

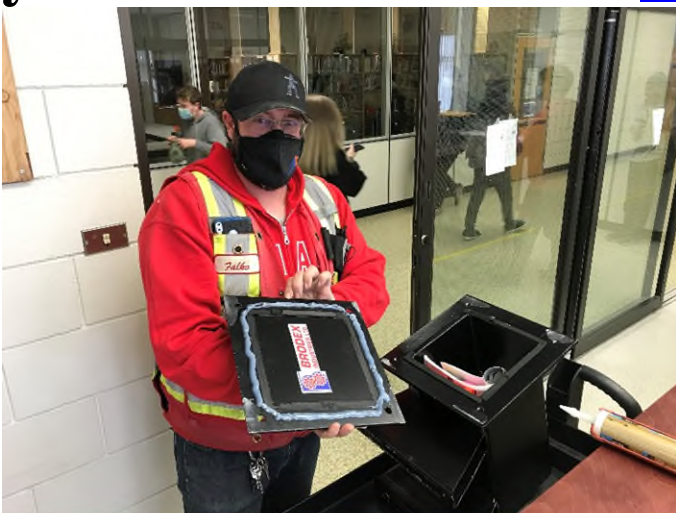
This Week at QJS Feb. 18, 2022

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



TIME CAPSULE IN PLACE

Thanks to Falko and the Jen-Col Team we have a beautiful Time Capsule ready to be placed in the new building. Students and staff made suggestions of items and the Student Voice and Cultural Voices and Allies students helped decide what might be inside; to be opened maybe in the year 2100. Peek inside: [Time Capsule](#)

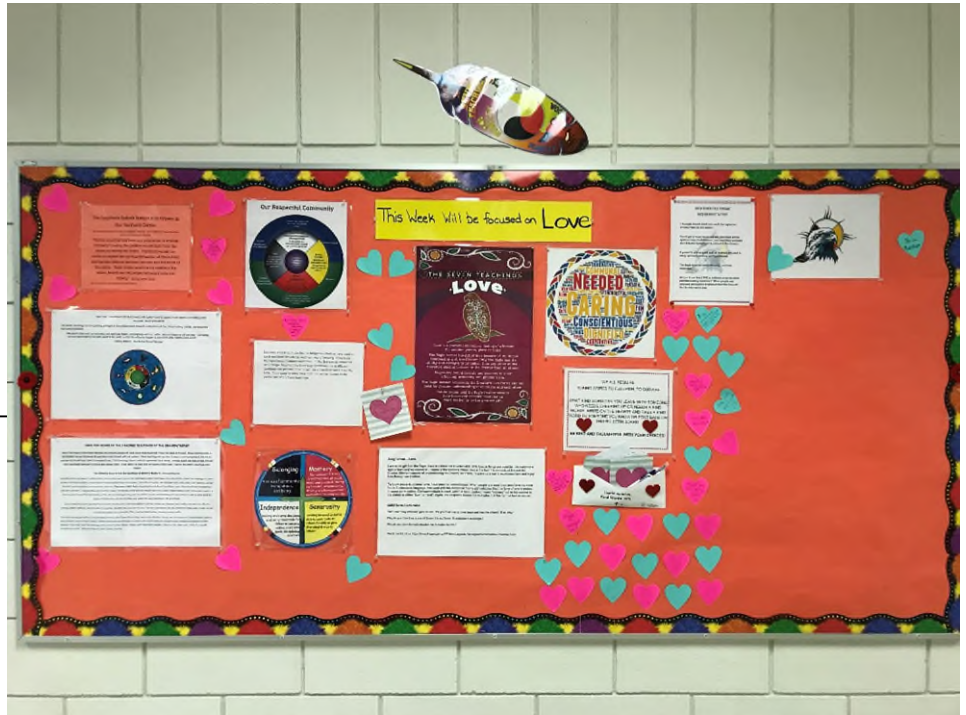


Cultural Voices and Allies Group meet every second Thursday/Friday (B/D blocks)



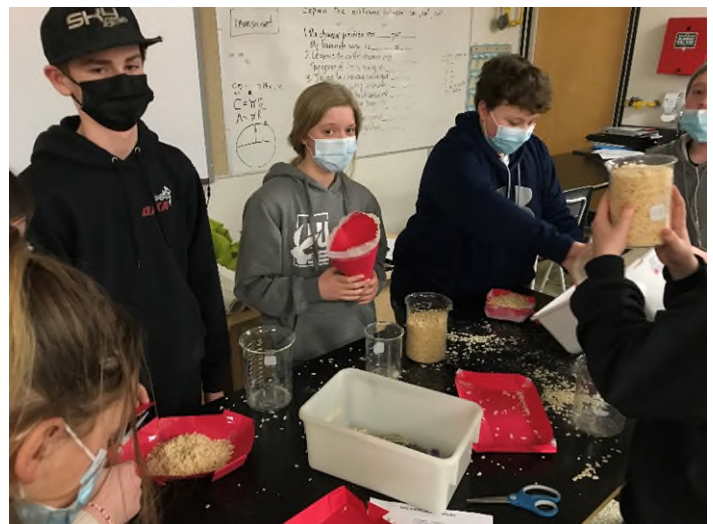
7 Grandfather Teachings

Kick off Valentine's Day week: teaching us the positive power of LOVE.



