



QHS NEWS

Live together, learn together, lead together!

SEPTEMBER/OCTOBER 2024

COMING UP

And just like that summer is over and we are beginning a new school year! This year, the vibe is vibrant and enthusiastic! We are looking forward to a year full of fun and amazing activities! Take out your calendars folks! It will be our best year yet!

ARTS

- Ms. St. Aubin is already working on the next Dare Art Exhibit! Stay tuned!
- Ms. St. Aubin's class (woodshop) is open at lunch days 5, 8 and 9 to do art, to talk about entrepreneurship and photography! All are welcome!
- The performing arts is starting next week!
- End of Sept.: Tryouts for both French and English and improv teams (we are hoping to start our after-school practices at the beginning of October)
- Music Concentration will be preparing for our two major shows at QHS: Music Café on Friday November 22nd and Music Extravaganza on Friday May 2nd 2025. Plan ahead to be there to encourage our talented QHS musicians!

ACADEMICS

- Sept. 18th: Annual General Assembly at 6:30 pm where we will elect our Governing Board members followed by a "Meet and Greet" with the level teachers
- Sept. 25th - 28th Student cultural Trip to Kawawachikamach Select sec 4 & 5
- Sept. 30th: National Day for Truth and Reconciliation
- Oct. 15th: First Communication will be posted on Mozaik Portail
- Oct. 25th: Outing at "Le Centre de Foires" at the "Salon Carrière Formation" for the Sec. 4 - 5 and WOTP students. See here: <https://www.saloncarriereformation.com/>

ATHLETICS

- The fitness room will be open for students after school on Tues & Thurs, 3:30 - 4:30pm
- Soccer tryouts: the season officially kicks off on the weekend of the 14th and 15th of Sept!
- Running Club starting soon! News to come!
- Sept. 12th & 23rd: Sec 3 gym classes go to Base Plein Air Ste Foy
- Sept. 13th: Secondary 1 Outdoor Ed Program Challenge at Mont-Sainte-Anne
- Oct 5th: CQSB Cross Country Run at Base Plein Air Ste Foy. We want a record number of participants! More info to come!
- Oct 9th - 11th: Sec 5 Outdoor Trip #1 Canoe Camping
- Our Basketball and Soccer Concentration programs are up and running. Encourage your child to become an active participant!

STUDENT LIFE

- QHS chess club will be starting up again and will run every day 4 and 9 of the cycle, VCN room
- September 19th, per. 1: sec 1 student council elections are being held. See Ms. Jorna!
- September 19th: Newcomers' breakfast for the new students at our school (sec. 2 - 5 and Pathways) Organized by student council
- Sept. 21st: 11 to 3 pm: Fall Fest hosted by Voice of English Speaking Quebec - [Voice of English Speaking Quebec](#)
- October 18th: Homeless Night
- October 24th - Hema-Quebec Blood Drive at QHS hosted by Student Life
- September 25 - 27th - Student Life Leadership Camp at Camp - Vacances Keno

FEEL FREE TO REACH OUT TO MS. ST. AUBIN TO OFFER SUGGESTIONS LEECA.ST-AUBIN@CQSB.QC.CA



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MAY/JUNE 2024

HIGHLIGHTS!

We now have a page with interesting highlights about staff and students!

AWALT'S ARCADE IS UP AND RUNNING !

Mr. Awalt's Arcade opened its door back up August 30th. The arcade welcomed 30+ students to the 2024-25 school season. All students are welcome every Wednesday and Friday at lunch to play a variety of classic and modern arcade games, digital pinball, arcade cabinets such as Pacman, and classic video game consoles. Keep an eye open to new games and challenges that will take place during the year! Also, if you have any old and used consoles and videogames that are collecting dust at home, we are always accepting donations! Game on!



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YMCA Saint-Roch

COLLECTE de DONS

Dans le cadre de
LA NUIT DES SANS ABRIS
18 octobre 2024



Les remettre directement à l'accueil.
Un grand merci !

Pour toutes questions :

T | 418 525-9622, p. 22238

@ | dialogue.sr@ymcaquebec.org



DONATIONS FOR THE HOMELESS

The items collected (see the list below) will be delivered to the YMCA on September 18th. Items donated should be clean and in good condition.

CLOTHING (for adults))

Sweaters T-Shirts Gloves,
mittens Pants Skirts
Dresses Socks Underwear
Coats Rain coats, ponchos

ACCESSORIES

Hats
Tuques
Back Packs
Sneakers
Shoes
Boots
Small suitcases
Mirrors
Umbrellas
Wallets
Bath Towels

EQUIPMENT

Sleeping Bags
Tents
Tarpaulins
Sleeping pads
Ground covers
Pens & notebooks
Watches
String
Flashlights
Bottles of water
Accessories for dogs

TOILETRIES & HEALTH

Shampoo
Soap
Tooth brushes & toothpaste
Toilet paper
Menstruation products
Combs & hairbrushes
Adult diapers
Hair elastics

FOOD (No fresh, perishable food)

Bars
Soft snacks
Ramen nooles
Electrolytes
Protein drinks