

This Week at QJS January 17, 2025

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.



January 8th, we welcomed Mrs. Jolene King as our new QJS Vice Principal. Mr. Morrow will return in September as Principal and Mrs. King will continue in September as Vice Principal. We are so fortunate to have such positive, knowledgeable leaders joining our QJS team.



Nuts & Scents
Free School



Reminder: we are a nut and scent free school. Please help us keep those in our school community safe by respecting these limitations.



This term is the weighty one; a term where loads of learning and skill development take place. The pace of learning can increase and expectations also rise. Regular attendance makes a difference. Students have developed a learning community in which they can grow, now we focus on skill growth. Students are expected to be in classes, on time and with the necessary supplies.

We have already begun some of the work to prepare the grade 9s for the transition to Correlieu (CSS). Students have had conversations with the grade 9 counselor, Ms. Stevenson, about courses and credits that will be part of their planning for creating a grade 10 timetable. Every day here at QJS counts as we work to help students be prepared academically, socially, and emotionally, for their transition to the Graduation Program portion of their school career.



Student Basketball teams in full swing!

QJS boys' and girls' teams are both on the road this week, competing. We wish them all good luck and know they will represent our school and community with pride. Thanks so much to the coaches and parents who give their time and energy to help our students enjoy team sports!! YOU ROCK!!

QJS Student Voice Group Helping make our school a great place to be... Celebrating Kindness and Respect

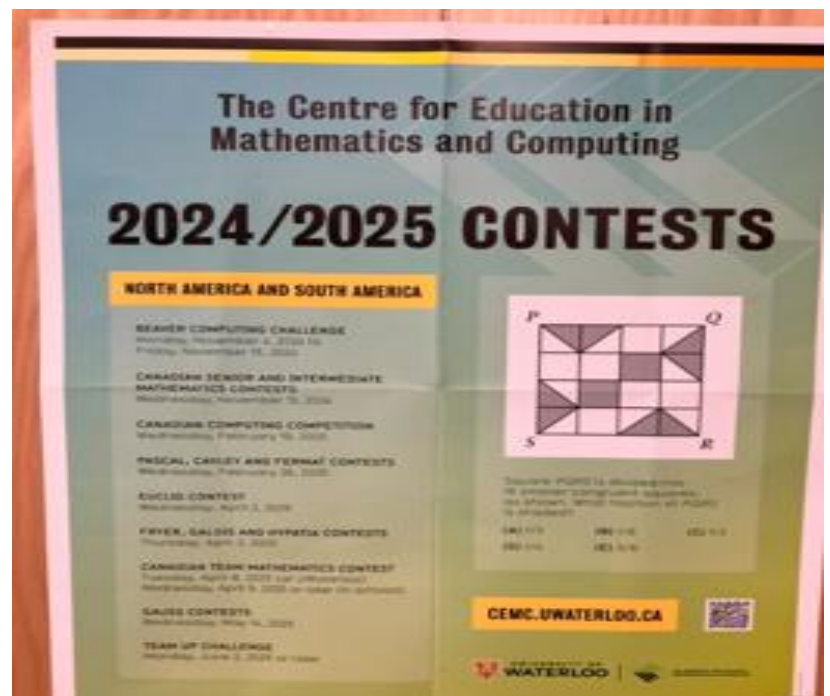


WHAT'S HAPPENING IN CLASSES?

Creating the Music Vibe in Drama Tech Class – Nirvana in Miniature



QJS students participate in International Math Contests Pascal/Gauss this term 😊



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.



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, January 21st 6:30 p.m.

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



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

Upcoming Dates

January 28 & 29 – PE Troll Ski/Snowboard Trip

February 7 – NI Day (no school for students)

February 17 – BC Family Day (no school for students)

February 26 - Pink Shirt Day

March 14 – End of Term 2

March 15-30 – Spring Break

April 4 – Term 2 Report Cards sent home



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)***

Looking for some resources to help with difficult, but really important, conversations with our young adult?

What can we do to help ourselves feel more happy?

Here is some information that might help.

GET YOUR DAILEY D.O.S.E.

How to get your daily does of the happiness chemicals

1

WHAT ARE THE HAPPINESS CHEMICALS?



DOPAMINE

- enables motivation learning and pleasure
- gives you determination to accomplish goals, desires and needs



OXYTOCIN

- gives feelings of trust, motivates you to build and sustain relationships



SEROTONIN

- Feelings of significance or importance
- Calm form of accepting yourself with the people around you



ENDORPHIN

- Releases a brief Euphoria to mask pain
- Response to pain and stress to alleviate stress and depression

2

HOW DEFICIENCY AFFECTS YOU

- Procrastination
- Low Self-Esteem
- Lack of Motivation
- Low Energy
- Inability to Focus
- Feeling Anxious
- Feeling Helpless
- Mood Swings

- Feeling Lonely
- Stressed
- Lack of Motivation
- Low Energy
- Disconnect of Relationships
- Feeling anxious
- Insomnia

- Low Self-Esteem
- Overly Sensitive
- Anxiety/panic Attacks
- Mood Swings
- Feeling Hopeless
- Obsessions/compulsion
- Insomnia

- Anxiety
- Depression
- Mood Swings
- Aches and Pains
- Insomnia
- Impulsive Behaviour

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHIN

3

HOW TO INCREASE LEVELS OF HAPPINESS

- Meditate
- Daily to do List
- Long Term Goals
- Food Rich in L-Tyrosine
- Regular Exercise
- Create something: music, art, writing

- Physical Touch
- Exercising
- Message
- Acupuncture
- Listening to Music
- Socializing
- Cold Shower
- Meditate

- Exercise
- Cold Showers
- Message
- Sunlight

- Laughter/Crying
- Creating Music/Art
- Eat Dark Chocolate
- Eat Spicy Food
- Exercise/Stretching
- Message
- Meditate

****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:

Principal: Mrs. Simpson 250-255-6057,

Vice-Principal: Mrs. King 250-255-3852

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:

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 \(VTRA\)](#)



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

