



# CVOLC Newsletter

[WWW.CVOL.SD79.BC.CA](http://WWW.CVOL.SD79.BC.CA)

## IMPORTANT DATES

**Dec 10**  
Health Nurse  
11 - 1 pm

**Dec 17**  
Xmas Luncheon  
11:30 - 12:30 pm

**Dec 18**  
Skating  
10:45 - 11:45 am

**Dec 19**  
Last day of  
classes

**Dec 20 - Jan 4**  
Winter break

**Jan 5**  
First day of  
classes



Happy holidays from all of us at Cowichan Valley Open Learning.

Wishing you quality time with loved ones, good cheer, laughter and some time to kick back and relax!

## THINGS TO NOTE...

### School

- Final 3 weeks of 2025...Let's work hard and finish strong!

### Christmas Luncheon

- Wed, Dec 17, 11:30 - 12:30 pm
- Students enjoy a turkey dinner hosted by the staff
- Door decorating challenge winners announced!



## SCHOOL CLUBS

**Dungeon & Dragons:** Tuesdays & Fridays, 10:30 - 12:00 pm

**Rainbow Club:** Wednesdays, 11:30 - 12:00 pm....this is a change

**Writers Guild:** Tuesdays, 12:00 - 1:00 pm....this is a change

**Tea Time:** Thursdays, 10 am

# STUDENT OF THE MONTH

Every month each teacher is eligible to nominate a deserving student for title of  
**'Student of the Month'**

This is in recognition of good attendance, hard work and displaying great student/class citizenship!

Way to go to September students!!

Keep up the good work!

**Kim H** - Robbie Joseph

**Neil** - Kendra George

**Nate** - Natalie Peck

**Jenn** - Angel Seal-Jones

**Darian** - Milicia Radovic

**Kim D** - PBW...you know who you are!

**Tara/Amanda** - Lincoln Bot



**CONGRATULATIONS**

## Scholarship & Bursaries

Lists will be available in January!! Start thinking about applications, volunteering, course completions etc.



## District Scholarships \$1,250

If you have an idea for a project, now's the time to start! Bring your thoughts to our school counsellor, Cindy, to bounce ideas off and brainstorm!!

## Graduation Assessments

Scheduled for Jan 12 - 30th. These are mandatory to graduate, but don't panic! There is no pass or fail...just do your best.

For more info, tips or practice check out this link:  
[BCCPAC](http://BCCPAC)



2nd Annual

## DOOR DECORATING

Gather yourself some friends and a door in the school to decorate!

Each student will get a vote  
(Can't vote for your own door!)

Winner announced at the  
Turkey Luncheon

Look for posters around the  
school for more info!!

## WINTER WEATHER

Winter is coming....

Winter weather information is posted on the school district website: [sd79.bc.ca](http://sd79.bc.ca)

As well as on our local radio and TV stations.







**National Human Rights Day** is celebrated annually on December 10 to commemorate the adoption of the Universal Declaration of Human Rights (UDHR) by the UN General Assembly in 1948.

It celebrates the fundamental rights and freedoms that all humans are entitled to, regardless of race, colour, religion, sex, language, or other status.

Rotary Club of Duncan is offering Decembers Student-of-the-Month award to a deserving senior student of CVOLC.



Rotary Club is looking for a student who embodies their motto "Service above Self". In other words, a student who is a leader at school.

Congratulations **Kierra Lebreton**! The staff has recognized your influence, compassion and inclusiveness to everyone. You are a great role model within our school. As a reward the Club offers you a certificate as well as \$200 cash. Keep up the good work!

## WHAT WE'VE BEEN UP TO...

### FEASTING



### STUDYING



### CRAFTING



### BAKING



# COWICHAN TRIBES

## YOUTH SERVICES HOMEWORK CLUB

Our tutors are prepared to help you get better grades!

**WHEN: TUESDAY-THURSDAY**  
**TIME: 3:00-7:00PM**  
**WHERE: 470 WHISTLER STREET,**  
**DUNCAN, BC.**



For more information, please contact:

(250) 746-0607

Erica Crocker - Ext. 4505

Naomi Moses - Ext. 4502

## CHRISTMAS CLOSURE

The Youth Centre will be closed from  
December 20, 2025, to January 5, 2026, and will  
re-open on January 6, 2026

## A NEW WEBSITE "LEARNING COWICHAN"

**Introducing a new online resource to help  
learn basic Hul'q'umi'num'!**

The website includes: videos, pictures, pronunciations, worksheets, book  
downloads, teacher's guide, and more!

