

# FEBRUARY



# CVOL Newsletter



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

## IMPORTANT DATES

- Feb 4 & 18**  
Health Nurse  
11 - 1 pm
- Feb 13**  
Pro D day  
No Classes
- Feb 14**  
Valentines Day
- Feb 16**  
Family Day  
No Classes
- Feb 25**  
2hr Early  
Dismissal  
&  
Pink Shirt Day

## FAMILY DAY

**FEB 16TH**

Maybe a local hike, a puzzle or game, or a movie day? Perhaps plan a collaborative meal, visit a elder or a phone call to someone farther away? Carve out some time to show that special someone you care.

## THINGS TO NOTE...

### Scholarship & Bursaries

- Awards list available in Counselling Office or [online](#)
- Most due March 13th
- Need help or have questions? Drop into counselling office

## SCHOOL CLUBS

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

**Rainbow Club:** Wednesdays, 11:30 - 12:00 pm

**Writers Guild:** Tuesdays, 12:00 - 1:00 pm

**Tea Time:** Thursdays, 10 am

# BLACK HISTORY MONTH

The official 2026 Black History Month theme in Canada is:

**"30 Years of Black History Month: Honouring Black Brilliance**

**Across Generations - From Nation Builders to Tomorrow's Visionaries".**



**BLACK  
HISTORY  
MONTH**

Announced by Minister Marc Miller, it celebrates three decades of national observance, recognizing the enduring legacy, resilience, and contributions of Black Canadians in shaping the country's past, present, and future.

Check out this link....[Did you know?](#)

## STUDENT OF THE MONTH

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

Way to go to January students!!

**Duncan's Rotary Club** recognized CVOL's student **Kierra Lebreton** for Decembers Student of the Month.

**Kim H** - Lily Fjellner  
**Neil** -Kendra George...again!  
**Jenn** - Austin Wyse...again!  
**Kim D** - Deacon St John again!  
**Tara/Amanda** - Sabrina Newton again!

**Wow we have several students really applying themselves, taking home this honour a 2<sup>nd</sup> time this year!**

*Keep it Up!*



Check out the article in the [Cowichan Valley Citizen](#)



*Sprinkle Kindness*  
**CKNW KIDS' FUND**  
**PINK SHIRT DAY**

**Wed, Feb 25th**

Wear pink to stand against bullying, promote kindness and inclusiveness and support mental health programs!

## LEARNING UPDATES

**aka Report Cards**

Parents, you will be able to review your child's progress...learning updates will be sent home the beginning of February.

If you have questions, contact your child's teacher.

## GRADE 12 BOTTLE DRIVE

**Feb 6<sup>th</sup>**  
**Duncan Bottle Depot**

Grads meet up to help sort donations. All proceeds are going towards your grad banquet.

See info poster below

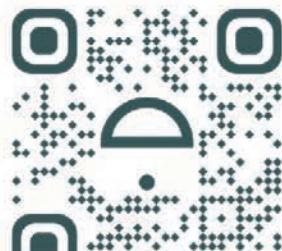
# PARENT/GUARDIAN RESOURCES

## 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](http://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®

## COMMUNITY EVENTS & SUPPORTS

### Family Smart Online Events

#### CONNECT & LEARN



Family Smart provides information sessions and both online and in-person workshops to support families in learning together. They have a number of workshops in January to support families with youth experiencing anxiety and social isolation.

[Link to Family Smart Online Events](#)

Modules are  
video based!

PARENT  
ADVISORY  
COUNCIL



Did you know that CVOL has a Parent Advisory Committee?

Please consider attending their online monthly meeting to see what its all about.

Here is the [Zoom link](#), an email is sent out in advance of the meetings

Next meeting: Tues, Feb 17, 6 pm

# CAN & BOTTLE DRIVE

Gather your recyclables and support the Cowichan Valley Open Learning School!

**CVOIC SCHOOL PRESENTS**

Jan 25th-Feb 6th

Graduation Prom Fundraising

No sorting necessary! Quick and easy drop-off!

