

# ARROWVIEW ELEMENTARY NEWSLETTER

Principal: Flo Wong  
Vice Principal: Heather MacLeod



250-752-3875  
650 Bennett Rd  
Qualicum Beach, V9K 1N1

*February 14, 2025*

## *Message from the Principal*

### **Dear Families,**

It's been a wonderful week at school, filled with laughter and joy as students have taken full advantage of the snowy weather! The sledding has been fantastic thanks to Monday's snowfall and the perfect freezing conditions that followed. As the snow softens, please remember to send an extra change of clothing with your child to help keep them comfortable when things get wet and sloppy.



Valentine's Day is an important reminder of caring—not just for others, but for ourselves too. I hope everyone has a restful weekend ahead, and with Family Day on Monday, it's a perfect time to enjoy being together in meaningful ways.

Looking ahead, Pink Shirt Day is on Wednesday, February 26. This annual event ties in beautifully with our ongoing focus on kindness, inclusion, and standing up to bullying. Teachers and students have been working hard to prepare for an assembly that will take place at 1:00 p.m. that day. Families are welcome to attend—we would love to see you there!

Thank you for your ongoing support in making our school a safe, caring, and inclusive place for all.

Warm regards,

Flo Wong



---

---

## *Important Dates*

Feb 14: [Hot Lunch Sushi](#)

Feb 17: BC Family Day (no school)

Feb 18: PAC Meeting at 6:30 in the library

Feb 19: Yoga with Diane Girard 8am AES Gym

Feb 19: [Panago Fundraiser Lunch](#)

Feb 20: Volleyball Game- Arrowview at QBES

Feb 20, 25, 26- Substance Use Webinar- See Poster below to register

Feb 21: [Hot Lunch Panago](#) (order cut off is Feb 16 at 10am)

Feb 22: Free Throw Competition 11-2 @ SES

Feb 26: Pink Shirt Day👕

Feb 27: [Ready, Set, Learn 1:15 @ AES Library](#)

Feb 27: Volleyball Game- Arrowview at Oceanside Elementary

Feb 28: [Hot Lunch Extreme Eatery](#)

Mar 7: Pro-D (No School)

Mar 13: Brant Wildlife Festival (AES Gym)

Mar 14: Learning Updates to go home

Mar 14: [Hot Lunch Subway](#)

Mar 17-28: SPRING BREAK🌞

## *KSS Students Dazzle with Musical Performance*

We were thrilled to welcome students from the Kwalikum Secondary School (KSS) Music Program for an exciting performance this week! The talented musicians put on a high-energy, engaging show that was enjoyed by students and staff alike.

This visit is part of KSS's initiative to promote music and musical enjoyment across our district. By visiting elementary schools like ours, they hope to inspire a love for music and encourage future participation in their ensembles. Their concerts are designed to be fun, short, and suitable for audiences from Kindergarten through Grade 7.

We're always excited about more opportunities to enjoy and celebrate music in our school community!





## *Pink Shirt Day - February 26, 2025*



On February 26th, we'll join the global movement of **Pink Shirt Day**, promoting kindness, inclusion, and respect. By wearing pink, we show our support for those affected by bullying and stand together for a safe, supportive school community. Let's make kindness the norm!

## *AES Volleyball*



AES Volleyball is going strong! The team is working so hard and improving their skills! Volleyball families will have an opportunity next week to purchase hoodies. You will receive a notice when they are ready for purchase.



**2025 Volleyball Schedule.pdf**

[Download](#)  
69.5 KB

## *Lunar New Year Celebrations at Arrowview Elementary*

Happy Lunar New Year!

Celebrations for Lunar New Year began around the world on January 29, 2025, and continue for 15 days. At AES, we celebrated on February 6 with a special day of learning and activities. Thanks to Kaya Marshall, our ELL teacher, students had the opportunity to visit different classroom stations to explore how Lunar New Year is celebrated in Korea, Japan, the Philippines, and China.



To add to the celebration, staff and students had the opportunity to order a Chinese hot lunch prepared by the Beach House Restaurant. It was a great day of cultural learning and celebration!

