

# This Week at QJS February 3, 2023

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



At QJS we have been evolving our assessment and reporting over the past few years in preparation for this change. You may have noticed the changes and may be wondering how this all works. For an 11 minute peek to help grow your understanding, check out the following link and watch the video: Assessment Literacy in BC

<https://curriculum.gov.bc.ca/classroom-assessment>



Nuts & Scents  
Free School



**\*Special Note: students intentionally disregarding the scent free district policy put others at risk and will be sent home. Students should leave scented products at home. Scented products at school may be confiscated and disposed of.**

## **What's Going on in Classes?**

### **PE Classes and Sexual Health Education Unit**

**As an important part of our PE & Health curriculum, the PE dept. will be teaching the Sexual Education unit Feb 13-15 and Feb 17. Ella Scott & Britt Ratzburg will be joining us as guest presenters. All the content is part of the BC Curriculum. If you have questions or concerns regarding this unit, please contact your student's PE teacher.**

**Additional Note: PE in-term reports will be sent home the week of Feb 13-17.**



**Snow Days are busy days at school with loads of work getting done. Dedicated staff get to school in creative ways:**

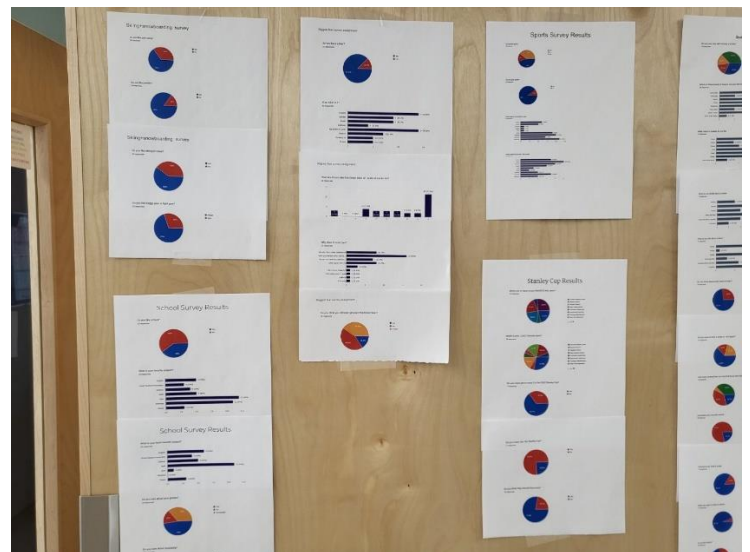


## Wood Shop Projects created on a Snow Day ☺



**Snow (no bus) days can be wonderfully productive and rewarding.**

## Math is an active act of Inquiry: Data Collection and Data Analysis in POD 6





**Rainbow Club**  
**Meeting in room 220,**  
**lunchtime on Mondays.**  
**All welcome.**





## Upcoming Dates

**Feb 9 Grade 9 Vaccinations – make up day 8:30-10:30**

**Feb 20 Family Day Holiday (no school)**

**Feb 22 Pink Shirt Day**

**March 13 and 16 QJS Troll Ski/Snowboard Trip**

**March 17 Term 2 ends**

**March 19-31 – Spring Break**

**April 3 Term 3 begins**

**April 14 Term 2 Reports Out**



## **Employment Opportunity: Noon Hour Supervisor Position at QJS**

**If you like spending time with young people and enjoy helping create positive communities you might be perfect for our team. We are taking applications for a regular position at QJS. Inquiries, call the office for more information about the position and to pick up an application. 250-747-2103**

**Drama Tech: Set Design and  
Prop Design**





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

*\*links and information*

***Parent Portal Access for Attendance or Report Cards: Contact the office  
if you need help getting access to the Portal.***

***250-747-2103***

**Next PAC Meeting February 13, 2023  
QJS Library 7:00**

### **2022-2023 Executive**

**Melissa Gonzalez – President**

**Philippa Murray – Vice President**

**Kim Scott – Secretary**

**Treasurer - STILL NEEDED**



*My weekly Tech Talk Tuesday blog examining themes from our movies*



## **3 Ways to Not Let Anxiety Hijack Your Parenting**

[Screenagers Blog | 3 Ways To Not Let Anxiety Hijack Your Parenting \(screenagersmovie.com\)](https://screenagersmovie.com/blog/3-ways-to-not-let-anxiety-hijack-your-parenting)



Let me start with an anxiety analogy.

I think of a pair of fraternal twin sisters. **One of these sisters is named Conscientious, and the other is named Anxiety.** Anxiety's given name at birth was Fear, but she decided it was too common, and Anxiety

sounded sassier.

These two sisters are adults, and they are parents of teenagers.

[Now here is the particular scenario.](#)

These sisters, who live together, enter their living room, where each of their teens is sitting on the couch. The teens were supposed to be setting the table for dinner.

The sisters have been calling the teens from the kitchen to come and help them to no avail.

When the two sisters get to the living room, a decision has to be made. [Will Conscientious handle the situation, or will Anxiety?](#)

Conscientious is gifted in being able to see situations from many perspectives and clever in being able to think through different scenarios before acting.

Anxiety, on the other hand, is singularly focused — laser-like. **Anxiety approaches situations reflexively.**

The question these two sisters must decide at that doorway is who will step over the line into the room and attend to this situation with the teens, Consciousness or Anxiety?

When Anxiety takes the lead, this can be a real problem. First of all, **she is contagious, so others absorb her negativity. Another issue is she is not very effective.** She gets the job done in the short run but rarely has made real progress toward lasting change.

