

This Week at QJS April 14, 2022

Where we Live, Laugh and Learn the way of our Nations with
Responsibility, Respect, Cooperation, and Kindness



NEW QJS MASCOT and LOGO

Accepting Submissions Now



Concept Design of Logo Phase April 8-27

Members of the community may submit their designs to the office prior to April 27th or email to QJS@sd28.bc.ca.

The final design will be chosen, by committee, Thursday, April 28th.

Graphic Design: Must include representation of 3 rivers, osprey

Colours could include: grey or black (osprey colors), blue (water/sky), green (land), white (snow), gold (Cariboo history)

-Old QJS colours were Blue and Yellow/Gold

-Possible new colours: Grey (or black) Blue and Gold

-official school colours will be decided in consultation with committee and staff, including PE department in order to design uniforms (dirt/sweat considerations)

Selection Process by Committee

Rationale behind the decision and to be considered in the logo design:

- **Lakes and Rivers a huge part of our local culture**
 - **Lhtako-** People of the 3 Rivers (where the 3 rivers meet)
 - **Nazko** – river flowing from the south (Naz=south, koh=river)

- Kluskus – lhoos= half of a whitefish k’us=lake
- Quesnel is “about” the rivers: Indigenous community, nature and play, gold mining/gold rush, and tourism
- River Hawks is a nickname for Osprey (locally found raptor)
- Large, strong raptor bird = formidable opponent for sports teams
- The new school has two rivers represented running through along the floor of the new building
- High soaring = metaphor for setting high goals
- Far seeing = metaphor for youth looking to the future
- Sounds good as a chant/cheer (3 syllables)
- Easy to visualize as a mascot
- New building has huge center logs which might provide a setting for a future art sculpture (flying or nesting osprey)
- Unique mascot in BC schools (no other school has this)

We are excited to see have a new school mascot. We plan to provide students an opportunity to create a new school crest – more information to come.

What’s Going On In Classes? Getting Creative in Drama Tech Fairy Houses and “Cake Decorating”



PARENT PORTAL Reports Posted April 14

THE PLACE TO CHECK FOR:

1. ATTENDANCE
2. CONTACT INFORMATION - NEEDING UPDATES
3. REPORT CARDS - PORTAL ACCESS - PAPER COPIES ONLY BY REQUEST FOR TERM 2

Paper copies available by request only this time. Please contact the office if you would like a paper copy or would like help accessing the Parent Portal.



NEW: IN THE PARENT'S CORNER
Information for Parents
**Helpful links and information*

Got Questions or Concerns? How to get help?

Here at QJS we work together with families and students to create solutions for concerns both academic and social/emotional.

Step 1 - Contact the teacher(s) with your questions and concerns

Step 2 - Meet with teachers and Principals to create support plans

Book Appointments – necessary as we have many meetings and activities pre-arranged every day and would like to set time aside to focus on you.

School-Student Problem Resolution Process
(SD#28 Policy 505)

Exploring Mental Health: Regret, Lessons For Our Kids



Nuts & Scents
Free School



Thanks to Ms. Green and Ms. Poole for helping us explore the Seven Grandfather Teachings – this week RESPECT is the focus



Let us help your child resolve the problem. We work with families and students to resolve issues. Do you know about something going on? Please let us know.

Contact us:

Mrs. Simpson 250-255-6057

Mr. Loewen 250-991-9681

Office 250-747-2103



ARTWORK CONTEST FOR BC INDIGENOUS YOUTH

To celebrate the **rich cultural and heritage traditions of Indigenous people of BC**, FORED is sponsoring an annual artwork contest with **cash prizes for Indigenous youth**.

Theme: *Traditional Knowledge & Medicine*

Prize: 3 winners each collect a **\$100 prize**. Group work is eligible with shared prize.

This contest is a wonderful opportunity to find a mentor in the Elder community to pass down this important knowledge to Indigenous youth.

Contest Details:

- **Deadline:** May 14, 2022
- Open to all **youths ages 5-18 with First Nations, Inuit, Metis, or self-declared ancestry**. Participants **must** include their name, band affiliation or ancestry, home mailing address, phone & email address and grade, teacher & school on the back of all posters or in covering emails.
- **Please include a brief description of how your artwork relates to traditional knowledge and medicine.**
- Artwork can be on any size paper up to **11x17**. Any artistic medium may be used, i.e. pencil, crayon, paint, mural, collage, computer graphics etc. You may glue or tape any natural textures, including seeds, sweetgrass, flowers, leaves, fur, feathers etc. to the poster.
- All entries may be submitted electronically as a photo or scanned (.jpg, .pdf, .png). Minimum 3MB. Or by mail.
- By participating, winners agree that their names and posters can be published in local and social media, be displayed in Ministry of Education offices in Victoria on Aboriginal Day, June 21, and viewed on our [website](#).
- All entrants qualify for complimentary honorary youth membership. Entrants' names are **NOT** shared with third parties.
- **Due to the number of entries received, all artwork becomes the property of FORED BC and can't be returned. Only winners will be notified.**
- See how Indigenous volunteer mentors integrate traditional knowledge into natural resources practices on our [YouTube](#).