## Culture Club

Culture Club happens on Thursdays during lunch recess for grades 1-3. Before Winter Break, students learned about many different winter celebrations around the world. Now, we are excited to be learning about the Inuit Winter Festival in Canada's North. Join us on Thursdays for crafts and stories of cultures near and far.



## Yoga with Diane

Diane Girard is offering free yoga classes in the gym before school. You may remember her as the former manager of the Arrowview Kids Club before she retired a few years ago. She is a yoga practitioner who held yoga classes here in the past and wants to share this with our school community.

Classes will be held on Wednesdays- The next session will be February 19th and may continue on if there is enough interest. All ages are welcome and yoga mats will be provided. Class will be held at 8am.

There will be space for 20 people. If there is more interest we will establish a wait list and possibly open up more yoga dates.

To register, email [arrowview@sd69.bc.ca](mailto:arrowview@sd69.bc.ca).

Happy stretching!



## Hul'q'umin'um Language

Each week on our morning announcements we include Hul'q'umin'um' words that we have been practicing. 'Exu is the Hul'q'umin'um word for Canada Goose. Muqmeqe' is the Hul'q'umin'um word for snowy owl. Pookawtxw is the Hul'q'umin'um word for Library.

Click on the picture to take your learning further with the Kw'umut Lelum website or download their app!



Click here for the [February Indigenous Newsletter!](#)



### Kreg - Qualicum School District

Our district will be using the MyEdBC on-line registration process for Kindergarten student registration. The On-Line Registration functionality is currently inactivated until dates stated below. Parents will then be able to create their MyEducation BC login account, and begin to prepare the application.

[sd69.bc.ca](http://sd69.bc.ca)

## Reminders From the Office

🚗\*Important\* The parking lot between the school and the Kids' Club is strictly **for STAFF and DAYCARE use only**. We understand it's tempting to park near your child's classroom (Room 9, 5, 4, and 2), but **parents are not permitted** to park or use this area for drop-offs or pick-ups. Doing so creates safety hazards and traffic congestion. **Please park in the lower parking lot** and follow the designated one-way loop for pick-up and drop-off. Your cooperation is essential to keep our school environment safe. See the image below or the PDF map for further details. Thank you for your cooperation and attention to this important safety issue.🚗



📢 Parents of students wishing to attend a school outside of their catchment area during the current school year are required to submit an on-line cross-boundary application form. Also, if you have moved out of a school's catchment area since registering and wish to remain at your current school, a cross boundary form must be completed. Note on your Cross-Boundary Form that you attend AES and wish to continue. [2025-2026 School Year Cross-Boundary Applications](#)

🧺👕🧼 Please ensure your kids have a change of clothes to keep in their classroom for days they get wet at recess.

👮🏻 School volunteers need a Criminal Record Check completed:

<https://justice.gov.bc.ca/criminalrecordcheck> Access Code: **2NCAZFWAWT**

🏠 There is no school on Monday, February 17th for Family Day.

💰 Please login to [School Cash Online](#) to pay any outstanding school supply or field trip fees. If you need any financial assistance, reach out to Flo Wong at [fwong@sd69.bc.ca](mailto:fwong@sd69.bc.ca)