 <https://learncowichan.ca>



Scan for website

The Youth & Recreation Committee is looking for

## YOUTH VOLUNTEERS

to help at our Elders Christmas Dinner

**We are looking for youth to help with  
the following shifts:**

- **Daytime:** Set up and decorate
- **During:** Serve our Sul-hween dinner
- **Evening:** Take down and clean up

**Day:** Wednesday, December 17, 2025

**Location:** Si'em Lelum Gymnasium

Your participation is crucial to the success of  
this event, which honours and celebrates our  
community's Elders. We believe this will be a  
valuable experience for both our youth and the  
Elders they will be interacting with.

If you have any questions or to sign up your  
child/children to volunteer, please email or call:

**(250) 746-0607 ext: 4504**

**jennifer.antoine@cowichantribes.com**



# Online Resources for Parents & Caregivers

Open Parachute provides you with **free access** to an **online library** of **video-based lessons** that teach **skills** on how to support your child's wellbeing at home.

The topics available are listed below:

Click the Link or  
Scan the QR  
Code to Access



[opfam.ly/CA](https://opfam.ly/CA)



## CHILDREN'S TOPICS

- Building Resilience
- Teaching Empathy & Accountability
- Healthy Habits with Social Media
- Teaching Your Child to Say No



## PRE-TEEN'S TOPICS

- Coping with Bullying
- Supporting Your Child Through Trauma
- When Your Child Acts Out
- Building Self-Esteem



## TEEN'S TOPICS

- Supporting Mental Health at Home
- Addictive Patterns
- Teaching about Boundaries & Consent
- Coping with Anxiety & Depression

openparachute®

Modules are  
video based!

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Open Parachute is a Canadian mental health and well-being program for schools that provides online resources and lessons for students, parents, and teachers in grades K-12.

We are using this resource with our CVOLC students. There are lessons for teachers to run with their students in class that feature documentary stories of real youth sharing their experiences of overcoming struggle with anxiety, depression, substance use etc., along with psychological skills-building activities. Each topic is explored at the appropriate developmental level for each grade, providing students with practical tools for facing these challenges as a part of their core curriculum in school.

The program also contains online resources for parents. We encourage you to scan the QR code and explore the tools for parents and care givers. Do not hesitate to reach out to our school counsellor, Cindy Baldwin, [cbaldwin@sd79.bc.ca](mailto:cbaldwin@sd79.bc.ca) or the Principal, Venessa MacDowell, [vmacdowell@sd79.bc.ca](mailto:vmacdowell@sd79.bc.ca) for more support with your youth.

# Coffee & Connection

Connect and Learn | for Parents and Caregivers

Are you a parent or caregiver interested in connecting with other parents about child/youth mental health topics?

Join FamilySmart's Family Peer Support Workers for coffee, holiday crafts and connection. These events are for parents/caregivers only. FamilySmart does not provide childcare.



## The Holiday Season: A Compassionate Conversation for Parents and Caregivers

When our kids are struggling with their mental health the holidays can look different. This time of year can bring up so much for families like ours, making this time of year exciting and challenging. Join us December 3 or December 11<sup>th</sup>.

**Wednesday, December 3:** 12:00 – 1:00 PM

**Wednesday, December 11:** 12:00 – 1:00 PM

**LOCATION:** ICY - The Grove, Mackirdy Building, 1033 Nagle Street, Duncan. Please note that the ICY room entrance faces Cairnsmore Street.

**Please park** on Cairnsmore or Nagle Street, not in the school lot.

Register to receive a reminder email.

## Questions?

**EMAIL:** kim.robinson@familysmart.ca

**PHONE/TEXT:** (250) 755-4826



Register online at  
[familysmart.ca/events](https://familysmart.ca/events)  
Drop-ins also welcome



Integrated  
**Child & Youth**  
Teams



**FamilySmart**  
Together-Centred