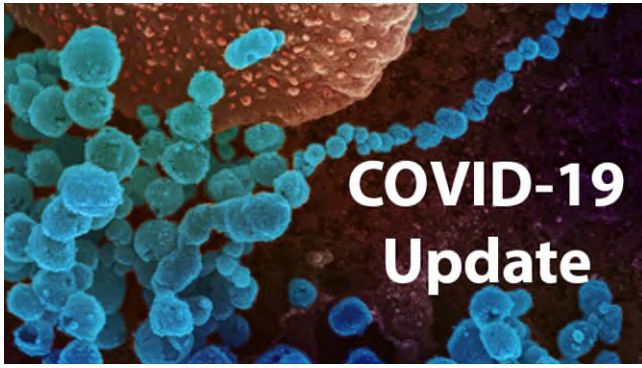


This Week at QJS April 1, 2021

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



As you may know, there was a new Public Health Order, which necessitated a revision of mask wearing safety protocols in B.C. Schools. Please read the attached document.

In summary, students and staff are now required to wear their masks when indoors and on school buses, both within and outside of their learning groups (or cohorts). Our school protocols are designed to protect students by moving outside where possible, thus limiting the contact time with out of cohort peers.

We continue to need your help explaining why it is important not to share food and drinks; students still sometimes share the same straw or drink from the same drink. Risky at the best of times, and certainly an elevated risk these days.

We will continue to do our part to keep your children and our staff safe. If you have questions or concerns, please contact us at the office [250-747-2103](tel:250-747-2103), or directly Trish Simpson [250-255-6057](tel:250-255-6057).

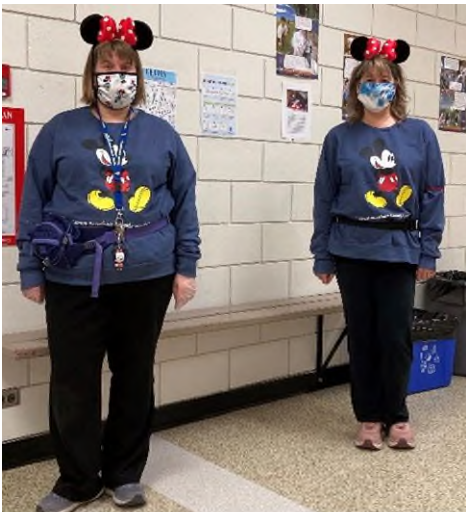


Parking Options:

If the parking lot is too busy for your family, you might consider parking at Maple Park Mall and having your child walk to the crosswalk at the corner of Maple Drive and Mountain Ash. Please be aware and courteous of our neighbors and their property as you pick up and drop off your children.



Twin Day – Entertainment in a Short Week



Nuts & Scents
Free School



Celebrating Academic Excellence in Mathematics



University of Waterloo Sponsors Yearly Math Student Contests: Pascal and Cayley Contests

This year our team included 16 students. We are excited to announce that we are the Regional Winners for the second year in a row! Congratulations to the participants. Special recognition to Gr. 8 Student Deacon Bolton who is a Medalist who participated in the grade 10 Cayley Contest.

Still to come; a number of our students will participate in the Gauss math contest. We will keep you posted as the results come in.

PAC UPDATE **Next meeting – Wednesday, April 28**

Executive.

Melissa Pollock – President
Vacant – Kelly Olsen
Tania Fuccenecco – Treasurer
Nancy Lilienweiss – Secretary



Thanks to everyone who supported our PAC Purdy's Chocolates Easter Fundraiser. We raised over \$400.00. Hope you enjoyed them. Watch for our next opportunity. Stay Tuned...

Upcoming Dates

April 14 -Gr 8 Report Cards go home

April 16 -Gr 9 Third Term ends

April 23 –Pro-D Day (no school for students)

Lunch plan- Weekly Time Swap:

*for greater spacing and reduced numbers

Grade 8 Lunch April 6 – 9

In Café (eat/visit)		Outside Time
10:47 - 11:07 20 min PODs 1 + 2 (separate sections) -order and eat sit and visit		20 min PODs 3 + 4
11:07 - 11:10	Transition + Sanitize	
11:10 - 11:30 20 min PODs 3 + 4 (separate sections) -order and eat sit and visit		20 min PODs 1 + 2

11:30 - 11:40 Transition Time – sanitize between grades

Grade 9 Lunch April 6 - 9

In Café (eat/visit)		Outside Time
11:40 – 12:00 20 min House 1 - cohorts 1 and 2 (separate sections) -order and eat sit and visit		20 min House 2 (cohorts 3 and 4)
12:00-12:03	Transition + Sanitize	
12:03-12:23 20 min House 2 (cohorts 3 and 4) (separate sections) -order and eat sit and visit		20 min House 1 – (cohorts 1 and 2)



NEW: IN THE PARENT'S CORNER **Information for Parents**

Be Internet Awesome: Helping kids be safe, confident explorers of the online world.

https://beinternetawesome.withgoogle.com/en_us/

Categories of Supports

Communicate Responsibly: Good (and bad) news travels fast online, and without some forethought, kids can find themselves in tricky situations that have lasting consequences. The solve? Learning how to share with those they know and those they don't.

