

The Quadra Weekly Briefing

- **Oct 18**
 - Early Dismissal 11:50am
 - Parent - Teacher Conferences
 - **Oct 19**
 - Parent – Teacher Conferences after school
 - **Oct. 20**
 - Professional Development Day – no school for students
 - **Nov 10**
 - Remembrance Day Assembly
 - **Nov 13**
 - Remembrance Day Stat – School closed
 - **Nov 20**
 - Professional Development Day – No School for students
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Donations requested

If you have any of the following **clean and gently used** or **new** clothes, please consider donating them to Quadra for students who need an emergency or an unexpected change of clothes while at school.

- Leggings (children sizes XS – XL)
- Jogging pants or comfy pants (children sizes XS – XL)
- Socks
- Underwear (new only! - children sizes XS – XL)
- T-shirts (children sizes XS – XL)

Donations can be brought to the office.

Thank you in advance for your generous donations.

Message from Our School District

Dear Families,

As the traumatic events unfold in Israel and Gaza, some students and families may require additional support processing complex emotions. These events can bring about anxieties and fears for children, youth, and adults. Parents and guardians are encouraged to discuss/monitor their child's social media use at this time as images/videos being circulated are incredibly graphic and disturbing and may contribute to further trauma.

If your child is exhibiting signs of traumatic stress, please consider the following helpful tips to support them:

- Provide a safe space for them to share their feelings and concerns – listen and validate; fear, anger, confusion, worry, insecurity, and other reactions are to be expected.
- Let their questions be the guide – do not share or expose them to unnecessary details; limit exposure to news and social media as age appropriate.
- It is ok to not have all the answers but to emphasize the importance of getting factual information and limiting exposure to misinformation.
- Provide general, brief facts with an emphasis on what adults and individuals can do to keep themselves and others safe.
- Ensure they know where to find a trusted adult and support resources.
- Model being calm and regulated; children look to adults on how to react.
- Maintain a schedule and routine; this provides a sense of predictability which can reduce anxieties.
- Engage with social supports; now is the time to support each other.

Should your child require extra support during this time, please reach out to your principal and school supports will be made available. Other supports can be accessed at:

Kelty Mental Health

1-800-665-1822

<https://keltymentalhealth.ca/>

Anxiety Canada

<https://www.anxietycanada.com/>

It is important as the adult in your child's life to remember the importance of your own self-care; please reach out to your support network as needed. You are a greater help to your child if you also have others supporting you.

Our schools continue to be safe spaces for our students and staff. If you or your child have concerns about safety, please reach out to your principal to discuss. If you have concerns in community, please contact community supports that best fit with your family's needs and your local police department if required.

News from Our Wonderful PAC

Hi Families of Quadra -

We hope this message finds you well!

This past Wednesday, the PAC had its October meeting. We covered a lot of important ground, some of which is highlighted here:

- We watched a presentation that Mrs. Read (Division 27 kindergarten teacher) gave to the School Board in April regarding unmet needs in Quadra classrooms, inequalities between elementary schools, and the need to often prioritize safety before learning. We would encourage all families to take five minutes and watch the presentation (starting at minute 25, here: <https://www.youtube.com/watch?v=fBGmnaBAHBk>). The PAC supports all teachers at Quadra, and has appointed a new role of Advocacy Coordinator, will begin a letter writing campaign to the School District and the Ministry to seek more resources, and has added to its fundraising goals the acquisition of tools and resources to support the unique learning needs of students.
- We appointed a Treasurer, so now all five positions on the executive are filled. Further, there were another 8-10 volunteers/parents on the call. It's so great to have this level of engagement and we look forward to welcoming more parents on the next call. IF you would like to put your name forward to volunteer, either for an fundraising event, or to support the PACs new advocacy work. Please email us at connect@quadrpac.net to find out more.
- Lastly, we confirmed the PAC's fundraising priorities for this year, including a new sound system for the gym (to help with assemblies), an AED, funding for swimming lessons at Crystal Pool and, as noted above, funding for tools/resources for children with unique learning needs.

Looking into later this month, the Halloween Bake Sale is on Friday, October 27th, from 2-4 pm. To volunteer to bring baked goods or to be at the table for a portion of the afternoon, please enter your info in the following link:

https://docs.google.com/spreadsheets/d/1jCvS1Flaj4IKXr6_f_4GkkUMs76VaG6kRTpbfDkWA3U/edit#gid=0

Lastly, our next PAC meeting is **Wednesday, November 8th at 7:00 p.m.** As a reminder, the zoom link is: <https://us02web.zoom.us/j/2505145143>.

Wishing you and your families a wonderful weekend!

Kind Regards,

The Quadra PAC Executive

Have a wonderful, safe weekend!