



Quigley Elementary Quasars

April 2018



Balding for Dollars

One of our students, Evalyn, has volunteered to have her hair shaved in an attempt to raise funds for cancer survivors and research. Evalyn will be getting her beautiful long hair cut on Saturday, April 7th at Bernie Ryan's "Bands, BBQ, Beer and Balding 2018" event at the Laurel Packing House. Evalyn's older sister is a cancer survivor, so Evalyn has seen first-hand how this terrible disease impacts individuals and their families. Evalyn and her sister are trying to raise \$500.00. If you would like to support Evalyn in this endeavor, please visit

<https://secure.bcchf.ca/SuperheroPages/main.cfm?Event=BFD&Member=48410&PH=3> .

Book Fair at QGE

The library will be changing shape from Wednesday, April 10 until Friday, April 13 from 8:00 am – 3:30 pm as the Scholastic Book Fair returns to our school. Parents and students will be able to drop by the library to purchase new books. A significant portion of all sales is credited back to the school library so we can purchase new books – a win-win situation. Thanks to Mrs. Stuart and Mrs. Levinson for sponsoring this event.

Battle of the Books

Mrs. Stuart will be traveling with our Battle of the Books teams to AS Matheson Elementary on April 19th. Students in grades 3 – 5 have been reading nine different novels over the past few months in preparation for the battle. Grade level teams will do battle over trivia questions concerning each novel. It is a great academic event and students always have a lot of fun. Good luck to our Quigley Warriors!

Staying Active at QGE

There is always something active going on at QGE. With the snow finally off of the fields and NHL play-offs starting soon, our running team has started for grade 3-5 students, our rugby team has started for grade 5 students, and our annual intramural floor hockey tournament will be kicking off shortly. Track and field begins in May for all intermediate students.

Early Learning for Families Night

Please help us!!! We are looking for as many three and four year olds in the Quigley area as we can find! Parents are invited to bring their toddler to our Early Learning for Families (ELF) night on Thursday, April 26 from 4:30 – 5:15 pm in the QGE gymnasium. We will have interactive stations for parents to play with their toddlers and explore areas of social-emotional regulation, early literacy and early numeracy. Each participating toddler gets to go home with a 'goodie' bag filled with books and tools to help further school

readiness. Best of all – it is free! Please encourage your neighbors and friends to attend with their three or four year old. Contact the school to register: 250-870-5134 or QGE@sd23.bc.ca .

Internet and Social Media Safety / Digital Literacy Workshops for Parents

The White Hatter Team will be presenting in Kelowna on the subject, INTERNET AND SOCIAL MEDIA SAFETY / DIGITAL LITERACY. Education is the first step in keeping our kids safer in this technology driven world. It is not uncommon that children know more about the workings of the internet and social networking than parents do. This presentation is designed to educate all parents, including those with minimal understanding about computers and digital devices. Knowledge and the understanding and application of that knowledge is power. Parents are the foundation when it comes to youth online interactions. This session will offer insight into the world of social media along with providing valuable tools to help navigate this topic area.

Quigley is very fortunate to be hosting Darren Laur (aka, The White Hatter) on April 25th for our grade 4 and 5 students (www.personalprotectionsystems.ca). Darren will also be presenting in the evening at the Quigley gymnasium for parents from all across our school district. Darren is a retired Staff Sergeant with the Victoria Police Department who assumes a persona of sorts for his presentations. The result is a memorable experience for students and parents. Please try to make it on the 25th. Register for the evening at [Internet and Social Media Safety Workshop](#) . Thank you to the Central Okanagan Parent Advisory Council for sponsoring the cost of these events. In addition, COPAC has graciously offered to support childminding for parents/guardians in attendance.

Spring Valley Middle School Articulation Process

The majority of QGE grade 5 students will be moving on to Spring Valley Middle School (SMS) at the end of June. SMS does an excellent job of preparing both students and parents for the transition to Middle School. The process will begin on April 23rd from 5:00 - 6:00 pm with SMS inviting all grade 5 to 6 parents to a welcome and orientation event. The orientation will be followed by a PAC information meeting. THE SMS PAC has deliberately held off on elections until May so that any new parents can join the executive, if they are so inclined.

SafeTalk Workshop for Parents

The Canadian Mental Health Association, Kelowna, is offering **free** SafeTALK suicide alertness workshops to parents/caregivers in our community. SafeTALK is a 3 hour training to become alert to when someone may be thinking about suicide, how to talk about it, and how to connect to local intervention resources. This is a simple but effective course where you will learn the TALK steps: Tell, Ask, Listen, and KeepSafe. This course usually costs \$50/participant but three dates are being provided for free thanks to a grant from the Child and Youth Mental Health and Substance Use Local Action Team. Attendance for the full 3 hours is requested. Registration is required and space is limited in each course. Please contact aaryn.secker@cmha.bc.ca if you need to cancel your registration at any time or if you have questions about the course.

