

# **This Week at QJS February 5, 2021**

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

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## **New Public Health Order Feb. 4, 2021**



**Daily Health Check: to complete each day prior to coming to school.**  
<https://www.k12dailycheck.gov.bc.ca/>

**School District Health & Safety teams will meet this week to update site safety plans in accordance with the new Health Orders. We will share these with staff, students and families as soon as possible.**

**At this time, students and staff need to do the following:**

- 1- Physical Distance- attempt to maintain distance (even when wearing a mask)**
- 2- Minimize face to face interactions and avoid close contact**
- 3- Wear mask in all areas of the school, including outside, unless you are seated at a work station, protected by a barrier, or eating/drinking (limit time)**
- 4- Practice careful hand hygiene going in and out of every space**

**[February 4, 2021 - NEWS RELEASE Enhanced safety measures for K-12 schools](#)**

**[February 4, 2021 - KEY MESSAGES BCCDC Updated Public Health Guidance for K-12 Schools](#)**

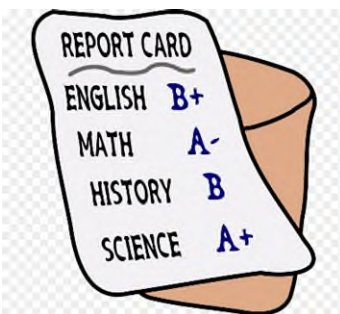
**Food Sharing: a dangerous way to add risk to your friends. Families please understand that at this time we cannot bring food or drink items to share with others.**

# Let's Reduce our Environmental Impact



We go through approximately 150 waxed paper cups each day. Help us make a difference by bringing your own water bottle to use. Refill yours at the water fountains here at school.

Masks, another way to reduce waste! Enhance your style by wearing your reusable mask. The paper ones we give out daily end up in the garbage. Help be part of the global solution.



## Report Cards

Any semester long courses end Thursday, January 28. French Immersion and Grade 9 students will receive their report cards Friday, February 12; students will bring home a paper report card. Reports will also be available on the Parent Portal.

Next Grade 8 Report Cards come out April 14

## **PARKING LOT**

***Drop off and pick up your student at the North end of the parking lot please; to ensure cars are not blocking the road access.***

***We can have near misses when students scamper between cars.***





## Valentine's Day Celebrations

### **CELEBRATE SAFELY...**

**Schools across the district have the same rules: items being exchanged need to be paper based cards. Due to COVID restrictions, we cannot exchange food or other items.**

### **\*\*\*Wearing Masks on Busses!**

*If you have concerns please contact the school or the bus garage (250-992-8361).*

*All students must wear their mask for the duration of the bus ride. Students must have a mask on prior to boarding the bus. Students who repeatedly disregard this may expect to arrange for alternate transportation to and from school.*



## **PAC UPDATE      Jan. 25 meeting**

**We have our Executive. We would like to thank the following people willing to step into the following roles for this year:**

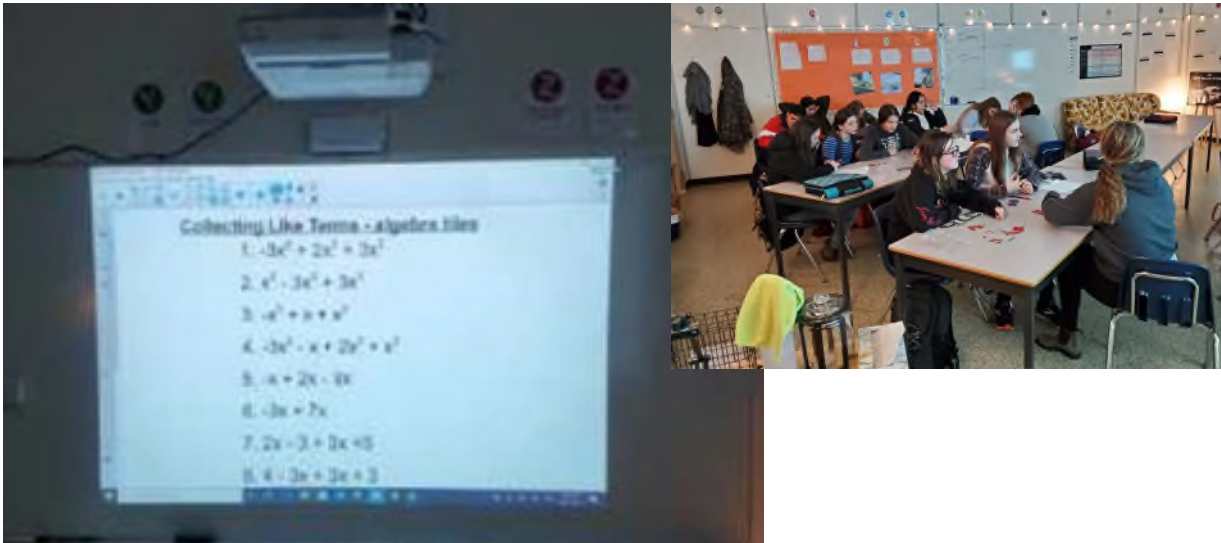
Melissa Pollock – President  
Vacant - Vice President  
Tania Fucceneco – Treasurer  
Nancy Lilienweiss – Secretary



