#### **OCTOBER**



# CVOLC ENERGY NEWS Etter

WWW.CVOL.SD79.BC.CA

## IMPORTANT DATES

Oct 1, 15 & 29 Health Nurse 11 - 1 pm

Oct 2
1 hr Early
Dismissal

Oct 7
Picture Day 8
Workshop Pg 4

**Oct 13** 

Thanksgiving
No School

**Oct 23** 

2 hr Early Dismissal

Oct 24
Pro D Day
No School

Oct 31 Halloween

## WELCOME FALL\* \*



What a great first month back to school!!! The students attendance, hard work and great attitudes is inspiring...keep up the momentum. You're going to crush this year!

### THINGS TO NOTE...

#### **Healthy Relationship Workshops**

- 12 workshops, Wed's starting Oct 22 Jan 21
- Hosted by Cowichan Women Against Violence Society. Teaches violence prevention education, providing students with information and resources around healthy relationships, practical violence prevention, support & safety. Sign up with your teacher.

#### **Grade 12 Meeting**

 Oct 28 - This is a review meeting to go over everything related to graduating...are you on track, assessments, scholarships & bursaries, Careers options etc

#### **Graduation Assessments**

 Scheduled for Nov 3-7th. Don't panic, these are mandatory to graduate, but there is no pass or fail...just do your best. For more info, tips or practice check out this link: <u>BCCPAC</u>

PH: 250-746-6052 E: CVOLCHEADSECRETARY@SD79.BC.CA

### **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** - Reesa Williams **Neil** - Felix Johnston Voghel

Nate - Sadie Ross

Jenn - Austin Wyse

Darian - Shyla Bendek

Kim D - Brooklyn Lasley

Tara/Amanda - Asia LeGarde





Start thinking about a cool way to transform a pumpkin or door because your design could snag you a cool prize and of course bragging rights!! Details to come.

### **SCHOOL CLUBS**

Clubs are starting back up....here's the schedule!

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

Rainbow Club: Mondays, 11:30 - 12:00 pm Writers Guild: Wednesdays, 12:00 - 1:20 pm

## CERTIFICATE COURSES COMING SOON

CVOLC offers a variety of certificate courses through out the year.

Would you be interesed in

First Aid Food Safe Barista Cashier Fork Lift

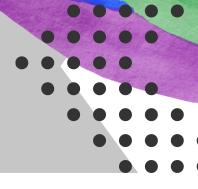
Keep your eyes peeled for more information on dates!!



#### **OCTOBER IS...**

## LGBTQ+ HISTORY MONTH

This is an annual observance to celebrate and learn about the history, accomplishments, and contributions of lesbian, gay, bisexual, transgender, and queer people worldwide. It was created in 1994 by Missouri history teacher Rodney Wilson and coincides with important dates such as National Coming Out Day (October 11) and the anniversary of the first March on Washington for Lesbian and Gay Rights



Our distributed learning sister school, The Grove, has chosen the them of 'Connection to the Land'. They encourage participants to draw inspiration from the school's focus on Earth and Land and the many ways we are rooted in the world around us through ancestral ties, our love of nature, and traditions of stewardship here and across the globe. As the students themselves explain:



"We hope this theme encourages exploration of the many ways we connect to the earth beneath our feet".

Consider creating something to showcase in the exhibit! Show dates: March 5 - 31, 2026

- Registration opens: Jan 14, 2026
- Registration Deadline: Feb 25, 2026
- Art Drop-off: March 3, between 1 and 4 pm
- Art pick up: March 31, between 12 and 3:30 pm



REMEMBRANCE CONTEST

Through the annual National Youth Remembrance Contests, the Legion National Foundation, with the support of The Royal Canadian Legion and schools across the country, invite Canadian youth and children to honour Canada's Veterans and foster the tradition of Remembrance through visual art, writing, and video.

### **WORLD MENTAL HEALTH DAY** FRI, OCT 10TH

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma.



Here at CVOLC we strive to support every student with successfully managing their own mental health. We have supports within the school and resources outside the school. If you're struggling or know someone who is, please reach out to your trusted adult and let us help you.



On **Tuesday, October 7**, we will be hosting guest speakers from <u>Children of the Street</u> (PLEA) to speak with our students about safe and effective ways to be an upstander. Their mission is focused on giving everyone the opportunity for a good life because everyone counts. Children of the Street is dedicated to preventing the sexual exploitation and human trafficking of children and youth in British Columbia. They achieve this goal through education strategies, public awareness initiatives, and family support.

#### Their presentation will focus on:

- Conversations about gender-based violence
- Empowering youth
- How to stand up against harmful gender- and gender identity-based jokes and conversations

## ATENDANCE MATERS

Missing a day of school here and there may not seem like much, but absences add up!

# When a student misses amonth...

They will miss **20 DAYS** a year.

They will miss
30 HOURS of math
over the school year.

They will miss
60 HOURS of reading & writing over the school year.

They will miss over 1 YEAR of school by graduation.

# When a student misses days a month...

They will miss **40 DAYS** a year.

They will miss 60 HOURS of math over the school year.

They will miss

120 HOURS of reading & writing over the school year.

They will miss over 2 YEARS of school by graduation.