

ARROWVIEW ELEMENTARY NEWSLETTER

Principal: Flo Wong
Vice Principal: Heather MacLeod



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

Feb 6, 2026

Land acknowledgement

We acknowledge that we live, learn, and play on the traditional territory of the Qualicum First Nation. We are grateful for their ongoing stewardship of this land and for the opportunity to learn from their knowledge, culture, and traditions.

Message from the Principal

'Uy skweyul. Good day.

We have entered a new month, **MIMNE' – the Little Child Moon**, named for being the shortest month of the year. As we move through this busy and joyful season, there is much to look forward to at school.

The days are growing longer, and with the unseasonably warm winter weather, it already feels as though spring is arriving early. This month, we are focusing on the value of kindness—both in our classrooms and throughout the school community. Students are encouraged to notice acts of kindness in others, show empathy, and contribute positively to their school environment.

It's shaping up to be an exciting and meaningful month filled with celebration, connection, and learning. Thank you for your continued support as we help our students grow academically, socially, and emotionally.

Warmly,

Flo Wong

Principal, Arrowview Elementary

Important Dates

February

2: Hot Lunch Shady Rest 🍷

10: School Dance (afternoon)

12: Grade 3 swimming begins

12: Valentine's Treat Day

13: Pro-D (No School)

16: Family Day Holiday (No School)

20: Hot Lunch Sushi 🍣

25: Pink Shirt Day

27: Hot Lunch Extreme Eats 🍷

March

6: Hot Lunch Pizza Pizza 🍷

13: Hot Lunch Subway 🍷

15-28: Spring Break

Helping Children Build Emotional Resilience

Stepping back helps kids grow

Children grow strongest when they are allowed to experience discomfort and navigate challenges on their own. Feeling upset when a friend gets something they don't, or when someone is unkind, is a normal part of emotional development. These moments are opportunities for children to learn how to manage their feelings, reflect on their responses, and develop empathy and patience. Stepping in too quickly to solve every problem can prevent children from practicing these important skills.

Parents can support this growth by offering guidance without taking over. Some strategies include:

- Encourage your child to name their feelings and express them safely.
- Help them think through constructive responses to conflict or unkindness.
- Discuss strategies such as walking away, speaking calmly, or seeking help from a trusted adult.
- Role-play scenarios to practice handling challenges in a safe environment.
- Praise effort, persistence, and problem-solving, not just outcomes.

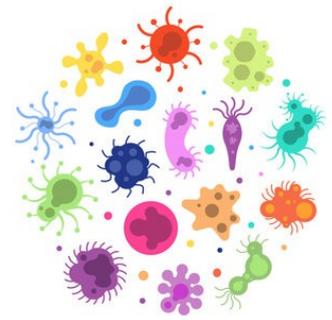
By giving children space to experience and navigate emotional discomfort safely, we help them build confidence, resilience, and social skills that will serve them for life.

Health Reminder for Families

We've noticed a noticeable increase in absences due to illness in the building recently. To help keep all students and staff healthy, please keep your child home if they are sick. At school, we will

continue to remind students about good hygiene practices, including hand washing, covering coughs and sneezes, and using tissues.

Thank you for helping us reduce the spread of illness and support a healthy learning environment for everyone.



Hul'q'umi'num Corner

Winter is a time for Storytelling

A Coast Salish story told by Hul'q'umínum language teacher Squtxulenuxw (George Seymour) from Stz'uminus First Nation.

[When Seagull Stole the Sun](#)



Join Our Community Readers



We are looking for volunteers from our community to help our students become confident readers. Volunteers will have the opportunity to listen to children read, play literacy games, and support their love of reading.

If you're interested, we will pair you with a classroom and teacher. A valid criminal record check is required to participate. Your time and support can make a real difference in a child's literacy journey—come be part of our community of readers!

Send us an email: arrowview@sd69.bc.ca

ARROWVIEW ELEMENTARY SCHOOL

SCHOOL DANCE

FEATURING
DJ CONNOR

FEB 10 - AFTERNOON

Theme: friendship/valentines

WEAR PINK

AES Olympic Reading Challenge

In honour of the Olympics, students are invited to participate in the **AES Reading Olympics!**

Students from Kindergarten to Grade 7 are invited to take part, and every reading format counts—picture books, chapter books, audiobooks, and more.

Download the form below  and get ready to go for reading gold.

Because every reader is an Olympian!



AES Reading Olympics (1).pdf

[Download](#)

6.2 MB



PINK SHIRT DAY

CHOOSE KINDNESS:
Order your pink shirt today!