Don't Fall for Fake: It's important to help kids become aware that people and situations online aren't always as they seem. Discerning between what's real and what's fake is a very real lesson in online safety.

Secure Your Secrets: Personal privacy and security are just as important online as they are offline. Safeguarding valuable information helps kids avoid damaging their devices, reputations, and relationships.

It's Cool to Be Kind: The Internet is a powerful amplifier that can be used to spread positivity or negativity. Kids can take the high road by applying the concept of "treat others as you would like to be treated" to their actions online, creating positive impact for others and disempowering bullying behavior.

When in Doubt, Talk It Out: One lesson that applies to any and all encounters of the digital kind: When kids come across something questionable, they should feel comfortable talking to a trusted adult. Adults can support this behavior by fostering open communication at home and in the classroom.

****If you have concerns or would like support for your child please contact one of our counselors:**

Peterjerspersen@sd28.bc.ca

Jenniferstevenson@sd28.bc.ca

Sleep Hygiene

Social Emotional Tips for Wellbeing



Why Sleep Matters...

Sleep researcher Christopher Barnes latest research finds:

Leaders (adults) who practice healthy sleep habits positively influence the people around them. Calm and focussed leaders develop a team (family) with a healthy mindset. Well rested people tend to behave more ethically, empathetically and efficiently.

Sleep Hygiene?

Sleep hygiene is all the buzz...but what it really means is:

Healthy habits throughout the day combined with a healthy bedtime routine can set us up for overall quality of life!

When our body and brain are given enough quality sleep, we are more focussed, memory is improved, we feel a greater sense of calm and are more engaged during waking hours.

Quality sleep means our stress response in the body is less reactive and helps us problem solve whatever the day throws at us.



Reasonable Expectations

These hours are not always going to happen! Try to support as much quality sleep as possible and when a loved one has under-slept they may be irritable and that is okay. Encouragement and compassion go far here.

Daytime Routines to Help Sleep



Light daily physical activity, regular wake up time, talk about or write down worries, daily sunlight exposure, light snack before bed & reduced screen time can all help you sleep better

1

BEDROOM

A comfortable sleep environment is essential: temperature, bedding, darkness & quiet

2

BREATHING

Deep, slow, calming breaths into the bottom of your lungs tells your body and brain that you are safe

3

BEDTIME ROUTINE

Not just for babies! Consistent use of what helps you calm down will help you stay asleep

A Sleep Menu

for restful nights and productive days



Lark or Night Owl?

The circadian rhythm is the natural sleep-wake cycle that repeats every 24 hours. When properly aligned this rhythm promotes consistent and restorative sleep.

But is your circadian rhythm like a lark or owl? Would you prefer to watch the sunrise or count the stars late into the night? We are likely to lean towards one or the other, but since much of our world is set up for Larks, this can make it difficult for Owls. If you want to learn how to adjust to a better morning routine check out this website: <https://cet.org/how-to-adjust-your-chronotype-the-extent-to-which-you-are-an-owl-or-a-lark/>

Music

Soft music sleep sounds or Earth tone resonant sounds are a great way to ground our energy and move our brain into alpha waves (deep calm).

Deep Breathing

Sometimes we take breath for granted. Preparing for sleep is a great opportunity to breathe deeply into the bottom of the lungs (where best oxygen transfer happens). Slow, deep inhale for 4 and even slower exhale for 6, signals relaxation in the brain.

Tense and Release

This type of body scan can be helpful to notice where tension may be in our body and mind. Starting at the head or toes work your way down (or up) with each breath. Inhale and flex your toes, exhale and relax them...inhale and flex your quads...hands...shoulders...face...and release each exhale and all the built-up tension from your day.

The Trifecta: Use all three for those super tough days

Calm the Alarm Centre

The amygdala is a very small but powerful area of the brain. When it senses harm or distress we may go into fight, flight or freeze. When our alarm system is going off its pretty hard to rest. Tapping is one way to quickly and effectively send a calm signal to the brain so our alarm turns off. Check out this free app: *The Tapping Solution* or try a video on YouTube

Stressed? Overwhelmed? Frustrated? Disappointed?

When we simply admit how we feel to a person of trust, in our mind or written down in a journal, it allows the nervous system space to settle. When we are settled, we feel safe; safe enough to

Visualization

Why not take a (mind) vacation? The mind is a powerful tool, so THINK of a favourite place and go there for some well deserved R & R



**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,
Ms. Withey 250-991-2173,
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:**

<http://www.sd28.bc.ca/content/bullying-concerns>

<https://www2.gov.bc.ca/gov/content/erase>

**Please Remember
We are nut and scent
free due to serious
Allergies.**

Absent or Away?

Let us know.
Call 250-747-2103, or
Email qjs@sd28.bc.ca

You are able to enter an absence on the form located on our website
<http://www.qjs.sd28.bc.ca/>

CLOSED CAMPUS

Sign in and Sign out Procedures

Only your child. Parent pickup limited to your own families; sorry no trips out for lunch with a bunch of friends, even with a parent. Parents are welcome to deliver lunch or a treat for their own child 😊

Picking up your child? Please 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.**