

The Quadra Weekly Briefing

*****Pro-D on Friday, January 24 – No School for Students*****

Looking Ahead

- **January 27-31**
 - English kindergarten registration
- **January 31**
 - 4/5 classes swimming field trip
- **February 10-13**
 - SD61 Student Transfer Week
- **February 14**
 - Pro-D – no school for students
- **February 17**
 - Family Day – school closed
- **March 15-30**
 - Spring Break – school closed

Panago Pizza on McKenzie (Store014) has generously been providing free pizza for our lunch program. Their kindness is going a long way to help feed our students. The next time you order pizza, consider ordering from Panago on McKenzie to support this generous, community-minded business.

Please click on the following link for information about our upcoming kindergarten registration:

<https://www.sd61.bc.ca/registration/kindergarten-registration/>

FREE! FamilySmart Online Event for Parents/Caregivers: Emotion Regulation - Deepening Our Understanding

February 12, 2025

This is a followup to a popular FamilySmart video called **Emotion Regulation** with speaker **Nicole Allen**, Clinical Counsellor. In this online event Nicole will discuss what can lead to big emotions and give us some concrete strategies for responding skillfully to those situations.

To Watch 1st video here: <https://youtu.be/BP4I9Zedrgs?si=NQPUS5YyCYDak7xX>

Date & Time: Wednesday February 12th, 6:30 pm - 8:00 pm

Register: <https://familysmart.ca/monthly-events/>

From Our Wonderful PAC

Reminder that Quadra PAC is planning a community Royals game February 22 at 6:05PM. We have tickets for sale at a minimum donation of \$14 each (this is at cost). You can e-transfer PAC with payment and please indicate in the memo of the transfer how many tickets you are looking for.