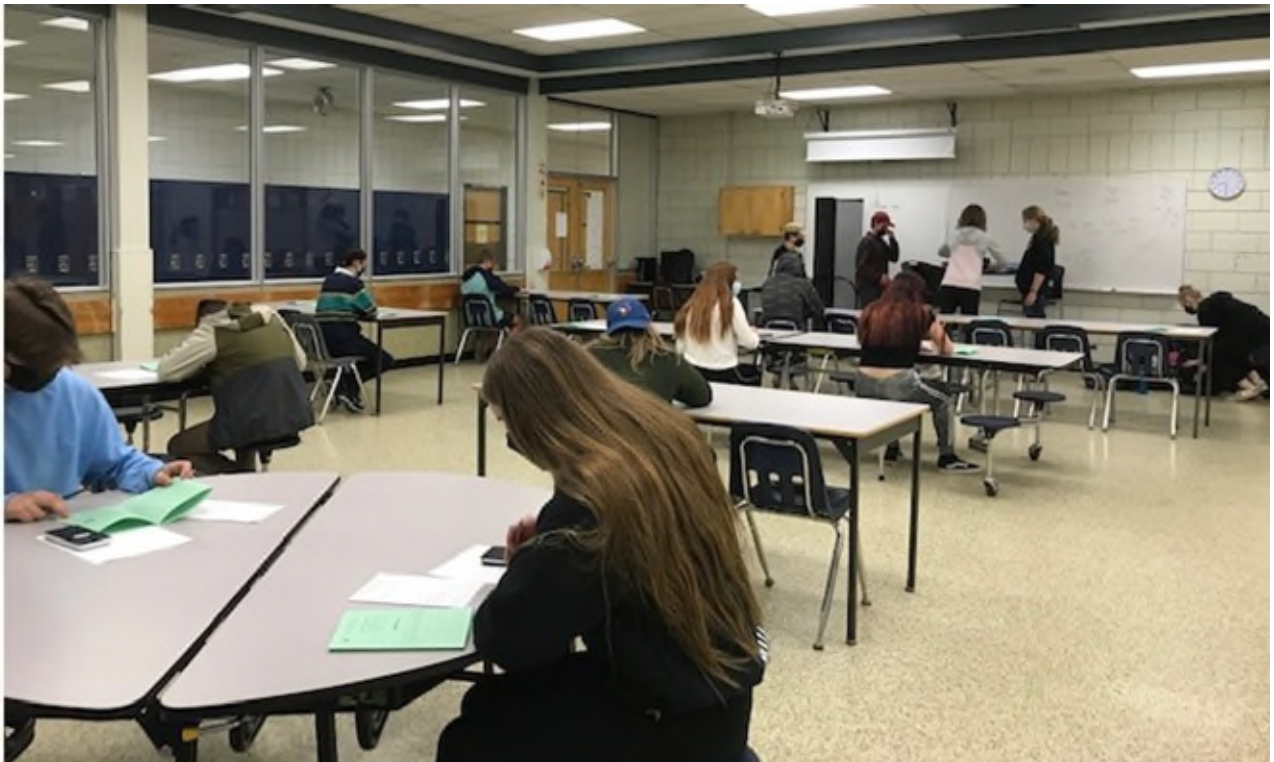


This Week at QJS May 14, 2021

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

Gr 8 Gauss Math Contest 33 Participants

**Congratulations Team, hope you feel proud of the work you do.
On Wednesday, May 12, 33 of our grade eight students met in the
cafeteria to participate in this year's Gauss Math Contest.
Thanks to Ms. Fisher and Ms. Lepetich for supporting,
encouraging and organizing this event.**



English Department Aiming for Excellence
Using Data to Improve Learning
Grade 8 School Wide Write
November 2020 and May 2021

In November, Grade 8s at QJ participated in our first ever School Wide Write. The purpose of the November write was to help us plan for instruction and develop class profiles. Students completed an impromptu write, “The Best Day Ever”. The pieces we assessed showed humour and insight.

