



# CVOL Newsletter



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

## IMPORTANT DATES

**June 8 - 19**  
Graduation  
Assessments

**June 11**  
Indigenous Grad

**June 19**  
Grad Rehearsal  
10:30  
Year End BBQ  
11 - 12 pm

**June 23**  
GRAD  
See times in  
newsletter

**June 25**  
Last Day Classes  
Pick up  
Learning Updates

**June 26**  
SUMMER  
STARTS!!

## PRIDE MONTH

Pride Month is a global observance dedicated to celebrating lesbian, gay, bisexual, transgender, and queer (LGBTQ+) communities, while advocating for equal rights and visibility.

Cowichan Valley is hosting a Pride Parade Sunday, June 21<sup>st</sup>. If you wish to join, people will begin gathering at VIU around 10 am. Festivities will run at Duncan City Square 11 - 6 pm. Check other Pride Month activities [online](#).



## FATHERS DAY

**Sunday, June 21<sup>st</sup>, is Fathers day.** A day to recognize all those special dads out there! Please take some time to spend

with your dad or the man in your life who is your role model/father figure. A hug, a walk, a chat; something to let them know they are appreciated!

## NATIONAL INDIGENOUS HISTORY MONTH

National Indigenous History Month is a time to recognize and honor the rich histories, cultures, and contributions of Indigenous peoples across Canada. It provides an opportunity to reflect on the experiences, traditions, and resilience of First Nations, Inuit, and Métis communities.



# INDIGENOUS EDUCATION

## Cowichan Teaching of the Month

The Cowichan Teaching for June is Tl'i' to mukw' mustimuhw ~ Each person is important

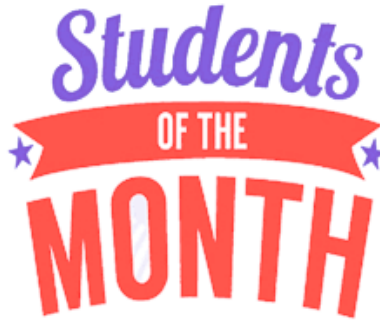
Join Ms Claudia [online](#) to learn about this monthly teaching.

June 11  
INED Grad

See Kim Douglas  
for information!



Student of the month awards are given in recognition of good attendance, hard work and displaying great student/class citizenship!



Way to go May students!!

**Jenn** - Justin Seward

**Kim D** - Marco Abernethy

**Darian** - Richard Cooper

**Tara** - Alexis McColl

**Kim H** - Calem Lander

**Neil** - Norman Joe

**Nate** - Brayden Seward-Charlie



## GRAD CEREMONY

TUES, JUNE 23rd

4pm - Grove, Adage, Satellite  
6 pm - CVOLC

In the school gym.  
Get your tickets from the office

## THINGS TO NOTE...

### Graduation Assessments

- June 8 - 19th
- Take some [practice tests](#) to calm your nerves!



The Fishbowl cafe is hosting a second annual CVOL Art Show. Pieces of art from our students will be displayed throughout the cafe.

## ART SHOW

May 25 - June 25

Stop by, treat yourself to a drink and check out the amazing work done by our students!!



Need a fresh 'do' for grad or summer? Support our students taking the hair program at VIU. Book an apt 250-746-3520

# FORMER CVOLC GRADUATING CULINARY STUDENTS



# WHAT WE'VE BEEN UP TO...



VICTORIA FIELDTRIP

# GOLDSTREAM FIELDTRIP



# CVOL SPRING FLING



**GOOD  
TIMES**





YOUR VOICE MATTERS · GET INFORMED · GET INVOLVED  
YOU'RE INVITED TO JOIN OUR...

PAC

(Parent Advisory Committee)

*Family!*

Parents + Teachers = A Stronger School Community

## WHY JOIN?

- ★ **Supports programs & experiences for students**
- Helps fund school activities & field trips**
- ★ **Organizes fun events**
- ★ **Brings families together**

## Worried About Time?

*PAC involvement can be flexible*

- ✓ **Some roles are event-based**
- ✓ **Some are behind-the-scenes**
- ✓ **Roles can be shared**

*You don't have to do everything*

**No experience needed** – just a willingness to get involved.

Have Questions??

You can reach Principal Venessa MacDowell at [vmacdowell@sd79.bc.ca](mailto:vmacdowell@sd79.bc.ca)

*More information on PAC meetings will be shared monthly via email.*

# YOUTH SUPPORTS



**Canadian Mental  
Health Association**  
Cowichan Valley

**Youth Centre**  
360 Festubert St.

Ph: 250-746-5512

- Daily lunch 12:00 pm
- 12 - 19 years welcome
- Excursions & in house activities
- Monday - Friday (except Statutory holidays)
- 10:00 - 6:00 pm (11:00 am Mondays)
- Mental Wellness Workshops

## KICK BOXING

100% FREE

See staff for more details!

**\*Sign up and Waivers required\***

Every Tuesday From 4PM - 5PM

( Starting on June 9th)



## PRIDE WEEK

June 15-19

All week will have various Arts and Crafts for youth to celebrate PRIDE!

- TIE-DYE
- SIGN MAKING
- FACE PAINTING
- SIDEWALK CHALK
- AND MORE!



**June 19 - Join us for a BBQ!**  
Lunch served from (12 - 2)

**June 21 - Walk with us in the  
Duncan Pride Parade!**

## Father's Day

# BBQ



Join Us at the Youth Centre for a  
fun-filled BBQ on **MONDAY June 22**

**\*Food Served from 12 - 2\***

AND Movie Mondays  
Mondays, 3 - 5 pm  
Snacks and drinks!!

