

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

PE Class Reminders for Warmer 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.



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/>



IMPORTANT PARKING LOT MESSAGE:

For the safety and convenience of everyone, please use the designated parent drive-thru lane when picking up students at the end of the day. The staff parking lot should not be used for student pick-up, as we have staff members who need to leave promptly for other job commitments.

As an alternative, you may park at Maple Park Mall or on a nearby side street and have your child walk to meet you.

Thank you for your cooperation and support in keeping our dismissal process safe and efficient!

Memorial Walk - May 22, 2025



PASCAL SCHOOL CHAMPIONS

TIED FOR 1ST PLACE!

LOGAN DINSDALE & JACK SCALLION



GRADE 8 GALLERY
WALK "GUESS MY
RULE" PATTERNS TO
ALGEBRA

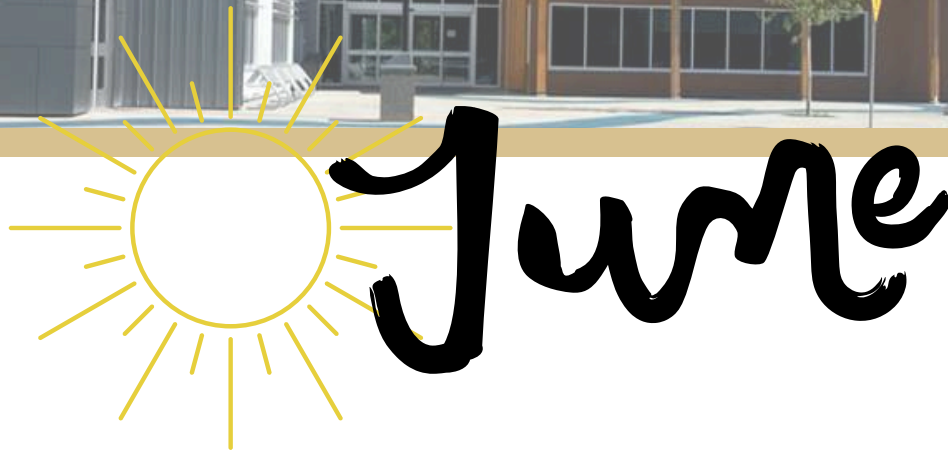


GRADE 10 ORIENTATION



Correlieu
Secondary School





6 - NI DAY ~ THERE IS NO SCHOOL FOR STUDENTS.

9-10 - WHEELCHAIR BASKETBALL

13 - LOCKER CLEAN OUT

16 - ASSESSMENT DAY 1, 2, 3 BLOCKS

17 - ASSESSMENT DAY 4, 5 BLOCKS

19 - LAST REGULAR DAY

21- NATIONAL INDIGENOUS PEOPLES DAY

23 - PROJECT COMPLETION & SERVICE DAY

23- NEW PARENT INFO NIGHT

24 - GRADE 7 ORIENTATION 1/2 DAY

25 - LAST DAY OF SCHOOL - REPORT CARDS

26 - NO SCHOOL - ENJOY YOUR SUMMER HOLIDAYS!!

Last Week of School

SPIRIT WEEK

MONDAY JUNE 16

DRESS UP LIKE CHILDHOOD PHOTO

TUESDAY JUNE 17

***TEACHERS DRESS AS STUDENTS
STUDENTS DRESS AS TEACHERS***

***WEDNESDAY JUNE 18
THROWBACK***

THURSDAY JUNE 19

***DRESS AS YOUR FAVOURITE
CHARACTER***

FRIDAY JUNE 20

POD HOODIES/QJS MERCH



A HUGE THANK YOU TO OUR STUDENT VOICE TEAM FOR MAKING THIS HAPPEN — YOUR IDEAS AND LEADERSHIP TRULY MADE A DIFFERENCE!

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,

Grade 8 Mr. Jespersen

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**



Energy Drinks

Canadian Facts and Information



What is an energy drink?

Energy drinks are functional beverages that can provide temporary mental alertness or other physiological benefits.

Most energy drink manufacturers that produce the energy drinks consumed in Canada are members of the Canadian Beverage Association (CBA). These members support a responsible commitment to the manufacturing, marketing and consumption of their products. CBA members voluntarily adhere to the Energy Drink Marketing Code, which outlines that energy drinks are not to be marketed to children, including the marketing or sale of energy drinks in schools between grades K-12.



