

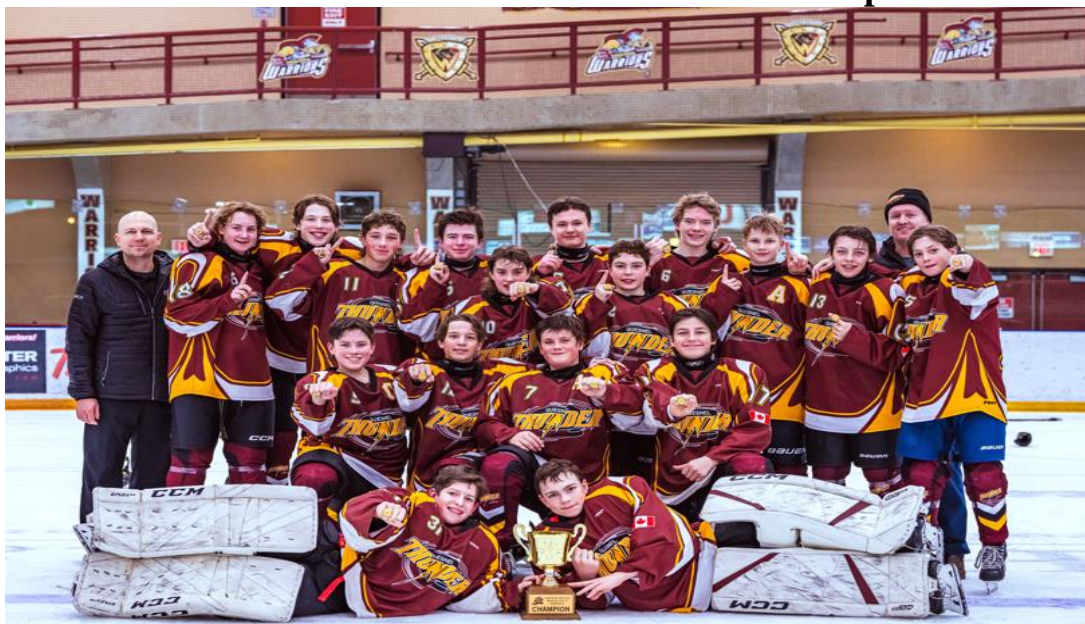
This Week at QJS November 15, 2024

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.*



Celebrating Quesnel Thunder Hockey Team (filled with QJS Students)

Last weekend, Nov 8-10th the U15 Quesnel Thunder Rep team went undefeated in a 12-team tournament in West Kelowna to win 1st place.



PreVenture Parent Information Sessions: Thursday, November 21 or Wednesday, November 27.

6:30-7:15 Library Learning Commons

PreVenture (Preventive Mental Health Program for Teens)

[PreVenture – Evidenced-Based | Youth Mental Wellness](#)

PreVenture is a prevention program for youth aged 12-18 that helps to delay and reduce depression and anxiety symptoms, alcohol and drug use, conduct problems, bullying behaviours and victimization.

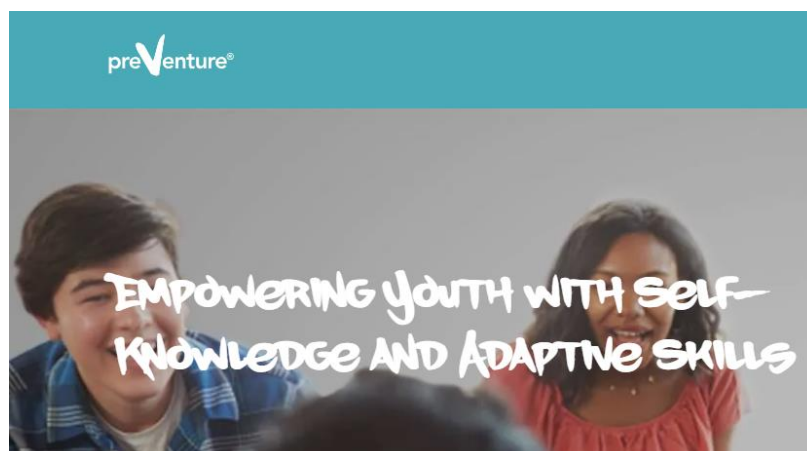
Our workshops are designed to help students learn useful coping skills, set long term goals, and channel their personality traits towards achieving them, so that they can thrive in all areas of their lives.

QJS Grade 8 Students will have an opportunity to participate in the new year. Families are welcome to come to an information session to get more information about the program and how students will be invited to participate.

 **27675**
Teen Participants

 **2221**
Facilitators Trained

 **350**
Communities Reached



Having Fun at Lunch Time 😊



STUDENT

V Be involved in:

- Organizing events
- Making changes in the school
- Creating school spirit
- Raising \$\$\$
- Having a voice in what happens here

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Rotating Block 2 and 4
Starting Thursday:
November 14 BLOCK 4

Bring:

- Teacher Permission
- Ideas :)

Room 125 with Mrs.
Christieson

QJS STUDENT VOICE

The QJS Student Voice Group is getting started for the 2024-2025 school year. If you have ideas about how to make QJS an even better place for learning and living, get permission from your teacher to come to the second meeting, Thursday, November 21st, block 2.

**COME BE PART OF
POSITIVE CHANGE**

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



Deadline for Ordering is Dec 1!

