

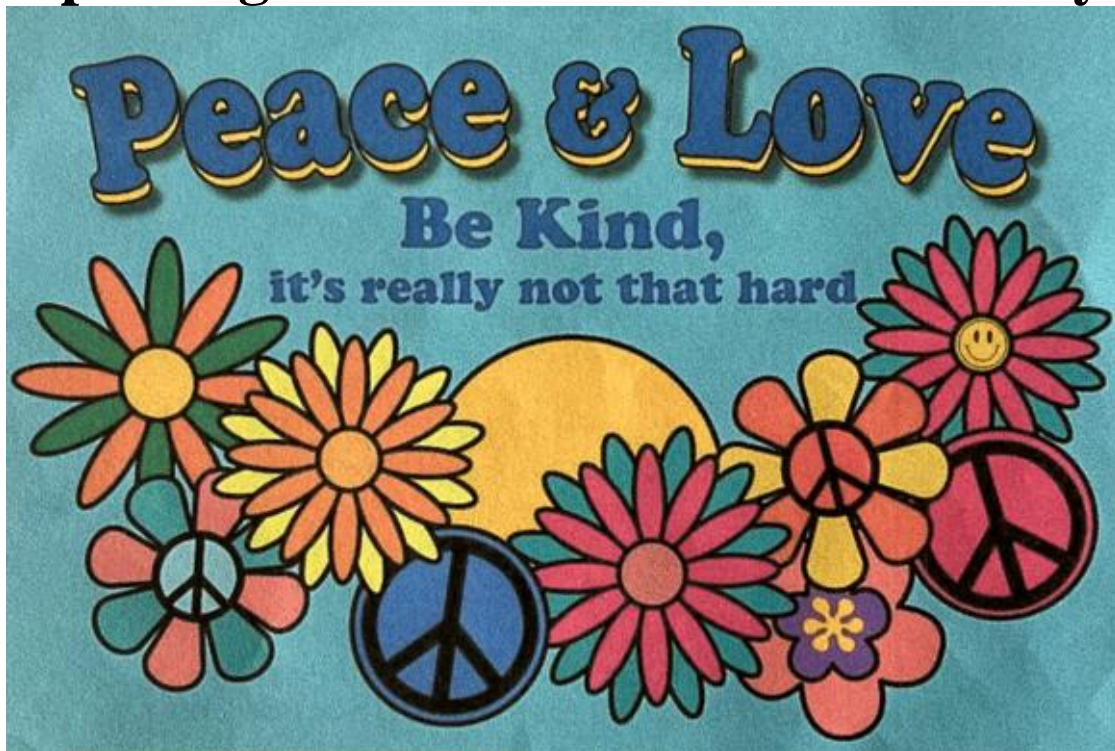
# This Week at QJS June 7, 2024

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.*

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





**It is Spring and the Gardening Club is up and running!!**

**Blueberries, edible herbs, potatoes and other delicious treats will be growing over the next month. Thanks to Ms. Sherstan and Ms. Lepetich for getting us growing here at QJS.**



**Nuts & Scents Free School**



## **ON THE SAFE SIDE...**

### **Bikes and Scooters**

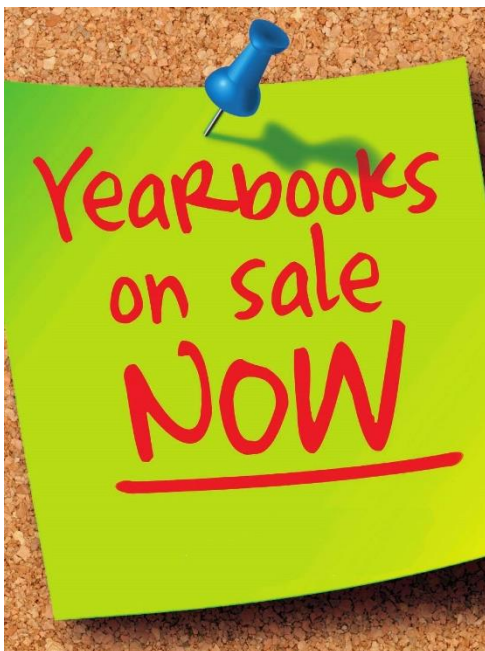


**Please have conversations with your young adults about staying safe while using scooters and bikes. Many are without helmets, and with new users (none with drivers' licenses) many do need reminders or lessons on navigating busy roads.**