*AES Parking Lot Map 📍 (please do not park in staff parking)*

## AES Parking Lot – Draft Plan

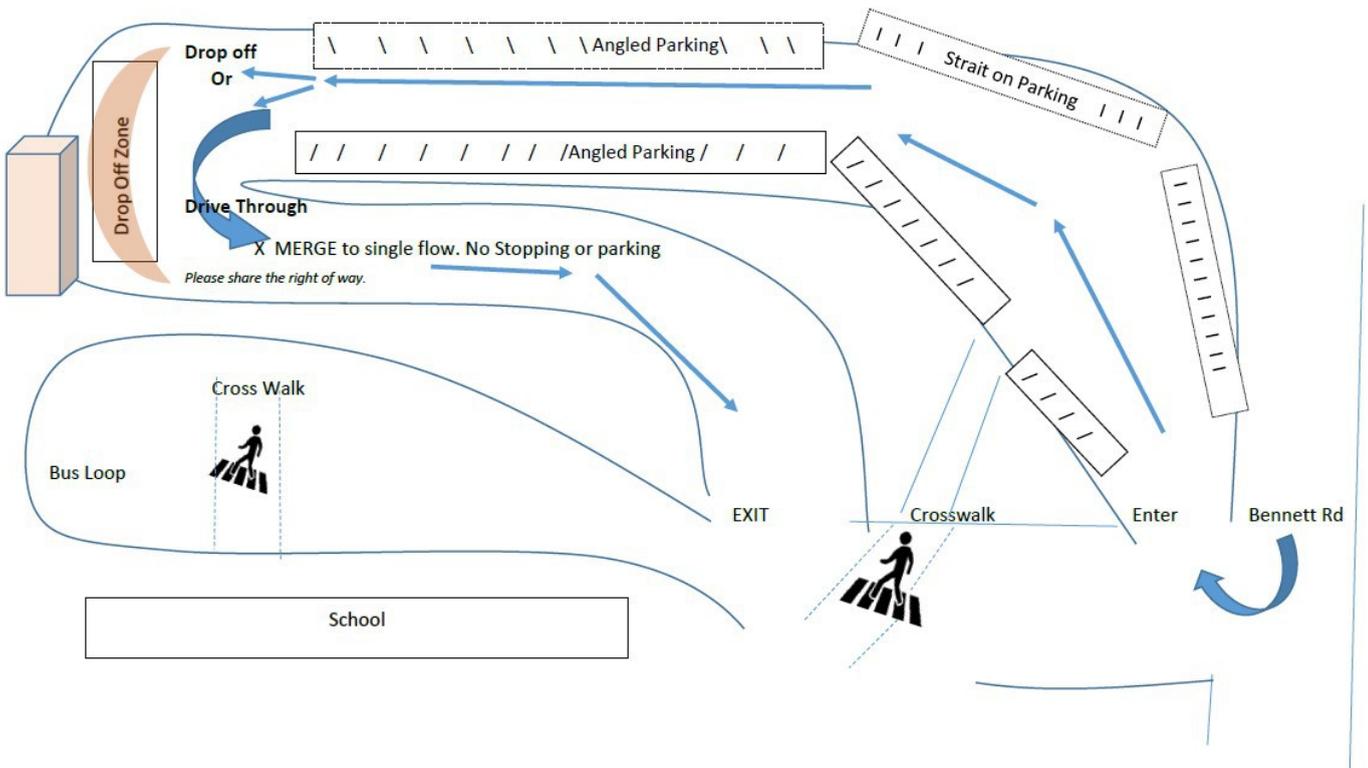
Please drive slowly and safely.

Traffic is one way.

Please share the merge lanes

There is no parking in the drive through or drop off area at any time.

If you are walking please walk with your children. It is safest to walk around the lot to the drop off area rather than through the flow of traffic.



### AES Parking Lot.pdf

Map of the parking lot drop off zones.

[Download](#)

457.7 KB

## Chess Club



Chess Club happens every Monday in the Library and is open to all students to come and learn to play chess or take on a friend in a chess match!

**CHESS  
CLUB**

March 17-21

3-5yrs, 9:45-10:30am, \$60

3-5yrs, 10:45-11:30am, \$60

6-9yrs, 9:30am-12:15pm, \$130

Innovate Dance Arts



Register today at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation)

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on



## Climb Aboard the WOW Bus!

**Meadowood Community Park** – Feb 6th @10:30am-12pm

**Nanoose Place Community Centre** – Feb 11th @10am-11:30am

**Coombs Fairgrounds** – Feb 26th @10am-11:30am

WOW Bus is a free drop-in outreach program for children from birth to kindergarten age and their adult. Families are invited to climb aboard the WOW Bus and join us for healthy snacks, playtime, songs, and stories.

