

FEBRUARY



CVOL



Newsletter

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



Take some time this Feb 16th to enjoy time with your favorite loved ones...family or friends!

Enjoy this extra day to celebrate, strengthen and cherish these relationships.

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

PH: 250-746-6052

E: CVOLCHEADSECRETARY@SD79.BC.CA

BLACK HISTORY MONTH



**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".

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 December's 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 2nd time this year!

Keep it Up!



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

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 6th

Duncan Bottle Depot

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

See info poster below



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!

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



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!

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](#)

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!*

CVOLC 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
returnit**

Treats will be sold aswell on the side!

FOR DETAILS EMAIL

INFO@ISLANDRETURNIT.COM

OR

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

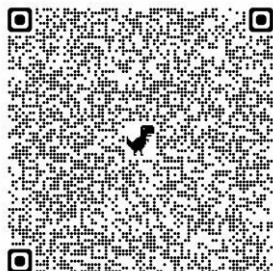
Make emergency preparedness kits for families

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!**



**Canadian
Red Cross**

FUNDED IN PART BY
**CANADA
SERVICE
CORPS**

Canada

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.

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

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!



**COWICHAN COMMUNITY CENTRE
12 - 4 PM**

EVERYONE WELCOME!

WorkBC Centre Duncan
250.748.9880
workbccentre-duncan.ca
centre-duncan@workbc.ca

WorkBC Centre Ladysmith
250.924.2884
workbccentre-ladysmith.ca
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.