

THE QUADRA WEEKLY BRIEFING

Dear Quadra Community,

Today the Clayburn Middle School Jazz Band treated our students to a very special performance. Mr. Aaron Long brought his middle school band all the way from Abbotsford BC to perform for us. Toes were tapping and fingers were snapping to a variety of songs that included some old time jazz tunes as well as contemporary pop favourites. A grade 5 student presented Mr. Long with a Quadra gift bag as a token of our appreciation (and in the hopes they will come back next year).

Please remember that student-led conferences will take place next week. Students will be dismissed at 11:50 on Wednesday in order to accommodate these conferences. Conferences will continue on Thursday after school.

I would like to remind you of the Vision testing forms that went home for signing recently. If you have not yet done so, please sign and return these forms as soon as you are able as this is a great opportunity for a free vision assessment (and, if needed, free glasses).

I would like to throw out a huge kudos to our incredible PAC for providing a great family entertainment night last Friday. Our gym was full of parents and kiddos on blankets, munching on pizza and treats while watching 'Strange World' on the big screen. The last time we were able to host such an event was in October of 2019 when 'Wreck it Ralph' was our feature and Covid was not yet in our vocabulary. It was so nice to see and feel that sense of 'Quadra Community' again. Many thanks to our organizers and all those parents who stayed afterwards to help with clean up.

Last but not least: Class pictures are happening this coming Monday, May 1st.

Looking Ahead

- **May 1**
 - Class Photos
- **May 2**
 - PAC Meeting
- **May 3**
 - Early dismissal for Student-Led Conferences
- **May 4**
 - Student-Led Conferences after school
- **May 19**
 - Pro-D no school
- **May 22**

- Victoria Day stat holiday – no school

News from Our Wonderful PAC

QUADRA'S GOT TALENT IS HAPPENING FRIDAY JUNE 9th!!!

Quadra's Got Talent is a fun, free, non-competitive event that celebrates the creativity, passions and talents of Quadra students and brings us together as a community.

All kinds of talents & acts are welcome!

Past performances have included dancing, singing, playing instruments, sport demonstrations, gymnastics, magic tricks, comedy skits, and much, much more!

Going virtual has also opened up some interesting new categories such as arts and crafts, computer programming and many other hobbies so please feel free to get creative and share whatever it is you're great at!

Students can perform solo or in groups and family members are always welcome to participate!

Please send photo and video submissions that meet the following criteria to quadrashines@gmail.com no later than Monday May 29th.

- Introduction of performer(s). Name, grade and what the talent is.
- Clear visual and audio quality
- 2 minutes in length or less
- Age appropriate and positive content
- Horizontal format (landscape) filming is preferred, but not required.

*Please note: making a submission will be considered your consent to share online within our school community this year.

We can't wait to see you shine!

News from Our Community

<https://bgcsvg.org/programs/parenting/>



[Parenting | BGC South Vancouver Island](#)

Helping Parents and Teens Grow Together.
Think a parenting group might be right for you...

bgcsvi.org

There are a few spots available in the groups below:

Parenting without Power Struggles Thursdays, 6:30-8pm

A co-facilitated group support, parent education program for parents of preteens (**ages 9 - 12**).

Parents in the Know Wednesdays 6:30-8 pm

A co-facilitated group support, parent education program for parents of teens (**ages 13-19**).

Parents Together Tuesdays 12-1:30pm or 6:30-8pm Ongoing

This program for parents of teens (13-25) provides ongoing group support and parent education. Parents may stay in the group as long as they feel they need support and help in their daily parenting.

All the groups cover a variety of topics including:

- Attachment and relationship-based practices
- Communication and 6 critical messages
- Developmental changes in pre-adolescence
- Adolescent brain development
- Boundaries, and turning over responsibility as appropriate
- Self-care – taking back your life
- Adolescent mental health
- Substance use and teens
- Connection and understanding
- Capacity building
- Technology
- Working towards independence

Have a wonderful, safe weekend!

Connor McCoy
Principal