

This Week at QJS March 8, 2024

Located on the traditional territory of the Lhtako Dene, where we Live, Laugh and Learn the way of our Nations with *Responsibility, Respect, Cooperation, and Kindness.*



It is a privilege to work and learn here every day.

Enjoying a Musical Interlude with the Grade 9 Band Concert





2nd Term Ends March 8

~ Report Cards come home the first Friday
after
Spring Break (April 5)

Just a reminder that consistent attendance at school makes a huge difference to student success and sense of belonging at school. A student who is absent more than two days a month can quickly lose their sense of success. A student missing more than 3-5 days a month may struggle to learn the skills being taught and practiced in classes; often resulting in a lack of confidence and belief in success potential.

Staff at QJS work extremely hard to support students and meet students “where they are at”. If your child is struggling to be in classes or attend school, please be sure to reach out to teachers so that we can work with you to help your child be here and ready to learn.



**Where Math meets
School Spirit, Generosity
and Entertainment!!**

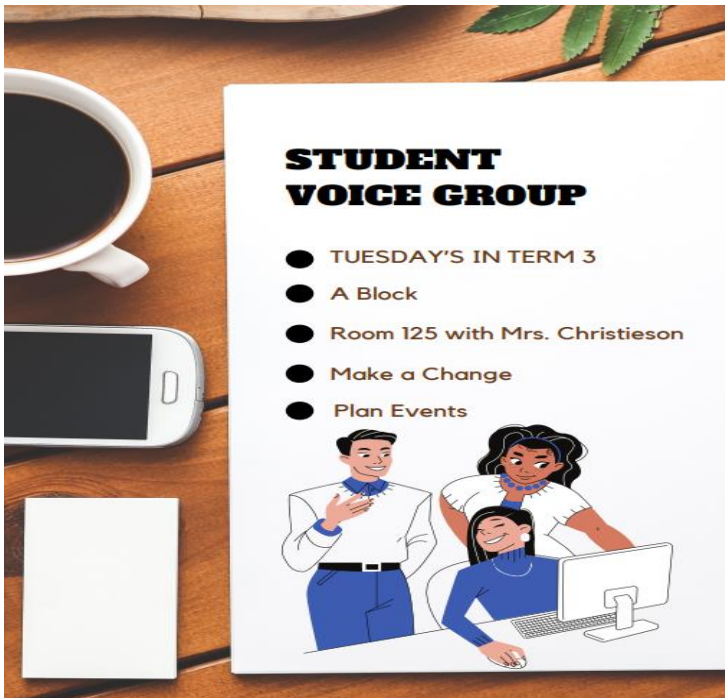
**Thanks to Student Voice
for organizing and to
those brave teachers
who are willing to risk
taking one for the team**



We have had staff and students who had to go home due to students wearing scented products, please remind your children, that they need to **NOT** come to school with scented products. It is dangerous for some!



Nuts & Scents
Free School



QJS POD Challenge Belt

Who will be the next winner of the QJS POD Challenge? POD 7 just took the belt away from POD 3 😊.

Next challenge: April 12 – Jersey Day



What's Going on in Classes?

Celebrating Music with the Grade 9 Band Concert



Grade 8 Science explores Viruses and Transmissions Who is “patient 0”?



Grade 9 Students meeting with Correlieu Counsellors to learn about selecting their courses for grade 10. Get ready parents, they will be driving soon 😊

QJS ANNUAL PE TROLL SKI AND SNOWBOARD LESSONS

This year 90 students participated, and we were thankful to get the recent snow that gave students a couple perfect ski days. Many thanks to the PE department for coordinating this trip, and to all staff for supporting our out of school learning experiences. Troll staff once again provided amazing learning experiences for all.



Lost and Found Items:

*****our collection is growing***

Encourage your child to head to the lost and found outside the gym to see if their items are waiting for them to take them home. Items remaining by Spring Break will be donated to local charities.

Visting Artist/Poet



Many QJS classes were able to meet and participate in a session with Lauren Aldred (a previous Quesnel resident). Lauren shared her art, poetry and life story – follow your passions - with students. Thanks to Ms. deVries for coordinating this powerful event.



