

NEWSLETTER

COWICHAN VALLEY OPEN LEARNING



| Feature Story

Welcome Back: A Fresh Year Starts Now.

Hello and welcome to the 2026 - 2027 school year!!

The beginning of every school year brings an opportunity to set in place new goals and new routines. Here at CVOLC we strive to help make this happen. By now many of you should have met with your teacher and gone through your Student Learning Plan (SLP). This plan helps you take a look at your high school learning and decide what your focus needs to be. I hope you have taken advantage of this time with your teacher and are geared to making this year a success!

We have many additional supports here at the school that can help make this happen too, such as, a Counsellor, Student Support Workers, Indigenous Support Workers, Educational Assistants and Resource Teachers. Please get to know them and utilize their experience to help make this year great!



School Clubs Start in October

Days and times yet to be determined. If you have an idea for a different club talk to your teacher or one of the staff.

Clubs: Dungeons & Dragons, Writers Guild

| Spotlight

Did you know....

CVOLC has a number of spaces with information or goods for all students.

- Downstairs living space with snacks
- Downstairs desks area
- Main floor student board
- Main floor job/careers board
- Upstairs closet with gently used items

Please use or check out these spaces at your convenience!

| Contact Information



School Phone:
250-746-6052



School Principal:
Venessa MacDowell



School Email:
cvolheadsecretary@sd79.bc.ca

| Indigenous Education

Indigenous Ancestry & Support.

‘Uy’skweyul! Tansi!

Welcome to a fantastic year of growth and learning. Indigenous education staff work throughout the district to foster inclusive classrooms where every student feels a sense of belonging and experiences academic success.

If your child has Indigenous ancestry - First Nations, Métis or Inuit, (documentation is NOT required) and you

would like to self-identify, please see the school secretary for a self-identification form. Each year your child will be funded for and included in Indigenous Education programs. Almost all programs will be delivered in the regular classroom, to ALL students. You will be asked to give permission for any activities offered outside of the regular class. If you have self-identified with the school in previous years, you do NOT need to do a new form each year.

You can opt out of Indigenous Education services at any time by notifying the Indigenous Education staff in person or in writing either at your school or through the district office 250 748 0321 ext 235, or email at ined@sd79.bc.ca

As you may know, in 2017, the Federal Government changed from using the term Aboriginal people to using Indigenous Peoples when referring to First Nations, Métis & Inuit peoples. This change acknowledges the rights of Indigenous Peoples as outlined in the UN Declaration of the Rights of Indigenous Peoples.

https://www.un.org/development/desa/indigenouspeoples/wp-content/uploads/sites/19/2018/11/UNDRIP_E_web.pdf

It will take us some time to transition to the new language so you may see the terms Indigenous and Aboriginal both used.

We are looking forward to a positive school year together!



Tips & Tricks For Success at School

- Create a routine & ensure this includes enough sleep, 8 - 10 hours is recommended.
- Prepare the night before. Have things in order so the morning is quick and easy.
- Divide your goals into manageable tasks and focus on one task at a time.
- Fuel your body with nutritious foods and plenty of water.

“Together, small steps create big change.”

| Career Education

Your Job Can Count Towards a Course Credit.



Did you know that your job hours can count towards a high school credit. Work Experience (WEX) is an easy way to get that extra credit you are needing. Ask your teacher to introduce you to our Careers teacher, Darian, for more information.

Darian also oversees all our dual credit opportunities. If you are in grade 11 or 12 this could be a great way to finish off your high school credits and also start your post secondary education! Opportunities include: hairdressing, welding, carpentry, automotive just to name a few!



Fri, Sept 18

- Terry Fox Run
- Welcome Back BBQ

Wed, Sept 30

- National Truth & Reconciliation Day. No School

Wed, Oct 7

- CVOLC Student Photo Day

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 JR. GIRLS FLAG FOOTBALL

GIRLS
AGES
8-15

FUN!
ACTIVE!
TEAMWORK!
CONFIDENCE!



STARTS **SEPTEMBER 9TH**
TO **OCTOBER 28TH**



AT
COWICHAN
SPORTSPLEX
IN DUNCAN



5:30-7:30
WEDNESDAY
NIGHTS



BRING
TURF CLEATS
OR RUNNERS

COST
\$50



EMAIL TO REGISTER OR FOR MORE INFO:

cowichanwomensflagfootball@gmail.com



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





**Need to find new ways to
connect with and support
your pre-teen or teen?**

Connect is a 10-week
attachment-based program
that helps parents support
youth aged 8-18.

Wednesday Evenings 6-7:30

Starting September 16, 2026

**For More Information:
Call: 250-748-0232
Email: office@cvyouth.ca**



**COWICHAN
VALLEY
YOUTH
SERVICES**



Youth Clinic

at Shhexun 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](#).

