



Barlow Creek Newsletter

Ms. N. Danuser, Principal

June 14, 2024

Ms. D. Telford, Secretary

816 Barkerville Highway, Quesnel BC V2J 6S6

Phone: (250) 992-5134 □ FAX: (250) 992-3146

PRINCIPAL'S MESSAGE

Dahooja Barlow Creek Families!

We have arrived at the end of another school year! Thank you to all the students, staff and families who have made my first year at Barlow so wonderful. I have enjoyed learning and growing with your children. Next year I will be the Principal of Wells/Barkerville Elementary School as well as Barlow Creek.

This month we have been focusing Respect – behaving with courtesy toward others, treating others the way we want to be treated as well as respecting differences, being polite, listening and understanding other points of view. June is Indigenous Peoples' History and Pride Month. A wonderful reminder that every child matters and deserves to be treated equally.

We have several events to wrap up the school year and we look forward to seeing families.

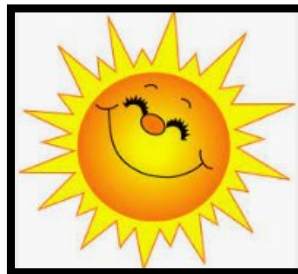
Sunachandindli to Barlow Creek Elementary PAC for your support and generosity to ensure we can enjoy so many out of school learning experiences! You rock!

Sunachandindli to all of the volunteers who have participated in school events throughout the year. We appreciate your time and kindness.

And CONGRATULATIONS to our Grade 7 Grads. Wishing you all the best!

Sunachailya,

Ms. Nancy Danuser, Principal



Dressing for the Weather

Reminder to send a change of clothes in backpacks. Please send weather appropriate clothing with your children. The weather changes quickly in the Cariboo.

UPCOMING DATES:

Library Books Due	Jun 17
School Spirit Day—wear school swag or school colors	Sep 19
Flavourful Science	June 19
Grade 7 Grad—4:00-6:00	June 20
Indigenous People's Day	June 21
Last day for lunch program	June 21
PAC Sports Fun Day 10:00—2:00	June 24
Spring Parent Info Night re QJS @ 6:15pm	June 24
Grade 7's 1/2 day QJS Orientation	June 25
June Assembly @ 8:45	June 27
Summative Learning updates home	June 27
Last day of school	June 27
First day back—early dismissal @ 11:18	Sep 4
Kindergarten gradual entry Group A 8:10—10:40	Sep 5
Kindergarten gradual entry Group B 8:10—10:40	Sep 6
Kindergarten gradual entry Group A full days	Sep 9 & 11
Kindergarten gradual entry Group B full days	Sep 10 & 12
Kindergarten—for both Groups for a full week	Sep 16
School Pictures taken	Sep 23

LOST & FOUND

Please come and check over our lost & found.

We have quite a few items. Items left over will be donated at the end of the year.



Allergy Alert

We are peanut and shellfish free. Please refrain from sending food that includes these ingredients.

All SD #28 buildings are scent free.



Report Cards

Report cards will be issued on Thursday, June 27th.



If you are unable to pick-up your child's report on Thursday, please make arrangements with the office.

Report cards will not be mailed home.

Report cards will be available in the office Friday, June 28th from 10:00am to 1:30pm that day only.

Safety Drills

For safety we have a number of drills we are required to complete each school year. Fire, intruder/lockdown, gas leak and earthquake drills are done throughout the year. Typically, we do not give advance notice of drills. If your child may need advance notice please let their classroom teacher know.

District Lunch

The last day for the District Lunch Program is Friday, June 21st.

Please remember to send a lunch for your child(ren) for the final week of school.

Thank you!



SUPPORT AVAILABLE

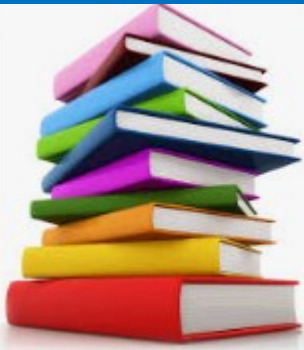


Intimate images Support available for those dealing with intimate images posted online <https://takebackyourimages.gov.bc.ca/> (cases of sextortion and protecting children with changing laws).

HEALTHY MINDS

Summer is coming, however that doesn't mean worries and anxieties go away for our students.

