

This Week at QJS October 25, 2024

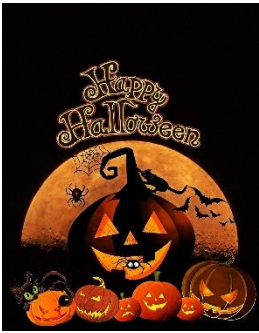
Located on the traditional territory of the Lhtako Dene, where we
Live, Laugh and Learn the way of our Nations with
Respect, Responsibility, Cooperation, and Kindness.



Parent-Teacher Interviews and Early Release

Days: Tuesday and Wednesday classes are 8:29-11:45. Busses will run to take students home at this time. If you have appointments booked, please check in at the office when you arrive for your meetings. If you do not have an appointment already booked, your child may have received an interim report (paper copy). For further questions or information on your child's progress, please reach out to teachers directly. You may locate their contact information under School Staff on the QJS Website [School Staff | Quesnel Junior School](#)

GETTING READY FOR HALLOWEEN?? COSTUMES AT QJS



Thursday, October 31st is a regular day of classes at school. 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 😊



GO RIVER HAWKS!!

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



QJS Football team dropping off a donation of funds, raised from their concession stand, to the Greenhope Society. Giving back to the community makes a difference in so many ways.



GO RIVER HAWKS GIRLS CROSS COUNTRY RUNNERS COMPETING AT ZONES!!



Congratulations athletes!! Many thanks to Ms. Christieson and Mr. Trueman for dedicating the time and energy to coach this team.



Memories created, which can last a lifetime!

Congratulations 😊



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

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



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)

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 29 – Parent Teacher Interviews: Early Dismissal

October 30 - Parent Teacher Interviews: Early Dismissal

November 8 – Remembrance Day Assembly

November 11 - Remembrance Day (no school)

November 25 – NI Day Indigenous Focus (no school)



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](#)

Helping Youth Sleep and Melatonin Risks

I was completely shocked that people in the industry would have the nerve to imply that taking a drug is how a small child “sleeps naturally.”

What a horrible message to spread because it has a serious risk of creating the belief that a pill/gummy/something ingested is needed to sleep — which is one among several risks associated with creating a psychological dependence.

Another concern is the specific ingredient in that particular gummy: **Melatonin**. While there are already known issues with its use, the long-term effects on children remain largely unknown.

Yesterday, we released my latest Podcast titled, “[The Sleep Crisis: Addressing Melatonin and Tech As Sleeping Aids.](#)”

Read the full article [Screenagers Blog | Helping Youth Sleep and Melatonin Risks](#)

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 Peterjespersen@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:

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 \(VTRA\)](#)

