

The Quadra Weekly Briefing

****No school for students February 14 and 17****

Looking Ahead

- **February 10-13**
 - SD61 Student Transfer Process
- **February 14**
 - Pro-D – no school for students
- **February 17**
 - Family Day – school closed
 - Grade 5 opera evening field trip
- **February 19**
 - PAC Meeting – 7pm Library
- **February 22**
 - Victoria Royals game
- **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

Information about the upcoming SD61 Transfer Process Week can be found here:

<https://www.sd61.bc.ca/registration/student-transfer-process/>

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

We only have a few tickets left for the upcoming Victoria Royals Hockey Game. Please email us by Sunday at connect@quadrapac.net if you are interested in going so we can look into whether we can get more group tickets for everyone who is wanting to go. Reminder the game details are as follows:

Where: Save on Foods Arena

Time: 6:05pm

Date: Saturday February 22nd (*please note that there is an error in the flyer sent home from school. Game is SATURDAY not Thursday).

Cost: we have tickets available for minimum donation of \$14/ticket. Please e-transfer connect@quadrapac.net with your name and number of tickets wanted. If you want them picked up in the office, please let us know otherwise we will give them to your child's teacher to send home.