

THE QUADRA WEEKLY BRIEFING

Dear Quadra Community,

We are two short weeks away from spring break and the weather is finally starting to behave! Energy in our building is high and students have a little more jump in their step. One of the ways in which this extra energy is being noticed is in how our students are crossing the street on their way to and from school. Please remind your child/ren to walk their bikes/scooters through the cross walk and to wait for our crossing guard to permit them to cross. Remind your child/ren to be kind to our crossing guards as they are working hard for our community. We need to recognize that our staff who work as crossing guards have student safety first and foremost in mind. If you are walking with your children to school, please make sure that they walk with you and do not run ahead to cross the street.



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

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