

This Week at QJS March 5, 2021

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

It was another busy week here at QJS. Check out some of the highlights below.

Everyone is looking forward to the Spring Break holiday. One week to go😊. We hope everyone is careful to take the necessary precautions to stay safe, according to the Public Health orders, so that all of us can return to school healthy and well for the final term of the 2020-2021 school year.

School Spirit

Some Houses and PODs have ordered hoodies and other spirit items. They look fantastic.



**House 2 Hoodies are
in and look fantastic!**

(POD 1 will have

School Spirit Days:

March 30th Tuesday- Meme Day

March 31st Wednesday- Twin Day

***Home Room with highest
participation wins an "Individual
Pizza" Party**

PAC UPDATE

Next meeting – Wednesday, March 31

Executive.

Melissa Pollock – President

Vacant – Kelly Olsen

Tania Fuccenecco – Treasurer

Nancy Lilienweiss – Secretary



PAC met this week and embarked on a 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.



Nuts & Scents
Free School



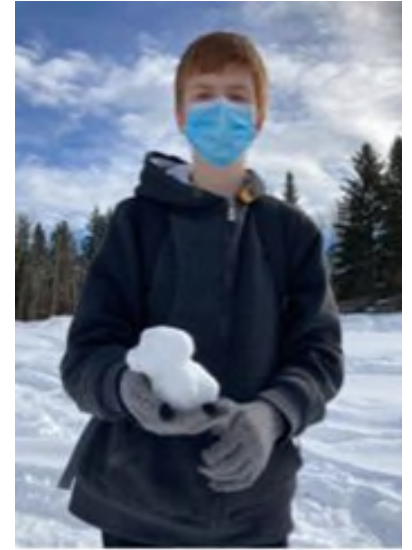
A reminder:

We have several adults and students that have serious allergies to perfumes and scented chemicals. It is very important that these items remain at home. This week, Staff had to go home ill because of perfume sprayed in the building.

Please respect the health needs of our school community.

Lunchtime looked active outside: Snowman Contest (big and little)





NEW: IN THE PARENT'S CORNER Information for Parents

**Sleep is critical for us.
See below ~ Tips for Wellbeing**

****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

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 and be more emotionally in tune.

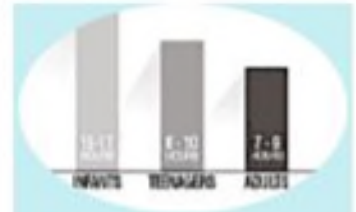
Sleep Hygiene?

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.



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



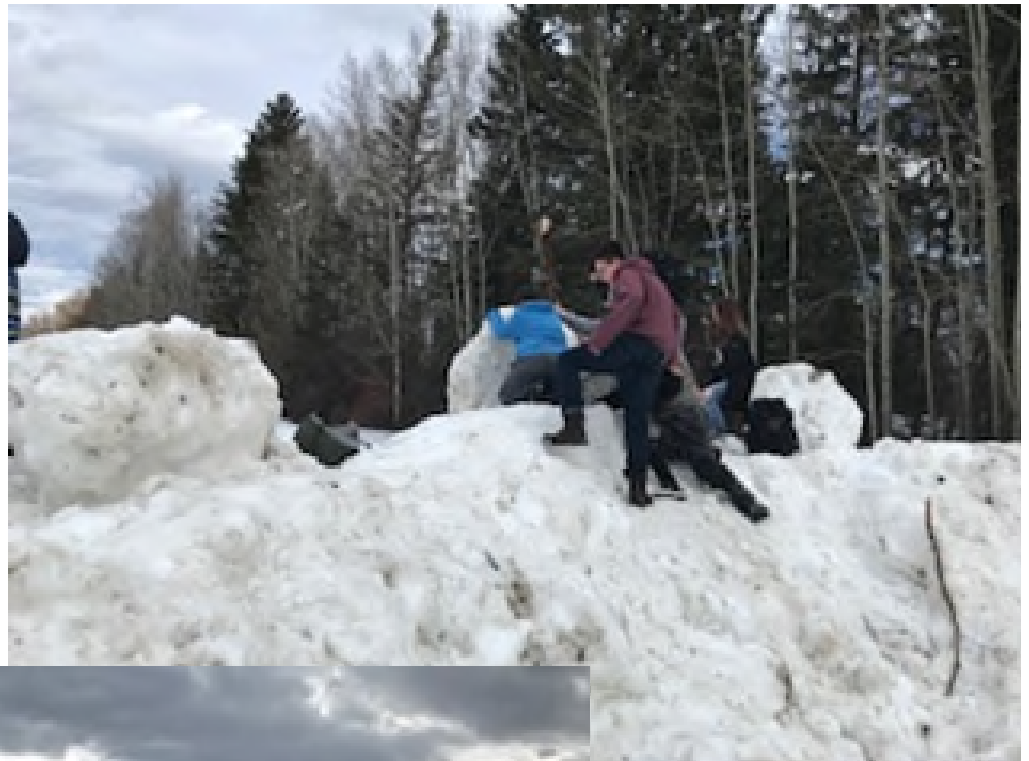
Perfect Snow Days for Snowman Building

~but spring is on its
way.

Spring Break:
Saturday March 13
– Sunday March 28



FROM CASTLE BUILDING



**To Ball Games and
Old-School Jump Rope**

Art and Drama Tech Projects as diverse as our Imagination



Career Education in every course. These students could be developing their career paths while they develop their passion for creating.



**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>

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/>**

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 9 - Correlieu Counselors visit to talk with Gr 9 students about course selections

March 12 –Term 2 ends for Gr 8 students

March 13 - 28 Spring Break

March 31 - PAC Meeting

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)