[In today's blog read](#) about how to prevent Anxiety from monopolizing the interaction.

**Student PICK UP and DROP OFF: Winter road congestion, please avoid parking on Mountain Ash Rd as this creates dangerous circumstances for many. Please move through the Parent Drop Off lane (circle, not wait, if necessary) to avoid congestion on slippery roads.**

# **PAC: QJS School Clothing Orders Round 2**

*Drop your cheque off at the school made out to: QJS PAC.*

**Lots of options: T-Shirts, Hoodies, Leggings, Ball Caps, Toques and more ☺**

**Here is link for the apparel orders:**

**<https://www.idealembroidery.ca/quesnel-junior-school/index.html>**

**The login information is:**

**Username: qjs (all lower case)**

**Password: 2022**

**Once you log in, have a look at the garments and spec sheets. Once the individual has chosen their garments, they just itemize their order in the message box at the bottom of the screen and press send.**

**Ongoing PAC Fundraiser — raising \$\$ for our school**

**Tru Earth Fundraising Store (QJS)**

**Low Waste: Good for You and Good for the Environment**

**Folks who use them love them and you support a BC company.**

**<https://fundraising.tru.earth/qjsPAC>**

**Click and order, items mailed to your home**





#### About Tru Earth

Tru Earth launched in April of 2019 by three friends in British Columbia Canada who had a vision to reduce the number of plastic laundry jugs that end up in landfills every year. Every year 700,000,000 laundry jugs are unable to be recycled and end up in landfills. To date Tru Earth and our community of Change Makers have helped reduced this by 2 million with our revolutionary laundry strip technology.



## Grade 9 Vaccinations ~ Feb 9 catch up date 8:30-10:30

Parents/Legal Guardians of the Grade 9 students will be receiving a phone call late December to early January to obtain consent for students routine Immunizations; **TDAP vaccine** which protects against 3 diseases; Tetanus, Diphtheria and Pertussis (whooping cough) **Meningococcal quadrivalent vaccine**. This vaccine protects against infections from 4 types of meningococcal bacteria. Primary Care Nurses will be coming to the school at the end of January - dates TBA to administer immunizations. If you have any questions or concerns, please feel free to contact the Community Health Unit at 250-983-6850.

**Students will NOT be offered COVID-19 vaccines during these clinics.**

**QJS does not have any documentation or any of the information here. We are only the site for administering vaccinations. Northern Health nurses will contact you and, you can provide or withdraw any permissions.**

**At school, we provide the opportunity for convenience (for families/individuals who wish onsite vaccinations). Families are also able to take their members to the Community Health Center instead of having vaccinations at the school.**

# February West Fraser Timber Park

February is the last full month of winter, and with spring on the horizon, it's a great time to get out and get active.

West Fraser Timber Park is this month's Explore Quesnel Passport Destination.

We want to see you being active. Put on your winter boots, snowshoes, or skis, or hop on your fat bike and make use of the beautiful trails and fields. Snap some selfies or group shots and come into the Visitor Centre to get the next stamp in your Passport, and enter this month's draw.

Donated by







WHEN: TUESDAY FEBRUARY 7, 2023  
WHERE: QUESNEL LIBRARY MEETING ROOM 2ND FLOOR  
TIME: FROM 6PM TO 730PM

**There will be a Lhtako elder offering a blessing  
for this Pflag chapter, in Carrier and in English.**



Pflag Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ2S children.

The "coming-out" process can be a critical time for families. When the adjustment period is particularly long or painful, relationships can become permanently damaged, resulting in a lifetime of emotional scars. People cannot always rise above the challenge of accepting themselves or their family members, and the results can be devastating, even fatal.

To contact the chapter Chair, email: [northcaribooregionbc@pflagcanada.ca](mailto:northcaribooregionbc@pflagcanada.ca)  
If you want to learn more about Pflag, come to chapter meetings on the first  
Tuesday of each month.



## 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.



Please let us know if your child is having difficulties with other students at school, so that we can help support them. They can also report using the anonymous link below. Each report is followed up by the school identified.

[Anonymous reporting tool for students](#) | [Report It Erase \(gov.bc.ca\)](#)

**Safety Reminder: Careful Hand hygiene keeps you and others safe.**



Masks are still available at the office and may be worn by anyone who wishes to wear one.



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

Grade 8 [Peterjespersen@sd28.bc.ca](mailto:Peterjespersen@sd28.bc.ca)

Grade 9 [Jenniferstevenson@sd28.bc.ca](mailto:Jenniferstevenson@sd28.bc.ca)



**Do you 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,  
Mr. Loewen 250-991-9681,  
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: <https://www2.gov.bc.ca/gov/content/erase>  
<http://www.sd28.bc.ca/content/bullying-concerns>**

## **Questions?**

**Classes? If you have question or concerns please email your child's classroom teacher(s).**

**Other problems? Email school counselors for help**

**Gr. 9 Ms. Stevenson [jenniferstevenson@sd28.bc.ca](mailto:jenniferstevenson@sd28.bc.ca),**

**Gr 8 Mr. Jespersen [peterjespersen@sd28.bc.ca](mailto:peterjespersen@sd28.bc.ca)**

## **Expected Behaviours For Students:**

**Schools have a responsibility to work with students and families to create safe, caring learning environments. Therefore, students are expected to know and follow the behaviours outlined in the District #28 and QJS Codes of Conduct. (In Student and Parent Handbooks located on our Quesnel Junior School website [Quesnel Junior School - Home \(sd28.bc.ca\)](http://www.sd28.bc.ca) )**