



École Quarterway Weekly Update

Principal: Mike Lundine

Vice-Principal: Sean Walsh

Secretary: Jamie Smith

Telephone: (250) 754-6845 Fax: (250) 754-6871

Website: www.quarterway.ca

April 30-May 4th/2018

Save Your Bottles!!

May 26th, the grade 4 and 5 classes are hosting a bottle drive here at the school. They will be in the community picking up your bottles for refund but you can also drop them off here. Drop off times will be Friday, May 25 from 7:30-8:30 and 2:30-3:15 or anytime Saturday between 9am and 2pm. Drop off will be in the Cougar Den. Thanks so much for supporting our students raising money for a trip to Science World.

Jump Rope for Heart

Collection envelopes are home now. The easiest and best way to fundraise is to do so on-line. Instructions are easy to follow. Great incentives to be won by the kids. Pizza party for the class with the most money raised. More importantly, this is a great cause! 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.

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.

PAC Update

Our next PAC meeting is on May 17 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

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/>

School Track Meet

Way to go Cougars!! What a fantastic day for a track meet. Our kids did so well! Thanks so much to all the volunteers and organizers who helped to make this day such a huge success. Our next meet is May 23 at the Rotary Bowl.

Parents of Grade 7 students -

NDSS would like to invite you to an information session Wednesday, May 16 at 5:30pm in room 207 to discuss an extracurricular trip we are planning to Quebec City in February of next year. It will be held during the "Carnaval de Québec" and will be a great opportunity to learn about and experience French-Canadian culture. This trip is open for all French Immersion students in Grades 8 - 12.

May 7- 11

Monday: Early Dismissal **1:37**

Tuesday: Divs 1 and 2 River Hatchery

Wednesday: Author Visits Grades 2-4

Thursday: Curriculum Implementation Day

Friday: Pro-D

MAY THE
FOURTH
BE WITH YOU



MESS AROUND, DIVISION 3 DOES NOT...

THERE IS NO TRY. ONLY DO.