

This Week at QJS October 18, 2024

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



GO RIVER HAWKS!!

The first Football Season is almost over.
Congratulations to the athletes, the coaches,
the organizers and parents who pulled
together to create a successful first season!





GO RIVER HAWKS GIRLS VOLLEYBALL!!

We have teams competing in PG and Quesnel this weekend. Good luck to our grade 8 girls in PG, and our grade 9 girls hosting a tournament here at QJS today!



We welcomed 4 PG teams who loved competing in our beautiful building... we are proud hosts!



Grade 8 girls played the grade 8 boys this week... the challenge was on!



All Schools in the district are scent free. Please work with your young adults to leave body sprays, colognes/perfumes and other scented products at home; there are people with very serious allergies in our school! Reminder ~ Scented products will need to be confiscated if brought and used at school.



Nuts & Scents
Free School



Clarifying possible confusion: a reminder that students stay on campus unless you are picking them up (no trips to the stores). If you are calling to sign your child out of school early for the day, they would be picked up or are walking home. They would not be returning for school sports, or to ride the bus – they have gone home for the day. *Exceptions for appointments, of course.*

**** NO Food Deliveries** (i.e. Door Dash, or Pizza etc.); only families and SD 28 vehicles should be arriving at our school, and we like to support our Concession vendor.

What's Going on in Classes?

Visual Arts Classes



Art Classes learning from local experts, David Bianchi from Gold Pan Pottery was a guest presenter in Visual Arts classes this week.

Textiles/Foods Classes

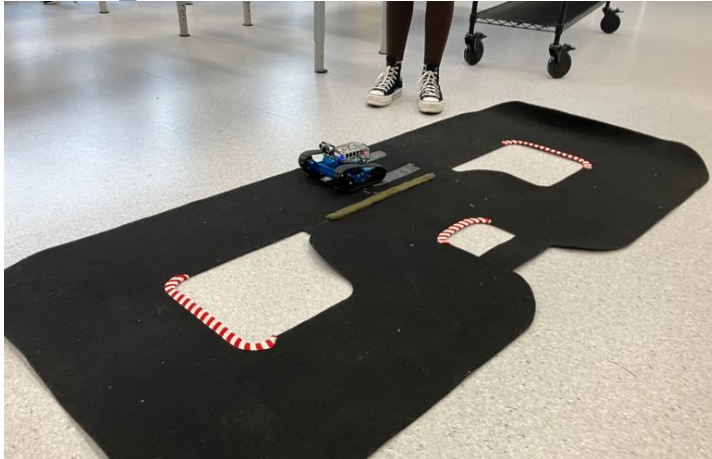


Student creative clothing designs...



Cereal Bar Challenge!

Programming robots in computer classes



Creating Fairy Houses in Drama Tech



STUDENT VOTE BC AT QJS October 17th QJS students voted ... have you registered your vote today?



STUDENT VOTE

Student Vote is CIVIX's parallel election program for students under the voting age. Students will:

- learn about government and the electoral process,
- research the 2024 Provincial Election's parties and candidates, and
- vote for the official candidates running in their school's electoral district.

Registered schools receive print and online educational materials (elementary and secondary level versions), posters and election supplies.

Student Vote provides future voters with an opportunity to experience the voting process and gets them engaged and excited about voting when they're eligible.



Amazing projects (maybe Christmas gifts) are being created in the Wood Shop, Art room and Textiles!



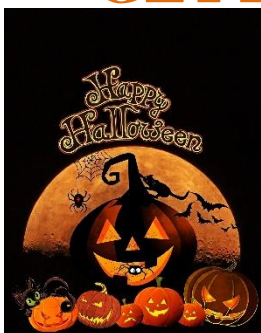
Class Questions?

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

Gr. 9 Ms. Stevenson jenniferstevenson@sd28.bc.ca,

Gr 8 Mr. Jespersen peterjespersen@sd28.bc.ca

GETTING READY FOR HALLOWEEN?? COSTUMES AT QJS



Lots of students are already planning their costumes; so much fun and excitement! Some costumes are appropriate for

evening events, and some are better for school. Some students have different costumes for school and evening.

