

This Week at QJS March 12, 2021

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



Staff and students at Quesnel Junior School would like to wish everyone a happy Spring Break.

We recognize the challenges present this year, and appreciate the effort everyone is making to adapt and follow all the health and safety expectations, in accordance with the Health Orders, which define our circumstances. We hope the weather stays pleasant and you do things that bring joy to you and your family. Looking forward to having everyone back refreshed and ready for the final third of the 2021 school year, Monday March 29.

PE Classes Celebrated with a Week of Dancing With some special guest dance competitors 😊

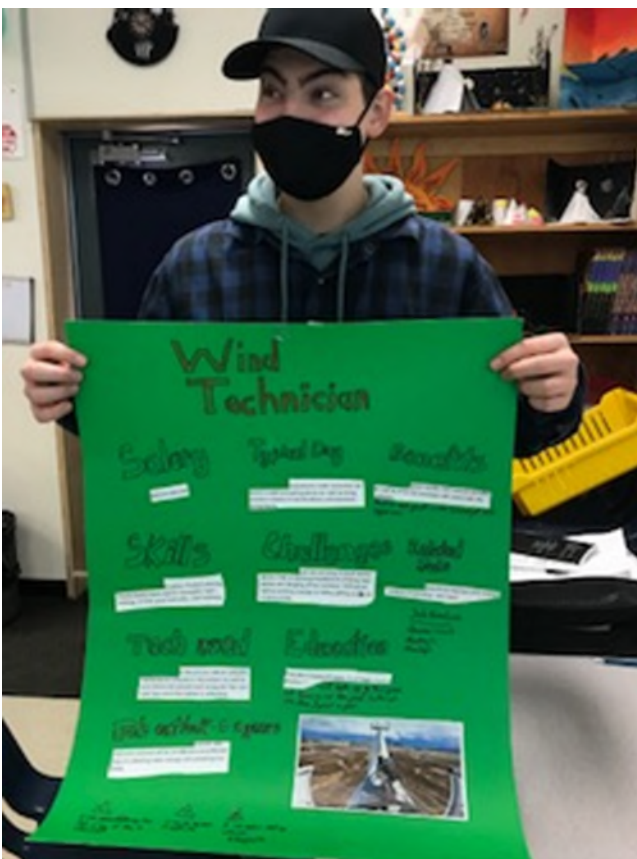


Grade 9 Career Education Class CAREER FAIR

Who knows where our future leaders are; these students have great plans for their future.



A Waffle Van to travel
and enjoy the good things
in life while on the road.



Environmental Jobs ~ the
future is NOW



New Lunch plan- Weekly Time Swap:

***for greater spacing and reduced numbers**

Grade 8 Lunch March 29-April 1

| In Café (eat/visit) | | Outside Time |
|--|------------------------------|------------------------|
| 10:47 - 11:07 20 min PODs 3+4 (separate sections) -order and eat sit and visit | | 20 min PODs 1+2 |
| 11:07 - 11:10 | Transition + Sanitize | |
| 11:10 - 11:30 20 min PODs 1+2 (separate sections) -order and eat sit and visit | | 20 min PODs 3+4 |

11:30 - 11:40 Transition Time – sanitize between grades

Grade 9 Lunch March 29-April 1

| In Café (eat/visit) | | Outside Time |
|--|------------------------------|--|
| 11:40 – 12:00 20 min House 2 - cohorts 3 and 4 (separate sections) -order and eat sit and visit | | 20 min House 1 (cohorts 1 and 2) |
| 12:00-12:03 | Transition + Sanitize | |
| 12:03-12:23 20 min House 1 (cohorts 1 and 2) (separate sections) -order and eat sit and visit | | 20 min House 2 - cohorts 3 and 4 |



NEW: IN THE PARENT'S CORNER

Information for Parents

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

Peterjespersen@sd28.bc.ca

Jenniferstevenson@sd28.bc.ca

SARAH GUEST, SELH TEACHER, SARAHGUEST@SD28.BC.CA

MARCH 4, 2021

Sleep Hygiene

Social Emotional Tips for Wellbeing



Why Sleep Matters...

Sleep researcher Christopher Barnes latest research finds:

Leaders (adults) who practice healthy sleep habits positively influence the people around them. Calm and focussed leaders develop a team (family) with a healthy mindset. Well rested people tend to behave more ethically, empathetically and efficiently.

Sleep Hygiene?

Sleep hygiene is all the buzz...but what it really means is:

Healthy habits throughout the day combined with a healthy bedtime routine can set us up for overall quality of life!

When our body and brain are given enough quality sleep, we are more focussed, memory is improved, we feel a greater sense of calm and are more engaged during waking hours.

