

NEWSLETTER

COWICHAN VALLEY OPEN LEARNING



| Feature Story

Settling In: Making Your Transition Easier

Did you know that adjusting back into a school routine often takes 4 - 6 weeks. This transition can be made easier by keeping routines predictable and validating your emotions.

Practical Tips for a Smooth Start:

- **Establish a consistent routine:** helps you to become better prepared
- **Validate your feelings:** you are allowed to feel a variety of feelings...it's ok!
- **Keep your personal life calm:** less commitments allow focus for staying on track
- **Talk to your teachers:** they are your support for any anxieties or concerns

Taking these steps can help set you up for success, stay motivated and crush this school year!!



School Clubs Start in October

Keep your eyes peeled around the school for the schedule.

Clubs: Dungeons & Dragons, Writers Guild & Rainbow Club

| Spotlight

Did you know....

Graduation Assessments are coming up. These are mandatory exams for grads on a regular Dogwood Diploma. Don't panic, all you have to do is try your best to pass!

- Ask your teacher what you need to complete; there's only 3
- Settle your nerves, practice tests are available [here](#)
- There is no fail, you just have to try your best

| Contact Information



School Phone:
250-746-6052



School Principal:
Venessa MacDowell



School Email:
cvolheadsecretary@sd79.bc.ca

Indigenous Education

Indigenous Education: Truth & Reconciliation Day

'Uy'skweyul! Tansi!

The National Day of Truth and Reconciliation was honoured at CVOLC on September 29th....and boy it didn't disappoint!

The marvellous Mar Kalbfleisch, Indigenous Education Teacher, brought together a wonderful day for all to enjoy!

We started off the morning with local indigenous guests taking the stage, sharing some story telling and singing. Alongside them, students were welcome to partake in artistic reflections to honour our guests and the day. We followed that up with a meal focused on Traditional Indigenous foods. Wonderful salmon, clams and fry bread was the focus of the spread and devoured. After lunch Tzinquaw dancers and drummers showcased their talents outside at our circle rock sitting area.

A huge thank you to Mar and the many hands that helped bring this day together! As well it was such a pleasure to have our special guests and indulge in their culture.



School Support: Meet Our Team

- Carmen: Youth & Family Worker
cfletcher@sd79.bc.ca
- Jan: Student Support Worker
jsanders@sd79.bc.ca
- Margaret: Education Assistant
mlarge@sd79.bc.ca
- Kirsten: Education Assistant
kthompson@sd79.bc.ca
- Cecil Indigenous Support Worker
cprice@sd79.bc.ca
- Heather: School Counsellor
hoosten@sd79.bc.ca

These lovely people are here to help and support you in addition to your teacher.
If you're new, introduce yourself!

School Activities

Halloween Festivities

On Friday, October 30th, CVOLC will be hosting some seasonal games, crafts & contests!!

- Start sketching some ideas for jack o lantern faces...pumpkins will be provided
- Costumes will be rewarded!!
- Other games and/or crafts will be determined soon!!



Mon, Oct 12

- Thanksgiving - no school

Wed, Oct 7

- Picture Day!!

Wed, Oct 21

- 2 hour early dismissal

Fri, Oct 23

- Pro D Day - no school

COWICHAN VALLEY OPEN LEARNING

STUDENT CODE OF CONDUCT



Safe



Respected



Included



Supported

BE SAFE • BE RESPECTFUL • BE RESPONSIBLE

OUR APPROACH

 LEARN	 PREVENT	 RESTORE
Learn from mistakes	Make positive choices	Repair harm and rebuild relationships

WE WILL...

-  Treat others with kindness and respect
-  Include others and value differences
-  Take responsibility for our actions and learning
-  Use technology responsibly
-  Help create a positive school community
-  Ask for help when needed

WE WILL NOT...

-  Bully, harass, or exclude others
-  Discriminate or use hateful language
-  Use threats, violence, or dangerous items
-  Use alcohol, cannabis, or illegal drugs
-  Cheat or plagiarize
-  Disrupt learning
-  Misuse technology or cyberbully
-  Retaliate against someone who reports a concern

WHEN MISTAKES HAPPEN

We focus on:

-  Reflection
 -  Accountability
 -  Repairing Harm
 -  Restoring Relationships
 -  Learning and Growth
-

EVERYONE HAS THE RIGHT TO:

- ✓ Feel Safe
- ✓ Be Respected
- ✓ Be Included
- ✓ Learn and Grow

EVERYONE HAS THE RESPONSIBILITY TO:

- ✓ Make Positive Choices
 - ✓ Show Respect
 - ✓ Act with Integrity
 - ✓ Support Others
-

LEARN • RESPECT • RESTORE • GROW

Together We Create a Safe, Caring, and Inclusive CVOLC Community



COWICHAN
VALLEY
YOUTH
SERVICES

Youth Outdoor Group

For youth 13-18 years old

**Wednesdays
from 3:30pm-5:00pm**

**Starting September 23
through October 21**
(*No group on Sept. 30)

Hang out! Have fun! Free snacks!