- Check out <https://healthymindsbc.gov.bc.ca/> for resources for educators (early years to grade 12) and parents and caregivers. All of the courses offered are self-paced and no-cost.
- Of special interest for parents and caregivers are the Walking Alongside Youth - Anxiety and Walking Alongside Youth - Depression courses.
- There have also been updates to the Everyday Anxiety Strategies for Educators (EASE). There are now three EASE courses - EASEY (Everyday Anxiety Strategies Early Years), EASE K-7 and EASE 8-12.



Quesnel Literacy Volunteer Opportunities

Quesnel Literacy supports a Fostering Literacy program and with volunteers reading with students twice a week after school. They would like to start a program at Barlow Creek Elementary in the fall. If you have a few hours to spare, please contact Quesnel Literacy in the West Park Mall.

Quesnel Literacy also has a library of free books for children. Stop by with your children to pick up a new book this summer!

UTENSILS:

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



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

Thanks in advance.



CLOTHING DONATIONS

If any household that has spare / outgrown winter coats or snow pants (especially smaller sizes) 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.



Student Walking Safety

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.

BUS PASSES

Students need to be using their bus passes to get on and off the buses. The school district is legally responsible for taking attendance on buses. If students need a replacement bus pass, please contact the Transportation Department at 250-992-8361.



Bus passes are good for next school year. Please make sure your student retains their bus pass over the summer

School Supplies – September 2024

We are once again offering you an efficient, affordable and easy way to purchase your child's school supplies for the next school year. **Kindergarten to grade 3 is \$50.00.** and **grade 4-7 is \$60.00.** A school planner is included in these prices. We are accepting cash or cheques made out to Barlow Creek Elementary until the end of June and again in the first two weeks of September.

Ms. N. Danuser

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.

Backpack Buddies



Please remember to return your backpacks !!

The last two delivery dates for Backpack Buddies are Thursday June 20 and Wednesday June 26.

Backpack Buddies continues during the summer. Exchange your empty backpacks on Fridays at the Quesnel Native Friendship Society.

PAC NEWS

Thank you to the PAC for the doughnuts!

PAC Fun Sports Day—June 24

Barlow Creek PAC is planning a variety of games and events for a day of fun beginning at 10:30 am on June 24. There will be face painting, lawn games, races, team relays, water games, and prizes. PAC will be providing 2 pieces of pizza, fruit, a juice box and a frozen treat to each student. Depending on what is left after everyone gets fed there may be more food available. Please send extra lunch if you don't think this will be enough for your child.



The next PAC meeting is on Thursday, September 19 at 6pm in the library. This is an Annual General Meeting.

Flavourful Science - June 19

We are excited for a visit from Flavourful Science, a non-profit organization that aims to deliver hands-on workshops to teach kids about concepts of STEM using food or as it relates to food. Run entirely by UBC students the lessons are completely free of charge and we bring all of our own materials to each visit. Possible workshops are making edible juice "pouches" with the seaweed-derived molecule sodium-alginate, pH lessons with cabbage juice pH indicators, and microscopy lessons.



Please check your homes for any library books.

All library books are due Monday, June 17, 2024

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

Please remember 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, a severe uncontrolled coughing or wheezing. Children should stay home until 48 hours after their last episode of diarrhea or vomiting.

Indigenous Language and Culture

Here are some new words for you to practice Dakelh/Southern Carrier with your children.

Ndi'i musdzoon 'in'toh – this is an owl

Ndi'i tsibalyan 'in'toh – This is an eagle

Dain bunun – time of summer

Dain – summer

We had a lovely visit from Arlene Horutko our Dakelh/Southern Carrier language teacher. We are grateful for her visits and sharing her stories and language.

Sunachailya to Mrs. Parlby for sharing her beading skills with our students. Thanks for the new Barlow Blazers beadwork!



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.saferschoolstogether.com/link/352883/>

AIR QUALITY HEALTH INDEX

Learn what the **air quality** around you means to your **health**



AIR QUALITY

In the event that there are air quality advisories, we will use the guidelines below when deciding if students should remain indoors.

Level 0-7 = kids go outside

Level 7-10 = kids can go outside for recess and lunch but discourage running play but no PE/running

Track and Field

The Barlow Creek Track & Field Team went to Correlieu to compete against all schools in Quesnel. Our track team did great and everyone represented Barlow Creek well! Thank you to all the parents that helped out!