Things to consider for costumes that come to school:

- weaponless costumes (replica weapons would have to be left at home or left at the office)**
- mobility, can your child participate in their classes – PE, Foods, Wood Shop, etc.?**
- faces visible**
- school appropriate (consider the daycare beside us and the message your costume is sending)**

SOME MORE EXAMPLES OF GREAT IDEAS THAT WORK FOR SCHOOL 😊





PAC UPDATE - You are all members, so you are welcome to drop in and see what a meeting feels like 😊

Tuesday, Nov. 12th 6:30

QJS PAC meeting in the Library Learning Commons (LLC)

QJS PAC - *If you are a parent or guardian of a QJ Student, you are already a member of the PAC.*

Great news!!! The Gaming Grant that our PAC applies for has come in and we have funds to spend on the various extra-curricular activities that our students are involved with!

In order to maintain a voting forum and spend these funds, we must have at minimum 4 people attending. We were fortunate to have 4 attendees at first meeting in September which allowed us to vote and offer funding to the following:

- **Grade 8 Boys Volleyball**
- **Grade 8 & Grade 9 Girls Volleyball**
- **Co-ed Cross Country Running Team**
- **Jr Football Team**

If each parent or guardian of a QJ student could attend at least *1 meeting* during the school year, a voting forum could be maintained all year long. Meetings are once per month (typically 2nd Tuesday of month) at 6:30pm and last 30 mins to 1 hour.

Most positions were filled at the September meeting however we still require a Secretary. This person would be responsible for taking notes at the meeting and then typing up for distribution. Time commitment would be about 1.5 hrs per month (less if you're a fast typist 😊). Would you be able to help fill this role for 2024/25?

Look forward to seeing you on Tuesday, October 15 in the Library Learning Commons at 6:30pm.

If you have any questions please reach out to pacatqjs@gmail.com or email TrishSimpson@sd28.bc.ca.

New Executive 2024-2025

President - Philippa Murray

Vice President - Thais Garcia da Silva Fraga

Seth Ellerbeck - Treasurer

(Vacant still) - Secretary



PAC is open to all parent/guardians. Meeting once a month for about an hour. A great place to gather information about your child's school, and have input. Please consider joining us. Watch for new info and check out the QJS PAC Facebook page. QJS PAC

The Parent Portal – used to see attendance and to get report cards: Getting into the Parent Portal on MyEd can be tricky. If you are struggling to see your child's attendance please contact the office and ask for Nichole; she will be able to help. Any time you have questions don't hesitate to call and ask, 250-747-2103.

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.



Upcoming Dates

- October 25 – Provincial Pro-D Day (no school for students)
- October 29 – Parent Teacher Interviews: Early Dismissal
- October 30 - Parent Teacher Interviews: Early Dismissal



Nuts & Scents
Free School





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)***

Here is a list of the regularly scheduled emergency drills for this year:

November 5 – Fire Drill 5th block

April 2 - All in one drill 4th block

May 7 Fire Drill 3rd block

June 3 Fire Drill 1st block



Screenagers YouTube - Latest Videos

- 10/15 - [How TV and Online Videos Affect Kids'](#)

[Attention Spans | Dimitri Christakis, MD](#)

- 10/08 - [Is Multitasking a Myth? | Larry Rosen](#)

[PhD](#)

- 09/17 - [The Importance of Teacher-Student](#)

[Connections | Darice Johnson](#)



Mental Health

Parenting and Personality Disorders

Today, I offer teachings about personality disorders. As a parent, I strongly believe that talking with our teens about mental health is important, and

one such area is the topic of personality disorders (PDs). Also, you might be co-parenting with a person who has some degree of a personality disorder, which can be very challenging.

Read the full article [Screenagers Blog | Parenting and Personality Disorders](#)

Last week's options:

Screenagers YouTube - Latest Videos

- 09/03 - [Calling Out Screen Time Overuse Within Our Families | Anna Lembke, MD](#)
- 08/27 - [The Health Risks Of Vaping For Teens | Robert Jackler, MD](#)

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

Grade 8 Peterjerspersen@sd28.bc.ca

Grade 9 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,
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>

QUESNEL COMMUNITY CONNECTIONS:

**We know that when we volunteer, we make the world
and community a better place for all!**

Check this out:

Volunteer Fair – October 19, 2024

<https://www.sd28.bc.ca/sites/default/files/images/2024-10/2024-10-19%20-%20Vollunteer%20Fair.jpg>

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.**

Expected Behaviours For Students:

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

Students are expected to know and follow the behaviours outlined in the District #28 and QJS Codes of Conduct.

Student [2024-2025 Student Handbook 5th Edition.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 \(VTRA\)](#)

