

THE QUADRA WEEKLY BRIEFING

Dear Quadra Community,

We seem to be slowly moving out of a state of pandemic and we are hoping to provide some updates as to what that looks like in schools shortly. Quadra students viewed a fantastic kindness assembly in which they learned about the origins of Pink Shirt Day and enjoyed some class performances. A big thank you to all those students who appeared in this virtual assembly as well as all our classes for being so well behaved while watching in their classrooms. Another round of thanks to Ms. Pollet, Madame Jeanne and Madame Clausen (our assembly committee) for their work putting this assembly together.

As we are seeing some colder weather, please continue to monitor the weather daily and send your child/ren with the appropriate clothing/jackets/etc.. Spring is on the horizon but we are not there quite yet. We mentioned report cards last week and teachers are busy working diligently to complete these important documents that reflect student learning. Report cards will be sent home with your child/ren on Thursday, March 17th.

You will see in the **PAC section** that our wonderful parent group is still looking for volunteers to help with the annual Quadra's Got Talent event. QGT is a time honoured tradition that showcases the amazing abilities of our children. A very few people have worked very hard to keep this event going during our last few years of Covid 19. They have continued to provide this platform for our students to express their talents and I believe that QGT has become more important than ever during this time. If you can volunteer to help get QGT off the ground this year, please contact PAC via the link below:



Looking Ahead:

- **Mar. 1**
 - PAC Meeting 7pm
- **Mar. 17**
 - Report cards sent home
- **Mar. 18**
 - Last day of classes before Spring Break
- **Apr. 4**
 - Classes resume after Spring Break

Please see the following information from our wonderful PAC:

We are still looking for volunteers for Quadra's Got Talent. If you can support this event please reach out to the PAC at ecolequadraschoolpac@gmail.com

Please come join us for our March meeting on Tuesday, all Quadra Families are welcome.

Mar 1, 2022 07:00 PM

Join Zoom Meeting

<https://zoom.us/j/92978878303?pwd=aDNLVGFUTWRGNXBjVjdLa1ljR3NCZz09>

From Our School District:



February 2022 Snapshot

Bullying Prevention and Intervention

Unfortunately, peer bullying is a still an issue for today's children and one that often requires adult intervention. Young children have no special protection and must rely upon adults to keep them safe.



There is another opportunity with **Dr. Don Duncan**, Clinical Director with the Interior ADHD Clinic in March with 4 dates remaining.

Dr Duncan is creating a video for FamilySmart that we will watch together followed by a discussion.

ADHD – The Real Deal

This video presentation by Dr. Duncan, will dispel the many myths surrounding ADHD, and provide up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does. Come together with other families for a facilitated discussion by Parent Peer Support Workers.

Here is a link to the FamilySmart event poster:

Dates

March 16, 2021 at 5:00pm

March 24, 2021 at 12:00pm

March 28, 2021 at 6:30pm

March 29, 2021 at 5:00pm

Cost: Free of Charge

Registration Required: www.familysmart.ca/events

Available Now: Great video created in **Dec. 2010** with Dr. Duncan: **The ADHD Brain: A User's Guide:** https://youtu.be/U424Vr_BITY?t=4

March 2022 Video will be available soon



EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

ADHD – The Real Deal

Join us in watching a video presentation by Dr. Duncan, who will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.

Dates (BC Time):

March 10, 2021 at 6:30pm
March 16, 2021 at 5:00pm
March 24, 2021 at 12:00pm
March 28, 2021 at 6:30pm
March 29, 2021 at 5:00pm

Cost: Free of Charge

Registration Required: www.familysmart.ca/events



familysmart.ca

Please click on the following link for information about free online Glee classes from Little Jammerz:

Stay Safe and Stay Healthy,

Connor McCoy