

This Week at QJS January 28, 2021

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

A New Semester Begins:

Thursday your Grade 9 child received their Semester 2 schedule. We needed to rebalance some classes due to changes created with student movement in and out of QDL/Home School, and this is the Ministry approved time to make those changes. As a result, there may have been changes to your child's original schedule. All students are expected to attend the classes for the first week before we can look at making any changes. After Friday, February 5, please contact grade 9 counselor, Jennifer Stevenson or Principal, Trish Simpson if there are still concerns.



First Semester 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.

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.



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

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

Students must continue to wear their mask for the duration of the bus ride. Students who repeatedly disregard this may be expected to arrange for alternate transportation to and from school.



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. If you have questions or concerns please contact the coach or Mrs. Simpson 250-255-6057.



ADST FOODS CHALLENGE: Grade 9 students this week



Block A Top 3:

Mystery Ingredients: ground beef, cream cheese, fresh parsley and kiwifruit.

1st: Courtney Kitamura and Melody Perras

2nd: Cassidy Schmode, Violet Campbell & Cassie Knill

3rd: Katie Reimer, Taylor Cameron, and Jada Hamel

Chopped Mystery Box Challenge

This week grade 9 ADST: home economics students participated in the biannual QJS Chopped Challenge. In this design competition students had an hour and a half (split over two days) to use 4 mystery ingredients and whatever else they could find in the classroom pantry to plan and create the best dish they could. All students rose to the occasion and came up with something to present to our judging team! An enormous thank you to our volunteer judges, Mrs. Fisher, Ms. Stevenson, Mrs. Bodman, Ms. Devries, Mrs. Bronsweck and Mrs. Turner, who helped make this event a success!

Block B Top 3:

Mystery Ingredients: potato, celery, egg, and marshmallows.

1st: Jaden Sull, Hannah Kolar & Grace Clapton

2nd: Maya Knauf, Luke Deyaeger, Claire Nicholas and Sophia Lilienweiss

3rd: Leslie Hess & Pierce Masters



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 Fuccenecco – Treasurer
- Nancy Lilienweiss – Secretary



Thanks so much to those who attended the meeting.



NEW: IN THE PARENT'S CORNER

Information for Parents

Staff Non-Instruction Day January 29.

Such a valuable time for staff to be learning together.

Our day had three focus areas.

We began the day reflecting on our work with Indigenous students and families; reflecting in order to improve. Another area of learning was in the area of the impact of stress and trauma on the brain, the body and the impact on learning. Understanding these effects is important in order for us to develop effective strategies to support individuals impacted by stress and trauma.

We also spent a portion of the day working together to share the next steps in our transition from the House system to our new POD system. This change in systems is based in current research on best ways for teaching the Adolescent Learner, and is designed to match the physical structure of the new school building and 21st Century Learning and Teaching. *This could be a topic of discussion at a PAC meeting if parents would like more information.

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.

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**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

Jan 28 Semester 1 ends

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

February 1 Semester 2 begins

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

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