**Planning your next few weeks? What does the rest of the year at QJS look like? POD Celebrations also take place during these weeks. PODs communicate.**

**QJS End of 2023-2024 School Year– Last 3 weeks**

<b>June 10</b> Non-interruption week	<b>June 11</b>	<b>June 12</b> Staff Meeting	<b>June 13</b>	<b>June 14</b> Excellence Award Recommendations to Office
<b>June 17</b>	<b>June 18</b> Last Regular Day Locker Cleanout	<b>June 19</b> Assessment Day A B C Blocks	<b>June 20</b> Assessment Day D E Blocks QJS Student Showcase	<b>June 21</b> R6 / Term 3 end Marks Due by 12:00 National Indigenous Day
<b>June 24</b> Project Completion Service Day	<b>June 25</b> Grade 7 Orientation Day to QJS  *no school for QJS students	<b>June 26</b>	<b>June 27</b> Report Cards Out  School Assembly Slide Show Students' Last Day	<b>June 28</b> Admin Day



**THE YEARBOOKS  
HAVE ARRIVED!!**

**On sale at lunch Tuesday, June 11 and Wednesday, June 12. First come first served!!**

**DON'T MISS OUT!!**

**If you pre-ordered your yearbook it will be waiting for you and you can pick it up Tuesday or Wednesday.**

**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.

**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 😊**

**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



**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, June 11<sup>th</sup> 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***

**Check out this post from Jonathan Haidt and his thoughts on Freeing the Anxious Generation and on Social Media.**

<https://www.instagram.com/reel/C77h38vvN-n/?igsh=MTFINjhvOGo5dmZ1Nw==>



### **Screenagers YouTube - Latest Videos**

- 06/04 - [Don't Let Screens Split Up the Family | Sherry Turkle, PhD](#)
- 05/28 - [Why Parents Need to Ensure Alcohol Boundaries for Youth | David Jernigan, PhD](#)



### **4 Clever Ways To Use Tech This Summer For Family Bonding**

I often talk about using tech (laptops, phones, etc.) as a tool, treat, or talking device. An effective way to model screen-time choices is to say out loud in front of

your kids when you are using a device as a tool, treat, or talking device.

As we enter summertime, I have been reflecting on the creation of family memories and that when we shake up things, we stack the cards in favor of lasting memories. Using tech in clever ways can help make memories. It is from this viewpoint that the following ideas came to be 😊

[Screenagers Blog | 4 Clever Ways To Use Tech This Summer For Family Bonding \(screenagersmovie.com\)](https://screenagersmovie.com)

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## Upcoming Dates

**June 21 Indigenous People's Day**


**June 21 Third Term ends**

**June 24 Project Completion and QJS Service Day**

**June 25 Grade 7 Orientation (no school for QJS Students)**

**June 27 Last day of school year – morning assembly and report cards distributed**

## Community Events and Information



**PARENTING FOUNDATIONS**  
**DROP-IN GROUP**

Because Parenting can be tough & parenting an adolescent can be...rough.

**PARENTS, JOIN CYMH AT QJS LIBRARY EVERY 1ST AND 3RD TUESDAY OF THE MONTH FROM 6-7:30**

A drop-in group for ALL forms of caregivers. Learn about community supports, evidence-based practices for youth and family mental health, adolescent brain development and more!

