

This Week at QJS Nov. 19, 2021

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

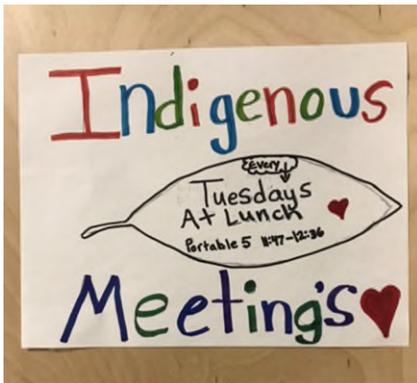


New Staff Member:

Indigenous Education Support Worker (IESW)

We would like to welcome Tanya Joyal to our QJS team. Tanya will join us to provide support for our Indigenous Students. Tanya will work primarily with our Grade 9 students and families, while Karen Green will continue to work primarily with our Grade 8 students and families.

Indigenous Voices and Allies Leadership Group



Special Meeting Wednesday, Nov. 24 E block in Cafeteria

Sign up with Ms. Green, Ms. Joyal, or at the office (so we can order enough pizza).

Your voice matters:

What is working for you?

What is not working?

Who has your back (who can you count on)?



Locker Reminder

Time to bring home gym strip for washing and remove old food and garbage. Things can get stinky quickly ;-)



Cell phone use: Reminder to have a conversation with your child about safe and responsible use of the phone you let them use.

During instructional time phones are to be used for instructional purposes only, and at the discretion of the teachers. Students should

expect to hand in their phone to the teacher if requested. Refusal to comply with this request will become a discipline referral and may result in the creation of a phone plan for school.



***It is NOT the right of the student to have their phone in the class. Significant research indicates an increase in student learning when cell phones are not active during class time.**

Employment Opportunity:

Noon Hour Supervisor Position

Like to spend time with young people? Want to be part of making our school a safe place to be? Interested in joining our QJS Team?

Contact Trish Simpson 250-255-6057, or call QJS 250-747-2103.

CAFETERIA: We do have a vendor but they are looking for staff to run the QJS concession. We think we are close... we all hope it is open for students soon. Thanks to everyone for your patience.

Lunch: Ordering food to be delivered?

NOT at this time. With the amount of illness in our community we are trying to limit the number of outside contacts with students at school. Please send your child with a lunch or they may pick up something to eat (join the lunch program) on the stage.

LUNCH ACTIVITIES:

Mon/Wed/Fri - Gym open

Tues: Indigenous Voice Leadership Group - Port 5

Wed: Rainbow Club - Room 201

Fri: Board and Card Games – Room 306

LUNCH TIME FUN

Staff vs. Students Volleyball Challenge
Who do you think was victorious?



What is going on in classes?

Learning Math can be fun with Fractions Bingo (Gr. 8)



PAC UPDATE:

Next meeting Tuesday, Dec. 7th 7:00

2021-2022 Executive:

Melissa Pollock- President

Kellie Olsen- Vice President

Melissa Gonzales- Secretary

Shawna Mckenzie- Treasurer



To get more information you can visit the QJS Parent Advisory Council
Facebook Page <https://www.facebook.com/QJS-Parent-Advisory-Council-PAC-107601454861758>

Shopping for QJS clothing? Order NOW...

Last of the QJS Spartan wear.

School Apparel: Clothing items for purchase, go www.idealembroidery.ca to the "CUSTOM SHOP" tab

Username: Idealshop

Password: qjs2021



QJS
Hoodie With Left Chest Logo
\$41.00*
Available Sizes - Small to 4XL
*Sizes 2XL and over add \$4.00
See Specs 



QJS
Adjustable Poly-Cotton Mask
\$18.00
Available Sizes - Small, Large and XL
See Specs 



QJS
Brushed Cotton Bucket Hat
\$22.00
See Specs 



Purdy's Chocolate Fundraiser!

Open until Nov 29

-Dec 13 pick-up/delivery.

