

This Week at QJS Feb. 25, 2022

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



**Girls Basketball Team from Zone Playdowns in Prince George
Congratulations to a hardworking and joyful group of girls!!**



**PASCAL Math contest: Gr 9
QJS are the 2020 and 2021
Champions.**

Will the STREAK continue?



This year, 23 of our grade 9 math students deserve to be congratulated! They participated in the National Math contest sponsored by the University of Waterloo. They sat the hour long math test to see how their skills measure up against those across the country. Thanks to the Math Department, Ms. Lepetich, Ms. Milley, and Mr. Nilsson for organizing the event.





FEB. 23 PINK SHIRT DAY at QJS

WHEN CONFLICT HAPPENS

Our Conflict Resolution Process

1. Use assertive “I” statements to communicate your needs – if the problem is resolved, great.

Problem continuing?

2. Facilitated Mediations: Let an adult know so they can help you communicate, in a private setting, with each other. In most cases, positive solutions are agreed upon at this level.

Problem continuing?

3. Family and Principal team get involved to look for solutions: Some problems are more intractable; students unable to work together to follow plans, or struggling to agree on how to move forward. These circumstances can be frustrating for all. We do not give up working to find solutions. Students will be together in the same school from grade 8-12, so peaceful agreement is the goal. Working together is the key to success.





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)

Inside One Family's Phone Rules Conversation

Delaney Ruston, MD

[Screenagers Blog | Inside One Family's Phone Rules Conversation \(screenagersmovie.com\)](http://screenagersmovie.com)

Today I'm writing about rules around cellphones. I am known for saying that young people want help managing screen time, including time on their phones. I base this on ten years of conversations with kids, tweens, and teens. And, studies support this, such as this small one by Megan Moreno, a leader in research around young people and tech topics.

That said, many youth would never say to their parents/guardians that they want rules!

The fact is life has rules. Our kids follow rules in life all the time. We all follow rules all the time.

Recently, two friends of mine — a married couple, a trauma surgeon, and a pulmonologist — told me that they were just about to get their 13-year-old son his first smartphone. They explained that they told him they would get him one once he

reached 8th grade and did well academically during the first part of the school year.

They explained to their son, I'll call him Charlie, that they needed to set up expectations and ground rules around the phone, and they wanted him to write down the reasons he wanted a phone and why he felt he needed a phone. Also, they asked him to write some possible rules and ideas about good digital citizenship.

I know plenty of parents who have asked their kids to have such a conversation before allowing a phone, and their kids refused. That can happen. In that case, a parent has to drive the conversation more, which is okay.

***To read more of the article click the link**

[Screenagers Blog | Inside One Family's Phone Rules Conversation \(screenagersmovie.com\)](https://screenagersmovie.com/blog/inside-one-family-s-phone-rules-conversation)



Nuts & Scents
Free School



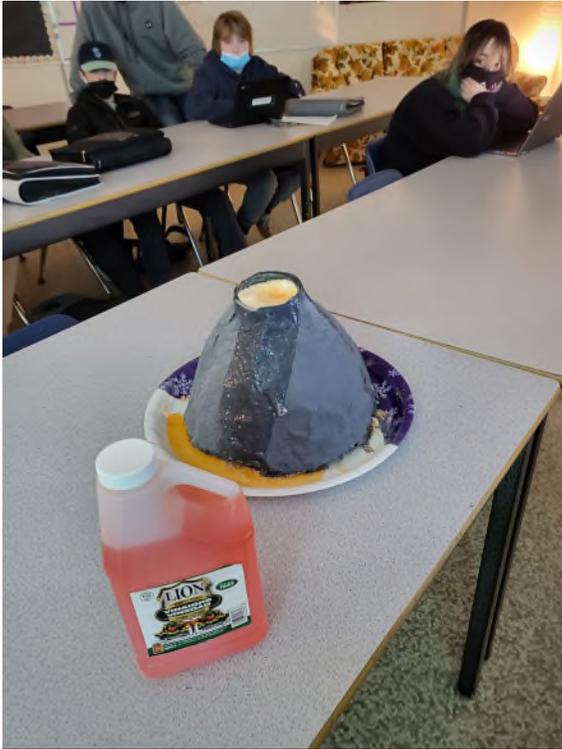
Reminders:

- 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 – Call the school to let us know you are away. 250-747-2103**

What's Going On In Classes?

POD 6 Science Labs – exploring Earth Crust and Plate Tectonics



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
- March 14 Pi Day – Fundraising
- Epilepsy cookie Sales March 16
- Spring Break March 20-April 3
- April 14 Term 2 Report Cards – Portal Access (hard copies available by request)
- Easter Long Weekend April 15-18

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>

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.**

Need something to do on Spring Break or this Summer?



