



# Barlow Creek Newsletter

Ms. N. Danuser, Principal

February 16, 2024

Ms. D.Telford, Secretary

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## PRINCIPAL'S MESSAGE

Dahooja Barlow Creek Families!

This month we have been focusing on Trustworthiness and being honest and reliable. Our character trait for March is Sportsmanship, playing fair and with respect whether you win or lose. Please talk to your children about these important character traits.

In recent months there have been news stories about children sharing intimate images online and being extorted for money. In two cases the children took their own lives. The BC Government has made new laws and there is support for people dealing with intimate images being shared online. Please talk to your children as appropriate about being safe online and if they do share intimate images there is support for them. <https://takebackyourimages.gov.bc.ca> is the website for support.

Sunachailya to all the parents for supporting our skating trips, spaghetti bridges and fundraisers. We appreciate your time and support.

Take time this weekend to enjoy your families!

Sunachailya,

Ms. Nancy Danuser, Principal

## UPCOMING DATES:

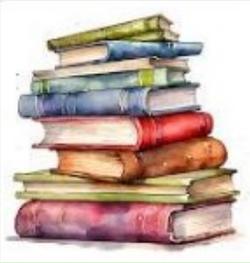
Family Day—No School	Feb 19
School Spirit Day—hat day	Feb 21
School Closure - BC Winter Games	Feb 22 & Feb 23
Spirit of Healthy Kids—last day	Feb 25
Spirit of Healthy Kids—due back	Feb 26
Hot Chocolate Pre-sale	Feb 26 & 27
Hot Chocolate Delivery	Feb 28
Pink Shirt Day & Morning assembly 9:15am	Feb 28
Hot Lunch-Hot Dogs	Mar 1
School Spirit Day—crazy hair	Mar 5
Troll Skiing Days	Mar 11 & Mar 14
Learning updates go home	Mar 14
PAC Sock Hop	Mar 12
Hot Lunch-Panago	Mar 15
School Spirit Day—green day	Mar 15
<b>SPRING BREAK</b>	Mar 18 to April 1
First day back to school	April 2

## ***Dressing for the Weather***

We would like to remind ALL students to dress for the weather! Unless it is extremely cold (-15C) we will be outside for lunch and recess. Wear layers, along with proper attire - such as, a **warm jacket, snow pants, mittens/gloves, toque and boots!**

**Even on colder days we may still head outside because temperatures can change!**

## Fostering Literacy—Volunteers Needed



Quesnel Literacy is looking for volunteers to start their Fostering Literacy Program at Barlow Creek Elementary. Fostering Literacy provides emerging leaders with a volunteer for reading practice twice a week after school. They need one more volunteer to start the program but would love to have 4 more volunteers to support more students. Volunteers need to be available for 45 minutes two days a week. If you or someone you know is interested please contact Lacey Kvist at Quesnel Literacy – [lacey.kvist@literacyquesnel.ca](mailto:lacey.kvist@literacyquesnel.ca) or call **778-414-9119** or **250-267-4950**.

## February is Black History Month

The theme for 2024 is Black Excellence: A Heritage to Celebrate; a Future to Build. This theme celebrates the rich past and present contributions and accomplishments of Black People in Canada, while aspiring to embrace new opportunities for the future.

## February 2024 -

**erase** | EXPECT RESPECT &  
A SAFE EDUCATION  
erase Student and Parent Sessions 2022/23

## ERASE Parent Sessions on Youth Substance Use

The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Key Takeaways for Participants:

- Learn why children/teenagers are drawn to substances.
- Understand what causes and maintains substance use disorder and needs.
- Increase your child's ability to make positive choices about substances.
- Acquire practical conversation tools for discussing substances in the home

Session dates include: (all sessions are the same)

February 20, 6:00 – 7:30 pm PST - [Click here to Register](#)

February 22, 6:00 – 7:30 pm PST - [Click here to Register](#)

February 28, 6:00 – 7:30 pm PST - [Click here to Register](#)

## WINTER CLOTHING DONATIONS

**If any household that has spare / outgrown winter coats, we would gladly accept them for kids to borrow.**

### IMPORTANT:

**We are still looking for a spare Noon Hour Student Supervisor.**

**Please come to the office with a resume.**

### FOUND

A GT snow racer was found on the school grounds on the weekend of Jan 20-21. Please identify to claim in the office.



