

This Week at QJS April 5, 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.



2nd Term Ended March 8
Reports Home April 5th

~ Report Cards came home Friday. If your child did not get their report card, have them come by the office to pick it up.

If you have any questions or concerns, please contact the teacher for more information.

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.

Reminder: PE Self Assessments need to be returned to your PE teacher asap.



**Nuts & Scents
Free School**



Solar Eclipse Monday, April 8th



Looking at the sun can injure your eyes in several ways. For example, it can burn your retina or blur your vision, causing you to lose your sight immediately or over time.

You may not notice the eye injury or damage right away. It can take 12 to 48 hours to appear. If you look at the eclipse and experience blurred vision or any vision loss during or after the eclipse, speak to your eye care professional or your health care provider as soon as possible.

There are ways to safely watch the April 8 solar eclipse with ISO-certified eclipse glasses, watching a livestream of the event or creating and using an eclipse box or pinhole projector.

If you do not have proper, safe eye protection, you can make a simple eclipse box that will let you see the eclipse safely without looking at it directly. Agencies like NASA will also stream the eclipse live online at science.nasa.gov.

For a video about how to stay safe while watching a solar eclipse, visit the Canadian Space Agency. For health advice in Ontario, dial 811 (TTY: 1-866-797-0007) to speak with a registered nurse or call PHSD at 705-522-9200 ext. 464, or visit phsd.ca.

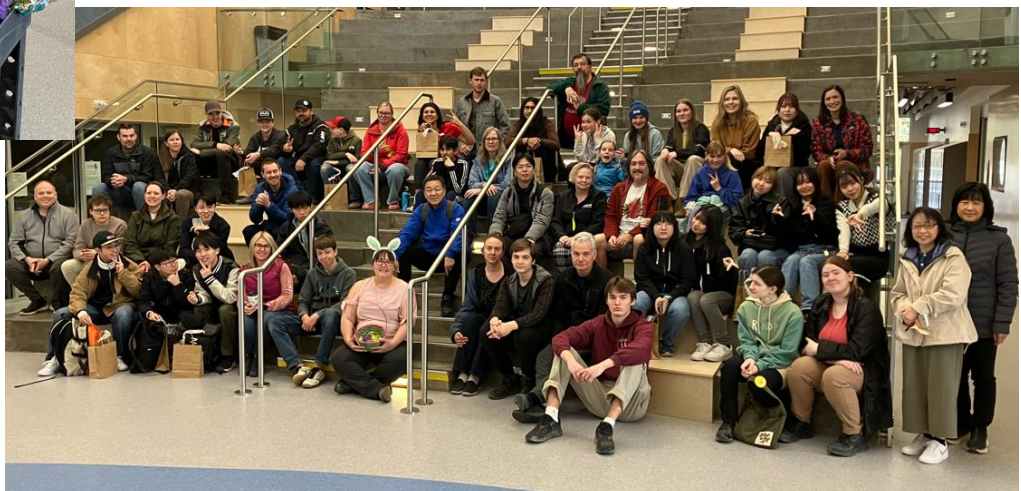
How to protect your eyes during the eclipse:

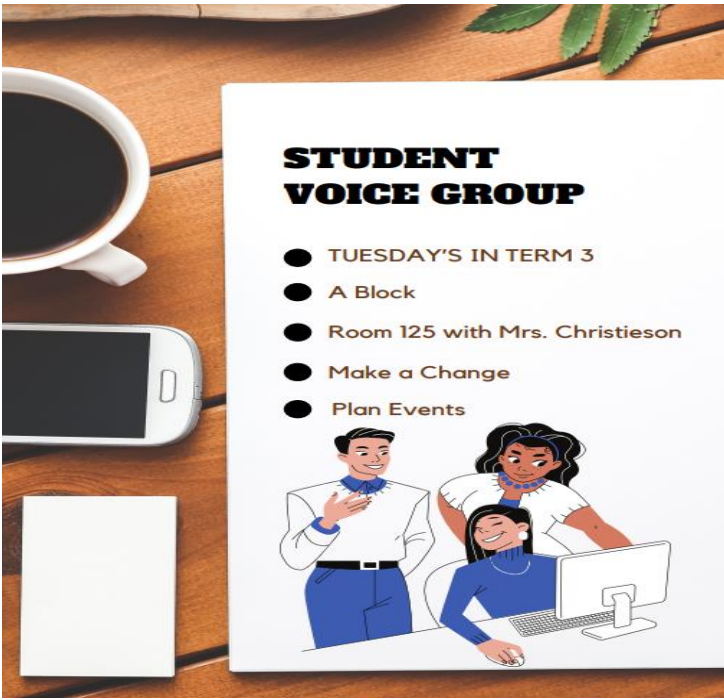
- **Watch the eclipse online from a safe indoor space if possible. Many websites will have live-streaming video. This could be a good option for children in your care to safely experience the eclipse.**
- **Do not look at the sun without approved eye protection. Regular sunglasses will not protect your eyes. Windows in your home, workplace or vehicle do not offer protection either.**
- **If you choose to look directly at the eclipse, eclipse glasses that have specialized filters that meet the international standard ISO 12312-2 should be worn to prevent eye damage.**
- **Do not use a pair of eclipse glasses if they are damaged. This includes making sure the lenses are not wrinkled or scratched. Damaged lenses will not protect you.**
- **Make sure your eclipse glasses fully cover your field of vision.**
- **Start by putting your glasses on while looking away from the sun. Once you have your glasses on properly, you can look at the eclipse. Look away from the sun before taking off your glasses.**
- **Do not look at the eclipse through a camera or phone lens, telescope, binoculars or any other optical device.**

