

# *The Quadra Weekly Briefing*

## *Looking Ahead*

- **February 5**
  - 3/4 classes skating
- **February 7**
  - Read Around Quadra
- **February 10-13**
  - SD61 Student Transfer Week
- **February 14**
  - Pro-D – no school for students
- **February 17**
  - Family Day – school closed
  - Grade 5 opera evening field trip
- **February 28**
  - Pink Shirt Day
  - Grade 4/5 swimming
- **March 13**
  - Learning updates available to families
- **March 14**
  - Last day of classes before Spring Break
- **March 15-30**
  - Spring Break – school closed

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### **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/>

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## *From Our Wonderful PAC*

Hello Quadra Families,

The PAC would like to remind you that we have two current methods of discussion and engagement on issues. The first is our slack channel and the second is our Facebook group. Please see our website for the links - [quadrapac.net](http://quadrapac.net)

Another 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.

Have a great weekend,  
Quadra PAC Executive