



École Quarterway Weekly Update

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School Communication

Appropriate communication between the school and home is a key component towards developing relationships in the school learning community. Research suggests that open lines of communication result in a more positive learning environment for both students and teachers. With such a variety of communication methods available to us these days (i.e. email, Facebook, twitter, etc.) it is very easy to use a communication tool that will not effectively help solve problems or issues that have occurred at school. At Quarterway, we encourage open lines of communication through the following methods: **1.** If you have a classroom concern, please contact the teacher directly by calling the office to set up a time to meet and discuss the issue. **2.** If your concerns are more school-wide, please contact the Principal at the office.

Hul'qumi'num Word Of The Week –This week's Hul'qumi'num Word: dance- qw'uyulush

Dress Code

Please see the [school website](#) and our Code of Conduct for the new dress code. Please note that we continue to ask for your support from home with decision making around what is best for school attire. You are the best judge of what your kids should wear. Staff will continue to discuss this issue this spring and will arrive at a consensus around specific items such as hats in the very near future.

Happy Ramadan

This week marks the start of Ramadan for more than a billion Muslims around the world. The month-long observance, which starts on either May 15 or May 16 this year — will see Muslims fasting from sunrise-to-sunset, reciting verses from the Quran and attending prayer sessions. For many of those observing Ramadan, It is a time to become closer to God. It is also a time of joy and for spending time with one's family, and giving to charity and those in need. A Happy Ramadan to all Quarterway families celebrating this holiday.

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.

Jump Rope for Heart Event

We had so much fun Wednesday. Check out the pictures on page two. Please have all pledge envelopes in to the classroom teacher or the office by Tuesday, May 22nd. Our fundraising campaign has been a great success once again. We have already raised over 2500.00. The class raising the most funds will receive a Free pizza party from the office.

Next Week February May 21-25

Monday:	Victoria Day Holiday	
Tuesday:	Grade 7 Swim to Survive	
Wednesday:	Zone Track Meet	
Thursday:	Grade 7s to Neck Point and NDSS Mindful Families	6:30
Friday	Divs 8 and 10 to Buttertubs Divs 11 and 12 to Bowen park Divs 15 and 18 to Cable Bay Bottle Drop-Off	8:30 and 2:45
Saturday	Div 11/12/13 Bottle Drive	10:00-2:00 at the School

Jump Rope for Heart