Shiraoi Twinning Society Guests from Japan Visited QJS



Visitors to Quesnel get a tour of the school and celebrate a Canadian tradition with an Easter Egg Hunt. We have an education system and a building for learning that are world class! Maybe you will visit on a Shiraoi exchange someday...





QJS POD Challenge Belt

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

Next challenge: April 12 – Jersey Day



What's Going on in Classes?

The final term of this school year has begun, now is a fantastic time to focus on learning. Students have a full third of the year remaining to develop skills and gather knowledge. It is never too late to build successful habits.

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



**April 25th: School
Dance – Tropical Oasis
Theme
Thursday, 6:30-9:00**

***Important Note – NO
tickets available at the
door; advance
purchase only.**

**Dance open to QJS
students only.
Watch for more into on
ticket sales to come.**

**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

April 25 School Dance – Tropical Oasis Theme 6:30-9:00 Advance Tickets required (none available for purchase at the door)

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)***

Snapchat Uncovered - Teens Discuss Pitfalls of this Popular App

Snapchat, the platform most widely used by teens to communicate with each other, is ever-evolving and constantly adopting new features to make it more enticing. Did you know they now have a whole section like TikTok called Spotlight? Have you heard about Snap Scores and how it can fuel feelings of unpopularity? Did you know that teens are getting fed all sorts of sexual content, including ads for Only Fans? ([What is Only Fans? - Wikipedia](#))

I knew it was time to delve deeper into the app, and what better way than to invite two emerging adults onto [The Screenagers Podcast](#) who had things they wanted to share? The idea for the episode came from one of them, a high school boy I call “Jake” because he had reached out to me for advice. In our conversation, he mentioned how he wished parents would know things about Snapchat that he felt probably many did not know.

I love this important Screenagers Podcast episode, which just dropped yesterday. It is only 16 minutes long, and we hope you will listen — and subscribe to our show (it's free!). In the meantime, I am sharing some highlights here, including practical parenting tips at the end.

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

Let me start with something that Jake says in the episode, “I don't want to speak for other teenagers,” he says, “but I don't think they're going to go and tell their parents, ‘Oh yeah, look at this app, look how dangerous it is, all this bad content.’”

Frequent Sexual Content

Snapchat was founded in 2011 by two Stanford undergraduates who wanted a way to send risqué pictures that would be deleted after sending and receiving them. Today, friends connect on Snap with silly selfies or location shots, which are often pretty benign. What is concerning is that Snapchat's immediate deletion of content continues to make it a source of risqué content and a ripe environment for drug dealers, as I talk about in my latest movie, [“Screenagers Under the Influence: Addressing Vaping, Drugs, and Alcohol in the Digital Age.”](#)

“There's a lot of inappropriate content exposure. Any influencer or whatnot can post something that's revealing. It'll just go up on your stories list because Snapchat is going to push out popular stories to all audiences. So it just might end up on a new user's suggested content,” Jake tells me.

Snap Scores — What is it, and how it can negatively impact on youth

Streaks have been around for a long time — but something less known is Snap Scores.

“Your account has something called a Snap Score,” Jake says. “And basically, you want a higher score, and you do that by sending the most snaps and engaging with the app the most. So, people just send random pictures of anything to other people, and then their Snap Score increases. It keeps you connected with certain people.”

Here is a bit of the conversation that Jake and I had about the ways this can make someone feel unpopular:

Jake: “Like, if yours is low, then that might send the message of more of a quiet person with a closer friend group or something.”

Me: “You're being very judicious. It could make it seem like you're not very popular.”

