

## **The Quadra Weekly Briefing**

- **Dec 5**
    - PAC Meeting
  - **Dec 13**
    - K, K/1, 1/2 classes and Strings Winter Concert – 1:30pm
  - **Dec 18**
    - Loonie Emporium
  - **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
  - **Jan 14**
    - PAC Sponsored Bottle Drive
  - **Jan 26**
    - Pro-D – no school for students
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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

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### Information about Quadra's Food Programs

Below you will find information about the food programs we are currently offering to our school community.

We receive 4 boxes of fruit every week. The number of boxes is based on 20% of our school population. This fruit is distributed in classrooms (for example in a basket in designated area) or used to supplement our lunch program.

We also have a "needs only" lunch program that is subsidized by the Feed the Futures Fund and supplied by our local Save on Foods. This program provides a lunch to any student whose family cannot provide a lunch. To access this program, families must fill out a form and submit it by the deadline provided (forms are always available outside the office!). A typical lunch will include a sandwich or wrap and a fruit or vegetable.

In conjunction with our lunch program, Quadra offers a breakfast (for example: yogurt, oatmeal) and snack program (for example: cheese, crackers and fruit) to students in need.

Quadra is also very grateful to the Rotary Club who provides approximately 20 backpacks full of food every week to families in need. Food items may include: pasta, sauce, box of cereal, peanut butter, jam, some granola bars, tuna cans, a few vegetables and fruit. Currently this program is at capacity, but names can be added to a waitlist.

Finally, **all** Quadra students are offered a milk box and fruit every 2 to 3 weeks as part of the BC Schools Fruit and Veg Nutritional Program. The storage, washing and distribution of the milk and fruit is undertaken by a small, but mighty team of Quadra parents. Thank you!

*Please reach out if you would like more information about any of the programs described above.*

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### **News from Our Wonderful PAC**

Dear Parents of Quadra:

It is with great excitement that we invite parents of Quadra Elementary School, along with interested teachers, education assistants, guidance counselors, school administrators, and school district trustees, to join the Parent Advisory Committee's newly created Advocacy Committee for Inclusion and Supports.

The proposed aim of the Advocacy Committee is:

- to promote the voices of those often underrepresented in our society and our school (including, but not limited to, those who are neurodiverse, have unique learning challenges, have unmet needs at home, are a minority, are first generation Canadian, etc.);
- to provide a safe and brave space for parents and others in the school system to bring forward concerns that may require support from or collaboration with the School Board and the Ministry of Education and Childcare; and
- to foster a greater sense of school community, where diversity is seen as a strength and is supported by the necessary supports in the classroom.

This invitation stems from a presentation given to School Board 61 Trustees in April 2023, by Mrs. Read, a kindergarten teacher at Quadra Elementary School, which highlighted very significant and unaddressed issues within our children's classrooms. The presentation, titled Supporting Inclusion in Kindergarten in School District 61's Most Vulnerable Schools, is available at minute 25, [here](#).

This presentation, along with similar issues that have occurred during the 2023/24 school year, have resulted in the Quadra Parent Advisory Committee creating the new Advocacy Committee, supported by the new role of Advocacy Coordinator, efforts which have already generated an overwhelming response from the broader Quadra Elementary School community – with numerous parents and others in the school system reaching out to lend their voice and their support.

We invite you to join us for the first meeting of the Quadra Elementary School Advocacy Committee on Inclusion and Supports, to be held at virtually at 7:00 p.m. on December 5th, at the following link: <https://us02web.zoom.us/j/2505145143>. If you would like to be involved, but are unable to attend the meeting, please do reach out at [hhachigian@gmail.com](mailto:hhachigian@gmail.com) and/or [braden.te.hutchins@gmail.com](mailto:braden.te.hutchins@gmail.com).

Kind Regards,

Heather Hachigian, Quadra Elementary School PAC Advocacy Coordinator

On behalf of the Quadra PAC

Wishing you and your families a wonderful weekend!