Add a little Sweet to your Life; put in your easy order by clicking the link below and support our Quesnel Canadian Parents for French Fundraising. All funds go to local students.

A Sweet Treat Awaits!

<https://fundraising.purdys.com/1947949-122022>

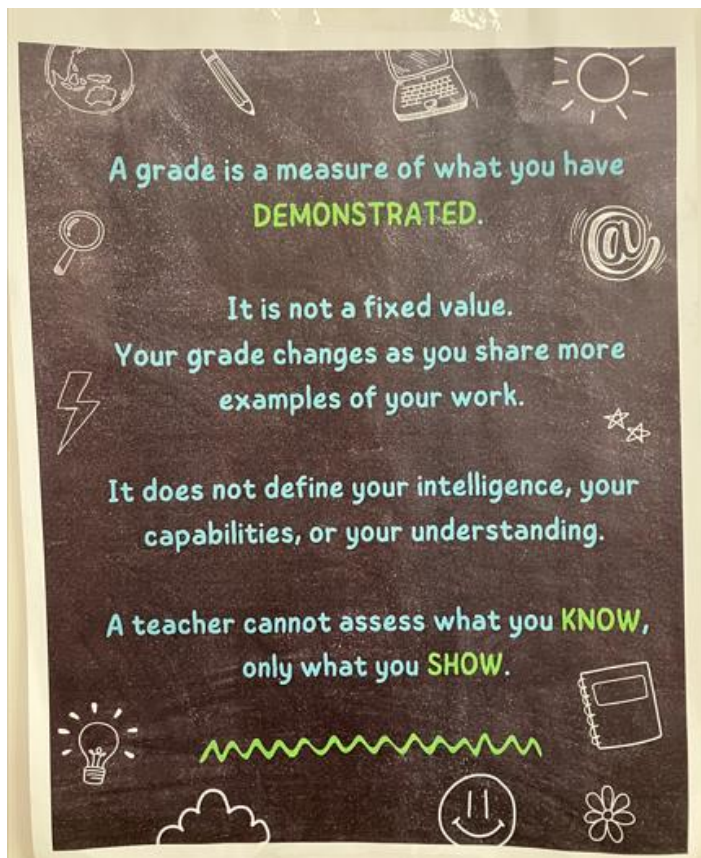
Order from now until December 1st
Pick up December 13th @ Ecole Red Bluff Lhtako
Just in time for the holidays

CPF Quesnel Fundraiser

<https://fundraising.purdys.com/1947949-122022>



What's Going On In Classes?



Reporting:

It is getting near to the end of first term (Dec. 6). It is really important that students are at school, attending classes, every day in order for them to maximize their learning, have multiple opportunities to demonstrate their skills and knowledge, and to be present for the hands-on learning experiences that provide lasting, deep learning memories.

POD 1 – STEM (Engineering Projects)

Who can create a marble run that maximizes the run time – slowest to get to the bottom? The record is 15 seconds, so far 😊



POD 2 – STEM
Science students studying
buoyancy and floatation;
physics in action!

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, Dec. 10th 6:30

QJS PAC meeting in the Library Learning Commons (LLC)

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



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.

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

November 19 – NO Concession open today

November 21 – PreVenture (Preventive Mental Health Program for Teens: Parent Information Session) 6:30-7:15
Library Learning Commons

November 25 – NI Day Indigenous Focus (no school)

December 6 – Term 1 ends

December 9 – Term 2 begins*blocks rotate one up

December 12 – All marks due to the office

December 19 – Report Cards come home and are posted to the portal

December 20 – Locker Clean Out * Last day before the break

January 6 – First Day back at 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)*

Screenagers YouTube - Latest Videos



- 10/29 - [Examples of Consequences | Larry Rosen PhD](#)
- 10/22 - [How Our Brains Process Emotions | Adriana Galvan PhD](#)



The REAL Effect of Violent Video Games

For a long time, people have been talking about how video games might be linked to extreme acts of violence, such as school shootings. The fact is millions of youth have played violent video games, and far less than 1% will ever do any such acts of violence.

This does not, however, mean that young people are not impacted by hours of gaming that has at its core the idea of aggression — of fighting, killing, and so forth.

Of course, the degree of aggression and violence in games is on a continuum. However, research on the impact of aggression from violent games finds similarities regardless of whether there is fighting in a game like Fortnite or more realistic graphics in a game like Call of Duty.

It is not unusual for family members to disagree about any possible effects of such types of games.

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

1. Do the research findings seem in line with what you would think?
2. Do you think many people believe that violent games have no impact on people's thoughts and behaviors?
3. What fighting/violent games are popular these days?
4. Would it be a good time to try out a new video game? Maybe we could try one that is completely new to all of us as a family.

Read the full article [Screenagers Blog | The REAL Effect of Violent Video Games](#)

****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:

National Child Day Early Years event – November 20, 2024 -

<https://www.sd28.bc.ca/sites/default/files/images/2024-10/2024-11-20%20-%20NationalChildDay.jpg>

Cross Country Skiing Youth Programs:

<https://www.sd28.bc.ca/sites/default/files/images/2024-11/2024%20-%202011%20-%20Cross%20Country%20Skiing%20Youth%20Programs.jpg>

Quesnel Live Arts presents *Piano Heist* – November 19, 2024 -

<https://www.sd28.bc.ca/sites/default/files/images/2024-10/2024-11-19%20-%20Piano%20Heist.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 \(VTRA\)](#)