This May, students will create a second piece by tackling one of the following topics: A Special Memory; Lessons Learned; A Problem Solved. Grade 8s are going to incorporate interesting narrative leads, include thoughts and feelings and ensure their narratives spark an emotive response in the reader.

Both English teachers and students are looking forward to seeing the growth in writing style and form. Stay Tuned for results!



Nuts & Scents
Free School



For some it is allergy season, if you have seasonal allergies you will be aware of predictable symptoms when you do the Daily Health Check; your child is able to come to school.

Reminder! Just in case you would like to register.



Cariboo, Chilcotin, Coast: **May 18th, 2021 7- 8pm PST**

Registration: https://zoom.us/webinar/register/WN_9uZxN_RQT4S2ULtB2_Woow

WorkBC.ca is facilitating a one-hour interactive webinar to help parents and caregivers support youth as they explore career options. This virtual event is designed for parents of grade 9-12 students wanting to enhance their career coaching skills and gain exposure to WorkBC.ca tools to help with their youth's career path.

Many ways to access the workshop: Facebook, Instagram, Twitter

Facebook:

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Cariboo, Chilcotin, Coast, join us on from 7pm-8pm:

May 18th (https://zoom.us/webinar/register/WN_9uZxN_RQT4S2ULtB2_Woow)

Instagram:

Wondering how to start a career conversation with a young person in your family?

@WorkBC.ca is facilitating a one-hour interactive webinar to help parents and caregivers support youth as they explore career options.

Cariboo, Chilcotin, Coast, join us on from 7pm-8pm - Links in comments

May 18th (<https://bit.ly/3tfjZ01>)

Twitter:

Looking for tools to help your youth discover the career of their dreams and start a career conversation with them? @WorkBC.ca can help!

Cariboo, Chilcotin, Coast, join our webinar from 7-8pm on May 18th (<https://bit.ly/3tfjZ01>)

PAC UPDATE

Next Virtual meeting – Wednesday, May 26

Executive.

Melissa Pollock – President

Kelly Olsen - Vice President

Tania Fuccenecco – Treasurer

Nancy Lilienweiss – Secretary



PAC FUNDRAISER!



Welcome to Q J S P A C

Fundraising with Tru Earth

TWO special offers going on! Woohoo!

FREE shipping for Canada and USA!

Shop here, help to the planet and our school 😊

<https://fundraising.tru.earth/qjsPAC>



Taking a break in the sun, and Eye Spy is the Name of the Game. Memories of good times together.



NEW: IN THE PARENT'S CORNER Information for Parents

6 Reasons to Put Your Phone Away

by @Inner_Drive
www.innerdrive.co.uk

- Lowers Concentration**
Having your phone out while doing homework or revision has been shown to reduce performance by 20%.
- Increases FOMO**
Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.
- Increases Stress and Anxiety**
Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.
- Warps Your View of Reality**
Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.
- Reduces Memory**
Instant messages are distracting, which often leads to forgetfulness.
- Makes You Sleep Worse**
Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.

Many are struggling to keep a positive mindset during these trying times. Youth are particularly vulnerable to dark thoughts and feelings. If your child might feel in need of someone to reach out to in the middle of the night, Foundry BC has many resources for Emotional Support for

Youth. Go on line and download their App Foundry BC
Or to their website <https://foundrybc.ca/>

FOUNDRY'S PROVINCIAL VIRTUAL SERVICES

Young people aged 12-24 and their caregivers can utilize the Foundry BC app to access drop-in or schedule virtual counselling appointments, find peer support, join a group or browse our library of tools and resources.

LEARN MORE

****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



**Custom Hand
Painted Bi-Planes**

**Gift Creations in
Grade 9 Wood
Class**

Upcoming Dates

May 18 – School Lockdown **Drill** (in afternoon)

May 21 - NI Day (no school for students; teachers at work)

May 24 - Victoria Day (May Long Weekend)

June 7 – NI Day (no school for students; teachers at work)

June 23 – Last day for students and support staff



Do you 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

