

THE QUADRA WEEKLY BRIEFING

Dear Quadra Community,

It is hard to believe that we are over halfway through November. Our school days are busy with exciting and creative learning experiences for our students, and the weeks have been flying by!

Reminder that there is **no school tomorrow, Friday November 20** for a Professional Development Day. Our staff will be engaging in their own exciting learning opportunities.

This week, our students participated in World Kindness Day. Our Kindness Ninjas were busy spreading happiness throughout our school, and many wrote messages of kindness that were shared with the staff and customers at of Café Fantastico.

Important message from Quadra's Joint Health and Safety Committee:

As Covid-19 cases are going up on the Island and throughout BC, we want to advise parents/guardians to stay on the sidewalk when dropping off and picking up students. If you need to come on the school grounds, we ask that you stay physically distant (**at least 2 metres**) from student line-ups and we encourage you to wear a mask. Parents and guardians may not enter the school (**at any time**) unless they go to the front door of the school and call the office; if you are coming in the building we ask that you wear a mask (if you don't have one, just ask – we have plenty). We appreciate your efforts to help keep our learning community safe and healthy.

The JOHS committee would like to kindly remind you that cyclists need to walk their bikes through our school grounds, that parents/guardians and students must not walk through our staff parking lots, and that dogs are not allowed on school grounds between 8am and 5pm. Again, we thank you for adhering to these safety protocols that will help keep us all safe.

Here is some information about an upcoming webinar for parents:

November 25, 12:30-1:30 pm - Online webinar: Supporting Children and Youth with ADHD During Covid-19: Challenges and Tips

BC Children's Hospital (Online Webinar)

Raising a child with ADHD is challenging. With the disrupted routines and uncertainty of COVID-19, these challenges may be intensifying for some families. Children and youth with ADHD are being asked to remember more rules, to move less, to engage in virtual learning, and to spend less time with their peers. In this webinar, we will discuss these challenges and provide concrete tips to parents and caregivers for supporting children and youth with ADHD in the midst of the COVID-19 pandemic.

Presenters: Dr. Candice Murray - Dr. Murray is a Registered Psychologist who has been practicing in the area of ADHD for over 20 years. Dr. Murray currently works in and is the former Director of the

Provincial ADHD Program at B.C Children's Hospital. **Dr. Randall Gillis** - Dr. Gillis is a Registered Psychologist who works in the Provincial ADHD Program at BC Children's Hospital. She has been involved in conducting peer-reviewed research, assessment, treatment and teaching related to ADHD.

Register at: <https://keltymentalhealth.ca/event/2020/11/supporting-children-and-youth-adhd-during-covid-19-challenges-and-tips>

Looking Ahead:

- Dec. 1 – PAC Zoom Meeting
- Dec. 17 – Report Cards Home
- Dec. 18 – Last Day Before Winter Break

Have a great weekend!

Connor McCoy

Please see the following information from our wonderful PAC:

Thank you to everyone who donated rain gear to help enable outdoor learning during the rainy months!

The PAC is supporting the school in many ways this year and continues to fundraise to make this possible. Please follow the link to learn more about the initiatives funded by the PAC and easy ways you can help us raise the necessary funds. [insert link]

Follow PAC activities through the newsletter (<https://vcpac.ca/quadralist>) and on Facebook ([Families of École Quadra School](#)), and join the conversations on Slack (https://join.slack.com/t/ecolequadraschoolpac/shared_invite/zt-im287uzn-MeSLNOIjp3iAO6DSiQLrXw)

The next PAC meeting will take place on **Dec 1st at 7:00 PM**

Join Zoom Meeting

<https://ca01web.zoom.us/j/62911987301?pwd=T3AzUXJDhXphRHg0d1g3Y2xGTTlxdz09>

Meeting ID: 629 1198 7301

Passcode: Z&19pZH8

One tap mobile

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Dial by your location

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+1 778 907 2071 Canada

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+1 438 809 7799 Canada

+1 587 328 1099 Canada

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+1 647 375 2970 Canada

Meeting ID: 629 1198 7301

Passcode: 34951415

Find your local number: <https://ca01web.zoom.us/j/62911987301>