

This Week at QJS November 29, 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.



Quesnel High School Gymnastics

FUNDRAISER

Bake Sale

Monday and Tuesday
December 9th & 10th
@ Lunch Time

At Quesnel Junior School

Please bring cash to help support our student athletes!

A colorful flyer for a bake sale. The background is white with scattered pink and yellow circles. The text is centered and uses various fonts and colors. At the bottom, there is an illustration of several baked goods: a chocolate donut with colorful sprinkles, a white donut with pink frosting and sprinkles, a chocolate donut with white icing, a pink donut with white icing and sprinkles, and two waffles.



Indigenous Focus NI Day November 25, 2024
Leona Prince Keynote Speaker, sharing her knowledge about the importance of paying close attention to the ways the Ministry of Education is working with educators and Indigenous communities to help improve learning opportunities for Indigenous students across the province, and here in our Quesnel classrooms.

- Workshops included:**
- Indigenous Best Practices**
 - Indigenous Games**
 - Land Based Education**
 - Circle of Courage**
 - Nuxalk Dakelh Grease Trail**
 - First Nation Ways**
 - Metis Perspectives on Cultural Wellness**
 - Traditional Sweat Lodge Experience**



What's Going On In Classes?

A CHANCE TO SEE PRODUCTS AND PURCHASE FROM QJS ~ YOUNG ENTREPRENEURS

The YES Market will be in the QJS Art Room on Wednesday December 4th @ lunch (11:47 - 12:32) & 5th period POD time (1:44 - 2:48 pm). Products will range in price from \$0.50 to \$20.00. Each business will have a space to set up a stall or vendor stand with a display and product inventory or "stock". Product availability will be limited (only 2 hours) so we may "sell out" & have to close early.



During POD Support, a group of students in POD 5 learned about business with the Powerplay Young Entrepreneurs Program. Students created their own small business, and manufactured products to sell at a "Young Entrepreneurs Show/Market" or the YES Market.

To obtain supplies to create their products, students asked their family or the QJS Art Department for a business loan of 20 to 30 dollars. They are expected to pay back their loan with a portion of their sales from the YES Market.



**To Celebrate Music
+ Student Musicians**

**Join us Dec. 4th on
the Learning Stairs
to listen to and
celebrate QJS
musicians.
All are welcome!**

Celebrating QJS Spirit

**Reverse Dress Day: Teachers dress as Students, and Students
Dress as Teachers**

**have to say it was fun to see “who was running the school” 😊*



where did all the teachers go??

Door
decorating
contest

December Doors

- Winter themed
- Judging December 18 2024
- Student winner
- Pod winner



Please email Mrs.Christieson with your entry and if it is a student or teacher door.

The big Door Decorating Challenge has begun!! Some doors are interactive, “spread the love” and write a positive note to celebrate Christmas Kindness.




STUDENT

V Be Involved in:

- Organizing events
- Making changes in the school
- Creating school spirit

O Raising \$\$\$

I Having a voice in what happens here

C  Rotating Block 2 and 4 Starting Thursday November 14 BLOOM 4

E Bring:

- Teacher Permission
- Ideas :)

Room 025 with Mrs. Christieson

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



LAST CHANCE - 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>



**QJS Winter Dance
Tickets on sale at
lunch.**

**\$10 if you bring a
non-perishable
food donation for
the food bank, \$15
without a
donation.**

**Dance is open to
QJS students only.**



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.



Nuts & Scents Free School



Upcoming Dates

December 6 – Term 1 ends

December 9 – Term 2 begins*blocks rotate one up

December 12 – All marks due to the office

December 12 – Winter Dance 6:30-9:00

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

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

January 6, 2025 – Monday, First Day back at 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



- 11/05 - [A Skill To Help Youth Manage](#)

[Their Emotions | Lizz Dexter-Mazza, PhD](#)

- 10/29 - [Examples of Consequences |](#)

5-Step Plan To Help Kids and Teens with AI Companion Chatbots

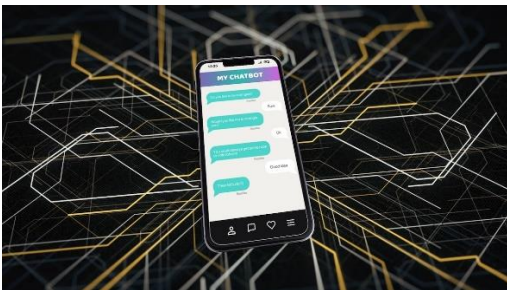


Delaney Ruston, MD

November 5, 2024

“The fundamental paradox of technology is that the more intimately it knows us, the better it can serve us and the better it can exploit us.”

Asa Raskin is a tech designer known for coining the term "infinite scroll" and for his work on technology ethics. — [from Your Undivided Attention Podcast](#)



Hi Everyone,

Delaney here, not a chatbot but rather a human who is deeply concerned about AI companion bots.

Help is needed because Silicon Valley is in a race to create and monetize large learning platforms to be human companions. And, as many of you know, [a young boy recently took his life while in the midst of a really disturbing “relationship” with such a “companion.”](#)

Let me share another recent quote by Aza Raskin:

“...the question to be asking is, is intimacy more valuable to a company than just mere attention? And the answer is yes, that there is a race therefore to colonize, to commodify intimacy. And

that's just not an abstract thing that we say, that's a real thing, which is now causing the death of human beings."

I have created a step-by-step guide to help you discuss all this with your kids. This can be modified if you talk with young people who are not your kids, such as students, a scouting troop, extended family, etc.

5 Step Parenting Guide for AI Companion Conversations

Before the steps, let me offer this **tip on how to have the discussion**. Communication science tells us that when we ask kids and teens questions because we really want to understand their points of view, they feel respected and thus more motivated to participate in the conversations.

The steps

1. WHY: Why might a person want to use a companion bot?
2. RISKS: Serious risks--what are some of them?
3. RULES: Family guidelines
4. HELPERS: Commit to help others
5. DEEP THINKERS: Commit to ongoing discussions

Read the full article

[Screenagers Blog | 5-Step Plan To Help Kids and Teens with AI Companion Chatbots](#)

****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:

Cross Country Skiing Youth Programs:

<https://www.sd28.bc.ca/sites/default/files/images/2024-11/2024%20-%2011%20-%20Cross%20Country%20Skiing%20Youth%20Programs.jpg>

Quesnel Live Arts presents *O-Celli* – December 3, 2024

<https://www.sd28.bc.ca/sites/default/files/images/2024-11/2024-12%20-%20QLA%20-%20O%27Celli%20final%20poster.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 \(VTRA\)](#)