What's going on in Classes?

POD 8: Mixing Math and Science with hands on creations



Conservation of Volume experiments

What's going on in Classes?

POD 6:

Painting like Michaelangelo
on the ceiling of the
Sistine Chapel



Upcoming Dates:

- Gr 9s starting to prepare for CSS Elective Team visits to prepare for course selections: March 9 + 10
- March 10 Hold & Secure Drill C block
- March 10 Locker Clean Out
- March 11 Term 2 ends
- Epilepsy cookie Sales March 16
- Spring Break March 20-April 3
- April 14 Term 2 Report Cards – Portal Access (hard copies available only by request)
- Easter Long Weekend April 15-18

POD Challenge Belt

Winter Weekly Challenge Series: Jeopardy Challenge

Winners of the Jeopardy Challenge!!

POD 1- Grade 9 : Jaxen and Aiden

and POD 5 - Grade 8 : Carolyn, Isabelle, Justine, and Owen



Next week: Skipping Challenge

Thanks to Ms Sharpe - Creator of the POD Challenge Belt
Making new traditions and
history here at QJS.



POD Challenge Series Organized by Student Voice Group
~ Thanks for your leadership, team!



Nuts & Scents
Free School



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

School-Student Problem Resolution Process

(SD#28 Policy 505)

***School Wide Guest Presenter this week! Topic: Digital Safety
90 min presentation***



THE
WHITE HATTER

Minimizing Distraction with Teens while at School

In the last Statistics Canada report, approximately 88.1% of Canadians over the age of 15 years own a smartphone (1). It should be noted that Canada should be releasing a new report sometime later in 2021, early 2022, based upon 2020 data, and we are hypothesizing that we will see a bump in the 88.1%. Anecdotally, based upon our in-school visits pre-COVID, we

found about 40% of elementary students owned a smartphone, middle school students approximately 80%, and high school students 95+%.

A further study in 2018 “The effect of cellphones on attention and learning: The influences of time, distraction, and nomophobia” also supported the fact that being distracted by text messages in class reduces learning (3).

We believe that the use of technology in the classroom, no matter its form, including cellphones can be a great adjunct to learning when managed and controlled in the classroom (4). However, the distraction of push notifications in all their form can, and do, interfere with concentration and learning.

Given this fact, we believe if your child has a smartphone, especially younger teens, it is important for parents to ensure that they minimize its ability for teens to receive push notifications while in class.

One of the benefits of the iOS (Apple mobile platform) is the built-in Screen Time function that allows a parent to control push notifications on a child’s phone, and lock it behind a passcode that only the parents knows. If your child has an iPhone, iPad, or iPod *follow the link to see how to stop the distractions of push notifications: [Minimizing Distraction with Teens While at School](http://www.thewhitehatter.ca/Minimizing-Distraction-with-Teens-While-at-School)
thewhitehatter.ca

For more information and ways to support healthy, safe use of digital devices check out The White Hatter website
<https://www.thewhitehatter.ca>

PAC UPDATE: Next Virtual MEETING

Tuesday, March 12 2022 7:00 p.m.

Join us in the Google MEETING by clicking the link

<https://meet.google.com/fci-jxqs-xow?hs=122&authuser=0>

2021-2022 Executive:

Melissa Gonzales - President

Kellie Olsen- Vice President

Melissa Gonzales- Secretary

Shawna Mckenzie- Treasurer

New PAC email address - PACatQJS@gmail.com



Visit the QJS Parent Advisory Council Facebook Page

<https://www.facebook.com/QJS-Parent-Advisory-Council-PAC-107601454861758>

Reminders:

- Daily Health Check and What to Do When Sick (see link) [daily-health-check---jan-2022.pdf \(gov.bc.ca\)](#)

***Stay home if you are unwell**

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.**

COOK- ALONG

BC

#COOKALONGBC

FREE VIRTUAL EVENT



Let's celebrate the food we love

FEBRUARY 22

5:30 PM TO 7:00 PM

Celebrate Canada's Agriculture Day! Enjoy a FREE cooking lesson with Chef Trevor Randle and learn about BC foods and agriculture with a virtual webinar on **Tuesday, February 22.**

Chef Randle will provide expert instruction as he guides you through two BC grown recipes:

BC Chicken Tikka Masala with BC Raita
Caramel BC Ambrosia Apple Chiffon Cake

Cheryl Davie from the BC Chicken Marketing Board and farmers from Harker's Organics will also join Chef Randle online to provide fun insights on BC farming. **Plus, webinar participants will be entered into a draw for a chance to win 1 of 3 prize packages valued at \$150+ each!**



REGISTER NOW!