Arts and Recreation Centre - Fall 2021/Winter 2022 Youth Spring Break Activities



IMAGINATION PARK SPRING BREAK DAY CAMP

Are you looking for something fun and exciting this spring break for your Kindergarten -12yr old? If so, then look no further! The kids will take part in cooking, crafts, pottery and sports! All camps are led by trained and dedicated staff with an emphasis on active learning and fun! In each camp, your child will participate in cooperative games, activities, arts, crafts and much more! Located in our Activity Room at the Quesnel Arts and Recreation Centre.

Pre-Care (8:00am-9:00am) and *Post-Care* (3:30pm-5:00pm) will be available for each camp. Registration for Pre & Post care is available as a \$5.00 add-on option when registering for the activity online, by phone or in person at the Quesnel Arts and Recreation Centre.

Monday	Tuesday	Wednesday	Thursday	Friday
March 21, 2022	March 22, 2022	March 23, 2022	March 24, 2022	March 25, 2022
9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm
\$35.00/\$43.75	\$35.00/\$43.75	\$35.00/\$43.75	\$35.00/\$43.75	\$35.00/\$43.75
Code: 8989	Code: 8990	Code: 8991	Code: 8992	Code: 8993

Monday	Tuesday	Wednesday	Thursday	Friday
March 28, 2022	March 29, 2022	March 30, 2022	March 31, 2022	April 1, 2022
9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm
\$35.00/\$43.75	\$35.00/\$43.75	\$35.00/\$43.75	\$35.00/\$43.75	\$35.00/\$43.75
Code: 8994	Code: 8995	Code: 8996	Code: 8997	Code: 8998

SPRING TIME EATS & TREATS FOR YOUTH | Ages 8-12yr

Join us as we bake up some special treats that are fit for the longer days and warmer weather.

10404 TUE MAR 22 9:30AM-12:00PM \$25.00/\$31.25
 10405 TUE MAR 29 9:30AM-12:00PM \$25.00/\$31.25



SPRING BREAK MINI ENGINEERING ART CAMP | Ages 5-12yrs

Art Engineering is all about creating, exploring and learning how things work. Join us and gain hands on experience in the science and engineering world. Spark your creativity as we build group projects that involve crucial problem-solving and teamwork skills. There will never be a dull moment as you and your friends challenge yourselves and each other to push the limits. A Panago pizza lunch will be provided.

9000 WED MAR 30 10:00AM-1:00PM \$12.50/\$15.65

3 ON 3 HOCKEY SKILLS DEVELOPMENT



3 on 3 Hockey Development works with players and goalies on technical curriculum and methodology for player development. Our program aims to instill development components such as strategies, team play systems, individual tactics and technical skills. This framework will maximize a player's potential and long-term involvement in hockey over the course of their lives. Register early to hold your spot in this exciting 3 on 3 Hockey Skill Development program! We have space for 24 players and 6 goalies per age group.

** Birth year determines which group to register for, all groups are in accordance to Minor Hockey Age Division Chart 2021-22 Season**

3 On 3 Hockey U9	3 On 3 Hockey U11 & U13
March 21, 22, 23, 24, 25 5:15pm to 6:15pm	March 21, 22, 23, 24, 25 6:30pm to 7:30pm
Code: 9022 Player \$83.30/104.15	Code: 9023 Player \$83.30/104.15
Code: 9024 Goalie \$52.05/65.05	Code: 9025 Goalie \$52.05/65.05



STEP 1 | BRONZE MEDALLION | Ages 13yr+

Bronze medallion, as our flagship certification teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgement, knowledge, skill and fitness. Bronze Medallion challenges

the candidate both mentally and physically. Candidates acquire the assessment and problem solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

9799 MON - WED MAR 21 - 23 9:00AM - 4:00PM \$218.50/\$273.10

HOME ALONE PROGRAM | Ages 10yr+

The Home Alone Program is designed to provide children the necessary skills and knowledge to be safe and responsible when home alone for limited periods of time. It will help them understand how to prevent problems, handle real-life situations and keep them safe and constructively occupied. The program focuses on small group discussions, problem solving, role-playing and instructor demonstrations. Included in the course will be basic first aid and a cyber-safety/fire safety component lead by a member of the RCMP and Fire Department. Please bring lunch and two snacks. Participants are welcome to a free swim after the course.

9750 MON MAR 28 9:00AM - 4:00PM \$56.20/\$70.25



STEP 2 | BRONZE CROSS | Ages 13yr+

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active

surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

9800 THU - SAT MAR 24 - 26 9:00AM - 4:00PM \$218.50/\$273.10

YOUTH CRASH COURSE | Ages 11-15yr

This 6-in-1 course includes Home Alone, Babysitters, Stay Safe, Basic First Aid, Swim to Survive, Youth Street Smarts and self-safety water rescues. Participants learn how to provide care to children in a variety of age groups and how to prevent and respond to emergencies. They will learn about being safe when they are without the direct supervision of a parent, guardian or trusted adult both at home and in their communities. We will have professional guest speakers throughout the week. Bring your bathing suit for the water safety components.