- Thursday, May 3, 5:30-8:30pm at Mar Jok: <http://cmhakilowna.com/safetalk-mar-jok/>
- Wednesday, May 16, 5:30-8:30pm at Hollywood Road: <http://cmhakilowna.com/safetalk-hollywood-road/>

Mt. Boucherie Football Camp

The Football class at Mt. Boucherie Secondary are sponsoring a youth football camp on May 26th for children aged 7 – 13. No prior football experience is needed. Mt. Boucherie students will be working side

by side with community and high school football coaches, Okanagan Sun coaches and university players. The camp costs \$50.00 and players can register by contacting Jason.Hudson@sd23.bc.ca.

Staffing Update

We wanted to welcome Ms. Meghan Stephen back to Quigley. She will be taking over and co-teaching with Ms. Buehner for the remainder of the school year. We also want to welcome two new CEAs to our school community: Ms. Jessika Dubie and Mrs. Shelly Jones.

PAC Meeting

Our next scheduled PAC meeting is on Tuesday, April 10th at 6:30 pm. Don't forget about our PAC Spring Craft Fair on Saturday, April 14th from 10:00 am – 3:00 pm. There are over 50 vendors participating with lots of great crafts and garden treats. This is a great fund raiser for our PAC...and lots of fun!

Together we can create exceptional learning environments for our students.

Des Sjoquist
Principal

Important Dates

April 10 PAC Meeting @ 6:30 pm
April 12 SMS Admin visit with grade 5 students at QGE 9:30 am
April 14 PAC Spring Craft Fair from 10:00 am – 3:00 pm
April 19 Battle of the Books at AS Matheson Elementary 9:30 am – 12:00 noon
April 23 Spring Valley Middle School Grade 5 to 6 Parent Orientation Meeting 5:00 – 6:00 pm at SVM
April 25 Social Media Safety for Intermediate students 12:10 pm Library
April 25 Social Media Safety for Parents 6:30 pm Quigley Gym
April 26 Early Learning For Families @4:30 pm Quigley Library
May 3 Class Photos



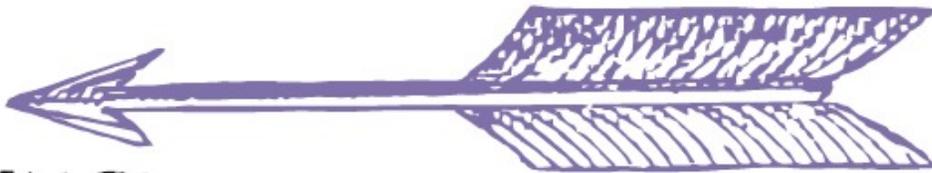
you are invited to a

Spring CRAFT FAIR

at Quigley Elementary School

10am to 3pm

APRIL 14th



705 Kitch Rd

a Quigley PAC Fundraiser

quigleycraftfair@gmail.com



HEALTH PROMOTING SCHOOLS NEWSLETTER

MARCH 2018

Information for Parents



First Nations Parents Club

[The First Nations Parents Club](#) resource acknowledges the key role that parents play in the educational success of their children. It also supports the encouragement of First Nations ways of knowing and First Nations languages, culture, history, experiences, values and beliefs into the classroom and school environment. The purpose of this resource is to provide an overview of educational terminology, the roles of various professionals who work within school communities and the rights of parents in the education system in order to support First Nations parents in taking an active role in their children's education. While the resource uses the term "parents" for convenience and simplicity, the information included in the resource is applicable to grandparents, family members, Elders, guardians, caregivers and all other adults who contribute to the lives of First Nations Children. The First Nations Parents Club resource was created by the [First Nations Education Steering Committee \(FNEESC\)](#), and the [First Nations Schools Association \(FNSA\)](#).

Stress and Children

Even very young children experience stress, and it is important for parents to recognize and help children learn to deal effectively with it. When we help children take control of their stress, they begin to build coping skills that will last a lifetime. It starts with basics: helping children feel connected, providing a stable and happy home environment, modeling effective stress management, and comforting children when they are overloaded with stress. For more information about the impact of stress on children and simple tools and strategies you can use to help children handle stress effectively, see the [Parenting for Life tip sheets](#) available in 8 different languages. Additional resources on subjects from sleep to screen time can be found in the [Every Mind Matters Handouts](#), [Parenting for Life Booklets](#) and online at [The Psychology Foundation of Canada](#) .