Please email or mail posters by May 14, 2022 to education@foredbc.org.

Traditional Knowledge/Medicine Example: **tul'mn**

Ochre was used for pictographs since time immemorial. It was crushed to a powder and mixed with water to make a paint mixture. Our people painted it on rocks or their faces. They would also mix sq'uuct which means grease. Tul'mn was in many stories/legends for example, stories about women going down to the lake and painting their faces.

– submitted by Omarah (Okanagan Indian Band), West Kelowna



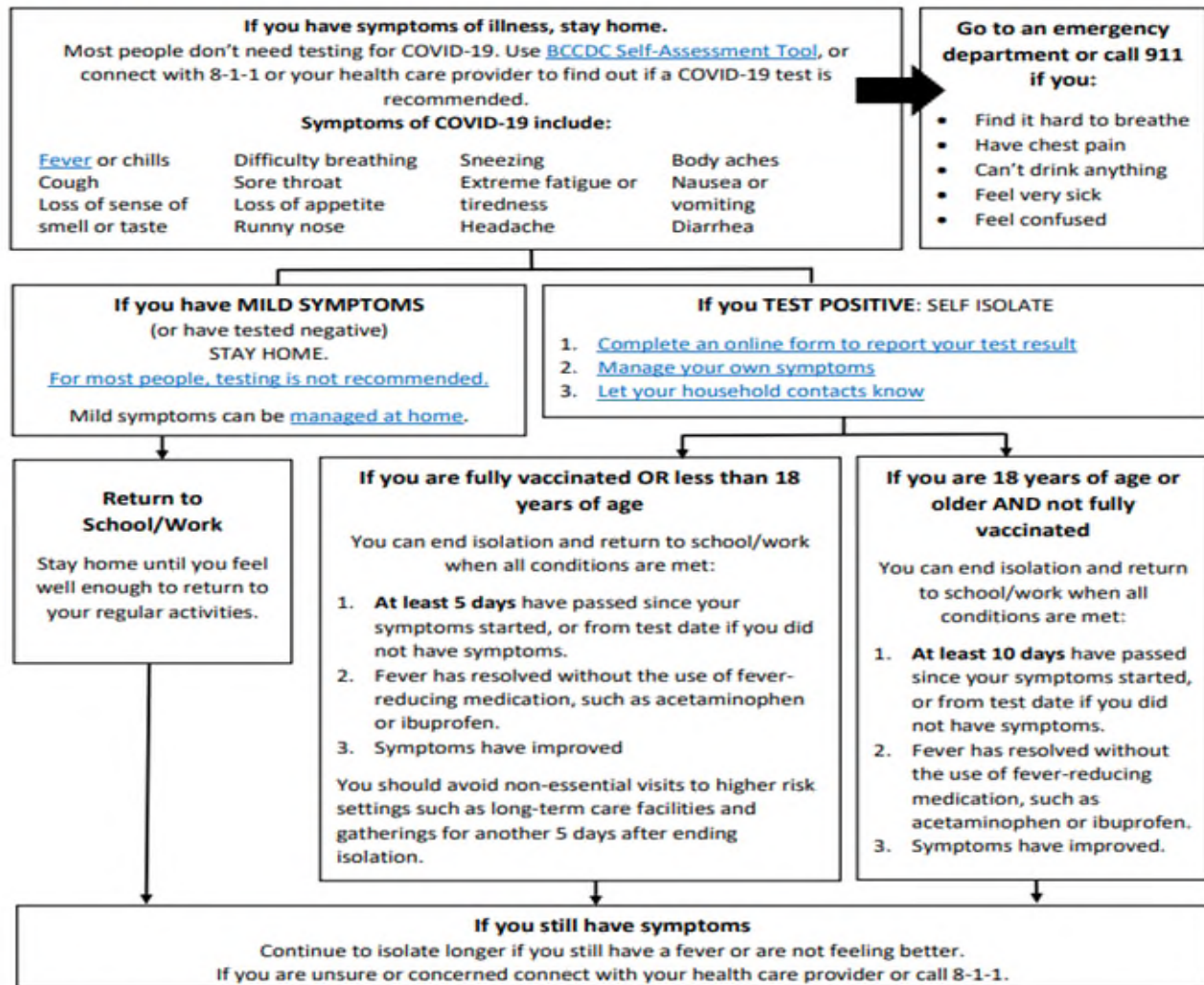
FORED BC, short for **FOR EDUCATION** about our environment & its natural Resources, is a charitable non-profit association established in 1925. We work with aligned groups and volunteers, on community-based sustainability projects. We thank our generous donors; the Province of BC & the Vancouver Foundation.

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Reminders:

- Daily Health Check and What to Do When Sick (see link)
- *Stay home if you are unwell

Summary: What to Do When Sick



What to do if someone is sick in your household:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)