

The Quadra Weekly Briefing

Looking Ahead

- **April 27**
 - Div. 26 to UVic Library
- **April 28**
 - Div. 19, 21, 23 to Goldstream
 - Div 27 to Victoria Fire Department
- **April 29**
 - Gr. 4/5 Quadrastruck Rehearsal – Vic High 11:50 – 4:00 pm
 - Rugby game after school – Cloverdale
- **April 30**
 - **11: 50 student dismissal**
 - Student-Led Conferences
- **May 1**
 - Gr. 4/5 Camosun Field Trip – Group 2
- **May 5 & 7**
 - Grade 4/5 Quadrastruck Musical – Vic High School 4-5 pm
- **May 8**
 - Rugby Jamboree
- **May 9**
 - Quadra Village Day Choir Concert 10-11am
- **May 11-15**
 - Rainbow Week
- **May 14**
 - Grade 4 Choir to UVic
- **May 15**
 - Pro-D – no school for students
- **May 18**
 - Victoria Day Stat Holiday – school closed
- **May 20**
 - Jump Rope for Heart
- **May 22**
 - Div. 6, 9, 11 Swimming
- **May 28**
 - PAC AGM in Library 7-8:30pm

- **May 29**
 - Div. 6, 9, 11 to Rutledge
 - Gr. 4/5 Swimming
- **June 25**
 - Last day for students

Tuesdays - Strings from 3- 3:45 pm in the music room with Mrs. Whyte

Thursdays - Choir in the music room at 8 am.

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Message from the PAC:

Hello Quadra Parents:

Bottle Drive

Our upcoming bottle drive fundraiser is taking place on Sunday, May 3rd from 10am-2pm at the school. Please start saving your bottles! We are seeking parent volunteers for this event, and if you are able to help out, please get in touch with us at connect@quadrapac.net.

PAC Annual General Meeting

Our AGM will be taking place on May 28th from 7 to 8:30pm. We are in need of parents to fill the executive positions for next year. If you are interested in a position, please send us an email at connect@quadrapac.net and we can provide you with more information.

Quadra's Got Talent

Our annual Quadra's Got Talent event will be held on June 19th. Video submissions of 45 seconds or less will be accepted starting in mid-May. Students are encouraged to start thinking about a talent they would like to submit. Stay tuned for more information about the submission process in the coming weeks!

Your Quadra PAC Executive team

Jump Rope for Heart:

Hello Quadra families,

Once again, our school is participating in Jump Rope for Heart!

Quadra is proud to be participating in Heart & Stroke's Jump Rope for Heart starting on Monday, April 27. Students will learn EASY healthy habits and raise funds to support lifesaving heart and brain research.

Help us reach our fundraising goal of \$2,000 by donating or register to create your own fundraising page to share with family and friends. Visit our school's fundraising page to get started:

<https://jumpropeforheart.crowdchange.ca/114279>.

ERASE Parent Sessions – free online:

Establishing Safe, Caring, & Respectful Digital Communities

May 13, 2026

Registration link: [Family Session | May 13, 2026 | Remote - via Zoom Tickets, Wednesday, May 13 from 6:30 pm to 7:30 pm PDT | Eventbrite](#)

This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sextortion. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed. The course is intended for: **Parents/Caregivers/Grandparents and youth aged 10 and up**

Establishing Family Practices for Safeguarding Against Cyberbullying and Sextortion

June 10, 2026

Registration link: [Family Session | June 10, 2026 | Remote - via Zoom Tickets, Wednesday, Jun 10 from 6:30 pm to 7:30 pm PDT | Eventbrite](#)

This session covers the global issue of bullying, as well as cyberbullying within the Canadian context. The presentation highlights warning signs for if someone is experiencing cyberbullying behaviours, and the steps to take if you are a victim of cyberbullying behaviours.

The presentation also explores sextortion, explaining how it occurs, key apps you should be aware of, the role of artificial intelligence in this issue, as well as the necessary steps to take if you are a target of sextortion. The course is intended for: **Parents/Caregivers/Grandparents and youth aged 10 and up**

Free April facilitated discussions and videos from FamilySmart:

(1) Emotion Regulation Part 2: Our kids' big emotions don't always make sense. As parents, we might even feel like we're walking on eggshells because we're scared of another big emotional outburst. Join us for our second video conversation with Nicole Allen, Registered Clinical Counsellor to deepen our

learning about our kids' emotion regulation. She helps us understand why some kids cope easier than others, and helps us to determine what our child needs during these hard moments, and shares some strategies.

Dates & Time:

Wed. April 29th, 6:30pm - 8:00pm

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

Watch Now: <https://youtu.be/2kANrAkqSJA?si=2x7idY7SwVIWt4UL>

Other Videos in our library on Emotion Regulation:

(1) Emotion Regulation Part 1 (42 mins): <https://youtu.be/BP4I9Zedrgs?si=qCHxXNoX-yQVvxOk>

(2) When Anxiety Shows Up As Anger(42 mins): <https://youtu.be/Sk7b45uMxn0?si=loh3t2tnq4zE7Aag>