Check out our website for more details about the WOW Bus and other free early years programs: [www.oblt.ca](http://www.oblt.ca)



# Mountain Bike Camps

**Tu-Fr Mar 18-21**

**8-12yrs**

**9:00am-12:00pm \$225**

**13-16yrs**

**1:00-4:30pm \$250**

**Hammerfest Trails**



**Register today at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation)**

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on



## Youth Art 10-15yrs

**Comic Book:**

**Th Apr 17 4:00-6:00pm \$25**

**Animal Drawing:**

**Th Feb 6 4:00-6:00pm \$25**

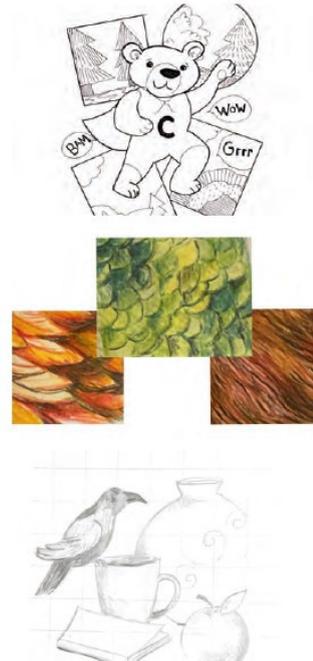
**Th Apr 24 4:00-6:00pm \$25**

**Grid Drawing:**

**Th Mar 13 4:00-6:00pm \$25**

**Th May 1 4:00-6:00pm \$25**

**McMillan Arts Centre**



**Register today at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation)**

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on



**DID YOU  
KNOW?**



**Ready, Set, Learn!**

- Ecole Oceanside Elementary – February 4th & 25th @10:30am – 11:30am
- Qualicum Beach Elementary – February 5th & 19th @10am – 11am
- Springwood Elementary – February 7th @9:45am – 10:45am
- Bowser Elementary – February 10th & 24th @11am – 12pm
- Errington Elementary – February 10th & 24th @1pm – 2pm
- Arrowview Elementary – February 13th & 27th @1:15pm – 2:15pm
- Nanoose Bay Elementary – February 21st @9:45am – 10:45am

**Ready, Set, Learn is a free drop-in program for children from birth to kindergarten age and their parents/caregivers with the intent of supporting children's transitions into school.**

Check out our website  
to book your spot:  
[www.oblt.ca](http://www.oblt.ca)



## Get Trained to be a Lifeguard

### **Bronze Medallion 13yrs+**

Mar 17-19 \$232 or  
May 24-Jun 14 \$232

### **Bronze Cross 13yrs+**

Mar 19-21 \$170

### **Swim for Life Instructor 15yrs+**

Apr 4-13 \$300 or  
May 20-Jun 12 \$300

### **National Lifeguard Pool Course 15yrs+**

Mar 24-29 \$400 or  
May 17-Jun 8 \$400

**Ravensong Aquatic Centre**



**Register today at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation)**

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on





FORED BC Society  
For Education about our environment & natural resources  
[www.foredbc.org](http://www.foredbc.org)



## PHOTO, VIDEO & ART CONTEST FOR CANADIAN INDIGENOUS YOUTH



Celebrating the rich cultural & heritage traditions of Indigenous people,  
FORED sponsors this annual contest with cash prizes for Indigenous youth.

Theme: **Traditional Knowledge & Medicine** Prize: 4 x \$150 prizes  
with at least one national winner. *Group work shares prize.* 💰

**DEADLINE:**  
**MAY 23, 2025**



## Friday Youth Nights ~ 11-14yrs

Fridays 4:30-6:00pm

Feb 21, Mar 14, Apr 11, May 23

Oceanside Place

\$10/each

includes activities and pizza



Register today at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation)

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on



# SUBSTANCE USE PREVENTION: MENTAL HEALTH & DECISION-MAKING

A **COMPLIMENTARY WEBINAR** FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading **adolescent Clinical Psychologist Dr. Hayley Watson** for an online event that aims to help parents, guardians and caregivers gain a **deeper understanding** of substance use prevention and learn **practical tools** for supporting youth mental health.



## Key Takeaways:

- 🕒 Learn the factors that contribute to youth mental health/substance use
- 🧠 Understand the skills that youth need to overcome these needs
- 🛠️ Acquire practical tools for empowering your child and youth to make positive choices
- 💡 Increase your ability to support your own mental health

**Time:** 6-7:30pm PST  
**Date:** 20th, 25th, 26th Feb 2025

Scan the QR  
Code to Register



**REGISTER NOW**

We acknowledge the financial support of the Province of British Columbia through the Ministry of Education and Child Care