26 FEBRUARY





Grade 7 Grad Fundraiser

VALENTINE'S TREAT DAY

Thursday, February 12th

Buy a Treat Bag, \$2 each or 3 for \$5



Love



Kindergarten 2026 Registration is OPEN

Online Kindergarten registration (through MyEdBC) for the 2026-2027 school year is currently OPEN. To qualify for Kindergarten enrolment in September 2026, a child must become five years of age on or before December 31, 2026. Proof of Age for a student includes a birth certificate or passport. Check out the School District website registration page to see what else you need to know.

<https://www.sd69.bc.ca/About/StudentRegistration/Pages/default.aspx#/=>

The District will offer a "Pre-Kindergarten" program in April and May. Incoming Kindergarten students must be registered at their catchment school in order to apply to participate in this program. If you have registered your child by Thursday, March 12th you will be sent an application via email and those who register for Kindergarten after that date will be considered based on available space.





Purdys

AES Grade 6/7 Capernwray Camping Trip
DEADLINE **FEBRUARY 25, 2026**

FEBRUARY 6-25
PICK-UP MARCH 11 AT AES



Scan this QR code
or enter this link:

<https://fundraising.purdys.com/campaign/000020723>

Shop your Easter goodies!



West Coast Weather Reminder

The west coast weather has arrived; rain, wind, and all! Please ensure your child comes to school each day prepared for the elements. We go outside for recess and lunch **rain or shine**, so waterproof jackets, boots, and warm layers make a big difference in keeping everyone comfortable and ready to play.

A little preparation goes a long way toward making outdoor time fun for everyone, no matter what the forecast brings!



Walk Your Wheels

A friendly reminder that for everyone's safety, students are not permitted to ride bikes, scooters, or other wheeled devices on school property. With active traffic during arrival and dismissal times, it's important that all students *dismount* once they reach school grounds and *walk their wheels* to the designated parking areas. The same applies at the end of the day—students must walk their bikes or scooters off school property before riding. Thank you for helping us keep our school community safe!

DISMOUNT



ZONE

PROPOSED SCHOOL BOUNDARY CHANGES – JOIN THE CONVERSATION!



On January 14th, the Board of Education held a [Virtual Town Hall](#) regarding potential changes to the boundaries impacting local schools intended to relieve enrollment pressure on Springwood Elementary and École Ballenas Secondary Schools. If you were unable to participate that evening, you can view the recording [HERE](#).



Once you have viewed the recording, the Board of Education invites you to share your feedback on the proposed changes. The link to the survey can be found [HERE](#) and it will remain open into February 2026.

Reminders From the Office

Lost & Found Reminder

 Please remember to label all items, especially hoodies, jackets, water bottles, and lunch kits. A name inside makes it so much easier for us to return belongings quickly.

Did you know? You can view our lost and found items on Facebook! <https://www.facebook.com/profile.php?id=61574771672785>. You

don't need a Facebook account to view. Thank you for helping us reunite students with their belongings!



Absences

☹️☹️ To report a student absence, please use the [School Messenger App](#).

If it's been three days of consecutive absences, the app will not let you enter a fourth. You can either call the school to report the absence or email attendance@sd69.bc.ca

Personal Items

We kindly ask families to help us discourage students from bringing personal items to school, such as high-value makeup, Pokémon cards, electronic toys, and other special belongings. These items can be distracting in the learning environment and, unfortunately, we are not responsible for any personal items that are lost, stolen, or damaged. To avoid disappointment, please remind your child to keep these treasures at home. Thank you for your support!

Extra Change of Clothes

👕👖 Please ensure your kids have a change of clothes to keep in their classroom/backpack for any emergencies, as we make our way through a La Nina fall and winter season.

School Volunteers and Criminal Record Checks

👮👮 School volunteers need a Criminal Record Check completed:

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

Student Phone

📞 Reminder that kids are not permitted to make playdate plans from the student phone in the office. We ask that if they want to make social plans that they first go home after school and then make their arrangements. If you do receive a call from your child trying to lay out a social plan, please remind them of this rule.

You might remember Diane from Kids Club. She is now a certified yoga instructor and is volunteering to provide this lovely, calm start to the day for our students.

Kids Yoga With Diane

Wednesday mornings
8-8:45am
Starts January 28, 2026
AES Gym



There is space for 20, first come, first served. Do not drive away until you are sure your child got in.

**DID YOU
KNOW?**



Ready, Set, Learn!

Qualicum Beach Elementary – Feb. 2nd & 23rd @ 10:30am – 11:30am
Springwood Elementary – Feb. 6th & 20th @ 9:30am – 10:30am
Bowser Elementary – Feb. 9th @ 10:30am – 11:30am
Errington Elementary – Feb. 9th & 23rd @ 1pm – 2pm
Arrowview Elementary – Feb. 11th & 25th @ 1:30pm – 2:30pm
Ecole Oceanside Elementary – Feb. 17th & 24th @ 9:10am – 10:10am
Nanoose Bay Elementary – Feb. 27th @ 10:30am – 11:30am

**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





Climb Aboard the WOW Bus!

