

OCTOBER



CVOLC Newsletter

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 &
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: BCCPAC

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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

CONGRATULATIONS

HALLOWEEN CONTESTS

- **PUMPKIN CARVING**
- **DOOR DECORATING**

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 interested 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 theme 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
- **Art Drop-off:** March 3, between 1 and 4 pm
- **Registration Deadline:** Feb 25, 2026
- **Art pick up:** March 31, between 12 and 3:30 pm



2026 YOUTH ARTS SHOWCASE CONNECTION TO THE LAND



NATIONAL YOUTH 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.



STAND UP, SPEAK OUT:

Interactive Workshop for Youth in Grades 8-12

Each workshop:

- Defines and discusses **sexual violence**.
- Examines harmful and positive **forms of masculinity**.
- Offers students **tools to help prevent sexual violence**, support victims, and hold each other accountable.
- Provides **resources for victims** of sexual assault.



To book a workshop, contact Neely Yuda, Program Manager at:

nyuda@plea.bc.ca | 604 362 7256

On **Tuesday, October 7**, we will be hosting guest speakers from Children of the Street (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

ATTENDANCE MATTERS

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

When a student misses **2** days a month..

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 **4** 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.