



## ÉCOLE QUARTERWAY

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1632 Bowen Road  
Nanaimo, BC, V9S 1G6

Telephone 250 754 6845  
Fax 250 754 6871

Dear Quarterway families,  
I hope this communication finds you and your loved one well.

### **PARENTS CORNER:**

**Triple P Parenting**, contact Kendra @ Island Health, 250.618.9422 (parents of 2–12-year-olds)

- Power of Positive Parenting (April 10, 6-7.30)
- Confident Competent Children (April 17, 6-7.30)
- Raising Resilient Children (April 24, 6-7.30)

**Neufeld Institute**, *Collection of Free Parent Resources*, » [FREE RESOURCES](#)  
([neufeldinstitute.org](http://neufeldinstitute.org))

### **Building Resilience in Children: 20 Practical, Powerful Strategies**

“Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world”

<https://www.heysigmund.com/building-resilience-children/>

### **ERASE BULLYING**

Here is the QR code to access the Erase Report it Tool. You can also access this tool on our school website.

The following link <https://www2.gov.bc.ca/gov/content/erase> provides families with resources and information on a variety of topics

This link will provide parents with information about upcoming family sessions  
<https://pages.saferschoolstogether.com/erase-family-session>



## **SPORTS CORNER**

### **Track and Field:**

SAVE THE DATE: On April 17th, we will have our school Track and Field meet at the Rotary Bowl. We will need many parent volunteers to run this event, so please save the date! Also, if you want to help coach and train our students, please email Mme. Payne:

[Kelly.payne@sd68.bc.ca](mailto:Kelly.payne@sd68.bc.ca)

More information on practice dates and times to follow.



### **BASKETBALL SEASON**

Basketball season is coming to an end. Thank you to all our coaches and our teachers sponsors. We still need volunteers' referees for our games.

### **MUSIC CORNER:**

For more information on upcoming music concerts regarding other grades' performances, please follow the link below.

[Music Newsletter](#)

[Concert Tab of Music Concert Website](#)

### **SOLAR ECLIPSE**

Here is some information regarding the upcoming solar eclipse.

Unlike the 2017 total solar eclipse in Oregon, Nanaimo will only see a 10% partial eclipse next Monday. <https://www.timeanddate.com/eclipse/in/canada/vancouver?iso=20240408>

For precautions:

- Do not look directly at the sun, the best way to see any part of the eclipse is by making a pin hole camera.
- Even if its cloudy, it should only be directly viewed using proper solar glasses.
- The NASA website will have a live broadcast of the eclipse (maximum eclipse 11:17 am Nanaimo time) and it has a great safety page. <https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/>

### **DRESS FOR THE WEATHER:**

Rain or shine, we will be having recesses outside. Please ensure that your child(ren) are dressed appropriately to be outside every day. A pair of indoor shoes is also a necessity as the weather becomes rainy. Changing out of our wet and muddy boots helps keep our school clean for everyone.

### **ABSENCES**

If your child is absent from school or you know of dates your child will be away, we would ask you to please email the school at [info.qw@sd68.bc.ca](mailto:info.qw@sd68.bc.ca) or please call by 8:35 am at 250-754 -

6845. If we are unavailable to take your call, please leave a detailed message on our answering machine. Your child's safety is of the utmost importance to us.

**DROP OFF AND PICK UP**

The school provides supervision 15 minutes before school and after school. Students should not arrive at school prior to 8:30 am. Similarly, please ensure that your child(ren) is picked up at the end of the day by **2:26** pm. If you know you will be late, please contact the office a minimum of 15 minutes before the end of the day, so that the office staff can locate your child and relay the message.

We would ask parents, as well as students, to walk their bikes when on school property as a safety for everyone.

A friendly reminder that the staff parking lot should not be used by parents, for parking, nor pick up or drop off. Thank you for your understanding.

**UPCOMING APRIL SCHOOL ACTIVITIES**

<b>Monday/lundi</b>	<b>8</b>	
<b>Tuesday/mardi</b>	<b>9</b>	
<b>Wednesday/mercredi</b>	<b>10</b>	<ul style="list-style-type: none"> <li>• Grade 4-5 Spring Concert @1:00 pm</li> </ul>
<b>Thursday/jeudi</b>	<b>11</b>	
<b>Friday/vendredi</b>	<b>12</b>	
<b>Weekend/Fin de Semaine</b>		
<b>Monday/lundi</b>	<b>15</b>	
<b>Tuesday/mardi</b>	<b>16</b>	
<b>Wednesday/mercredi</b>	<b>17</b>	<ul style="list-style-type: none"> <li>• Track and Field Grade 3 to 7 @ Rotary Bowl</li> </ul>
<b>Thursday/jeudi</b>	<b>18</b>	<ul style="list-style-type: none"> <li>• NDSS visit.</li> <li>• PAC Meeting @5:30 in the school Lib</li> </ul>
<b>Friday/vendredi</b>	<b>19</b>	<ul style="list-style-type: none"> <li>• Hot Lunch - Pizza</li> </ul>

For monthly school activities and field trips, please visit Quarterway school [website](#).

Sincerely,  
Quarterway School Administration