Labelling

Energy drink labels contain information to help consumers make an informed decision and meet or exceed all applicable regulatory requirements. Information on energy drink labels includes (in part):

- The amount of caffeine from all sources
- All ingredients
- A Nutrition Facts Panel showing details on the amount of calories and other nutrients within the product
- A statement that energy drinks are not recommended for children, pregnant or breastfeeding women, or people who are sensitive to caffeine, or to be mixed with alcohol.
- Maximum servings per day • Enhanced allergen labelling • Energy drinks are required to have a High caffeine content statement on the label

Energy drink manufacturers must provide Health Canada with data regarding consumption of these products by Canadians, and demonstrate consumer understanding of the product labelling. They must also provide Health Canada with annual reports regarding any consumption incidents that are reported which may be related to the product.

How much caffeine is in an energy drink?

Energy drinks (250 ml) contain 80-100mg of caffeine; a similar sized filter drip coffee (250 ml) contains twice as much caffeine averaging 179 mg.

Unlike other caffeinated beverages, Health Canada has limited the amount of caffeine from all sources allowed in an energy drink. Small single serve energy drinks (250 ml or less) will have a maximum of 100 mg of caffeine and larger single-serve cans are limited to 180 mg of caffeine.

According to Health Canada, 93% of the caffeine consumed by Canadians comes from tea and coffee.

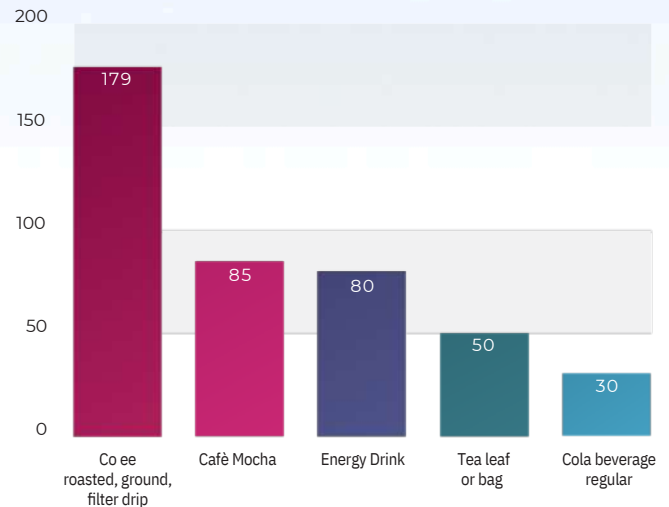
To put that in perspective:

If you look at a typical 8 oz/ 250 ml serving, Canadians get:

- 30 mg of caffeine from a cola
- 80 mg of caffeine from an average energy drink
- 85 mg of caffeine from a Café Mocha
- 179 mg of caffeine from a filter drip coffee

Caffeine Comparison Chart

mg per 8oz / 237 ml serving



Maximum daily caffeine should not exceed 400 mg according to Health Canada



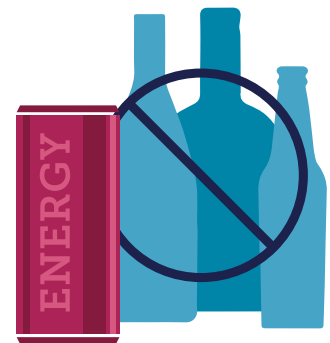
How many energy drinks can I drink in one day?

The daily recommended intake is indicated on the label. Also, a recent energy drink risk assessment conducted by Health Canada concluded that for adults, "...two servings of a typical energy drink per day would not be expected to pose a health risk for the general adult population."

For teens 12-18 years of age the assessment also concluded "The caffeine content of one or two servings of a typical energy drink (80mg caffeine/serving) would be unlikely to pose an acute health hazard."

