NEWSLETTER

COWICHAN VALLEY OPEN LEANRING



Feature Story

Remembrance Day: Cultivating Gratitude

We realize that world conflicts can feel distant, but try to connect history to your modern life and find what to be grateful for. Research shows that grateful teens experience lower rates of depression, perform better in school, and develop stronger empathy.

Practical Ways to Express Gratitude:

- **Research:** look into your family history or google archives. Many soldiers were only slightly older than you when they enlisted...can you imagine!
- **Challenge:** write down a few personal freedoms that you enjoy that would not be possible in a war torn country
- **Action:** share a note of appreciation or perform a random act of kindness. This can be as simple as holding a door, washing the dishes or giving a compliment!

Practising gratitude improves mental health, emotional regulation, and social connections. It can build resilience, improve sleep, boost self-esteem and strengthen relationships

Let's all take some time to be grateful!

Spotlight

Winter Weather....

The season is changing and along with that so is the weather! Inclement weather is reported here:

- Online: SD79
- Radio:
  - SUN-FM - 89.7 FM
- TV:
  - CHEK News
  - Global BC
  - CTV Vancouver Island

Contact Information

School Phone:
250-746-6052

School Principal:
Venessa MacDowell

School Email:
cvolcheadsecretary@sd79.bc.ca

SD79 Recognizes

Shsi'em Ts-hay Recognition:

"People Who Make Things Right"

'The District is committed to providing a workplace that fosters creativity, inspires excellence, and challenges everyone to embrace growth. This program was established to recognize employees who demonstrate dedication and innovation in preparing our learners for a world they will create and acknowledges the importance of work within our school community.

Two of our school staff were awarded with recognition. Congratulations to Neil Ellingson and Mar Kalbfleisch on this prestigious honour.

Individual and Collective Well-being
Neil was recognized for his tremendous efort in supplying and supporting student with healthy food.



Indigenous Ways of Knowing
Mar was awarded for building strong, reciprocal relationships with the Ts'uubaa-asatx Nation.





Bus Passes:

Student Transportation

Because we are not a catchment school, we welcome students from across the Valley. In doing so we realize that transportation between school and home can be tricky.

Check in with Lori at the front office to see if you qualify for a monthly transit pass. Here is the link for schedules and maps.

In special circumstances support staff can assist in driving, but their main focus is at the school. We encourage you to start relying on transit so their valued training is available in the classroom.

School Events

Field Trips

On **Thursday, November 5th**, a morning trip is planned to Horseshoe Bend. This will be a land-based day on the Quw'utsun Sta'lo, where we will celebrate the salmon, hike the trails and hear teaching from Cultural Presenters and Knowledge Keepers about water systems, salmon cycle, and cultural understandings of salmon. As well a Traditional Foods feast will be served!

Wednesday, November 18th, a skating field trip is being offered. Open Learning has the ice from 10 - 11 am.

Thursday, November 26th, we have Duncan Bowling Lanes reserved from 10: 30 - 11:30 am.

If any of these activities interest you, please sign up through your teacher!

School Clubs



School clubs have begun, schedule below.

Dungeons & Dragons:
Monday & Tuesdays, 10:30 - 12 :00 pm

Rainbow Club:
Wednesdays, 11:30 - 12:00 pm

School Community

Halloween Activities













Careers Week

The week of November 23 - 27th is BC's provincial Careers Week. It is designed to explore diverse career pathways, discover trades or dual credit options, and post secondary options.

Tuesday, November 24th , morning classes will be called downstairs for a student assembly and to introduce some guests visiting to provide you with information surrounding these ideas. These guests will be available for you to talk with over the lunch hour. The same process will happen with our afternoon students, shortly after you arrive.

If you have questions about certain careers, prerequisites for post-secondary, or what the District offers for dual credit, this is an excellent opportunity!

Calendar



November
- Trans Awareness Month

Mon, Nov 2 - 6
- Assessment Week

Sun, Nov 8
- Indigenous Veterans Day

Wed, Nov 11
- Remembrance Day - no school

Wed, Nov 25
- 2 hour early dismissal

Fri, Nov 27
- Non Instructional Day - no school

Careers

VIU Class Shadowing

This year our Careers department in conjunction with Nanaimo VIU is offering students to come and shadow the classroom for two programs. If your interested in the **Child and Youth Care Program** or the **Bachelor of Science in Nursing Program** talk to Darian or sign up in the counselling office. You must provide your own transportation.