Some of our students placed in the top 3 for their events. Here are the results from the meet:

Noah Carter—2nd in 100m dash / 3rd in triple jump / 2nd in high jump / 2nd in 400m run

Maddie Lawrence—3rd in long jump

Jerret Dexter—2nd in 100m dash / 3rd in long jump / 3rd in 400m run

Reed Clegg—2nd in shot put

Arna Everret—3rd in 400m run

Wyatt Losier—3rd in long jump

CONGRATULATIONS to all our athletes!



BARLOW CREEK GRADS 2023/2024



**CONGRATULATIONS
YOU DID IT !!**



**Best of Luck in your
new School.**

**....and don't forget to
say HI in the mornings
when you are waiting
for the bus.**



Back row: #4 Hailey Churchman / # 28 Abby Caouette / #11 Nevaeh Cunningham / #9 Addy Crosson / #11 Devanie Shanks / #12 Teagan Smith

Front row: #24 Jessie Streifel / # 21 Bently Wagar / #18 Madison Gilks / #7 Charlie Simms / #80 Jager Milosevic / #5 Matthew Miller

Missing: Scotty Christen / Cruz Toth



Grade 7 Grads

We would like to wish our grade 7's all the best at the Quesnel Junior School. Many of them have attended Barlow Creek since Kindergarten. Grads, we are proud of you, we will miss you and wish you many successes in the years to come.

Indigenous Peoples' Day Celebration 2024



June 21st, 2024
9:00am - 2:30pm

@Helen Dixon/Aboriginal Education
241 Kinchant

***Presented by
the Quesnel
Tillicum Society
and Community
Partner
Organizations***

***This is a FREE
event***

Local Indigenous:
Traditional Bannock
Drumming
Dancing
Stories
Games
Medicines
Cultural Displays
Walk Out/Grad Ceremony

**Please bring a
lawn chair**

Registration for Vendors and Cultural
Displays Contact:

Brenda 250-992-8347
brenda.bonin@qnfc.bc.ca

Register to Provide a Children's Activity
Contact:

Roberta 250-992-8347
roberta.headrick@qnfc.bc.ca

For More Information Contact:

Dorine 250-992-8347
dorine.greene@qnfc.bc.ca

**Indigenous
Vendors
Welcome
\$10/table**

READY SET LEARN

... **Join us** ...

Outdoor Exploration

June 17, 2024

George Longe Memorial Park
1552 Chief Dominic Road

3:00 - 4:30 p.m.

Come prepared; rain or shine!

Fun, play-based activities, snacks and a story

RSVP: Call 250-992-0430 or email
joleneking@sd28.bc.ca



ChildCareBC

Funding for the CCRR is provided by the Province of British Columbia.

www.gov.bc.ca/ChildCareResourceReferralCentres

Head Lice

What are head lice?

Head lice are tiny, greyish brown, wingless insects that live on the scalp, feeding on human blood. They lay eggs that stick to strands of hair very close to the scalp. Once the egg hatches, the empty case left behind is called a nit.

Head lice are hard to see because they are tiny and move around on the head. Eggs are very small, about one-third (1/3) the size of a sesame seed and take 9 to 10 days to hatch. The nits are easier to see and are found further down the hair shaft. Both eggs and nits may look like dandruff, but they cannot be easily removed because they are sticky.

Do head lice cause illness or spread disease?

No, head lice do not cause illness or spread disease. However, they can be irritating because they cause discomfort and spread easily from person to person.

How are head lice spread?

Anyone can get head lice. Having head lice does not mean a person has poor personal hygiene or lives in an unclean environment. Anyone who has hair can get head lice.

Head lice are commonly spread among children and adults who have close head-to-head contact. Head lice cannot jump or fly from 1 person to another. They are most commonly spread through head-to-head contact by crawling from one hair to another. There is a very small chance of head lice spreading indirectly through shared pillowcases, hair accessories, brushes and combs.

How do I prevent the spread of head lice?

The best way to control head lice is through the cooperation of parents, children, daycares, schools and health care providers. Checking the hair of all family members regularly using the wet combing method is the best way to prevent the spread. Encourage children not to share hats, combs, hair accessories or hairbrushes. If your child has long hair, tie it up or put it in a braid.

Having head lice once does not prevent someone from getting them again. Regular checks for head lice can be part of a family's hygiene routine.

What are the symptoms of head lice?

Often people who have head lice will have no symptoms for 4 to 6 weeks with their first case.

