

THE QUADRA WEEKLY BRIEFING

Dear Quadra Community,

It has been another productive week at Quadra. The students and staff have been taking advantage of the drier weather and have been enjoying the opportunities to work and play outside.

Parents, please be mindful of not parking in the spot reserved for people with disabilities. These spots are reserved for vehicles with permits at all times.

THE MIDDLE YEARS DEVELOPMENT INSTRUMENT (MDI) IS COMING TO YOUR SCHOOL IN JANUARY/FEBRUARY!

The Greater Victoria School District has partnered with the Human Early Learning Partnership (HELP) at the University of British Columbia to measure and promote children's social and emotional development, health, well-being, and assets through the Middle Year Development Instrument (MDI). The Middle Years Development Instrument (MDI) is a self-report questionnaire that asks children in middle childhood about their thoughts, feelings and experiences. The MDI is the first survey of its kind to gather information about the lives of children both in school, in the home and in the community, from their own perspective. The survey questions align with the BC Ministry of Education's K-12 curriculum, which includes a focus on promoting children's personal and social competencies.

Grade 4 and grade 6 students are invited to complete the MDI during class time between:

January 11th and March 5th, 2021.

For more information and to view the questionnaires:

<http://earlylearning.ubc.ca/mdi/>

Parent FAQs:

<http://earlylearning.ubc.ca/mdi/parent-guardian-resources/>

If you don't want your child to participate, please contact your child's teacher, fill out the withdrawal form at the end of the parent/guardian informed passive consent letter, or contact the MDI project staff at mdi@help.ubc.ca.

Please see the following Weekly Snapshot from our school district:

[December 2020 Early Learning and Elementary Snapshot.pdf](#)

COMMUNITY MENTAL HEALTH SUPPORTS

There are many resources available in the community to assist families. Below is a list of professionals recommended by families within our school or district. Please note that our school does not endorse specific professionals.

Clinical Counsellors / Play Therapists

Katie Campbell-Elsdon – 250-885-1361 <https://www.heartwoodfamilywellness.com/>

Carrie Wright Donaldson - 250-885-4622

Sarah Ftaya – 250-277-3556 <https://www.childtherapyvictoria.com/aboutsarah>

Ariel Graham – 250-598-0544 <https://www.islandfamilycounselling.ca/about-us/ariels-bio/>

Sunny Myles – sunnymyles@live.com

Sara Radford – 250-418-0478 <https://www.newgrowthcounselling.ca/sara>

Allyson Whiteman - 250-590-7703 <https://bc-counsellors.org/counsellors/allyson-whiteman/>

Therapy Services

Little Steps – <https://www.mylittlesteps.net/> (behaviour consulting, speech-language therapy, occupational therapy, physiotherapy, clinical counselling services)

Registered Psychologists

Victoria Child Psychologists – Dr. Barbara Kennedy, Dr. Marei Perrin, Dr. Joanna Kelm – <https://www.victoriachildpsychology.com/>

Dr. Shirley Graham - <https://www.drshirleygraham.ca/>

Parenting Support

Boys and Girls Club of Greater Victoria - 250-384-9133 www.bgcvic.org

Victoria Single Parent Resource Centre - 250-385-1114 www.singleparentvictoria.ca

Victoria Native Friendship Centre - 250-384-3211

Family Smart (formerly The FORCE) - 250-818-4810

Community Counselling Services (individual and group - some offer sliding scale rates)
Child and Youth Mental Health Victoria – 250-356-1123

Child and Youth Mental Health Saanich – 250-952-5073

Family Services of Greater Victoria - 250-386-4331

Women's Transition House - 250-592-2927

Victoria Child Abuse Prevention/Counselling - Mary Manning Centre - 250-385-6111

Hulitan Family and Community Services (First Nations families) - 250-384-9466

Beacon Community Services – 250-656-0134

Learning and Living Through Loss – 250-413-3114

Island Family Counselling - 250-598-0544

Citizen's Counselling - 250-384-9934

Community Programs

Cool Cues Social Program at James Bay Community Project (for ages 8-10) - 250-415-7721

Learning Disability Association - 250-370-9513

Quadra Village Community Centre - 250-388-7696

Emergency Support

IMCRT – Integrated Mobile Crisis Response Team - 1-888-494-3888

VGH Mental Health Nurses - 250-727-4020

Ministry of Child and Family Development (MCFD) - 1-800-663-9122

Vancouver Island Crisis Line - 1-888-494-3888

Other Mental Health Resources

The Kelty Mental Health Resource Centre (BC Children's Hospital) – www.keltymentalhealth.ca

Kids Help Phone - <https://kidshelpphone.ca>

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:

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. <https://quadra.sd61.bc.ca/parent-info/pac-news/>

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-MeSLNOljp3iAO6DSiQLrXw)

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

Join Zoom Meeting

<https://ca01web.zoom.us/j/62911987301?pwd=T3AzUXJDdXphRHg0d1g3Y2xGTTlxdz09>

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

+1 647 374 4685 Canada

+1 647 375 2970 Canada

Meeting ID: 629 1198 7301

Passcode: 34951415

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