



École Quarterway Weekly Update

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April 23-27/2018

Book Fest:

The 32nd Annual **Vancouver Island Children's Book Festival** is happening Saturday, May 12 in Downtown Nanaimo! Tickets now on sale <https://bookfestcoordinato.wixsite.com/bookfest-tickets> Bring your kids, nieces, nephews, random kids! Just come and check it out! 😊 We have an amazing and diverse line up this year that includes: authors, illustrators, Francophone, Indigenous, LGBTQ, Fiction / Non-Fiction, Syrian Refugee story, Immigration, Residential Schools, Graphic Novels, Picture Books, TEEN topics and more. It's a super fun day with live entertainment, Author / Illustrator presentations and book signings, food trucks and takes place in Diana Krall Plaza, Downtown Library, and Conference Centre. For more information and to check out the Presenters go to: <https://www.bookfest.ca/>

Mindfulness for Families:

May 24th at 6:30-7:30pm at the library. Want to bring Mindfulness in to your home and family? Learn hands on science based techniques to calm the mind, fall asleep, and increase resiliency. Dominique Sullivan has been a yoga teacher since 2003 and would like to share strategies with families. The presentation is free or by donation and welcomes individuals and families. (no daycare available). Life has its ups and downs; mindfulness allows us to meet those challenges with more grace and compassion. This session will focus on the research by Dr. Kristen Neff and Dr. Chris Germer as well as resources and techniques from the Dalai Lama Center for Peace and Education.

Congratulations Bantam Boys!!

The boys' team won third place in the district this past week. Way to go and thank you to all players, parent drivers and to, for all their time and dedication. Congratulations to Peter, Hugo, Dylan, Sol, Aidan, Liam, Logan, Noah, Chase, Finn, and Shea.

PAC Update

Come by the gym Saturday, between 9 and 3 and check out the PAC Garage Sale, Bake Sale and BBQ. Many items to see and purchase. Our next PAC meeting is on May 3 in the library from 6:30-7:30 pm. Child-minding in the gym. The PAC is selling Panago pizza coupons, \$12 for a medium pizza, toppings unlimited. Questions about the PAC's current fundraisers or volunteer opportunities? Contact us at quarterwayschoolpac@gmail.com

Jump Rope for Heart

Campaign begins next week. Please look in backpacks for the pledge forms and prize sheets. This is an important fundraiser that culminates in a very fun day of skipping for the kids May 16th. Our school goal is \$ 3000.00 this year.

Dress Code

Now that the sunshine has finally arrived, we remind students and parents to review the school's dress code policy. School is an educational and work-based institution. It is expected that all those who share our space wear clothing that is appropriate to a school setting. All students are expected to adhere to the Quarterway Dress Code Policy. Appropriate clothing includes but is not exclusive of the following: shorts, skirts and dresses at an appropriate length; (everything is covered), "tops" which meet "bottoms" , shoes which can be walked in safely, lasagne straps are best. Students who do not wear appropriate clothing to school will be asked to change into appropriate attire.

April 30 to May 4

- Monday:** Early Dismissal
Jump Rope for Heart pledge forms home today
- Tuesday:** School Track Meet 9-2 at the Rotary Bowl
- Wednesday:** Bantam Basketball Wind-Up
- Thursday:** Division 18 off to NB today – Bon Voyage!
Jump Rope for Heart Assembly
- Friday:** Div. 13 Biggs Park Hike
Artstarts Presentation

Finally, Some Sunshine!



Salmon Release in Bowen Park

