

# This Week at QJS October 4, 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.*

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**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



## Every Child Matters Coloring Contest

Entries available at  
office and IESW  
space. Finished entries  
need to be handed in  
before Sept 27<sup>th</sup>.  
Contest open to staff  
and students.

Beautiful hand-  
crafted beading prizes  
(thanks Ms. Raine) for  
the winners.



Contest Winners ☺

National Day of Truth and Reconciliation  
(no school Monday, September 30<sup>th</sup>)

## School Photos and ID Cards

If you missed your photo, or need a retake it is not too late. Photo Retakes on **Wednesday, Oct. 9<sup>th</sup>** 📷

You can contact the company directly if you have questions. **Right Photography Ltd.**

[Right Photography Ltd. – Quality photos at a reasonable price](#)



**\*\* 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.**

**Also, a reminder that students stay on campus unless you are picking them up (no trips to the store!)**

**Lunch Time fun and games... high level competition in the Spike Ball areas**







# Celebrating QJS River Hawks Cross Country Runners!!



**Bantam Boys**  
Connor Boudreau QJS 2nd  
Isaac Gemmell QJS 3rd

**Juvenile Boys**  
Logan Dinsdale QJS 1st

**Junior Boys**  
Corbyn Boudreau CSS 3rd

**Junior Girls**  
Petra Peter CSS 2nd

**Senior Girls**  
Claire Barbosa CSS 2nd



**Photos from both the Quesnel race and Vanderhoof race. Congratulations athletes, and many thanks to Mr. Trueman and Mrs. Christieson (our fantastic coaches).**

# Grade 9 volleyball competed in Prince George again this weekend. Congratulations girls!!



## Class Questions?

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

Gr. 9 Ms. Stevenson [jenniferstevenson@sd28.bc.ca](mailto:jenniferstevenson@sd28.bc.ca),

Gr 8 Mr. Jespersen [peterjespersen@sd28.bc.ca](mailto:peterjespersen@sd28.bc.ca)

**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.**



**PAC UPDATE - You are all members, so you are welcome to drop in and see what a meeting feels like ☺  
Tuesday, Oct. 15<sup>th</sup> 6:30  
QJS PAC meeting in the Library Learning Commons (LLC)**

If you are a parent or guardian of a QJ Student, you are already a member of the PAC. PAC meetings are once a month and are a great way to find out what is going on in the life of the school. As a member you also get to have input on how the provincial grant funds are spent!

In order to maintain a voting forum and spend these funds, we must have at minimum 4 people attending. 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 2<sup>nd</sup> Tuesday of month) at 6:30pm and last 30 mins to 1 hour.

2024/2025 Exec positions will be voted in at the first meeting, President/Chair, Vice President, Treasurer, Secretary. Role descriptions are accessible in this link [Microsoft Word - Role of PAC-DPAC Executives.doc \(bccpac.bc.ca\)](#).

If you have any questions please reach out to [pacatqjs@gmail.com](mailto:pacatqjs@gmail.com) or email [TrishSimpson@sd28.bc.ca](mailto:TrishSimpson@sd28.bc.ca).



## New Executive

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

**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

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## 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 5<sup>th</sup> block

April 2 - All in one drill 4<sup>th</sup> block

May 7 Fire Drill 3<sup>rd</sup> block

June 3 Fire Drill 1<sup>st</sup> block



### Screenagers YouTube - Latest Videos

- 10/01 - [Why Parents Need To Role Model](#)

[Healthy Phone Use | Sherry Turkle, PhD](#)

- 09/24 - [How Anxiety Causes Teens To Be](#)

[Distracted By Devices | Larry Rosen, PhD](#)

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


[Connections | Darice Johnson](#)



## 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](#)




**10 HABITS THAT CAN SUPPORT YOUR MOOD**

Feeling a bit down or grumpy? Dragging yourself through the school day? Making a few small changes in your life can improve mood, reduce stress and provide an extra boost of energy.

Here are 10 habits that can help you improve and maintain your mental health:

- 1. Stay connected** – We are social animals. Relationships and social connections are vital for our well-being. Set aside regular time to connect with friends and loved ones, in person when possible. Though you may feel alone sometimes, there are people who care about you – this could be a relative, a friend's parent, a teacher, a coach, or another adult at school.
- 2. Protect your energy** – Connecting with others is important, but be aware of people who consistently drain your energy, or make you feel off-balance and doubt yourself. Spend time around people you can be yourself with.
- 3. Focus on what is in your control** – Scary or stressful things sometimes happen in the world and we can't control them. When this upsets you, try focusing your energy on what you can do. What do you want to learn about or get better at? What can you do to support or stand up for others?
- 4. Move your body** – Regular exercise has been proven to lift mood, giving us some of those feel-good endorphins. So blast music and dance alone in your room. Find an app or YouTube channel to guide you through some gentle stretches. Ride your bike or take a walk outdoors, spending time in nature. Need motivation? Go with a friend or borrow your neighbour's dog!
- 5. Find at least one way to manage stress** – Yoga, meditation, exercise, baking, making art, doing crafts, and journaling are all great ways to reduce stress. Check out how to build a self-care toolkit (GritX.org).
- 6. Take social media breaks** – Every day, give yourself permission to take some time off social media. You don't have to be accessible to others or on-call 24/7.
- 7. Make sleep a priority** – Did you know that sleep helps you "download" and retain all the information you have been studying? Another good reason to catch those zzz's is that a consistent lack of sleep can make us more vulnerable to anxiety. Find out more: How Can Sleep Affect a Teenagers Education? (Matthew Walker, YouTube video, 1:14) and Healthy Sleeping (Mental Health Literacy, fact sheet).
- 8. Fuel your body** – When you're busy and stressed, healthy eating habits often go out the window. Too much caffeine or sugar can make you feel jittery and light-headed. Think of your body and brain like a car that needs high-quality fuel to run properly. Eating a snack with protein every few hours and drinking water throughout the day can help keep your energy up and your mood steady.
- 9. Do something good for others** – We feel good when we help others and give our energy to a purpose bigger than ourselves. This includes doing things like giving up your seat on the bus, helping someone figure out a tricky math problem, picking up garbage on the beach, walking your neighbour's dog, or volunteering. Contributing to something you care about and making others happy feels empowering and helps make your community a better place.
- 10. Focus on the good** – We all have days when it's especially hard to get out of a bad mood. But focusing on the good things in life, however small, can soften strong emotions like resentment, envy and frustration. Each night before bed, try writing down three things you are grateful for. Make this a nightly habit to improve your overall well-being and help you sleep better. Find out more: The Science of Gratitude (Tremendousness, YouTube video, 2:07).



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

Grade 8 [Peterjerspersen@sd28.bc.ca](mailto:Peterjerspersen@sd28.bc.ca)

Grade 9 [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,**

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>

## COMMUNITY CONNECTIONS

### Other Special Events on your Radar:

- Girls Play Soccer Event – October 5 - <https://www.sd28.bc.ca/sites/default/files/images/2024-09/2024-10%20-%20Girls%20Soccer%20Event%20in%20Quesnel.png>

### 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. Therefore, 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 \(VTRA\)](#)