## Action Sports 5.5-7yrs

**Mo Apr 7-May 5**  
**5:45-6:45pm**

**Oceanside Elem School**  
**\$40**



**Register today at [rdn.bc.ca/recreation](https://rdn.bc.ca/recreation)**

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on



## Beginner

Tu Apr 8-Jun 17, 7:30-8:15pm  
\$92

## Fitness

Th Apr 10-Jun 19, 7:30-8:15pm  
\$92

**Ravensong Aquatic Center**



## Register today at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation)

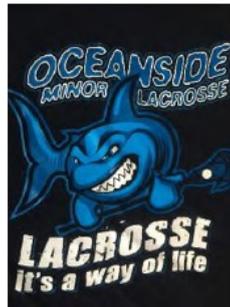
Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on



Team Practices Start Late March!



[www.oceansidelacrosse.com](http://www.oceansidelacrosse.com)

Preseason "Bring a Friend" Drop In Lacrosse Sessions

Let's Get Ready for the SPRING 2025 Season!!

Registered and Non-Registered participants welcome

MONDAYS at Arrowview Elementary 2025

February 3, 10 and 24

March 3, 7, and 31



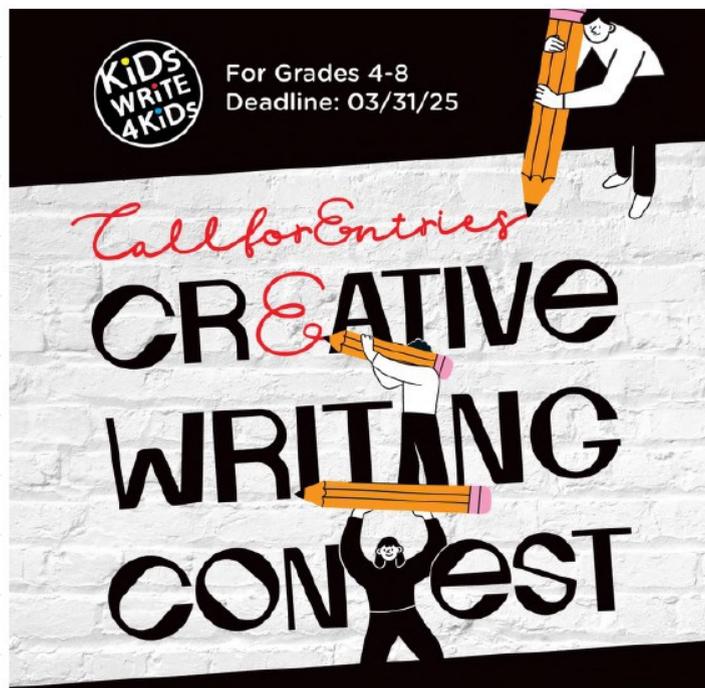
U7-11 6-6:45pm U13-17 6:45-7:30pm

Helmet, Stick and Gloves

\*\*Please inquire if you need gear\*\*

Email: [laxmom0204@gmail.com](mailto:laxmom0204@gmail.com)





### Kids Write 4 Kids Contest Deadline: March 31, 2025

There is still time to enter. Whether you're a budding novelist, a poetic soul, or someone who loves to tell tales, this is your platform to shine.

#### Why You Should Enter?

- **Get Published:** Winners become published authors.
- **Make an Impact:** Book sales proceeds are donated to the winner's charity of choice.
- **Join the Panel:** Winners will become judges for next year's contest.

Educators, parents, and creativity enthusiasts – spread the word! Display [our poster](#) in your school, library, or community center to help discover the next wave of storytellers. <https://kidswrite4kids.ripplefoundation.ca/>

Meet our diverse and inspiring individuals on our [Kids Write 4 Kids judging panel!](#)



## Art Workshop Fill Your Boots

McMillan Arts Centre

We May 7

10:00am-12:00pm

\$20

All ages welcome.

Supplies are provided.



Register today at [rdn.bc.ca/recreation](https://rdn.bc.ca/recreation)

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on



# Mindfulness in May

## "Have Your Say" 2025 Art Exhibit

### Open Call to Youth for Submissions

Grades 5-12 in SD 69 & surrounding areas,  
including home learners



Early Submissions by **March 21st** for a chance to be featured on the exhibit posters and win extra prizes!