**HA
RC**

THE HEALTH ARTS
RESEARCH CENTRE



With Sincere thanks to the funders of this exhibition!



National Collaborating Centre
for Indigenous Health

Homework Block



Where?

Ms. Christieson's Room
Room 125

When?

Thursday D Block
Term 3

Why?

If you need help with
homework or studying!
If you are behind in class and
need help getting caught up!

Remember!

Ask your teacher before you
come, they may want you in
class!

Bring

Something to work on
Pencil/Pen
Paper
Calculator



**Needing some extra
help with your school
work? Academic
Support:
Mrs. Christieson might
be the person to help get
that missing assignment
done and handed in 😊**

NUT & SCENT FREE SCHOOL Reminder that scented products need to stay at home. We are a **Scent Free School because there are people with very serious allergies! Scented products will need to be confiscated.**

Upcoming Dates

March 16-April 1 Spring Break Holiday (Classes return Tuesday, April 2)

April 3 School Practices all emergency drills (lockdown included)

April 5 Term 2 Report Cards

April 26 Provincial Pro-D Day (no school for students)



NEW: IN THE PARENT'S CORNER Information for Parents

**here we post some links and information we hope you find helpful (always open to suggestions for topics)*

Is Social Media Addiction A Real Thing?

Delaney Ruston, MD

When does the social media spider web become more than just excessive time spent on devices? When is it an addiction?

While variations of this question are explored in all 3 Screenagers films, I just released a [podcast episode](#) that is all about this question.

In it, I speak with Anna Lembke, head of addiction medicine at Stanford and author of Dopamine Nation, as well as a young woman who was formally an aspiring influencer and driven by all the likes and such that come with social media.

I'd love for you to [listen to the podcast](#). OR, I've included the link to the transcript for you to read it.

[Screenagers Blog | Is Social Media Addiction A Real Thing? \(screenagersmovie.com\)](#)

Listen to the full episode here: [Apple Podcasts](#) // [Spotify](#) // [Website](#)

PAC UPDATE – All Parents/Guardians are already members of the QJS PAC.

Next PAC meeting is Tuesday, March 12th 6:30, in the Library Learning Commons (LLC)

2023-2024 Executive

Pippa Murray– President
Caroline Monsour- Vice President
Seth Ellerbeck– Treasurer
Kim Scott– Secretary



Class Questions?

If you have question or concerns please email your child’s classroom teacher(s).

****If you have concerns or would like support for your child please contact one of our counselors:**

Grade 9 Peterjerspersen@sd28.bc.ca

Grade 8 Jenniferstevenson@sd28.bc.ca



Do you know about something going on? Please let us know.

We work with families and students to resolve issues.

**Contact us: Mrs. Simpson 250-255-6057,
Mr. Loewen 250-991-9681,
Office 250-747-2103**

School safety is a shared responsibility that requires cooperation, collaboration and communication.

For more resources on bullying, what it is and what to do.

Check out: <https://www2.gov.bc.ca/gov/content/erase>

CLOSED CAMPUS

Sign in and Sign out Procedures

Students remain on campus unless a parent/guardian picks them up.

Picking up your child? Call the office (250-747-2103) to let us know you are here to pick up your child. We will give your child a

permission slip to show staff we have recorded them absent at the office. Returning or late? Come to the office and let us know you are here.

Safety Reminder: Careful Hand hygiene keeps you and others safe.



Masks are still available at the office and may be worn by anyone who wishes to wear one.

Expected Behaviours For Students:

Schools have a responsibility to work with students and families to create safe, caring learning environments.

Therefore, students are expected to know and follow the behaviours outlined in the District #28 and QJS Codes of Conduct. (Student [2023-2024 Student Handbook 4th Edition.docx.pdf](#) and Parent

Handbooks [School Handbook | Quesnel Junior School \(sd28.bc.ca\)](#) located on our Quesnel Junior School website)

Safe Schools -

Students at QJS are expected to resolve conflict peacefully, many get help with this; adults are here to help.