### BUS SAFETY



- 1. Sit facing front with your bottom right back**
- 2. Stay in your seat, use quiet voice and keep hands to ourselves**
- 3. Remain seated until the door opens**
- 4. Let people in front of you go first**

## PRINCE GEORGE COUGARS



***Cougars Fight Cancer: February 19<sup>th</sup> 2024 @ 3PM VS The Seattle Thunderbirds!***

Another afternoon game taking place on Family Day, our generous donors from across Northern BC provide tickets for those affected by cancer to attend the game for free! The PG Cougars will be highlighting the incredible, world-leading work being done by the Cancer Center of the North and the people leading that charge. The team will be wearing specialty pink jerseys for the game, as well as featuring a Mega 50/50 with a guaranteed jackpot of \$60,000. All proceeds from the 50/50 as well as the pink jersey auctions will be benefitting the BC Cancer Foundation.



## Student Walking Safety

**As we head into winter with shorter daylight hours, we wanted to share some tips for students walking to bus stops and schools.**

- \* Be visible - Students should have some form of clothing, backpack or other item that is reflective, or some form of light to shine as they walk.
- \* Walk on sidewalks or paths - It is always best to walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
- \* Eyes up, phones down - be attentive while walking to avoid tripping and watch for traffic.

**We also ask that all drivers SLOWDOWN while driving in school zones and bus stops and watch for students during your morning and afternoon commute.**



## Hot Chocolate Fundraiser!!

Pre-sales on February 26th & 27th  
Delivery on February 28th



## Backpack Buddies

Backpacks are going home today, **Friday, February 16**. Next week backpacks will go home on **Wednesday, February 21**. During Spring Break if you have a backpack you can take it to the **Quesnel Tillicum Friendship Society at 319 N. Fraser Drive** and exchange it for a full backpack. I will send another reminder. Thank you to all the families who signed up to help us take the extra backpacks. We get 10 backpacks a week and it really saves us wasting the food.

**Please remember to return your backpacks !!**

## PAC News

Thanks to everyone who supported our West Coast Seed fundraiser! The seed orders will be arriving in the next week or two.

PAC will be hosting a Sock Hop at lunch on **Tuesday, March 12**. Students are asked to **bring a non-perishable food item** if they can. There will be prizes and fun for all.



## SUPPORT AVAILABLE



Intimate images Support available for those dealing with intimate images posted online <https://takebackyourimages.gov.bc.ca/> (cases of sextortion and protecting children with changing laws).

### Support for Families

We realize that with the rising inflation many families may be struggling financially. The Ministry of Education and Child Care has provided School Districts with extra Family Affordability Funds to help families who may need a little extra help. Please contact the school if you need any support.

### School Communications

Most communication, such as bus information, newsletters, etc., will be emailed from the school. You can also check our school website, barlowcreek.sd28.bc.ca or the school district website, www.sd28.bc.ca. Our website is linked to the school district website so up to date school district information is on the Barlow school website as well.

### Healthy Practices

Throughout cold and flu season we have been experiencing increased student and staff absences. We wanted to remind everyone to stay home when sick as this stops the spread of illness. Students, visitors and staff should stay home if they have symptoms of illness such as: fever or chills, difficulty breathing, diarrhea, runny nose, headache, sore throat, sneezing, body aches, loss of sense of smell or taste, loss of appetite, extreme fatigue or tiredness, vomiting, severe uncontrolled coughing or

### UTENSILS:

Please remember to send the required utensils for your children's lunches.