Register at www.bcaitc.ca for this free event. Space is limited.
Information: www.bcaitc.ca | info@aitc.ca | 1.866.517.6225

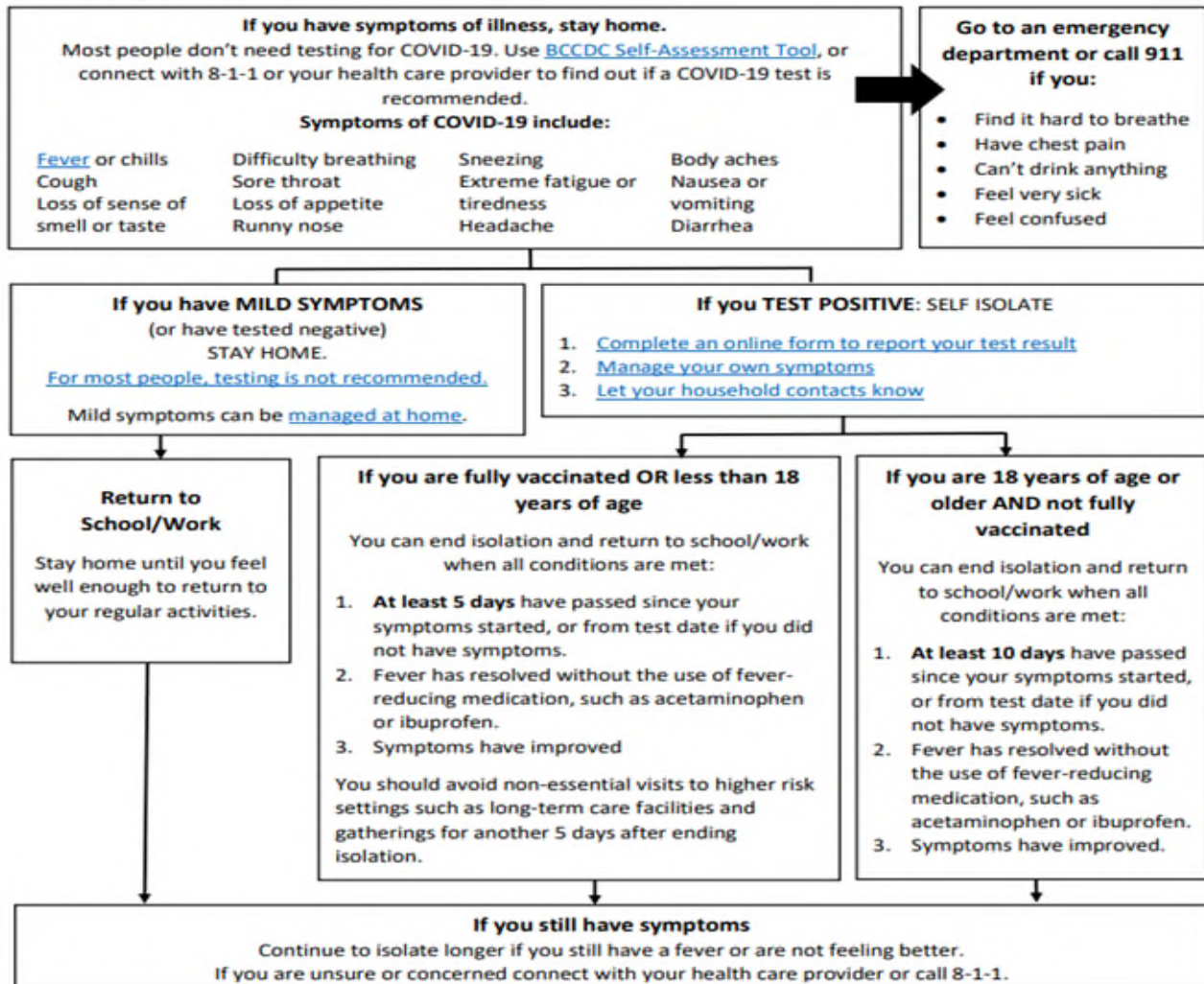
EVENT HOSTED BY:

PRESENTING SPONSORS:



PRIZE DONORS:
BC DAIRY | BC EGG

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



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