Transportation to outings will be
provided from the CVYS office.

**REGISTRATION
REQUIRED**

For more info:

Text: 250-510-1023

Call: 250-748-0232

Email: office@cvyouth.ca



Youth Clinic

at Sh'exun sun'ts'a' Primary Care Clinic

Youth Clinic provides a safe, CONFIDENTIAL space for Indigenous youth (aged 24 and under) to get support for sexual health, including STI testing and contraception, while addressing ANY physical or mental health questions with the clinic's friendly team of nurses and practitioners.

**YOUTH
HEALTH MATTERS**

**Ages
12-24**



1st and 3rd Tuesday of Every Month
3:30pm - 5:30pm

**For all
Indigenous
Youth**

Services Include:

- Skin/acne/eczema
- Pain
- Stomach pain/cramps
- Sadness, anxiety
- STI testing & treatment
- Birth control
- Abortion care
- Questions about vaping and drugs
- Pregnancy testing
- Free safe-sex supplies
- Referrals, Advocacy....and more!

**Book an appointment
or Walk-in**

CONTACT INFORMATION

(250) 715-3322
Text: (250) 508-7119
Call for a ride: (250) 715-3322
clinic@cowichantribes.com
121 Ingram St, Duncan, BC V9L 1N8

S'a'lhstuhw tun smustimuhw - (Treat / look after your body well)

Youth Recreation Program

The Cowichan Tribes Youth and Recreation Committee believes in equipping all youth with healthy lifestyles and strong life skills, laying the foundation for a vibrant future. All Cowichan youth aged 24 years and under are eligible to apply for funding to support their participation in local sports and reduce the financial burden on the families.

Cowichan Tribes' Youth and Recreation Committee meets on the last Monday of the month. The application deadline for the month is 2 weeks prior by 4:00pm.

Please note: There are no committee meetings in August or December.

To apply for funding from the Cowichan Tribes Youth Recreation Committee, please submit a [Youth Recreation Application](#).





September 14, 2026 – FORED BC is hosting its annual National Forest Week **artwork, photography, & video** contest for Canadian youths, aged 5-18. This year's theme is **Forest Pathways: Innovation and Sustainability**

The sustainable future of Canada's forests is shaped by science and innovation. From advanced monitoring technologies to evolving management practices, innovation-driven forestry balances ecological integrity with economic opportunity. By embracing science, innovation and diverse global perspectives, we support resilient forests that will provide environmental, social, and economic benefits in a changing world.

Submissions should depict how science and technology are used in Canadian forestry.

Multiple winners will each collect a \$150 prize from FORED BC. Joint submissions (group work) would share cash prize.

Contest Details:

- **Deadline for submission is Nov. 20, 2026.** Mailed submissions will not be returned.
- Entries must be original work by the student. Photos and videos should note the date and location.
- Videos must be less than 3 minutes. For large video files, use the free emailer [WeTransfer](#) (no sign-in required).
- Participants **must** provide their **name, postal address, phone, email, teacher name, school name and their grade**, so we can contact winners.
- By participating in this contest, entrants agree that their names and submissions can be published in local media and on FORED social media channels.
- All entrants qualify for complimentary, honorary youth membership at FORED BC.
- All artistic mediums accepted: i.e. pencil, crayon, paint, mural, collage, photos, videos etc. **Entries may be mailed to the address below or submitted electronically to education@foredbc.org as a HIGH-RESOLUTION photo or scan (.jpg, .pdf, .png, .mp4, .MOV). If submitting art, please have someone take a photo of you with your artwork if possible.**
- Only winners will be notified. Previous winners viewed on our [website](#).
- Enter using our easy website form [here](#)

FORED BC, short for **FOR** **ED**ucation About our Environment and its Natural Resources, is a non-partisan, charitable organization established in 1925. Through support from foundations, members & the Province of BC, we work with organizations, youths & volunteers on sustainability projects.



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Support balanced **education** about our **environment**
 & sustainable **natural resources**. Trusted since 1925.

