

The Quadra Weekly Briefing

****Reminder: No school Monday, November 20 as staff participate in professional development activities****

- **Nov. 20**
 - Professional Development Day – No School for students
 - **Dec 13**
 - K, K/1, 1/2 classes and Strings Winter Concert – 1:30pm
 - **Dec 21**
 - 2/3, 3/4, 4/5 classes and Choir Winter Concert – 1:30pm
 - Report Cards Available
 - **Dec 22**
 - Last day of classes before Winter Break
 - **Jan 8**
 - Classes resume after Winter Break
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Ninja Food Drive at Quadra



Dear Quadra Families,

The holiday season is upon us! In the spirit of giving, the Kindness ninja club at Quadra is coordinating a food drive in partnership with The Mustard Seed. The items collected will be donated to this food bank which is the most accessible food bank in the Greater Victoria region. Our goal is to help raise awareness about hunger in our community and to collect food for those in need so that no family goes hungry during the holidays.

Starting from the week of November 20 through December 15, our school will be collecting canned goods and dry goods. Students are invited to place an item/ items in a designated box in their classrooms. They may participate as many times as they like up to the deadline.

Please give what you can. One grocery bag of food can provide as many as 11 meals. Every single donation helps, and together we hope our combined donations will make a real difference for those in need. The Mustard seed is asking for nutritious canned and dry goods. Here are some suggestions:

TOILETRY AND HYGIENE SUGGESTIONS

- Baby diapers size 3-5
- Travel size shampoo, deodorant, toothpaste
- Sanitary napkins
- Toilet paper
- Kleenex

CLOTHING SUGGESTIONS

- Hoodies, sweatshirts, t-shirts (women, teen & men)
- Socks
- Underwear (women, teen & men)
- Outer wear; coats, vests, jackets
- Leggings
- Sweatpants
- Pajamas (teen)

FOOD SUGGESTIONS

- Tuna, salmon, sardines, clams, oysters
- Peanut butter, almond butter
- Cereal
- Tea
- Coffee
- Jam, jelly
- Ketchup, mustard, relish
- Canned vegetables
- Canned chili, meat, and vegetarian options

Thank you for your generosity and help!

With much gratitude,
The Kindness Ninjas

For more information about the Mustard Seed, please click here:

B.C. Training and Education Savings Program Grant

In support of Education Savings Week 2023 (November 14 to 18), your child may be eligible for a \$1,200 B.C. Training and Education Savings Grant for their post-secondary education. Please click here for more information:

News from Our Wonderful PAC


Happy Weekend Families!

We are excited to let you know that the annual Loonie Emporium will be Monday, December 11th. Please save the date for this fun holiday shopping fundraiser!

Donations of new or gently used items, wrapping paper and bows, and volunteers for the day are needed and so appreciated! The PAC also accepts cash donations as part of this fundraiser. If this is of interest to you, please email connect@quadrupac.net

More information to come soon!

News from Our Community

The poster features a central image of a butterfly perched on a stack of four smooth, light-colored stones, with concentric ripples in the water below. The background is a soft blue gradient. Text is arranged around this central image.

**Mental Health Resource Night
for Parents and Caregivers**

Tuesday, November 28th, 6:30-8:00 pm
Quadra Elementary School Library

Wondering how to support
your child's mental and
emotional wellness?

Looking for parenting support
or counselling for your child?

Please join us for an evening of
resources and connection with local
mental health and wellness services!

We are excited to welcome:

Child and Youth Mental Health, Family Services of Greater Victoria,
FamilySmart, Victoria Native Friendship Centre, Boys and Girls Club of
Greater Victoria, Vancouver Island Counselling Centre for Immigrants
and Refugees, Human Nature Counselling, Healthy Schools BC,
Soanich Neighbourhood Place, Quadra Village Community Centre,
and more!

Greater
VICTORIA
School District

Please click on the following link to see our school district's Climate Action Plan:

[Media-Release - Climate Action.pdf](#)

Wishing you and your families a wonderful long weekend!