## DROP-OFF TIMES & LOCATIONS:

1033 Nagle Street

9am-1pm

Jan 25th- Feb 5th

bring bottles to front office

6476 Norcross Road

10am-3pm

February 6th

bring any bottles to the front of island  
return it

Treats will be sold as well on the side!

FOR DETAILS EMAIL

[INFO@ISLANDRETURNIT.COM](mailto:INFO@ISLANDRETURNIT.COM)

OR

[SAMANTHACOCHRANE1@ICLOUD.COM](mailto:SAMANTHACOCHRANE1@ICLOUD.COM)





## The Resilience Fund

### Youth Leading Change

This would be great to have on a bursary resume!!

#### What is the Resilience Fund?

The Resilience Fund helps you do a project that supports and helps strengthen your community. With your creativity, you can bring people together and help build a more resilient community for everyone. If you're between 16 and 30, this is your chance to lead, create, and make a difference!

#### Why Apply?

Connect with other youth leaders and Canadian Red Cross mentors

Join free workshops on health, wellness, emergencies, and climate change (optional)

Build skills like leadership and budgeting

Share what your project did to help people

Receive up to \$5,000 for your idea

Do something good in your community!

#### What Projects Can You Do?

Your project can be anything that helps your community! Here are some examples.

Start a free community sports night

Create a mural on truth and reconciliation

Host a 2SLGBTQ+ arts and awareness workshop

Plant a community garden

Organize a newcomer welcome club

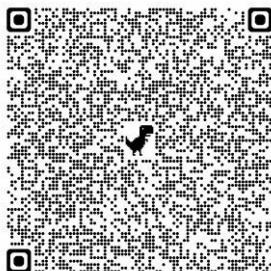
Make emergency preparedness kits for families

#### How to Apply?

**Step 1:** Visit <https://www.redcross.ca/sa/resilience-fund-submit-your-application>

**Step 2:** Fill out the application form

**Step 3:** Submit your application before February 12, 2026.



Scan to learn more!



FUNDED IN PART BY  
CANADA  
SERVICE  
CORPS



The Resilience Fund is funded in part by Canada Service Corps, a national movement that empowers youth aged 12–30 to gain experience and build important skills while giving back to their community. Learn more at [Canada.ca/CanadaServiceCorps](http://Canada.ca/CanadaServiceCorps).

**Your Idea. Your Community. Your Impact.**



## **Registration is now open for the 2026 minor lacrosse season!**

Canada's national summer sport and the Creator's Game, lacrosse is a great way to develop speed, agility, quick decision-making and coordination! Our dedicated coaches encourage teamwork and conditioning. Lacrosse is excellent cross-training for other sports

Cowichan Thunder welcomes players ages 5-16, and beginners of any age are encouraged. Practices begin in March, and the season runs until late June.

Want to give it a try before you sign up? FREE drop-in runs at the Cowichan Community Centre from 4:30-5:30 p.m. on Jan. 11, 18, and 25, and Feb. 1 and 22.

[cowichanthunder.ca](http://cowichanthunder.ca)

cowichanthunderlacrosse@gmail.com

Find us on Facebook and Instagram @cowichanthunder

# **SIGN UP TODAY!**

# WorkBC Centre

## JOB FAIR IN DUNCAN!

**JOB  
FAIR**

**YOU'RE INVITED!**

*MEET LOCAL  
COWICHAN VALLEY  
EMPLOYERS!*

**SAVE THE DATE!**

THURSDAY  
**MAR**  
**5**

COWICHAN COMMUNITY CENTRE  
12 - 4 PM

**EVERYONE WELCOME!**

WorkBC Centre Duncan  
**250.748.9880**  
[workbccentre-duncan.ca](http://workbccentre-duncan.ca)  
[centre-duncan@workbc.ca](mailto:centre-duncan@workbc.ca)

WorkBC Centre Ladysmith  
**250.924.2884**  
[workbccentre-ladysmith.ca](http://workbccentre-ladysmith.ca)  
[centre-ladysmith@workbc.ca](mailto:centre-ladysmith@workbc.ca)

WorkBC Employment  
Services in Lake Cowichan  
**250.749.6822**

Canada



This program is funded by the Government of Canada  
and the Province of British Columbia.