## JUNE TOURNAMENTS

Enjoy some friendly competition  
at the Youth Centre!

**PRIZE FOR 1<sup>ST</sup> & 2<sup>ND</sup> PLACE! \$ GIFT CARDS \$**

**June 12<sup>th</sup> - Pool Tournament**

**June 19<sup>th</sup> - Smash Bros Tournament**

**3PM - 5PM**

**SNACKS PROVIDED**



Tuesday's  
3:30-4:30pm

CMHA YOUTH CENTRE

## DROP-IN MUSIC/JAM SESSIONS

Bring your own instruments and play with others in a  
low-barrier environment! All experience levels  
welcome. Percussion instruments will be provided.

# MORE YOUTH SUPPORTS



**COWICHAN  
VALLEY  
YOUTH  
SERVICES**

**Wed, June 10<sup>th</sup>**, CVYS is at the school and available to meet students who are looking for outside school supports. Pop into the counselling office to meet one of their counsellors and find out what they are all about!

**Outdoor Youth Group**  
**12 - 18 yrs**  
**Tuesdays 3:30 - 5:30 pm**

June 2 - 23rd you can connect with other youth and enjoy the outdoors together with CVYS staff! Drop-off and pick-up is at the CVYS office. Call or email to learn more: 250-748-0232, [office@cvyouth.ca](mailto:office@cvyouth.ca)

CVYS offers support for **gender-diverse youth** including, affirming counselling services, affirming clothing, chest binders and trans tape and group programming and community events!

And lastly **employment support** with a new innovative, two-year empowerment program called RISE. Supporting youth aged 15 - 24 years build confidence, stability and essential life skills.

## PARENT/GUARDIAN RESOURCES

**Cowichan Valley Youth Services** also offers support for parents and/or caregivers...anyone supporting teens!! June 11 there is a **workshop, "Communication with Teens"** you can register [online](#). Check out their website, google Cowichan Valley Youth Services Duncan.

They also have **Parent Coaching drop ins Fridays**. The sessions aim to shift unproductive patterns and offer alternate solutions.

Or check out the **Connect Attachment Program, next cohort starts in July**. It is a 10 week program to support with behavioural and emotional challenges or teens or preteens. Parents/ caregivers meet in small groups with trained leaders for 90 minutes each week.



# SUMMER JOB OPPORTUNITIES



# WorkBC

Check out Work BC [online](#) or in office! They offer great services, supports and resources to help you get into the workforce.

- Cover Letter & Resume workshops
- Job Clubs
- Employment Counselling
- Financial Supports
- and more!!!

M, T, T & F: 8:30 - 4:30 pm  
W: 10:00 - 6:00 pm

301 - 80 Station Street  
Duncan, BC V9L 1M4  
Phone: [250-748-9880](tel:250-748-9880)  
Fax: 250-746-8986  
[centre-duncan@workbc.ca](mailto:centre-duncan@workbc.ca)

Work BC also has an excellent webpage, [Explore Careers](#).

- [Search & Prepare for a job](#)
- [Plan a career](#)
- [Research the Labour Market](#)
- [Loan & Grants](#)
- [and more!](#)

If your thinking about a certain career, this is a great place to do a little reseach.

WorkBC Employment Services

## Interested in a career in Agriculture?

**8 paid training seats available for a limited time only!**

Get:

- 22 weeks of skills training
- 14 weeks of work experience
- First Aid, FoodSafe, WHMIS, VIU Agriculture Micro-Credential Certificate + more!
- Living supports, laptop, work gear, + more included!



Training starts June 22

\*Subject to eligibility requirements.

Contact WorkBC Centre Duncan today for more information:  
250-748-9880



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



## Summer Student - Food Bank Program Support

[Cowichan Valley Basket Society](#)

5810 Garden Street, North Cowichan, BC V9L 3V9

\$21 an hour - Temporary, Seasonal, Full-time

Apply with Indeed



### Job details

Here's how the job details align with your [profile](#).

Pay

\$21 an hour

Job type

Temporary

Seasonal

Full-time

# JOURNEY OF STRENGTH



PADDLING, GAMES  
CULTURAL WORKSHOPS

FOR REGISTERED COWICHAN  
SMUN'EEM AGES 13-17

2 SESSIONS HOSTED AT THE YOUTH HUB  
JULY 6-30 OR AUGUST 2-27  
MONDAY-THURSDAY 8AM-5PM





# Discover Learning with Horses

A One-Time 90-Minute Experiential Workshop

## Curious about Learning with Horses?

This one-time introductory workshop invites you to experience what it's all about in a supportive, inclusive, and beautiful farm setting.

Through guided, ground-based non-riding activities with horses, participants explore communication, self-awareness, emotional regulation, and connection — learning by doing together.

## Who this is for

- Ages 11 through adult
- Individuals, families, and curious learners
- No horse experience required

## What to expect

- A 90-minute facilitated experience
- Hands-on activity alongside horses
- Time for reflection, discussion, and questions
- A calm, welcoming, and inclusive learning environment



**Date:** Tuesday, June 23rd  
**Time:** 1:00-2:30pm  
**Location:** Cobble Hill  
**Cost:** Pay What You Can Contribution  
**Register through this link** or QR Code



Space is limited. Advance registration required.

[www.togetherinstride](http://www.togetherinstride)