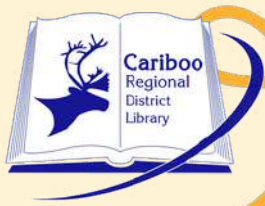
Energy drinks and alcohol

While the balance of evidence, including a recent study from the European Food Safety Authority (EFSA), does not support a link between energy drinks contributing to the intoxicating effects of alcohol or that energy drinks counteract intoxication, energy drinks are not promoted to be mixed with alcohol. Energy drink labels have a statement indicating that they are not recommended to be mixed with alcohol.



Where can I get more information?

Additional information, including a list of source references, is available online at energydrinkinformation.ca



Cariboo Regional District Library
Quesnel Branch

2025 BC Summer Reading Club

CALL FOR VOLUNTEERS



Deadline: June 28th at 4:30 PM

The 2025 Quesnel Summer Reading Club is looking for **junior high** and **high school-aged** volunteers to help bring the program to life!

From Tuesdays through Thursdays, early July to the end of August, encourage children ages 3 – 12 to complete their weekly reading, help them learn, and assist the program coordinator in setting up activities. Volunteers may choose their weekly (flexible) hours. Volunteer hours can go towards graduation requirements and are a valuable addition to your resume!

email: srcq@cariboord.ca
phone: (250) 992-7912



QUESNEL PRIDE 2025! JUNE 13-14, 2025

ITINERARY

YOUTH PARTY-JUNE 13, 6:30 - 10PM, \$10.00

PARADE-JUNE 14, NOON SHARP, START CITY HALL

PRIDE IN THE PARK-JUNE 14, FOLLOWING PARADE
IN LEBOURDAIS PARK

ADULT PARTY-JUNE 14, 7:30PM
\$40.00

TICKETS ON SALE:

E-TRANSFER: CONTACT@QUESNELPRIDE.CA

BOOKS & CO

GOLD PAN POTTERY



Foundry Quesnel is recruiting Youth and Family Advisory Members



We believe young people should have a voice in their care and that finding the right support shouldn't be difficult. The Foundry Quesnel Youth Advisory Committee (YAC) and Family Advisory Committee (FAC) will have important roles in ensuring we create a youth-friendly space for all those who access services. We need your help to make this happen!

Eligible people are:

- Between the ages of 12-24, or have aged-out of our services (YAC)
- Supporting a young person between the ages of 12-24 (FAC)
- Committed to supporting youth to live a good life & helping to improve youth and family wellbeing
- People who appreciate individuality and are able to consider a broad scope of experiences outside of their own
- Able to meet in person, once a month, for about 2 hours
- Interested in making a meaningful difference in our beautiful community
- Wanting to be a champion for youth wellness

First Meeting
July 2025

Honorarium provided for participation



Foundry is a province-wide network of integrated health and wellness services for young people ages 12-24. At Foundry, young people can access five core services in one convenient location: mental health care, substance use services, physical and sexual health care, youth and family peer supports, and social services.

Interested in joining a committee?
Want to know more?

Email foundryquesnel@bc.ymca.ca

· **FOUNDRY** ·
QUESNEL

Coordinated By
YMCA
BC



EUROPEAN FOOTBALL SCHOOL SOCCER CAMP

U6-U18 DIVIDED INTO 2 SESSIONS **JULY 30-AUG 1, 2025**

OUTDOOR - QUESNEL YOUTH SOCCER ASSOCIATION
ALL SKILL LEVELS WELCOME!

REGISTER HERE

SCHEDULE

KIDS WILL BE DIVIDED INTO 2 GROUPS BASED ON AGE AND NUMBERS. THE YOUNGER KIDS IN GROUP 1 OLDER KIDS IN GROUP 2.

WEDNESDAY JULY 30TH: GROUP 1: 9:00AM - 10:30AM & 4:30PM-6:00PM
GROUP 2: 10:30-12:00 & 6:00-7:30

THURSDAY JULY 31ST: GROUP 1: 9:00AM - 10:30AM & 4:30PM-6:00PM
GROUP 2: 10:30AM - 12:00PM & 6:00PM - 7:30PM

FRIDAY AUG 1ST: GROUP 1: 9:00AM - 10:30AM GROUP 2: 10:30AM - 12:00PM



ALSO SEE OPTION TO JOIN WILLIAMS LAKE CAMP AS WELL
AT A DISCOUNTED RATE!



MORE INFORMATION:
<https://europeanfootballschool.com/summer-camps/>