Foundry

[Foundry centres](#) like the one in Kelowna, provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports. They provide safe, non-judgmental care, information and resources, and work to

reach young people earlier – before health challenges become problematic. Foundry centres bring health and social services together in a single place to make it easier for young people to find the care, connection and support they need. The foundrybc.ca website, supported by The BC Children’s Hospital, contains the following great resources for parents and teachers throughout BC:

[Get Support](#)

[Mental Health and Substance Use - Information and Tools](#)

[Supporting Others](#)

Nutrition Month

Nutrition Month 2018 is dedicated to helping Canadians unlock the potential of food. Check out the [Nutrition Month 2018 website](#) for more information and resources such as factsheets, recipes, etc., that can be used to promote Nutrition Month with parents, teachers and students.

Smoking and Video Games

Smoking imagery is not confined to just films. To learn more visit: truthinitiative.org

VIDEO: How the vaping craze is putting the health of our teens at risk

Interior Health’s own Cheryl Sidenberg sits down with *Kelowna Now* to discuss current vaping issues that are trending with our youth in the Interior. Watch this 16 minute recording [here](#)

First to 5% by 2035

Actions recommended to end tobacco-related deaths in BC and achieve the lowest smoking rate in Canada requires connecting with today’s biggest group of new tobacco users, 15 to 24-year olds. For more information see: cleanaircoalitionbc.com

Break It Off Contest

Test your knowledge on the reasons to break up with smoking for a chance to win 1 in 5 \$1000 Flight Centre gift cards! Hurry, contest ends March 9th. breakitoff.ca

For previous newsletters: [Health Promoting Schools Newsletters](#)

Or contact:

Valerie Pitman

RN BN BScPsych

Regional Knowledge Coordinator for Healthy Schools

Maternal, Child and Youth Health - Population Health

Interior Health, Trail, B.C.

email: valerie.pitman@interiorhealth.ca **phone:** 250-364-6221 www.interiorhealth.ca



Fire Safety House Visit

Dear Parent or Guardian,

Soon your son or daughter will be visited by the Kelowna Fire Department's "Fire Safety House". We hope they enjoy the visit as much as our Firefighters do. This visit was arranged through your school and all students in Kelowna in grades K-3 receive the program. We are providing the following information to inform you what will be discussed and what should be followed up with your child for their safety and yours.

Please review these fire safety practices with your child:

All residences whether owned or rented shall be equipped with a **Smoke Alarm** – it's the law in the Province of B.C.!

All residences that have wood stoves or fireplaces or have gas fueled appliances require a **Carbon Monoxide Alarm**.

All smoke alarms should be tested on the first day of every month.

All batteries should be replaced in smoke alarms when you change your clocks.

Children should sleep with their bedroom doors closed to keep heat and smoke free from their bedroom in case of fire.

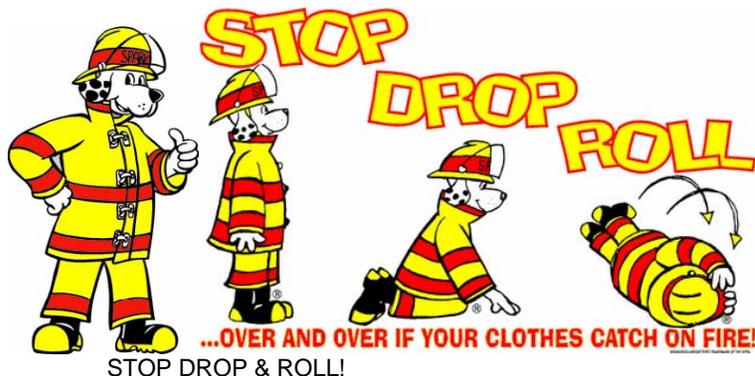
Once you leave the residence in case of fire, never return back inside for any reason.

Have an Escape Plan and practice it regularly!

Have a pre-arranged meeting place outside in case of fire - such as in the front yard, a large tree away from the house, etc.

In case of an emergency, call 911 for Police/ Fire/ Ambulance.

In the event of clothing catching on fire:



It has been a pleasure working with your child for the safety of your family.

If you have any questions or concerns, please feel free to contact Fire & Life Safety Educator Rick Euper at 250-469-8788 reuper@kelowna.ca or for more information visit our website at www.kelowna.ca under Residents, Emergency Services.