Be sure to send **WATER BOTTLES** and **SPOONS**.

Thanks in advance.

### Raising Digitally Responsible Youth – A Parent's Guide

Parenting is hard, and the rapid rise of technology and social media use in the lives of their kids makes it harder. To help, Safer Schools Together is sharing access to their parent's guide for raising digitally responsible youth. The guide was designed to help introduce Parents and Caregivers to leading social media platforms, video games, and relevant trends that are either being used already or have the potential to be used by their children. This guide is full of tips, how-to's and definitions for the most widely used apps – including TikTok, Snapchat, Instagram and more. Click on the link below to get your free copy.  
<https://resources.saferchoolstogether.com/link/352883/>

## Dakelh Language and Culture

Practice some Dakelh with your children.

**Lhtakalti** – Seven

**Lhk'ut – dinkih** – Eight

**Lhuk'i hooloh** - Nine

**Lanezyi** – Ten

We are looking forward to having Arlene Horutko visit us **March 12 to 14** to build our Dakelh/Southern Carrier language skills to add to our class animal books we are going to be making in April.

Clayton Gauthier, a local Cree/Dakelh artist will be visiting each class on **April 9** to help us create class animal books with Indigenous art and Dakelh Language.



# STUDENT LEARNING SURVEYS

All parents of grade 4, 7, 10, and 12 are asked to complete the survey each year. Here is the link for the survey:

[http://www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm)

There is no logon code required. Parents scroll to the parent section and enter our school district #28 Quesnel and the survey will begin.

It takes about 30 minutes to complete the survey and you have until May 3, 2024 to complete it.

## Trades in Schools

Sunachailya to all the parents who supported the intermediate students Spaghetti Bridge Building with Lisa Scott! The primary classes had visits with Lisa to do string art and hedgehogs! Sunachailya to Lisa for getting our students working with tools and thinking like engineers.



Come try the sport of Wheelchair basketball with the fun coaches at Northern Adapted Sports Association & BC Wheelchair Basketball. All ages and abilities welcome, no experience necessary. All Equipment will be provided.

**Tuesday 20th  
February  
7:15-8:30**

Wheelchair basketball is a universally inclusive sport available to all. We offer regular programming across Northern BC and are always looking for participants and volunteers. email for details [programs@northernadaptedsports.ca](mailto:programs@northernadaptedsports.ca)

- > Cost: Free to try
  - > Quesnel Junior school
  - > ENGAGE SPORT NORTH
- BC wheelchair basketball

# Spirit of Healthy Kids

**Start Date: Monday, February 12th**

**End Date: Sunday, February 25th—due back Feb 26th**



**Dear Parent:**



Our school is participating in the Prince George Cougars Spirit of Healthy Kids School program!

Our class watched a video of the Prince George Cougars speak about the importance of education, philanthropy, physical health, and mental wellbeing.

To participate, each student is required to complete the student activity tracking log for two weeks and have it initialed by a parent to contribute to the total school tally. Please see the example tracking sheet on the back of this page, then pull off the blank tracking sheet for you to fill out with your child and send back to the school when complete.

A full school tally, for a two-week period, based on each child doing:

- 15 minutes of reading
- 30 minutes of physical activity, making healthy choices, and acts of kindness or giving

will qualify our school to win one of five \$1,000 cash prizes and a grand prize of a \$5,000!

Please partner with the Prince George Cougars, Spirit of the North Healthcare Foundation and Northern Health in encouraging our students to regularly dedicate time to being the best they can be.

Thank you for supporting your child in this challenge and ensure the completed tally is signed and returned to the school two weeks from today!

