

THE QUADRA WEEKLY BRIEFING

Dear Quadra Community,

This week, as I walked through different classrooms during our student led conferences, I was thrilled to see so many our kiddos leading their parents through classrooms. Teachers did a great job in creating these student led opportunities and we were all thrilled that so many of you joined us this past Wednesday and Thursday! Madame Jeanne set up our classroom tour sheet with an activity that had students introducing their parents/guardians to all the important areas of our school. Having our students showcase their learning and being Quadra 'experts' was what these conferences were all about. Thanks to all who made this such a successful event.

A gentle reminder: Please remember to be kind to each other and our staff as we pick up and drop off students to the school. Our kids replicate the behaviour they see modelled by the adults in their lives.

Looking Ahead

- **May 17**
 - Welcome to Kindergarten Event
- **May 19**
 - Pro-D no school
- **May 22**
 - Victoria Day stat holiday – no school
- **May 29-31**
 - OneSight Vision Screening
- **June 4**
 - PAC Bottle Drive
- **June 9**
 - Quadra's Got Talent

News from Our Wonderful PAC

We are seeking parent volunteers for the below noted events. Sign up forms will be sent out in next week's briefing but in the mean time please email ecolequadraschoolpac@gmail.com if you can assist.

☆ Grade 5 Year End Celebration on June 23

☆ Welcome to Kindergarten on May 17

☆ Bottle Drive on June 4

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 School District

Please click on the following link for our school district's Spring, Fun, Fitness and Safety Newsletter:

[Spring Fun, Fitness and Safety](#)


News from Our Community

Free veggie seedlings!
May 23, 2:30-3:30pm

Bring a cardboard flat or box and come pick up some free seedlings for your garden (up to 8 plants per person while supplies last). First come first serve.

Spring distribution will provide vegetable and herb seedlings and includes tomatoes, cucumbers, zucchini, collard greens, swiss chard, kale, lettuce, basil, chives, nasturtiums, calendula and shiso.

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



[Parenting | BGC South Vancouver Island](#)

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

bgcvi.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