**All Media** - Digital (non-AI), Fabric arts, Mixed Media, textiles, Sculpture etc.

**3 Categories:** Visual Arts, Photography, Literary Art

All works due by April 4th

Submit online here:

<https://mindfulmay.artistquarter.com/>

Sponsored by:

**Rotary**  
Qualicum Beach



**VILLAGE EATERY**  
& **PIZZA HOUSE**  
Pizzeria Quality



**Stephanie Higginson MLA**  
Ladysmith-Oceanside



**Exhibition: May 1st-11th** at the Qualicum Beach Library  
660 Primrose Street, Qualicum Beach

**OPENING EVENT MAY 1ST 6:00-7:00PM**  
SHOW RUNS APRIL 30TH-MAY 10TH DURING LIBRARY HOURS



For questions or more info, contact Diane at [moraninthemoon@gmail.com](mailto:moraninthemoon@gmail.com)



## Bushcraft Adventure 9-14yrs

### Wilderness survival skills

**Sa Mar 8-29**

**10:00am-2:00pm \$200/4**

**Sa May 10-31**

**10:00am-2:00pm \$200/4**

**Moorecroft Regional Park**



**Register today at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation)**

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on



ARROWSMITH AGRICULTURAL ASSOCIATION



**COOMBS FAIR**

**MONDAY**  
February 17, 2025  
1:00pm - 4:00pm

**Bringing Baaack FUN!**

**13TH ANNUAL  
COOMBS  
FAMILY DAY**

**All  
Ages!**

- Heritage Demos
- Educational Displays
- Games & Crafts
- Face Painting
- Garden Railway
- Live Animals
- Sandbox Treasure Hunt
- Cookie Decorating
- Photo Booth

**FREE** Hotdogs, Popcorn, Coffee, & Tea  
while supplies last.  
\*Please leave your pets at home.

Coombs Fairgrounds  
1014 Ford Road  
Coombs, BC



Funding support provided by:  
**REGIONAL  
DISTRICT  
OF NANAIMO**



## Express Saturdays **11-14yrs**

- Sa Feb 22 9:00am-4:30pm
- Sa Mar 22 9:00am-4:30pm
- Sa Apr 26 9:00am-4:30pm
- Sa May 24 9:00am-4:30pm

**Pick up and drop off at  
Oceanside Place Arena**

**\$55**



**Register today at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation)**

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

**Follow us on**



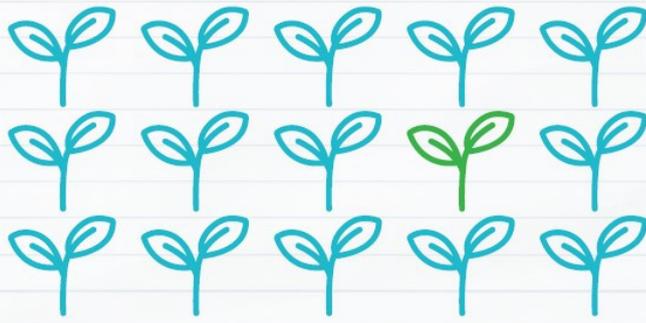
Connect with us!



100kids oceanside.ca



@100kids oceanside



# BE 1 IN OUR 100!

## 100 KIDS FOR CHANGE

Hey Changemaker, you belong in 100 Kids! We're a group of Oceanside youth who meet 4 times a year to donate money to local charities, and we'd love to see you at our next meeting.



Tuesday,  
Feb. 11, 2025  
7:00-8:00 pm



Yates Memorial,  
1000 Allsbrook  
Rd, Parksville



Bring a cash  
donation to  
the meeting



## First Aid Training 13-18yrs

### Red Cross Emergency First Aid

We Mar 19  
9:00am-5:30pm, \$99

Oceanside Place Arena



Register today at [rdn.bc.ca/recreation](https://rdn.bc.ca/recreation)

Ravensong Aquatic Centre, 737 Jones St, Qualicum Beach ~ 250-752-5014

Oceanside Place Arena, 830 W Island Hwy, Parksville ~ 250-248-3252

Follow us on





# Arrowview Elementary School

[https://www.sd69.bc.ca/school/AES/Pages/default.aspx#/=](https://www.sd69.bc.ca/school/AES/Pages/default.aspx#/)

Contact