9756 MON - FRI MAR 28 - APR 1 9:00AM-4:00PM \$198.00/\$248.00

BABYSITTER COURSE | Ages 11-15yr

This course offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. In order to complete this program participants must have 100% attendance. Participants are welcome to a free swim after the course.

9744 TUE & WED MAR 29 & 30 9:00AM - 4:00PM \$93.65/\$117.05





2022 REGISTRATION HAS BEGUN!!
Now until March 31

**Please visit our Facebook Page, or our Website for
more information.**

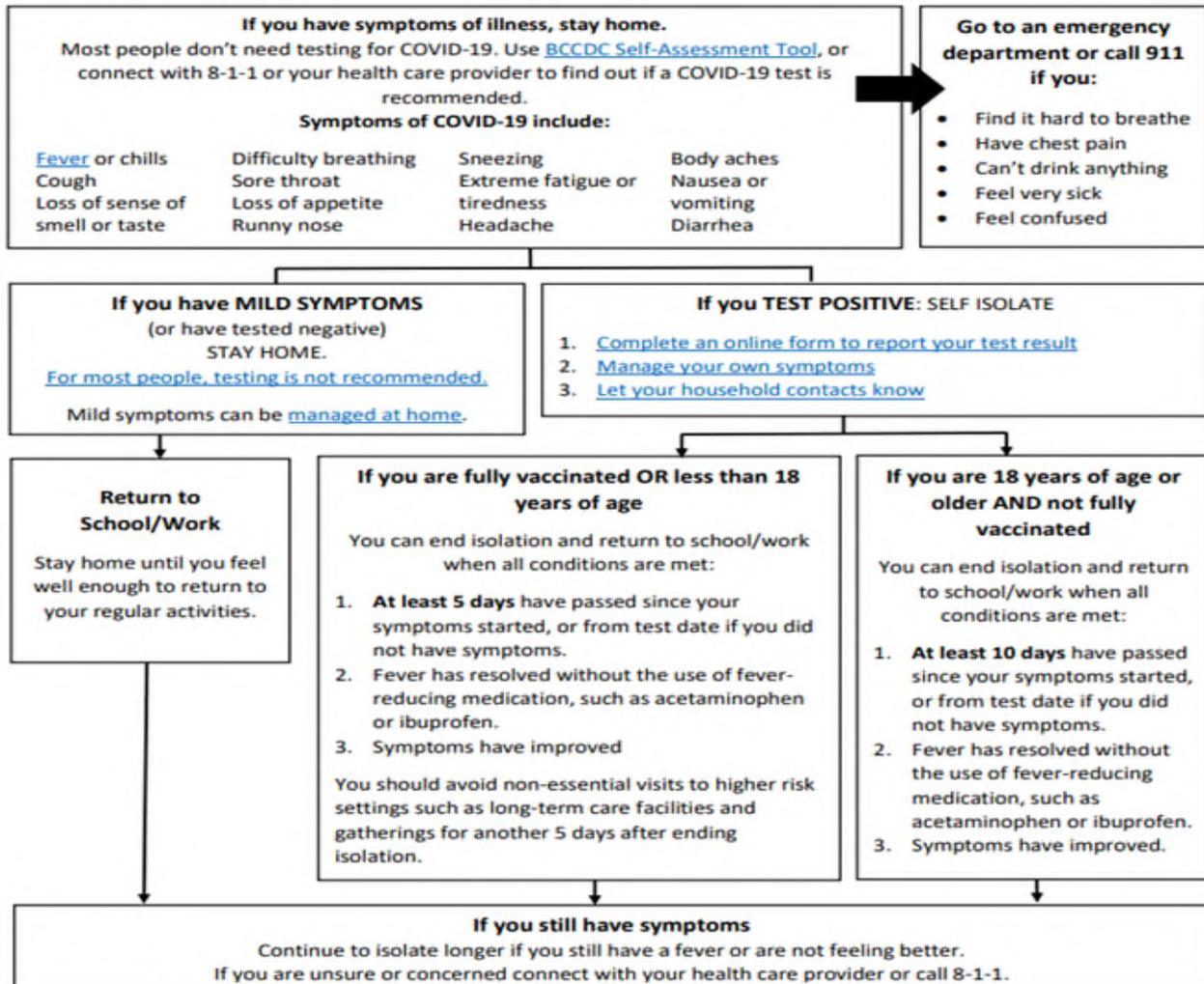
Online Registration form and EMT!

Season Starts in May
Divisions for ages 3-18

www.quesnelminorbaseball.ca

**[https://www.facebook.com/quesnelminorbaseball
association](https://www.facebook.com/quesnelminorbaseballassociation)**

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