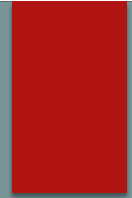


# Friday File



NOVEMBER 20, 2020

**COWICHAN SECONDARY**

# Important Dates and Events

- Tuesday, November 24 at 7:00 – PAC Meeting
- Wednesday, November 25 – One-hour Early dismissal (PLC)
- Wednesday, November 25 – Quarter 1 Report cards issued to students.
- December 7-16 – Grad photos
- Friday, December 18 – Last day of classes before Winter Break.
- Monday, January 4 – First day back after Winter Break



# Rest in a Restless World: Helping a Child with Anxiety online workshop open to parents

Understand common signs of anxiety, the underlying roots, and explore practical ideas for how to come alongside our children and help them. The District and District Parent Advisory Council (DPAC) are jointly sponsoring this free online event.

Tamara Strijack is the academic dean of the Neufeld Institute and works as a registered clinical counsellor, parent consultant, and sessional instructor for several universities. She is the co-author of *Reclaiming Our Students: Why children are more anxious, aggressive and shut-down than ever and what we can do about it*.

When: Wednesday, November 25, 6:30 pm - 8:30 pm

For more information and to register for this free online event: <https://www.eventbrite.com/e/rest-in-a-restless-world-helping-a-child-with-anxiety-tickets-129434131973?aff=ebdssbeac>

# Scholarships and Bursaries Update

Schulich Leader Scholarship – Students Interested in applying for this scholarship should meet with Mr. van der Liden on Wednesday, Nov 24 at lunch in the Library. Cowichan Secondary School will pick one nominee for a chance to win an Engineering degree scholarship valued at \$100 000 or a Science, Technology or Math scholarship valued at \$80 000. Nominees should have academic excellence and strong Leadership skills.

More information about local scholarships and District Scholarships will come out in the new year..

# Sweet Deal of the Week

Return those overdue TEXTBOOK's from previous years to the main office and you will receive a certificate for a Gibby's Cinnamon Bun. This deal is not for books handed out this school year in Quarter 1. Textbooks are needed for students in Quarter 2.



# Info Tech 11/12

Jesse Seymour's project that includes a programmable LED light strip.





Pasta Week in Ms. Clark's  
Foods 11/12 Class.



From the Dry Grad Parent Committee:

For up-to-date news and info, including how to buy a ticket for the NEW ALL CASH RAFFLE, please check out our facebook and Instagram pages.

Because grad celebrations are not sanctioned by the School, the Parent Organizing Committee for Dry Grad 2021 must communicate with you directly.

To make sure you are in the loop for information, please: · Send an e-mail to [cssdrygrad@gmail.com](mailto:cssdrygrad@gmail.com) with Your name, email address, phone number and student's name,

AND

Join the Facebook Group (parents only):

Cowichan Secondary Dry Grad Parent Group 2021 <https://www.facebook.com/groups/cssdrygrad>

AND

· Like the Facebook Public Page (everyone welcome):

Cowichan Secondary Dry Grad 2021 <https://www.facebook.com/cssdrygrad>

Follow us on Instagram: [www.instagram.com/cssdrygrad](http://www.instagram.com/cssdrygrad)

You are not obligated to volunteer for anything if you send us your info. It is only a communication connection.

For More Information: Email: [cssdrygrad@gmail.com](mailto:cssdrygrad@gmail.com)

Janyse Gordon (Committee Co-Chair) – 250-709-8836 (Cell/Text)

Sue Plester (Committee Co-Chair) – 250-416-1023 (Cell/Text)