



# YOU "OTTER" KNOW

February 9<sup>th</sup> – 13<sup>th</sup>



**Bonjour Oceanside Families! 'uy skweyul!**

## What you eat can help you sleep!

Did you know, different nutrients play a role in how well we sleep at night. One example is an amino acid called tryptophan, which our bodies cannot produce on their own and must be obtained through food. Once eaten, tryptophan is converted into serotonin and melatonin in the brain. Both of these chemicals play an important role in sleep: melatonin is important for helping us fall and stay asleep, while serotonin helps regulate our sleep-wake cycle. Consuming certain foods throughout the day makes these nutrients available when it is time to sleep.

Here are some 'kid' friendly foods that could benefit your child's sleep:

- Bananas, Cherries, Pineapple
- Tomatoes
- Almonds, Walnuts
- Brown Rice, Oats
- Pumpkin seeds, Salmon, Spinach, Tofu
- Turkey, Yogurt



## Traffic Flow in front of the school

The drive through drop-off area in front of the school is a 'kiss and go' area. There is no parking in this area. Please drive all the way forward, even if there is no one behind you. This area can back up quickly onto the road, causing safety concerns. Thank you for helping us keep the traffic flowing in our drop-off area.

## Carnaval – This week Feb 10<sup>th</sup> and 11<sup>th</sup>

Watch out for Bonhomme this week: He'll be dancing and playing music at the front of the school and the courtyard before and after school.

This week, students will be learning French 'jigging', eating crepes with maple syrup and participating in a variety of games and activities from Luge to 'Melt the Ice' game, and campfire songs.

Thank you to our amazing PAC for cooking 1000 crepes and to all the teachers who helped organize Carnaval 2026. We are also grateful to all the BSS Student volunteers who will be helping run the stations!



## Drama Fun with Mdm. Stagg

Over the past six weeks, our Grade 5–7 classes have been having a wonderful time exploring plays, skits, and improv with Mdm. Stagg in Art. This week, our Primary classes were invited to watch the performances—and they were a huge hit! The students had a blast on stage, and the audience loved every moment. It was especially meaningful for our Primary teachers to see many of their former students performing!

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## No Pokemon Cards at School

We've noticed a growing number of Pokémon cards at school. While we love seeing students passionate about their interests, we kindly ask that Pokémon cards stay at home. Their popularity can lead to classroom distractions, disagreements, and unfair trades—and we simply don't have the time during the school day to help manage these situations.



Keeping cards at home ensures school remains a focused learning environment, and Pokémon can stay the fun, enjoyable activity it's meant to be. Thank you for your understanding and support!

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## Important Dates – Mark Your Calendar

- Feb 10/11 Carnival EOES!
  - Feb 11 KSS Open House Grade 8 Information Session
  - Feb 13 Professional Development Day – No school for students
  - Feb 16 Family Day Holiday – School closed
  - Feb 17 9:10 – 10:10 Ready, Set, Learn; Lunar New Year Colour Group Activity
  - Feb 19 6:30 PAC Meeting
  - Feb 24 Kindergarten Hearing Testing; Grade 7 Course Selection Presentation
  - Feb 26 Pink Shirt Day and Assembly
  - Feb 27 Freezie Sale – After School Grade 7 Grad Fundraiser
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## Community Events

There is lots happening in the community! See our district page [here](#) for information on after school programs, sporting opportunities and more.

*The Qualicum School District resides on Coast Salish Territory and within the shared territory of the Snaw'naw'as and Qualicum First Nations*