



CVOLC Newsletter

WWW.CVOL.SD79.BC.CA

IMPORTANT DATES

Jan 5

First day of classes

Jan 7 & 21

Health Nurse
11 - 1 pm

Jan 12 - 30

Graduation Assessments



Welcome back and happy new year!!

We hope everyone enjoyed a restful break and is excited to get back into a healthy routine.

A healthy routine is important for success at school, maintaining a balanced lifestyle and social/emotional well being. Take some time, set some achievable goals and kick the year off with some positive energy! Let's crush the remainder of the year!!

THINGS TO NOTE...

Graduation Assessments

- January 12 - 30th
- For more info, tips or practice check out this link: BCCPAC

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

CVOL PAC

PARENT
ADVISORY
COUNCIL

PAC

Did you know that CVOL has a PAC? They are looking for parents to attend meetings who may have ideas/opportunities for fundraising. Or just pop into the zoom to see what it's all about!

Next meeting is Wednesday, January 14th, 6 pm, via zoom.

Download this document to have the link active. It will also be sent out via email prior to the meeting. [Zoom Meeting Link](#)

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 - Victoria Manson

Neil - Wyatt Peters

Nate - Izzy Sport

Darian - Lilli Matthews

Kim D - Tyra Chartier

Tara/Amanda - Alex Porter

CONGRATULATIONS

WINTER WEATHER

Winter is coming.....

Winter weather information is posted on the school district website: sd79.bc.ca

As well as on our local radio and TV stations.

LEARNING UPDATES

aka Report Cards

Students, work hard to finish up courses because the half way point is almost here!

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

GRADE 12 MEETING

Stay tuned for a grade 12 meeting to roll out this years scholarship & bursary information.

WHAT WE'VE BEEN UP TO...

HOLIDAY RECAP



SANTA'S HELPERS



ICE SKATING FIELD TRIP



WINNING HOLIDAY DOOR!!



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



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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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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](#)

OUR KINDERGARTEN COMMUNITY welcomes you

Families who are registering for **Kindergarten 2026** are invited to join us for one or both, upcoming, virtual Q&A and Information Session(s)

Wednesday January 14, 2026 // 7:00pm - 8:00pm
for families with children entering Kindergarten

Wednesday January 21, 2026 // 7:00pm - 8:00pm
for families with children entering Kindergarten, that have diverse abilities and needs

We kindly ask that you preregister using the link in the post above or you can scan the QR code:



COWICHAN VALLEY DISTRICT Ministry of Education and



CAREER EDUCATION & DUAL CREDIT PROGRAMS

WHAT IS DUAL CREDIT?

Dual credit is available for motivated grade 11 & 12 students to take post-secondary courses or trade certificate programs and receive elective credits towards both high school graduation and post-secondary credentials while still attending high school.

FREE TUITION

In partnership with Camosun College and Vancouver Island University, students can participate in a variety of trades training programs as well as approved academic courses that are sponsored tuition free by Cowichan School District. Students are responsible for purchase textbooks, tools, kits fee's that may be required for the course or certificate program.

VIU TRADES & CERTIFICATE PROGRAMS

Vancouver Island University is host to various trades programs from Automotive, Carpentry, Culinary, Electrical Foundations, Hairdressing, Heavy Duty Mechanic, Refrigeration & Air Conditioning Mechanic and Welding.

School District students have the opportunity to participate in these Dual Credit programs in their grade 11 & 12 year, while also receiving elective credits towards their high school graduation.

These programs are subject to seat availability, so students must consider to plan ahead early. See your high school Careers Coordinator today for more information about these exciting opportunities.



CAMOSUN COLLEGE

Working together with local industry leaders, the South Island Partnership provides Dual Credit programs and courses to give high school students a head start on their post-secondary pathways.

Trades programs such as Auto Service Technician, Carpentry, Culinary, Heavy Duty Mechanical, Horticulture, Plumbing & Pipe Fitting, Refrigeration & Air Conditioning Mechanic, Sheet Metal, and Welding are just a few of the Trades programs that are offered through the South Island Partnership Program. Students can apply going in to their grade 12 year for these exciting programs.

DUAL CREDIT ACADEMICS

Dual Credit Academics are available for grade 11 & 12 students for the 2026/2027 school year.

The following guidelines must apply:

- The academic courses must be a part of a certificate, diploma, or bachelor's degree for the chosen occupation of the student.
- The occupation must be attainable with the certificate, diploma or bachelor's degree
- The prerequisites for certificates, diplomas and bachelor's degrees are also eligible for district sponsorship.

Be sure to plan ahead and submit your application early as seat availability is limited. **Academic application deadline is April 10 2026. Applications will be added to a waitlist after this date until May 29, 2026.**

YOUTH WORK IN TRADES

Are you currently working in a Trade? You could be eligible for a \$1000 Bursary from the Ministry of Education and Child Care.

Get ahead on the work-based training of a trade apprenticeship while you are still in high school. Not only will you take home a pay cheque, you will earn up to 16 credits towards your high school diploma and may be eligible for the \$1000 Youth Work in Trades (WRK) Award Bursary upon graduation.

For more information, please contact our District Careers Principal - Ryan Gough at rgough@sd79.bc.ca and get registered today!