



# CVOL



# Newsletter

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

## IMPORTANT DATES

**May 1**

Pro D Day  
No Classes

**May 4**

District  
Scholarships

**May 10**

Mother's Day

**May 13**

2 hr early  
dismissal

**May 14**

Spring Fling  
5-7 pm

**May 18**

Victoria Day  
No Classes

**May 26 & 27**

Grad Photos

## MOTHER'S DAY

Sunday, May 10<sup>th</sup> is Mother's Day. Please take some time to celebrate the person in your life you consider your 'mom'.

Thank you to all the great mom's out there nurturing and shaping your children into wonderful human beings!



CVOL Annual Spring Fling is scheduled for **Thursday, May 14<sup>th</sup>, 5 - 7 pm**. It is open to anyone who wants to come and enjoy it, whether you are part of our school community or not.

Please consider coming by to check it out. There will be games and activities, food and treats, a raffle and plenty of FUN!!

Students, please consider volunteering....sign up in the Counselling office!

## THINGS TO NOTE...

### District Scholarship Presentations

- Monday, May 4<sup>th</sup>, 9 am
- Set up Thursday, April 30 (because Friday, May 1st is Pro D day)

# INDIGENOUS EDUCATION

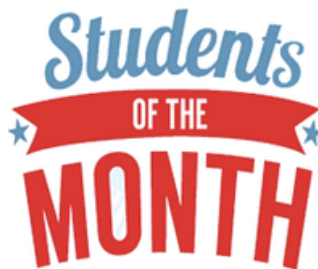
## Cowichan Teaching of the Month

The Cowichan Teaching for Punhwe'num is "Everyone in nature is our family. We are all relatives".

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



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



Way to go April students!!

**Jenn** - Ikeysha Jim

**Kim D** - Sam Cochrane

**Darian** - Caleb Soriano

**Tara** - Dain Guay

**Kim H** - Sage Priemus

**Neil** - Austin Simpson

**Nate** - Abby Brandsma

## GRAD PHOTOS



Grad photos scheduled for:  
**Tues, May 26<sup>th</sup> & Wed, May 27<sup>th</sup>**

Only grade 12's likely to grad (green or yellow in our tracking) can book in.

Ask your teacher or Lori if you're unsure.

## 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

## YOUTH HEALTH

Quw'utsun Youth Health Centre

Located at the new high school.  
Serving youth 13 - 24 years.

Mon: 1:30 - 4:00 pm  
Tues: 9:00 - 12:00 pm  
Wed: 9:00 - 12:00 pm  
Thur: 1:30 - 4:00 pm

Ph: 250-737-2653



**VANCOUVER ISLAND UNIVERSITY**



In need of haircut? Support our students taking the hair program at VIU. Book an apt  
250-746-3520

# 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



**COWICHAN  
VALLEY  
YOUTH  
SERVICES**

**Wed, May 13<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!



**BEACH CLEAN UP  
& ADVENTURERS!!**



# COMMUNITY SUPPORTS



**Canadian Mental  
Health Association**  
Cowichan Valley

## Mental Health Week

May 4 - 10, 2026

Theme: Come Together, Canada

The focus is on fostering social connections and raising awareness to reduce stigma. The campaign urges people to “Get Loud” and “Unmask Mental Health” by engaging in open conversations.

Check it out [online](#). Resources include toolkits, a quiz, printable materials, fact sheets etc.

Or check out our [local branch](#) for an array of supports.

# PARENT/GUARDIAN RESOURCES



**COWICHAN  
VALLEY  
YOUTH  
SERVICES**

## Wednesday Evening Parenting Teens Workshops

Join experienced Youth and Family Counsellors for practical, relevant workshops that explore today's challenges in supporting teens.

### Workshop Topics

- Neurodevelopment / Phone use
- Communication
- Self-harm
- Anxiety & motivation

**Coming to Shawnigan/Mill Bay in April**  
**Coming to Chemainus in May**

*\$5.00 Registration fee per workshop. **Bursaries Available***

**More Info: Phone: 250-748-0232**

**Email: [office@cvyouth.ca](mailto:office@cvyouth.ca)**

**[www.cvyouth.ca/workshops](http://www.cvyouth.ca/workshops)**

# World of Choices Skilled Trades Summit



Explore a variety of Trades & Technology areas through fun, hands-on activities.

## Career areas explored

- Carpentry
- Electrical Pipe
- Trades Sheet
- Metal
- Electronics
- Automotive
- Fine Furniture
- Culinary

Thursday, May 28, 2026

9:30 AM - 2:00 PM

Camosun College, Interurban Campus  
4461 Interurban Rd, Victoria

Thank you to our program supporters!

Provincial Partner



National Community  
Partner



National Supporting  
Partners



Sign up  
with your school  
career team!



# **VIU CARPENTRY PROGRAM AT QUW'UTSUN SECONDARY**

**NOW TAKING REGISTRATIONS FOR THE  
FEBRUARY 2027 INTAKE**

**START DATE: FEBRUARY 1, 2027**

**TO REGISTER**

**SEE YOUR HIGH SCHOOL CAREER CENTRE**