Symptoms of head lice may include:

- Crawling or tickling sensation on the scalp
- Itchy scalp due to a sensitive reaction caused by the bites
- Scratch marks or small red bumps like a rash

How can I tell if my child has head lice?

The most accurate way to check for head lice is the wet combing method:

- Wash and rinse the hair. Apply enough conditioner to cover the whole scalp (usually 2 handfuls). The conditioner stops the lice from moving, making them easy to find
- Use a wide tooth comb to get the tangles out. At any time if the comb tugs, add more conditioner
- Begin combing the entire head with a lice comb. Pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke
- After each stroke, wipe the comb on a paper towel and check for lice

What are safe options for treating head lice?

There are many different products and ways to treat head lice. Some health experts recommend wet combing and others recommend chemical treatments. Only consider treatment if you find live lice. Head lice will not go away without treatment.

Children should receive their first treatment, whether wet combing or chemical, at home the first day that they are found to have head lice. Children should not be sent home or kept home from school or daycare because of head lice. Encourage the child to avoid head-to-head contact with other students until after their first wet combing or chemical treatment.

If one person in the household has head lice, there is a good chance other household members do as well. All members of the household should be checked on the same day and those with lice should be treated.

Wet Combing treatment

This method removes live head lice. Wet combing is less expensive and non-chemical. Combing treatments follow the same steps used to check for lice. Use generous amounts of hair conditioner and a special lice comb, every 4 days for at least 2 weeks. If you find lice on the final combing, add one more combing in 4 days until you find no live lice. Any young lice that hatch from eggs after the first session are removed at the second, third and fourth sessions. This is why it is important to do the full series of sessions.

Wet combing is safe for infants, young children, as well as pregnant and nursing mothers. Contact your public health unit for complete instructions on the wet combing method. To find your local public health unit, visit www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities.

Chemical treatments

Shampoos, creams, rinses and sprays that contain an ingredient that kills lice are available at most pharmacies without a prescription. Some examples are permethrin, pyrethrins, isopropyl myristate and dimethicone.

Some chemical treatments may not be safe for infants, young children, pregnant or nursing mothers or other individuals. Speak to your health care provider or pharmacist to find out which is best for you or your child. Always carefully follow the directions for use on the label and be sure to keep the products out of the reach of young children.

After treatment, check the hair and remove eggs and lice. You can also remove the nits, although you don't have to remove them, as nits are empty eggshells. Most treatments are repeated in 7 to 10 days to make sure that any head lice that have hatched after the first treatment are killed before they have a chance to lay any eggs. It is also important to check the head for any eggs and remove them after the second treatment.

Itching may last for 7 to 10 days, even after successful treatment.

Head lice have started to develop resistance to many of the chemical products. If you think the product is not working after 24 to 48 hours, use the wet combing method to check for lice. If you find lice, use a different treatment method. Head lice cannot develop resistance to non-chemical treatments.

When should I call my health care provider?

Call your health care provider if the treatments are not successful or if you are unsure which kind of treatment is best for you or your child. Chemical treatment of pregnant or nursing mothers and of children less than 4 years of age should be given only under the direction of a health care provider.

What options are not recommended for treating head lice?

Some methods and products should not be used because they are either not safe or do not work. These products include: insect sprays, motor oil, gasoline, alcohol, flea soap, dyes, bleaches, heat applied to the scalp, garlic, tea tree and other essential oils, electric lice combs, and shaving the head.

What should be cleaned?

Healthy head lice rarely leave the scalp and if they do they may only survive for 24 to 55 hours. Head lice are not shared through contact with furniture, pets or carpets. There is no evidence that a major cleaning of the house or car is necessary. Hats, pillowcases, combs and hairbrushes that have had contact with the head of the person with head lice in the previous 48 hours, could be considered for cleaning in hot soapy water. Items that can't be washed can be placed in a plastic bag for 2 weeks or in the freezer for 48 hours. Clean supplies that you used for wet combing in hot soapy water.



ChildCareBC

Funding for the CCRR is provided by the Province of British Columbia.

KINDLY JOIN US
CHILD CARE
PROVIDER
APPRECIATION
DAY

CONNECT
&
INSPIRE
GROW

JUNE 22, 2024
10:00 A.M. - 12:00 P.M.

Brunch at Craig's Table
490 Carson Avenue

RSVP on or before June 14
Call Shivaun at 250-992-7606 or
email ccrrcoord@shaw.ca