- Coombs Fairgrounds – Feb. 4th @ 10am – 11:30am
- Springwood Park – Feb. 5th @ 1:15pm – 2:45pm
- Qualicum Beach (4 Poles) – Feb. 11th @ 10am – 11:30am
- Nanosee Place Community Centre – Feb. 12th @ 2pm – 3:30pm
- Family Day Event @ Coombs Fairgrounds – Feb. 16th @ 1pm – 4pm
- Errington Community Park – Feb. 18th @ 10:15am – 11:30am
- Oceanside Community Church – Feb. 19th @ 2:30pm – 4pm
- Meadowood Community Park – Feb. 25th @ 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





THE POWER OF Stewardship

Celebrate local stewards and the knowledge of our diverse communities this International Mother Language Day!

Saturday Feb 21, 2026 9:00 am - 12:00 pm
Qualicum Beach Civic Centre

9:00 am - Doors Open

9:30 am - "Importance of understanding the connections between history and language in relationship to place." Jesse Recalma Qualicum First Nations

10:45am - "Leaving a Legacy for Nature" Nancy Randall will work through all the stages and 14 different ways you can leave a legacy for nature.

- Celebrate International Mother Language Day
- Participate in interactive Q&A sessions
- Meet local stewardship organizations and sign up for memberships
- Learn about the Mid Island Stewardship Caucus www.mabr.ca/misc
- Discover ongoing and upcoming projects and how to get involved



Mount Arrowsmith Biosphere Region
124 West 2nd Ave Qualicum Beach
250-594-0405
www.mabr.ca



HONK! HONK! COMMUNITY FUN INCOMING

COOMBS FAMILY DAY

14th
ANNUAL
2026

HERITAGE DEMOS
EDUCATIONAL DISPLAYS
SANDBOX TREASURE HUNT
COOKIE DECORATING
LIVE ANIMALS
FACE PAINTING
GAMES & CRAFTS
GARDEN RAILWAY
PHOTO BOOTH



MON FEB 16 | 1:00 TO 4:00PM

FREE

HOT DOGS

POPCORN

COFFEE & TEA
(WHILE SUPPLIES LAST)



Coombs Fair Grounds | 1014 Ford Rd | Coombs | BC | www.coombsfair.com

Express & Flourish
Family Day
2026
At the MAC

- Flower Take Home Art
- Communal Art Peice
- Face Painting
- Artists in Residence

Free
Event

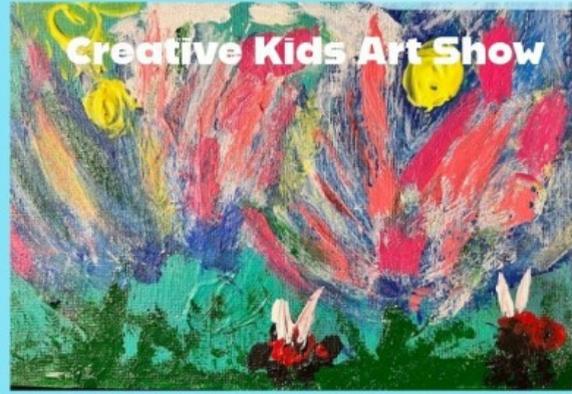
Monday February 16th
10am-1pm

Funding support provided by the Regional District of Nanaimo



McMillan Arts Centre (MAC)
133 McMillan Street, Upper Level
Parkville, BC V9P 2H5
(250)248-8185
www.mcmillanartscentre.com
Gallery & Gift Shop Hours: Tuesday-Sunday, 11am to 3pm

In the Nemeth Gallery
at The MAC



Artwork by Mirren McLean

UNFILTERED EXPRESSION

Feb 2nd- Mar 1st 2026
Opening Reception Sat Feb 7, 1pm

A collection of artworks by young artists
from around the community

creativekids.mac@gmail.com



McMillan Arts Centre (MAC)
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parent workshop

Inclusive Classrooms

What They Are, Why They're
Complex, and How Families
Can Support Them



This parent-friendly workshop helps families better understand inclusive classrooms, why they can feel challenging at times, and how families can support inclusion in meaningful, realistic ways.

Sunday, March 8

4:00- 5:30 pm

In this session, parents will:

- A clearer understanding of what inclusive classrooms are and why complexity is part of the reality
- Insight into how inclusive classrooms impact students, peers, educators, and families
- Practical ways families can support inclusion through conversations at home and respectful school partnerships

Facilitated by Carly Eirikson
Inclusive education & school leadership

This session is intended to be informative and supportive of inclusive education. It does not provide guidance on individual student situations or specific school-based decisions.