Quality sleep means our stress response in the body is less reactive and helps us problem solve whatever the day throws at us.




| Group | Hours |
|-----------|-------|
| Tweens | 10-12 |
| Teenagers | 8-10 |
| Adults | 7-8 |

Reasonable Expectations

These hours are not always going to happen! Try to support as much quality sleep as possible and when a loved one has under-slept they may be irritable and that is okay. Encouragement and compassion go far here.

Daytime Routines to Help Sleep



Light daily physical activity, regular wake up time, talk about or write down worries, daily sunlight exposure, light snack before bed & reduced screen time can all help you sleep better

1 BEDROOM

A comfortable sleep environment is essential: temperature, bedding, darkness & quiet

2 BREATHING

Deep, slow, calming breaths into the bottom of your lungs tells your body and brain that you are safe

3 BEDTIME ROUTINE

Not just for babies! Consistent use of what helps you calm down will help you stay asleep

A Sleep Menu

for restful nights and productive days



Lark or Night Owl?

The circadian rhythm is the natural sleep-wake cycle that repeats every 24 hours. When properly aligned this rhythm promotes consistent and restorative sleep.

But is your circadian rhythm like a lark or owl? Would you prefer to watch the sunrise or count the stars late into the night? We are likely to lean towards one or the other, but since much of our world is set up for Larks, this can make it difficult for Owls. If you want to learn how to adjust to a better morning routine check out this website: <https://cet.org/how-to-adjust-your-chronotype-the-extent-to-which-you-are-an-owl-or-a-lark/>

Music

Soft music sleep sounds or Earth tone resonant sounds are a great way to ground our energy and move our brain into alpha waves (deep calm).

Deep Breathing

Sometimes we take breath for granted. Preparing for sleep is a great opportunity to breathe deeply into the bottom of the lungs (where best oxygen transfer happens). Slow, deep inhale for 4 and even slower exhale for 6, signals relaxation in the brain.

Tense and Release

This type of body scan can be helpful to notice where tension may be in our body and mind. Starting at the head or toes work your way down (or up) with each breath. Inhale and flex your toes, exhale and relax them...inhale and flex your quads...hands...shoulders...face...and release each exhale and all the built-up tension from your day.

The Trifecta: Use all three for those super tough days

Calm the Alarm Centre

The amygdala is a very small but powerful area of the brain. When it senses harm or distress we may go into fight, flight or freeze. When our alarm system is going off its pretty hard to rest. Tapping is one way to quickly and effectively send a calm signal to the brain so our alarm turns off. Check out this free app: *The Tapping Solution* or try a video on YouTube

Stressed? Overwhelmed? Frustrated? Disappointed?

When we simply admit how we feel to a person of trust, in our mind or written down in a journal, it allows the nervous system space to settle. When we are settled, we feel safe; safe enough to

Visualization

Why not take a (mind) vacation? The mind is a powerful tool, so THINK of a favourite place and go there for some well deserved R & R

School Spirit Days:

March 30th Tuesday- Meme Day – school appropriate

March 31st Wednesday- Twin Day

***Home Room with highest participation, over the two days, wins an “Individual Pizza” Party**

**School Build
Starting phase 2 of
the foundation and
steel.**



PAC UPDATE

Next meeting – Wednesday, March 31

Executive.

Melissa Pollock – President

Vacant – Kelly Olsen

Tania Fucceneco – Treasurer

Nancy Lilienweiss – Secretary



PAC: Purdy's Chocolates fundraiser.



QJS PAC Fundraiser

We want to spend money on our students! Please consider ordering some chocolates for Easter.



<https://fundraising.purdys.com/1340310-84375>

Campaign name:

QJS PAC - Spending Money On Our Students



Sales end on March 22, 2021 and
Pick up will be March 31, 2021

Please contact the office with
any questions



<https://fundraising.purdys.com/658058-84375>

We hope as many people can participate at possible as we hope to be able to contribute to support QJS students.

Watch for spring plans upcoming.



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,**

Ms. Withey 250-991-2173,

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:

<http://www.sd28.bc.ca/content/bullying-concerns>

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

**Please Remember
We are nut and scent
free due to serious
Allergies.**

Absent or Away?

Let us know.

Call 250-747-2103, or

Email gjs@sd28.bc.ca

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



Nuts & Scents
Free School



CLOSED CAMPUS

Sign in and Sign out Procedures

Only your child. Parent pickup limited to your own families; 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.

Upcoming Dates

March 15 - 26 Spring Break

April 2-5 Easter Long Weekend

April 14 -Gr 8 Report Cards go home

April 16 -Gr 9 Third Term ends

April 23 –Pro-D Day (no school for students)