



ÉCOLE QUARTERWAY

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:

CBC News : *Social media hurts girls' mental health and education potential, says UNESCO report*

<https://www.cbc.ca/news/unesco-gem-technology-social-media-1.7184717>

EASE at Home (Everyday Anxiety Strategies for Educators): **It can be hard for adults to know what to say or do to ease a child's worries. As the most important big people in their world, parents and caregivers can help children feel safer and soften the sharp edges of whatever is making their worries grow.**

<https://healthymindsbc.gov.bc.ca/age-group/kindergarten-grade-3/>

<https://healthymindsbc.gov.bc.ca/resources/ease-at-home-4-7-collection/>

Nanaimo **Child Development Centre** Parent Workshops (calendar of events),
<https://nanaimocdc.com/parent-workshops/>



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:

Zone preparedness

2 weeks until Track and field Zone meet! 5 practices left until the Zone meet! Tuesdays and Fridays 2:30-3:30pm. Please be sure to come out for the last 5 days of training! Also - Relay teams - come and practice baton handoffs with your relay team this week and next week at the practices.

**Help is still needed for field event practices. If you are interested in helping with field event practices for shot put, discus, and triple jump, please contact Kelly Payne (Kelly.payne@sd68.bc.ca) or Ceri Jakobsen (cerijakobsen@gmail.com).



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](#)

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 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 MAY SCHOOL ACTIVITIES

Monday/lundi	6	
Tuesday/mardi	7	<ul style="list-style-type: none">• Track & Field Zone Practice 2:30-3:30
Wednesday/mercredi	8	
Thursday/jeudi	9	
Friday/vendredi	10	<ul style="list-style-type: none">• Track & Field Zone Practice 2:30-3:30
Weekend/Fin de Semaine		
Monday/lundi	13	Safety Week <ul style="list-style-type: none">• Fire Drill -May 13 @ 10:15
Tuesday/mardi	14	Safety Week <ul style="list-style-type: none">• Lock down -May 14 @9:15• Track & Field Zone Practice 2:30-3:30
Wednesday/mercredi	15	Safety Week <ul style="list-style-type: none">• Earthquake (Drop, cover and Hold) - May 15 @ 1:45 simulation- released student to families
Thursday/jeudi	16	Safety Week <ul style="list-style-type: none">• Hold and secure (shelter in place) - 16 May@11:00 am• PAC Meeting @ 5:30 in the school Lib

Friday/vendredi	17	<ul style="list-style-type: none">• Fire Drill - 17 May @ 1:00pm• Track & Field Zone Practice 2:30-3:30
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For monthly school activities and field trips, please visit Quarterway school [website](#).

Sincerely,
Quarterway School Administration

