

QUESNEL  
JUNIOR  
SCHOOL

# QJS News

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.

## WHAT IS UP QJS

### Important Bus Pass Message: KEEP IT, don't lose it.

A friendly reminder to students and their families to keep their current bus passes safe over the summer holidays! These passes will remain valid for the next school year. It's a great idea to get into the habit of keeping track of them daily, as students will need their pass to tap onto the bus each day when school resumes.



## QJS - CONTACT US

Do you know about something going on?  
Please let us know. We work with families and  
students to resolve issues.

Principal: Mrs. Simpson 250-255-6057,  
Vice-Principal: Mrs. King 250-255-3852  
Office 250-747-2103

<https://qjs.sd28.bc.ca/>



## PE CLASS REMINDERS FOR WARM SPRING WEATHER!

PE students should come to each class dressed for hot spring weather. This means taking a water bottle to class, wearing shorts, shirts, appropriate footwear, hats, sunscreen, etc. Hoodies, jackets, and toques aren't the best choice for this time of year — lighter, breathable clothing will help students stay comfortable and safe in the sun.

Also, a reminder to carry medical equipment e.g. inhalers, epipens, as needed.

# Spirit Week

White on White  
Black on Black



Shoutout to Student Voice for  
getting the fun started!



Throwing it back to the 2000s!



# THE BADMINTON TEAM COMPETES IN WILLIAMS LAKE QJS COMING IN 2<sup>ND</sup> OVERALL!

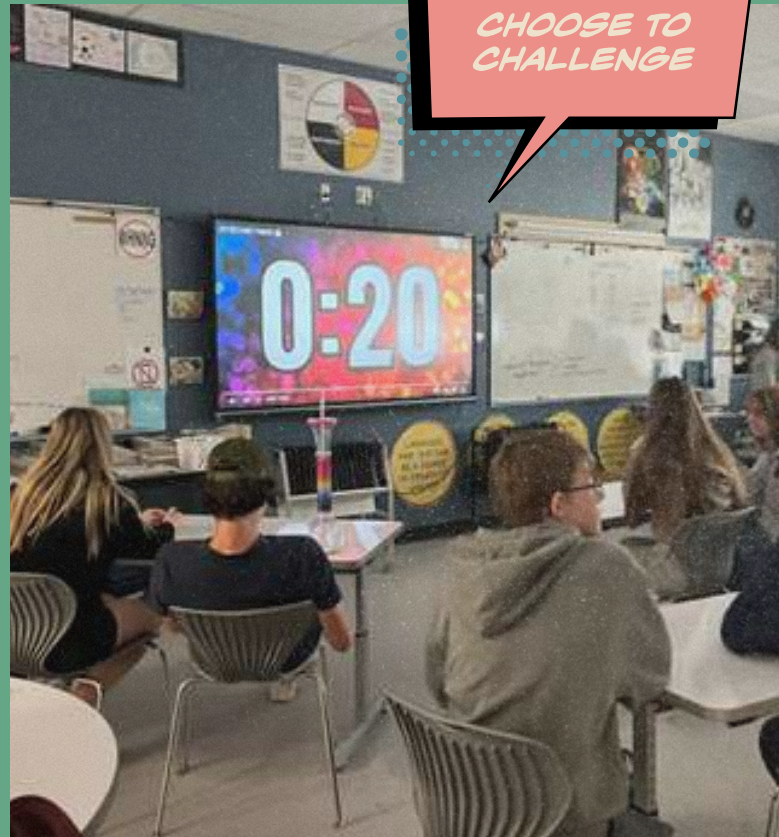




# DRAMA TECH



CHOOSE TO  
CHALLENGE



PODS 5 AND 6 YEAR END  
TRIVIA CHALLENGE – WHO  
WILL COME OUT THE WINNER  
BY THE END OF JUNE?

## GAUSS 8 MATH CONTEST

BRAVE STUDENTS  
PARTICIPATING IN  
THE NATIONWIDE  
MATH CONTEST!!

$$X = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$





## UPCOMING DATES

# May

22 - QJS RESIDENTIAL  
SCHOOLS MEMORIAL WALK



29 - SHORT INSTRUMENTAL  
ROCK CONCERT



30 - LAST DAY TO CHECK OUT  
BOOKS.