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

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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

September 14, 2026

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

September 14, 2026

Safety Tips For Permanent Daylight Savings Time

No more changing the clocks.

Beginning November 1, B.C. will remain on the same time year-round, meaning we won't turn our clocks back this fall.

The biggest impact for schools?

Winter mornings will be darker.

As students walk, bike, and ride the bus to school, now is a great time to review safety habits, wear reflective gear, and make sure everyone is paying extra attention on the roads.

A little visibility and a little patience can go a long way in keeping our school communities safe. Follow along over the next few days for some great safety tips for you and your family.

COWICHAN VALLEY

Safety Tips For Permanent Daylight Savings Time

Community Reminder

The student walking to school, biking through an intersection, or stepping off a school bus could be someone's child, grandchild, or friend.
As daylight hours shrink:

- Slow down
- Stay alert
- Eliminate distractions
- Watch for pedestrians and cyclists

COWICHAN VALLEY
School District

Thank you to all drivers who help make our roads safer for students each day.

Safety Tips For Permanent Daylight Savings Time

Walking to School

Drivers can have a harder time seeing pedestrians during dark mornings.

- Wear bright or reflective clothing
- Use sidewalks whenever possible
- Cross only at marked crosswalks
- Put phones away and stay alert
- Look left, right, and left again before crossing

COWICHAN VALLEY School District

A little visibility goes a long way toward keeping everyone safe on the trip to school.

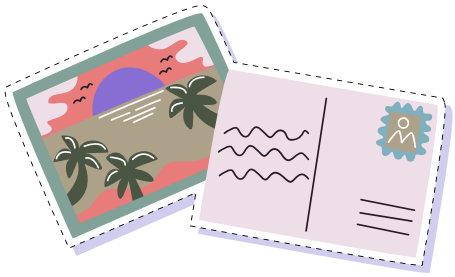
Safety Tips For Permanent Daylight Savings Time

Biking to School

The days are shorter, but biking is still be a great way to get to school.

- Check your bike lights and reflectors
- Use reflective clothing
- Wear a properly fitted helmet
- Follow traffic signs and signals
- Make eye contact with drivers when possible

ATTENTION STUDENTS



Artwork Needed

Are you artistic? Venessa is looking for an array of artwork. This can be drawing, painting, photography, digital...anything that can be used to create postcards.

The cards are going to be used to bring sunshine to our students and staff. Maybe someone is suffering a loss, needs some words of encouragement or is celebrating an accomplishment...what better way to show them we care than a homemade card!

Submit your piece of art to the front desk with Lori. Just the art, we can scan and attach it to create the card. We look forward to seeing your submissions. Huy tseep q'u



YOUTH



NEW PROGRAM

LEARNING LAB & LOUNGE

NEW!

NEW PROGRAM

Ages 13 - 18

Introducing a free after-school drop-in program offered in partnership with Cowichan Valley Youth Services and the Cowichan Community Centre. Join us for a safe, inclusive space to study, connect with peers, enjoy snacks and activities, and receive support from Youth Workers and peer tutors. We will also be joined by guests from local Community Service Organizations who will share resources and information to support mental health, wellbeing, cultural connection, and personal growth. Drop-in or pre-register online or at the Ticket Centre.

WEDNESDAYS
OCT 7 - DEC 9

3:30 - 5:00 PM

FREE DROP-IN
CODE: 128439

FACILITATORS:
CVRD & CVYS STAFF

CCC - JAMES STREET STUDIO

In partnership with: COWICHAN VALLEY YOUTH SERVICES

We acknowledge the financial support of the PlanH Program and the Province of British Columbia.

plan h

CVRDREC

COWICHAN COMMUNITY CENTRE
250.748.7529
tcentre@cvrd.bc.ca
www.cvrd.ca
@cvrdrec



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, honourary 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.



#213 - 4481 W.10th Ave.Vancouver, BC V6R 4R8
P: 604-737-8555 E: info@foredbc.org W: foredbc.org

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