things that promote creativity and curiosity

Become media literate

Understand the types of media out there ie. short form videos, high quality programming

Come up with a plan together

Children are more likely to follow limits if they helped to set them up with you

Parents, YOU set the example

Kids copy us more than we realize. Make sure to model the behaviour you want to see



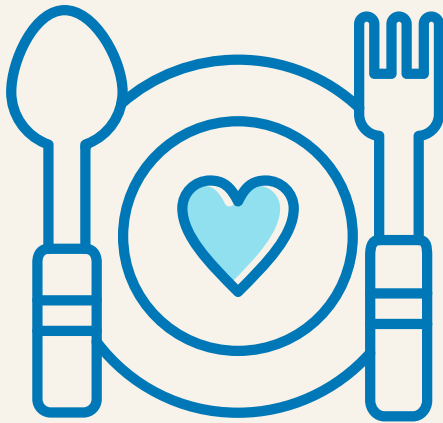
QUILCHENA CYCLONES

Supporting
STUDENT WELL-BEING

erase | EXPECT RESPECT & A SAFE EDUCATION

Family erase Sessions for Safe, Caring and Respectful Digital Communities: As part of SST (Safer Schools Together) work with the Ministry of Education and Childcare through the erase strategy, they continue to offer complimentary FAMILY Sessions on the topics of “Establishing Safe, Caring, & Respectful Digital Communities” as well as “Establishing Family Practices for Safeguarding Against Cyberbullying and Sextortion”. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed. Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community.

There is one training per month and the next **free virtual** learning session for families will be held on **May 13th**. Please visit the link for registraton details and more information about the session. [Click Here](#)



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
Wed, February 23, 2026	Fri, February 20, 2026	Chicken OR Pasta with Veggie meatballs
Wed, March 11, 2026	Fri, March 06, 2026	Chicken Burger Pasta OR Veggie Rice
Wed, April 08, 2026	Fri, April 03, 2026	Teriyaki Chicken Stir-fry 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

PAC NEWS

Quilchena PAC invites you to *Zootopia 2* for our **Spring Movie Night!**

Admission: \$3.00 per person

Pizza dinners can be pre-ordered through your Hot Lunches OnLine account (deadline is Tuesday, April 14th). There will be limited additional pizza for sale on movie night. Please bring CASH for food/snack tickets - there are a variety of snacks including fresh popcorn, chips and treats.

Parents/guardians MUST be present and responsible for their children as no child supervision is provided.

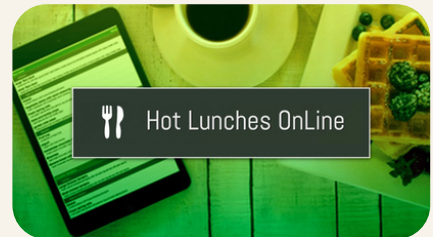
We will need parent volunteers to make our event successful so please sign up if you can!

Questions? Email Quilchenapac@gmail.com



Volunteer sign up

Volunteer Order Pizza



Hotlunch link to order Pizza



Hot Lunches OnLine

LAST CHANCE!

**Term 3 Hot Lunch ordering:
NOW UNTIL THIS SUNDAY, APRIL 12!**



QUILCHENA CYCLONES

QUILCHENA QUICK TIPS

EARLY WARNING VOICE MAIL:

#604-718-4073

If your child is going to be absent or late, please call the Early Warning phone number to leave a message (voice messages are preferred at this time).

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

HAS YOUR CONTACT INFORMATION CHANGED?

Please inform the school office of any updates to your contact information. This includes changes to phone numbers, residential address, emergency contacts, or email addresses.

Keeping your details current helps us communicate important information in a timely manner and allows us to contact you promptly if any urgent matters or emergencies arise. Thank you for helping us stay connected!

MY CHILD NEEDS TO LEAVE EARLY

Send a note or email to the teacher in advance so your child is dismissed at the required time.

Students should sign out at the office if they are leaving early. As a courtesy to your child's teacher and classmates, if possible, please have your child leave at a natural break (recess or lunchtime). Leaving early, even just by a few minutes, can be disruptive to your child's education and to the entire class.

AFTER SCHOOL SUPERVISION Safety First!

Children who remain on school grounds after dismissal must be actively supervised by a parent or guardian at all times.

Miss Jessy—whom many of you know from the Before & After School Childcare program—is employed solely by the families enrolled in her care. She is not available to supervise the playground or monitor children who are not part of her after school program.

If your child is staying on the playground after school, it is your responsibility to be present and supervising them.

FOOD SHARING / FOOD ALLERGIES

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 might 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).

OPT-IN FOR TEXT MESSAGES

Our District uses SchoolMessenger to share important school and district updates including weather closures, emergency notifications, reminders, and time-sensitive announcements.

If you haven't already done so, you can choose to opt-in by sending a text message to 978338 with the comment 'Yes'.

A Peek into...Springtime Play!





QUILCHENA CYCLONES

IMPORTANT & COMMEMORATIVE DAYS IN OUR COMMUNITY

APRIL 2026



Autism Awareness Month: A month to come together to increase understanding and awareness of autism and to help end the stigma and discrimination that some Autistic people experience.

Genocide Remembrance, Condemnation, and Prevention Month: A month to honour the memory of the victims of genocide and reflect on the root causes of these tragedies.

Sikh Heritage Month: A month to recognize and highlight the important contributions that Sikh communities have made and continue to make to Canada's social, economic, political, and cultural heritage.

APRIL 13-14

HOLOCAUST & HEROISM REMEMBRANCE DAY

This annual day is designated by the State of Israel in remembrance of the victims of the Holocaust and is observed by Jewish communities worldwide.

APRIL 14

VAISAKHI (SIKH)

This important day commemorates the founding of the Khalsa by Guru Gobind Singh Ji in 1699 and is also celebrated as a spring harvest festival. Vaisakhi is often celebrated with prayers, community gatherings, and acts of service.

Warm greetings to the Sikh students, staff, and families celebrating Vaisakhi. May this day bring joy, reflection, and community spirit.

APRIL 14

INTERNATIONAL DAY OF PINK

An opportunity to renew our commitment to diversity and inclusion by combatting all forms of discrimination that fuel bullying and violence, which many 2SLGBTQ+ youth continue to face.

APRIL 14-20

BANGLA HERITAGE WEEK

A week to celebrate the contributions and culture of the Bengali speaking people.