**Thanks so much to those who attended the meeting.**

## Math Classes: Algebra Tiles pictures

Learning Algebra looks different than it used to, today you can manipulate and graph the results with tiles. All part of understanding more completely.



## SPORTS AND EVENTS:

**Basketball Practices Are Underway**

**Coach: Cyril Tobin Gr 8**

**Mondays and Thursdays from 3:00 – 5:00**

**Coach: Jack Redden Gr 9**

**Tuesdays and Wednesdays from 3:00 – 4:30**





***Due to COVID BC School Sports has worked hard with school districts to put in place protocols, which hope to keep everyone safe while learning skills and drills. There will not be “game play” and everyone must be diligent in following procedures. Any questions or concerns please contact the coach or Mrs. Simpson 250-255-6057.***



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

### **My Kid Is Not Motivated, Now What?**

**Ideas to get the conversation started:**

- 1. What are we all feeling interested in these days?**
- 2. What are some examples of things we have no desire to start doing, but actually, once we start (or sometime after finishing), we feel better in some ways?**
- 3. It can be hard to know if feeling low motivation ongoing is a sign of something more serious, such as clinical depression. What are other signs to look for? ([Check out this TTT](#) for more of the questions we ask in clinic when evaluating for depression)**

4. As a parent, what was something you hated doing in the past and now really like doing? (example: I really did not like hiking when I was a little girl — like mother like daughter — now I love it).

**\*click the link for the full article**

[https://www.screenagersmovie.com/tech-talk-tuesdays/my-kids-not-motivated-now-what?ct=t\(N\\_COPY\\_02\)&mc\\_cid=10348bf8ce&mc\\_eid=e21bafb256](https://www.screenagersmovie.com/tech-talk-tuesdays/my-kids-not-motivated-now-what?ct=t(N_COPY_02)&mc_cid=10348bf8ce&mc_eid=e21bafb256)

**Parents: Care for yourself one small way each day**

Find new ways to safely connect with family and friends, get support, and share feelings

Take breaks to relax and unwind through yoga, music, gardening, or new hobbies

Treat yourself to healthy foods and get enough sleep

Take care of your body and get moving to lessen fatigue, anxiety, or sadness

Substance Abuse and Mental Health Services Administration  
Disaster Distress Hotline: call or text 1-800-985-5990

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

**Young Adults: Care for yourself one small way each day**

Find creative ways to safely spend time with friends, like virtual movie parties.

Head outdoors and get moving

Treat yourself to healthy foods and get enough sleep.

Remember you're not alone.

Make time to relax by reading, listening to music, or exploring a new hobby.

Substance Abuse and Mental Health Services Administration  
Disaster Distress Hotline: call or text 1-800-985-5990

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



**Know about something going on?  
Please let us know.**

**We work with families and students to resolve issues. The**

**problems that continue are usually the ones we do not know about yet! Contact us: 250-255-6057, 250-747-2103**

School safety is a shared responsibility that requires cooperation, collaboration and communication.

## **See Something Going Wrong, Take Action!**

You have the power to stand up for what is right and stand up for each other. Someone showing bullying behaviour loses their control if they do not have an audience watching them.

If you see bullying, you can stop it within 10 seconds of getting involved.

You could try:

- Saying something like, “leave him alone,” or “cut it out.”
- Defending the victim
- Directing attention away from the bullying
- Getting support from friends to stand up against bullying
- Reporting the bullying to adults

Do not be a bystander and encourage bullying behaviour by:

- Laughing, cheering or recording it
- Forwarding bullying photos or texts
- Visiting websites that target a specific person
- “Liking” mean comments or photos on social media
- Joining in on the bullying

**For more information check out**

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

## **STILL CONFUSED?**

### **Sign in and Sign out Procedures**

**Only your child please.** At this time, we are not able to have students riding with other families. Students are not to be traveling with others. 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.**

## **Please Remember**



Nuts & Scents  
Free School



## **Upcoming Dates**

February 12 - Grade 9 and  
French Immersion Report Cards

February 15 - BC Family Day ~ no school for students

## **Absent or Away?**

**Let us know.  
Call 250-747-2103, or  
Email [qjs@sd28.bc.ca](mailto:qjs@sd28.bc.ca)**

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