*P.S. If you'd like more information, [health resources for parents](#), or to see the short video the students watched, please go to [PG Cougars "Spirit of Healthy Kids School" Program](#)*



BARLOW CREEK ELEMENTARY SCHOOL

Sidewalk

**BUS LANE**

Student Drop Off

Student Drop Off

SLOW

**NO STOPPING**

SLOW

**5 km/h**

**5 km/h**

**STAFF PARKING ONLY**

**STUDENT DROP OFF**

**EXIT**

**ENTRANCE**

Highway

Lawn

Highway



**Sign up via:**

<https://docs.google.com/forms/d/e/1FAIpQLSfARSOZG77awvFOKf2I4PK1CmgDXSvTE7j9VrRgj-PHlk2wdw/viewform?s=03>



THE UNIVERSITY OF BRITISH COLUMBIA  
Faculty of Education  
Department of Curriculum & Pedagogy



For Curious and Inquiring Minds .....



Photo credits left and right: Paul Joseph|UBC Brand and Marketing

## Virtual Family Math Fair

**Saturday Feb 24, 2024, 10:00am - 11:30am PT**

Virtual through Zoom with  
UBC Faculty of Education Graduate Students and Teacher Candidates



Photo credits above: Janice Novakowski

**Sat Feb 24, 2024**  
**10:00am-11:30am PT**



**Hands-on Minds-on**  
**Math Activities for all Ages!**

All Welcome: Families, Teachers, Parents  
**Event FREE! | Registration Required**

For more info and to register:

<http://tinyurl.com/UBCFamilyMathFair2024>

Hoofbeats & Heartbeats  
4-H Club



CANADA  
4-H British Columbia

## Hoofbeats & Heartbeats 4-H Club

Members Wanted

**Sign-Up  
NOW**

This 4-H club is a positive youth development program for  
youth ages **6-21 years of age**.

**No Horse  
Needed**

Club members will have an opportunity to:

- learn to do by doing
- experience feeding, husbandry, handling, riding, driving, and exhibiting horses in any discipline
- practice public speaking, demonstrations, educational displays, and judging
- engage in conversations and activities about healthy living, self-love, education, life skills, and responsibility
- earn high-school credits through their club work
- apply for scholarships, exchange programs, and internships
- attend horse clinics, trail rides, lessons, camps, and so much more



**No horse? No problem**, Unit A of the 4-H Horse Project does not require you to have a horse.



For more information contact:  
Tawnie Fehr, 4-H Club Leader  
[info@fehranch.com](mailto:info@fehranch.com)  
Erin Kishkan, 4-H Key Leader  
[kishkan@quesnelbc.com](mailto:kishkan@quesnelbc.com)

☆ **Horsemanship, Leadership, Citizenship, and Friendship** ☆

# I SPY THE ALPHABET

## LET'S GO ON A LETTER HUNT IN OUR COMMUNITY!

From March 1 through April 2, visit various businesses in Downtown Quesnel (14 letters), West Quesnel (6 letters), and South Quesnel (6 letters) to find upper- and lower-case wooden letters. Scan the QR code and enter your child's name, phone number, age and a selfie with the letter(s) you find.

**Have fun!**

**Aa**

**Bb**

**Cc**

First and second place prizes for the following ages:

0-4 years old

5-8 years old

9-12 years old

12+ years old

**Enter to Win**





# QUESNEL LIVE ARTS

Presents



# DIYET

## & THE LOVE SOLDIERS

Tuesday, March 12, 2024 - 7:30 pm

BETHEL CHURCH - 143 Coach Rd, Quesnel

Connected by land, transformed by language,  
her songs are natural, genuine, and a  
reminder to listen to the world around us.

Vulnerable, true to life songs. "Vancouver Sun"

[www.diyetmusic.com](http://www.diyetmusic.com)

*This is not a Bethel  
Church presentation*

**TICKETS \$25 (Adults). \$20 (Seniors & Students).**  
AVAILABLE at: Save On Foods, Homesteader Health



Or Purchase Tickets Online at [qla.tickit.ca](http://qla.tickit.ca)

Online ticket purchasing help:  
COLLEEN 250-747-2207  
DEANNA 250-991-0985.



[www.qla.ca](http://www.qla.ca)

www.qla.ca/2024/03/12/