



COWICHAN SECONDARY
Friday File: Oct. 12, 2018

IMPORTANT DATES/EVENTS



- Monday, Oct. 14 – Thanksgiving Day (no school)
- Wednesday, Oct. 23 – Photo retakes
- Friday, Oct. 25 – Provincial Pro-D Day (no classes)
- Wednesday, Oct. 30 – Two hour early dismissal (1:15pm)
- Wednesday, Nov. 6 – B.C. University visits for grade 12s
- Friday, Nov. 8 – Remembrance Day Assembly
- Monday, Nov. 11 – Remembrance Day holiday (no school)

NEXT PAC MEETING

Our next PAC meeting will be Wednesday, Nov. 13th at 6:30pm in the CSS Library. Please come and join us!





Parent Grad Council

Hard at work!!



GET OUR APP!

Stay informed of our school announcements,
upcoming events & dates, teacher contacts,
homework reminders, and more!



DO IT YOUR WAY.

Get your important updates via app notifications, emails, or text messages.



STAY UP-TO-DATE.

Information from school websites, social media, and much more in ONE place.



STAY ORGANIZED.

Personalized calendar, and a homework organizer with daily reminders.



TAKE IT WITH YOU.

Important phone numbers, school info, and websites in one place on your phone & tablet.



Find it in the
App Store!



High School Bowling!

Grades 8-12

The Cowichan Valley High School Bowling Program offers School vs School Competition with the emphasis being placed on sporting behaviour and etiquette. This after school program can also offer further education through scholarships as well as being an enjoyable recreational pursuit. Your school could be Cowichan Valley Champions. Travel to tournaments all over the province or to National Championships!



Registration with Canadian Tenpin Federation and first day of bowling:
Monday Nov. 4th, 2019 @ 4 pm
Duncan Lanes 2701 James St.
Coach Bob Linde 250-715-1413



**REPRESENT YOUR SCHOOL
IN TEAMS OF THREE MALE,
FEMALE OR MIXED**

C.T.F. Registration \$30.00,
3 games \$9.25/week

C.V.H.S.B. P.
Grades 8-12
STARTS NOV 4th, 2019
After School Program
Monday's @ 4 p.m.



Drama games with
Mr. Fox-Povey's
Drama class!!



THRIVE WEEK!

All week we have been focusing on mental health and wellness through a variety of lessons, activities, and guests!!



An ordained Buddhist Monk spoke to a group of students during Thrive Week about the powerful compassion of our minds. He explained happiness and how we control our own happiness. He told us that, our "friends, phones, and even french fries", do not actually make us happy! It was an excellent session that ended with a brief meditation exercise.



Karate with Sensei Cal from Fernando Correia School of Karate!



Students in Healthy Foods made sushi. Veggies, healthy fats and proteins, vitamins, and omega-3 fatty acids. Good for your brain!

**Thrive
Week**





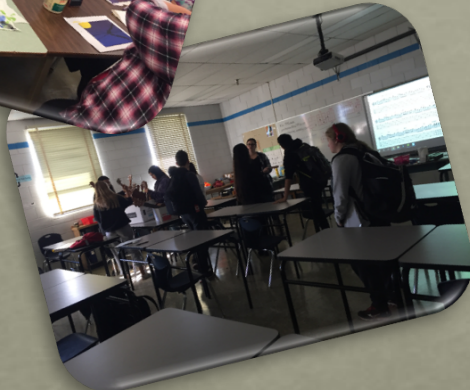


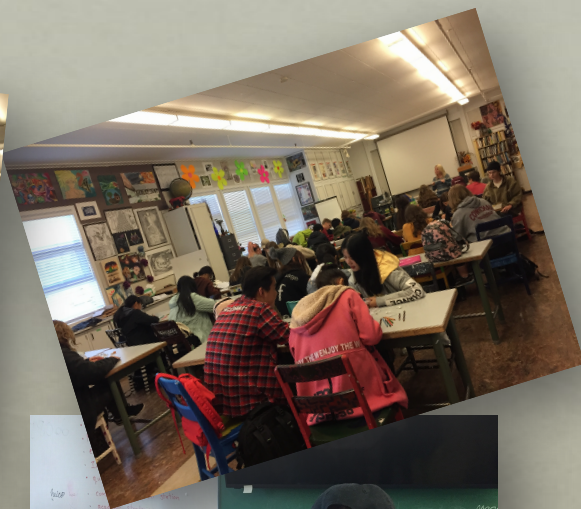
Thrive Week





Thrive
Week





Thrive
Week



Thrive Week



Thrive Week



Thrive Week



The finale for the week was a whole-school assembly with Blake Fly, who spreads a message of positivity!!
Thank you Blake!!



Picture of the Week!