

This Week at QJS January 23, 2021

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

SPORTS AND EVENTS: Basketball Starting!

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

Fridays – TBA



***Special permission signed before playing ~ Player Agreement**

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.

Gr 9 Immunizations Days:

Immunizations are complete. If your child missed their day, please contact the Public Health Office to book an appointment.



In Person Meeting (Cafeteria)

Next PAC Meeting January 25, 6:30 p.m.



We have 10 spaces available.

Please call the school (250-747-2103) to let us know you would like to attend our January meeting.

COVID Safe Protocols:

- Sign in and sanitize at Entry/Exit
- Wear mask (one provided if you do not have your own)
- Stay 2 m away from other adults during the time you are in the school



PE CLASSES: this week learning to take care of themselves.
Knowledge = Safer Decision Making



Topics: The Reproductive System; Puberty; Sex, STIs, Contraception, and Consent



NEW: IN THE PARENT'S CORNER
Information for Parents
Looking for places to go to get
help talking with your child about
sexual health?
Try these websites:

- www.healthunit.com
- www.kidshealth.org
- www.sexualityandu.ca

Employment Opportunity:
Noon Hour Supervisor Position

We are looking for individuals interested in working with students. Casual Noon Hour Supervisors would be available when someone was unable to be at work, 10:45-12:30. A regular position would be daily from 10:45-12:30.



Classroom Action and Updates



Bot Battles in Info Tech

Students programming and competing as demonstrations of learning~ applying learning to action.



Financial Literacy

**~setting goals
~earning money
~working together
~celebrating goals met as money earned is spent as planned**



BAND STUDENTS PERFORMING



During COVID times, we cannot have a traditional concert, so we get creative.



Students performed at the January staff meeting. A much appreciated joyful note.

Once again, strange creatures roam the halls of QJS.

Drama Tech creations are amazing!!



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>

*****Wearing Masks on Busses!**

It is extremely important that your child continue to wear their mask for the duration of the bus ride. We want to be sure everyone is safe.

Students who repeatedly disregard this may be expected to arrange for alternate transportation to and from school.



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 1-800-985-5999

[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.

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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

Jan 28 Semester 1 ends

Jan 29 NI Day- Teachers Learning Day: No students at school

February 1 Semester 2 begins

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

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