Jake: “It could. You didn't hear it from me, but, uh, also, like my friend who has his in the millions, he has probably double the amount of friends that I have. And he probably snaps double the amount of people. I think a lot of teens feel like they have to have, like, a high snap score because it looks better.”

Thus, ultimately, this feature can encourage young people to use Snapchat more and send snaps to raise their scores.

Only Fans Snapchat has evolved to include a section called Spotlight and Discover, where users can see rotating videos from Influencers, similar to Instagram and TikTok, in addition to conversations with disappearing messages.

A girl in college, Dev, who also shares important things in the episode, tells me that she receives a lot of ads for OnlyFans and other illicit content in her feed. OnlyFans is a site and an app that offers inherently sexual content for a fee. “I think my Discover and things that are pushed to me are very either overdramatized and incorrect or oddly sexual,” she says. “It’s weird because I’m not even subscribed to them, but they show up on my Discover,” she says.

Parenting tips

1. Kids are influenced by older kids; this is a fact. Share this episode of The Screenagers Podcast with your kids so they can hear Jake and Dev discuss their concerns. This will be a wonderful way to discuss these topics from a third perspective.
2. Here is a quote from the show that will also serve in a similar third perspective. Dev, the girl in college, told me, “I also am a strong believer that Snapchat ... was made to send nudes. So, I think it still has that sexual nature, and people don’t really realize that anymore. If I had a little sibling, I would put them away from Snapchat at least for a while because it is highly sexual, I would say.”
3. Discuss that Snapchat does not make it possible for parents and teens to take away certain features. In the show, I say the following:

“... this app makes it impossible to disable different features. In other words, to be able to customize things. For example, to get rid of Discover and or Spotlight. If a parent and teen discussed this and thought that would be the best move, they really don’t make that possible.”

4. Remember that as a parent, you can reverse course and let your child know that you have changed your mind about their having Snapchat at the current time for the following reasons. This is something to consider, particularly if your child is in middle school or younger. You can talk about texting as an alternative. Or you can at least decide to decrease their time on Snapchat.
5. Work as a vulnerable village. Let parents of your kids know that you have new concerns about Snapchat and that you want to set up a time to all talk. You can forward this blog and the Podcast to them and then set up a time to all talk. From there, you could decide as a group to have your kids no longer use Snapchat for the time being.

Questions to get the conversation started within your family or group:

- What do you like about Snapchat? What don’t you like about it?
- What are your thoughts about Snap Scores?
- What do you all think about the quotes from emerging adults in this blog post?
- Did you know the history of how Snapchat started?
- Should Snapchat make its platform customizable so things like the Discovery page can be disabled?

Intimate Images: To Protect Yourself, Know the Laws.

For Information

Published Friday March 15 2024

Intimate Images Protection Act

The Intimate Images Protection Act (IIPA) provides a pathway to legal action for victims who have had their images distributed without consent. The IIPA supports a new process to have images taken down and seek damages through the Civil Resolution Tribunal (CRT).

A new service, the [Intimate Images Protection Service](#), supports people who have had their intimate images shared, or threatened to be shared, without their consent. The Service provides emotional support, resources, and information about how to get intimate images removed. They can also help with applications to the Civil Resolution Tribunal or other reporting processes. More information can be found on the [Take Back Your Images web page](#), including about requirements for youth reporting.

For more information click the link below.

<https://blog.gov.bc.ca/ecc-dm-bulletin/article/intimate-images-protection-act/>

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

Next PAC meeting is Tuesday, April 9th 6:30, in the Library Learning Commons (LLC)

2023-2024 Executive

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



Community Events and Information

Quesnel Youth Soccer Association Spring Registration –



Quesnel Minor Baseball Spring Registration –



REGISTRATION HAS BEGUN!
Register today until April 20th!

Birth years from 2005-2020

Online Registration form and EMT!

Season Starts in May.

Click here to register, or check out our website:
<https://forms.gle/T8p7xpth9AkN3q2E7>

www.quesnelminorbaseball.ca

<https://www.facebook.com/quesnelminorbaseballassociation>

qmbball@gmail.com

March 16 – North Cariboo Metis Wellness Workshop:
Learning about Teas -

Wellness Workshop: Learning about Teas

Join us at the North Cariboo Metis Association with Sharon for a workshop to learn about her methods for harvesting and making teas. There will be teas to sample and light snacks.

Where: 382 Anderson Drive

When: March 16 at 10-1

Please sign up by calling 250-992-9722 or
ncma1@shaw.ca



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. Please reach out.

[Fair Warning \(VTRA\)](#)

