## This Week at QJS April 26, 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.



QJS Honors Earth Day Monday, April 22





Special thanks to Mrs. Christieson for coordinating this event 3





# QJS Dance ~ Another Resounding Success POD 3 and the Dream Team (making the magic happen!)



## **Photo Booth ~ Creating Lasting Memories**



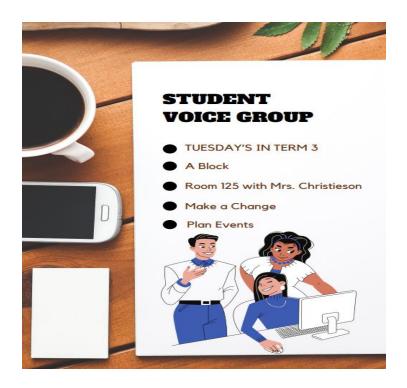




**Dancing the Limbo** 



Thanks to all who helped with organizing and donating their time for an evening of fun.



#### **POD CHALLENGES 2024**

Who will be the next winner of the QJS POD Challenge?

Next challenge: Friday, May 10 TV Show Character Day What is in your TV Character?

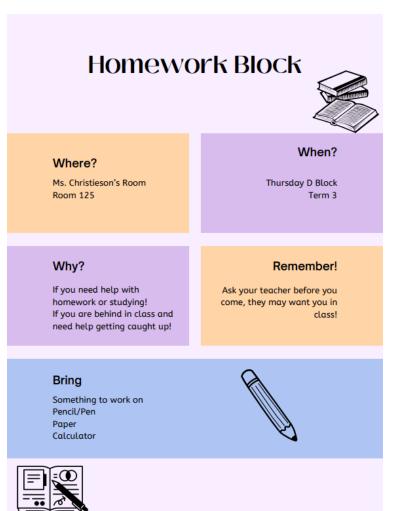
Can we guess who you are dressed as...



Wednesday, May 1<sup>st</sup> QJS will practice emergency drills, including: Hold & Secure, Earthquake, Lock Down, Gas Leak, and Fire Drills.







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.



## NEW: IN THE PARENT'S CORNER Information for Parents

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

Next PAC meeting is Tuesday, May 14th 6:30, in the Library Learning Commons (LLC)

#### 2023-2024 Executive

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



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



## **April 2024 Screenagers Roundup:**

#### 

- 5 Ways To Have Healthier Parent-Child Conflicts
- Social Media: Bold Ideas For Helping Our Teens

- Fearless Parenting Resolving Screen Time Conflicts
- 10 Podcast Recommendations Spring 2024

#### The Screenagers Podcast:

- Acing Screen Time Conflicts with Lisa Damour Apple Podcasts / Spotify / Youtube / Website
- Absolute Yes to Fighting Less <u>Apple Podcasts</u> / <u>Spotify</u> / <u>Youtube</u> / <u>Website</u>

#### ► The Screenagers YouTube Channel

- The Health Risks Of Vaping For Teens | Robert Jackler, MD
- Keeping Calm To Resolve Screen Time Conflicts | Daniel J. Siegel, MD
- Parenting With Trust | Lynn Lyons, LCSW
- Why Parents Need To Role Model Healthy Phone Habits | Sherry Turkle, PhD

How Preschooler TV Consumption Affects Development | Dimitri Christakis, MD

### **Upcoming Dates**

**May 1** All in One Emergency Drill Practice

May 4-5 PG Track and Field Meet

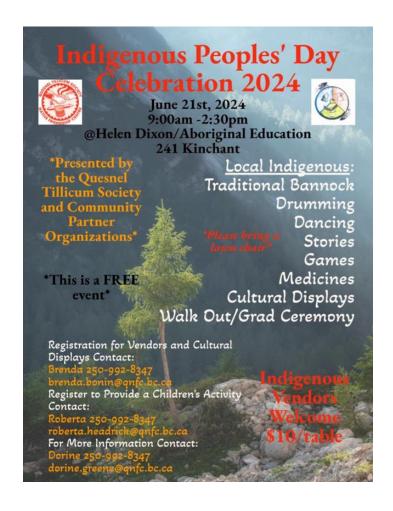
**May 7 Fire Drill Practice** 

May 20 Victoria Day Long Weekend (no school)

May 23 Residential Schools Memorial Walk

June 3 NI Day (no school for students – staff working)

## **Community Events and Information**



## **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 Peterjespersen@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: <a href="https://www2.gov.bc.ca/gov/content/erase">https://www2.gov.bc.ca/gov/content/erase</a>

### **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. Please reach out.

Fair Warning (VTRA)