A friendly reminder for students to please return any overdue library books before the end of the school year. We appreciate your help in keeping our library shelves full and ready for next year!

# June



3 - FIRE DRILL 1<sup>ST</sup> BLOCK

6 - NI DAY  
THERE IS NO SCHOOL FOR STUDENTS.

9-10 - WHEELCHAIR BASKETBALL

13 - LOCKER CLEAN OUT

20 - QJS STUDENT  
SHOWCASE/TALENT SHOW

21- NATIONAL INDIGENOUS PEOPLES  
DAY

23 - NEW PARENT INFO NIGHT

24 - GRADE 7 ORIENTATION 1/2 DAY

25 - LAST DAY OF SCHOOL - REPORT  
CARDS



## CLOSED CAMPUS CLARIFICATION

**QJS remains a closed campus;** the only students going off campus at lunch are being picked up by family and signed out at the office, or have a pre-arranged plan to go home to their own house for lunch.

Unfortunately, with the industrial traffic, no sidewalks and 500 students, we DO NOT have the opportunity to have families call to give them permission to leave at lunch. We appreciate your understanding on this matter. Students leaving campus will have progressive discipline which may include In-School Suspensions.

## CLASS QUESTIONS?

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



**Grade 9 Ms. Stevenson**

[jenniferstevenson@sd28.bc.ca](mailto:jenniferstevenson@sd28.bc.ca),

**Grade 8 Mr. Jespersen**

[peterjespersen@sd28.bc.ca](mailto:peterjespersen@sd28.bc.ca)



SAFETY REMINDER: SCOOTER AND BIKE SEASON HAS BEGUN. TIME TO BRUSH UP ON THE RULES OF THE ROAD AND SAFE TRAVEL TIPS. THANKS TO ALL THE STUDENTS WHO REMEMBER THAT E-SCOOTERS/BIKES ARE NOT LEGAL YET IN OUR COMMUNITY ON MOST PUBLIC ROADS.

<https://www2.gov.bc.ca/gov/content/transportation/transpiration-environment/active-transportation/scooter/safety>

THIS SCHOOL IS  
**NUT FREE**



**NUTS AND SCENT  
FREE SCHOOL**



## Recommended Resources

Trudy Ludwig books – Trudy's books are invaluable tools to supplement social-emotional learning, character building and bullying prevention. Some of her titles include:



"My Secret Bully" draws readers into Monica's world where she is bullied by a friend and learns to cope and thrive.



"Just Kidding" captures the impact of harmful teasing when children hide behind the words "just kidding" after treating others in embarrassing, hurtful, or mean-spirited ways.

"Sorry" captures the importance of making a sincere apology and models for children how to take ownership of hurtful behaviour and make amends.

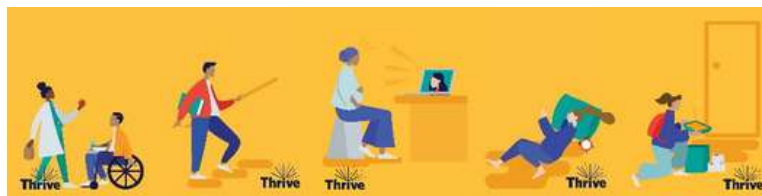


Each book includes notes from the author, discussion questions and helpful tips to practice the themes in the story.

Source: <https://trudyludwig.com/>

## Monthly Mental Wellness Mission

Thrive – There are many different ways to foster and maintain good mental health. Research consistently highlights 5 actions that promote a healthy mind. UBC Wellbeing calls these the [Thrive 5](#) - moving more, sleeping soundly, eating well, giving back, and saying hi. This month try to add these simple easy-to-implement ways to your mental wellness routine.



Source: <https://wellbeing.ubc.ca/thrive-5>

## Upcoming Health Promotion Days

Anxiety Action Day is Monday, June 10!

A national day to educate Canadians about anxiety, reduce stigma and create awareness of Anxiety Canada's evidence-based

resources. You can **ACT** by raising **A**wareness, wearing the **C**olours **b**lue and **o**range, and **T**alking about your anxiety stories and sharing with others. Check out their [website](#) for resources and

information and download the Action Anxiety Day [Educator Toolkit](#).

Source: <https://www.anxietycanada.com/action-anxiety-day-educator-toolkit/>

