

# THE QUADRA WEEKLY BRIEFING

Dear Quadra Community,

As we approach our last week of school before Spring Break, we will once again have all lost and found items displayed outside our main entrance. There are many, many items that have been picked up off the school grounds since the winter break and we would very much like to see these articles of clothing reunited with their owners. Clothing will be set out at the beginning of every day until Friday, March 18<sup>th</sup>. All remaining clothes will be donated to Big Brothers and Big Sisters at some point during the morning on Friday evening.

Many of you may have already heard that after spring break, masks are no longer required in the school setting. **Please be aware that for today and all of next week, your child/ren will still have to wear a mask** as the new mask protocols for schools do not come into effect until Monday, April 4<sup>th</sup>. There are still health and safety measures that will be part of the new protocols. We will still expect parents/guardians to maintain such practices as conducting daily health check with your child/ren and keeping them home when sick. At school, we will continue to have students regularly wash their hands, especially before and after transitions. Any student or adult who chooses to continue to wear a mask will be welcome to do so. Please visit the following link for more information on new Ministry Covid-19 protocols: <https://www2.gov.bc.ca/gov/content/education-training/k-12/covid-19-safe-schools>



## Looking Ahead:

- **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:**

Quadra PAC is still seeking items to assist the teachers with Makers Day. If you have any of the following items you could donate please drop at the school addressed to Mme Tiringer or Ms. Timmermans.

Small paintbrushes (60)	40 hinges
Flat Paintbrushes (30)	Small ping pong balls (2 sets of 40)
Coloured Sharpies (24)	Mini basketballs (3)
Gluesticks (18)	Duct Tape (4)
Kids Scissors (12)	Gorilla Glue
Tape + dispenser (6)	Cordless glue gun x 2
Cardboard cutter (5)	Cordless glue gun x 2
Admit One tickets (roll of 1000)	

**From Our School District:**



**March 2022 Snapshot**

**Building Healthy Habits**

Parents have significant potential to influence their children's behavior. This includes eating habits, physical activity and mental wellbeing.



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](http://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\\_BlTY?t=4](https://youtu.be/U424Vr_BlTY?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](http://www.familysmart.ca/events)



[familysmart.ca](http://familysmart.ca)

Have a safe and wonderful weekend,

Connor McCoy