Link <https://fundraising.purdys.com/658058-87470>

Tru Earth Fundraising Store (QJS)

Shop for Christmas and support our school

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

An amazing B.C. company making a difference environmentally and socially.



About Tru Earth

Tru Earth launched in April of 2019 by three friends in British Columbia Canada who had a vision to reduce the number of plastic laundry jugs that end up in landfills every year. Every year 700,000,000 laundry jugs are unable to be recycled and end up in landfills. To date Tru Earth and our community of Change Makers have helped reduced this by 2 million with our revolutionary laundry strip technology.



Upcoming Events:

November 25 – Lockdown Drill

November 26 – NI Day – NO School for students (*Teachers working and learning on our Indigenous Focus Day*)

December 3 – Term 1 ends

December 16 – Report Cards sent home



NEW: IN THE PARENT'S CORNER Information for Parents

**Here we post some links and information we hope you find helpful.*

“
WHAT I WORRY
ABOUT THE MOST IS
THE YOUNG
PEOPLE WHO SAY,
WHEN I'M FEELING
DEPRESSED OR
STRESSED OR
ANXIOUS, USING
SOCIAL MEDIA
MAKES ME FEEL
WORSE, BUT I DO IT
ANYWAY. I CAN'T
STOP.”

VICKY RIDEOUT, RESEARCHER

SCREEN AGERS **NEXT CHAPTER**

UNCOVERING
SKILLS FOR STRESS
RESILIENCE

The Talk to Have About Instagram At Home Right Now



It has been an unbelievable week with Facebook and its other companies going down not once, but twice, and witnessing the former Facebook employee, Frances Haugen — the whistleblower who released key documents — testify for three hours in front of a Senate hearing. Haugen was so freaking eloquent and on point. I am so happy to have her bright mind, along with that of Tristan Harris, both working to promote policy changes.

This week I [was asked to speak on CNN](#) about how Instagram can impact youth mental health. I was glad to voice my concern, and it has been great to see so many others speaking out. I want to encourage everyone to be vocal right now. Our voices matter.

Let me give an example from the past.

In 2016 FB (and Instagram) asked me to come to their headquarters and show [Screenagers](#) to their adolescent division. I spoke about negative emotions that were happening to young people related to social media and my concerns about excessive use and addiction. Our conversation was very much a back and forth, and they were open to discussing the benefits and risks of their platforms on adolescents.

Around that same time, Facebook was talking about developing a Facebook-type product for youth younger than 13. Fortunately, there was pushback from the public, and this never came to fruition.

Now we have learned that they have been thinking of doing the same thing for Instagram — making an Instagram version for kids younger than 13. But the public outcry worked, as they have halted efforts for now.

Our voices matter. [Helping our kids become more knowledgeable](#) about the issues transpiring about these companies and platforms can help them become more vocal about these concerns, whether that's now or sometime later in their lives. Read [more in today's blog](#).

Questions to get the conversation started:

- 1. See if you can start today's discussion by sharing a recent time you had a negative feeling related to social media. And did you stay on it, or were you able to stop?**
- 2. Now how would your child or students answer that same question?**

Students teaming up with BC Lions to end racism in schools

Students and staff are invited to team up with the Ministry of Education and the BC Lions Football Club to celebrate diversity and be part of the solution to end racism in schools.

"Schools must be safe and welcoming places for all students, families and staff," said Jennifer Whiteside, Minister of Education. "We are pleased to partner with the BC Lions and welcome another resource in schools to stamp out racism, and to be active participants in the global efforts to end systemic racism." ...

The Ministry of Education is contributing \$115,000 this year and has confirmed a partnership with the BC Lions for the next three years, on a series of anti-racism workshops in BC schools.

[Students teaming up with BC Lions to end racism in schools | BC Gov News](#)

~Check out the above link for the full article.



Nuts & Scents
Free School



Let us help your child resolve the problem. 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,
Mr. Loewen 250-991-9681,
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:

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

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