✉ **Hosted by your DPAC**



**Parksville
Curling Club**



Learn To Curl

**ONLY
\$99***
*plus GST

**5 X SUNDAYS
FROM MAR 1**

3-5PM

A 5-week Learn To Curl program to help you unpack the basics of curling in a fun, friendly and welcoming setting. Suitable for all ages and all fitness levels.

All curling equipment provided.

 250-248-3764

 parksvillecurling.com





KIDOVATE

Youth Entrepreneurship Experience

Earn Your Own Money

In grade 6 or above?
Join Kidovate Market Day
Sell products you make,
repurpose or buy

April 18th, 2026
Nanaimo North Town Centre Mall

It's free! Learn more at

www.kidovate.ca



@Kidovate_Nanaimo



KidovateNanaimo



Gustavson
School of Business
University of Victoria



**Community
Futures**

COMING SOON

**OCEANSIDE MINOR
BOX LACROSSE**

FREE TRY IT SESSIONS

**EVERY MONDAY
JAN 12TH - MAR 2ND**

**U7
-
U11**

5PM - 6PM

**U13
-
U17**

6PM - 7PM

**LOCATION:
ERRINGTON SCHOOL
GYM**

Mindfulness in May

The Art of Empathy and Kindness 2026

Open Call to Youth for Submissions

Grades 5-12 in SD 69 and Surrounding Area
Including Home Learners



EARLY SUBMISSIONS BY **FEBRUARY 14TH** FOR A CHANCE TO BE FEATURED ON THE EXHIBIT POSTERS AND WIN EXTRA PRIZES

Visual Art: drawing, fabric art, painting, mixed media, sculpture.
Literary Art: poetry, song, music. **Photography:** digital, and print.

ALL WORKS DUE BY MARCH 13TH

Submissions will be displayed at the Qualicum Library during BC Youth Week and National Mental Health Week

SUBMIT ONLINE HERE:

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



Sponsored By:



EXHIBITION: APRIL 28TH - MAY 10TH

For questions or more info, contact Diane at moraninthemoon@gmail.com



**FREE
DROP-IN
YOUTH
BASKETBALL**

**AGES
11-15**

**All levels welcome! Come build skills,
shoot hoops, play games and have
fun!**

More information

<https://arrowsmithrecreation.ca/classes>

COOMBS FAIRGROUNDS GYMNASIUM
1014 FORD ROAD, COOMBS, BC



Kristine Stephenson: stephenson@live.ca or 250-927-3985
Tracy Cargo-White: tracy.cargo@outlook.com or 250-947-5272



22nd Annual Qualicum Beach

Seedy Saturday

'It starts with a seed'

Qualicum Beach Civic Centre
Saturday, February 7, 2026

10 am – 3:30 pm

- Seed Swap
- Master Gardeners answering questions
- Seed, Plant and Garden-Related Vendors
- Demos
- Educational Displays
- Children's Activity
- Door Prizes
- Seedy Café
- Raffle Draw (cash only)
- No ATM on site
- Pesticide/chemical drop off (in original package)

Swap and Shop:

bring your seeds for the seed swap or buy local seeds that have been swapped!

Admission: suggested \$5 donation

Qualicum Beach Seedy Saturday Association
www.qbseedysaturday.ca • qbsschair@gmail.com
f qbseedysaturday • @ qbseedysaturday



Karate

Ages 8 - 99+

Join Sensei Brian Purves for this introduction to martial arts, which will focus on basic Karate and self-defense techniques in a fun and safe environment. Gain strength and confidence.

Register:

\$100 per 8 sessions

arrowsmithrecreation.ca/classes

Coombs Fairgrounds Gymnasium
1014 Ford Rd, Coombs

Sandra Poelzer: sandrapoelzer@yahoo.com or 250-802-1308
Kristine Stephenson: stephenson@live.ca or 250-927-3985

Sandy Shores Skating Club

CANSKATE LEARN TO SKATE PROGRAM

Ideal starting point whether your child wants to go into hockey, figure skating or have occasional fun skating recreationally. Our programs are sanctioned by Skate Canada and taught by Skate Canada accredited coaches.



*Ongoing
registration*

Oceanside Place Victor Kraatz Arena

Schedule and registration:

<https://sandyshores.uplifterinc.com>

Fr Feb 6, 2:30-4 p.m.

\$10

Nanoose Place

We Feb 11-Mar 11, 3:15-4:15 p.m.

\$30

Qualicum Commons



Register today at 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