No registration, for more info call Sarah at Child & Youth Mental Health 250-983-4306

IN ALLIANCE WITH TRUTH & RECONCILIATION

BROUGHT TO YOU BY

SD28 Quesnel  
BRITISH COLUMBIA  
Child and Youth Mental Health

### **Got Younger Members of the Family?? Check out these options...**

- Ready Set Learn Outdoor Exploration – June 10 at West Fraser Timber Park from 3:00-4:30:  
[https://www.sd28.bc.ca/sites/default/files/images/2024-05/RSL\\_WFTP\\_10June2024.jpg](https://www.sd28.bc.ca/sites/default/files/images/2024-05/RSL_WFTP_10June2024.jpg)
- Ready Set Learn Outdoor Exploration – June 17 at George Longe Memorial Park from 3:00-4:30:

[https://www.sd28.bc.ca/sites/default/files/images/2024-05/RSL\\_GLMP\\_17June2024.jpg](https://www.sd28.bc.ca/sites/default/files/images/2024-05/RSL_GLMP_17June2024.jpg)

# So much important information in this newsletter – check out the link ...

[10-420-6168 NH --Northern BC Healthy K to 12 Schools Newsletter Issue 6 - PWP.pdf](#)

## Northern BC Healthy K to 12 Schools Newsletter

ISSUE 6 | SPRING 2024



Information for Northern BC schools, students, and families



### IN THIS ISSUE

#### FOR ALL SCHOOLS

- 04.....Using QR codes
  - Territory acknowledgment
  - People and partnership acknowledgment
  - Commitment statement to Truth and Reconciliation
- 5-6.....Indigenous health and cultural resources
- 06.....HealthLife patient portal
- 07.....Services to schools
- 08.....Child and youth mental health & wellness
- 09.....Environmental health
  - Food and nutrition
- 10.....Spring and summer safety advice
- 11.....Physical activity
- 12.....Dental health
  - Report, how are we doing?
- 13.....Harm reduction

#### FOR ELEMENTARY SCHOOLS

- 14.....Sun safety
- 15.....Vision
  - High and locked

#### FOR SECONDARY SCHOOLS

- 16.....Vaping
- 17.....NH Sexual and Reproductive Health Strategy
- 18.....Physical activity







# **QUESNEL YOUTH TRAVEL CLUB**

Central Europe - July 2025

Travel to Budapest, Prague, Munich,  
Vienna, Bavaria, and Salzburg.

**We are still accepting registrations for next  
summer's trip. Secure your spot now for  
lowest pricing.**

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Contact Angelina Gauthier, Group Leader, at  
[quesneltravelclub@gmail.com](mailto:quesneltravelclub@gmail.com) for information.

PIZZA PRIZES

# DISCO PRIDE

AGES 13-18

## TEEN DANCE

SPECIAL  
GUESTS

CHRIS & THE FISH  
STYX

TIX 10.00 @ Books &  
Company

FRIDAY JUNE 14 6:30 PM  
@ GOLD PAN CITY DANCE

Made with PosterMyWall.com

**Indigenous Peoples' Day  
Celebration 2024**

June 21st, 2024  
9:00am - 2:30pm  
@Helen Dixon/Aboriginal Education  
241 Kinchant

**\*Presented by  
the Quesnel  
Tillicum Society  
and Community  
Partner  
Organizations\***

**\*This is a FREE  
event\***

Registration for Vendors and Cultural  
Displays Contact:  
Brenda 250-992-8347  
brenda.bonin@qnfc.bc.ca  
Register to Provide a Children's Activity  
Contact:  
Roberta 250-992-8347  
roberta.headrick@qnfc.bc.ca  
For More Information Contact:  
Dorine 250-992-8347  
dorine.greene@qnfc.bc.ca

**Local Indigenous:  
Traditional Bannock  
Drumming  
Dancing  
Stories  
Games  
Medicines  
Cultural Displays  
Walk Out/Grad Ceremony**

*\*Please bring a  
lawn chair\**

**Indigenous  
Vendors  
Welcome  
\$10/table**

## 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](mailto:Peterjerspersen@sd28.bc.ca)

Grade 8 [Jenniferstevenson@sd28.bc.ca](mailto: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. Every day, many students reach out and get help with this; adults are here to help.

Please encourage your student to reach out if there is a conflict brewing.

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

