



Barlow Creek Newsletter

Ms. N. Danuser, Principal

May 17, 2024

Ms. D. Telford, Secretary

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

PRINCIPAL'S MESSAGE

Dahooja Barlow Creek Families!

We are well on our way to the end of another school year. Students are persevering in their learning and growing. We have seen progress in all areas of learning since the beginning of the year. Way to go Barlow Blazers!

We are looking forward to many engaging learning activities until the end of the school year. Please make sure to check our school webpage, <https://barlowcreek.sd28.bc.ca/> for a digital copy of our newsletter as well as information about upcoming events.

We are excited to participate in the Canadian Cancer Society's Sun Sense Challenge, we are learning how to stay safe while playing outdoors through a variety of activities. Check out our Sun Sense Tips on our school webpage.

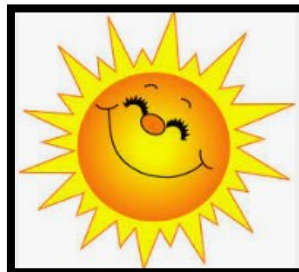
In May, we have been focusing on Citizenship, where we can contribute to the overall public good by following the rules, volunteering and protecting the environment. Students continue to work on caring and taking care of others as well as taking care of the earth to make our school, community and world a wonderful place to live. Our character trait for June is Respect – we will be focussing on behaving with courtesy and regard toward others by treating them the way we would like to be treated.

Sunachailya to Barlow Creek Elementary PAC. We are grateful for everything you do for our school.

Sunachailya to our families for your continued support.

Sunachailya,

Ms. Nancy Danuser, Principal



Dressing for the Weather

Reminder to send a change of clothes in backpacks.

Please bring a hat to school for sunny days to protect us from the sun when we are outside.

UPCOMING DATES:

K-3 Swimming	May 17, 24, 31, June 7, 14
Victoria Day—no school	May 20
Fire House Safety Grade 3's @ 9:00	May 23
PAC Northern Flowers pickup	May 24
May Assembly—8:45am	May 27
District Track Day	May 28
Hot Lunch—Hot Dogs	May 29
Welcome to Kindergarten 2:45-3:45pm	May 30
Grade 6 Immunizations	May 30
Soak—A—7	May 31
NI Day—no school	June 3
PAC Sports Fun Day Planning 6:30pm in the Library	June 6
PAC handing out doughnuts	June 7
Indigenous People's Day	June 21
Spring Parent Info Night re QJS	June 24
Grade 7's 1/2 day QJS Orientation	June 25
PAC Sports Fun Day	June 24
June Assembly, Summative Learning updates home, Last day of school.	June 27

LOST & FOUND

Please come and check over our lost & found. We have quite a few items.



Allergy Alert

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

All SD #28 buildings are scent free.



Welcome to Kindergarten

Welcome to Kindergarten—Learning Through Play 2024 Series—Issue #2

Welcome to Kindergarten—Learning Through Play 2024 Series—Issue #3

(click on the Issue # to open the link)

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.



SunSense Challenge

For the month of May we will be participating in a Sun Sense Education Program from the Canadian Cancer Society.

Check the School website for more information.



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).

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

Monthly Library Awards

Exceptional Library Class Trophy

April's Exceptional Library Class award goes to a class that consistently signing out and returning our books, for being enthusiastic readers and for the most interesting hot dog recipes ever. April's Exceptional Library Class is **Ms. Gauthier's grade 2 /3 class.**

Exceptional Library Patron Awards

These are awarded to keen readers who regularly check out books and are enthusiastic about library. This month's top library patron awards go to **Chad Whalen, Sage Stitt, Harlow Wings of Fire O'Flynn.**

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.



HealthLinkBC

Head Lice

We have had a couple of cases of head lice reported in our school. Please take some time to review the attached information about head lice and how to treat it. Once students have been treated with medicated shampoo and combed for head lice they are able to attend school. Please remind them not to share hats and clothes with other students. If you have any questions please contact the school.



Backpack Buddies

Please remember to return your backpacks !!

PAC NEWS

Barlow Creek Elementary PAC will have the plants being available for pick-up on Friday, May 24.



The PAC will be handing out doughnuts on June 7th For National Doughnut Day

National Doughnut Day, celebrated in the United States and in some other countries, is on the **first Friday of June** of each year, succeeding the doughnut event created by The Salvation Army in Chicago in 1938 to honor those of their members who served doughnuts to soldiers during World War I.



The PAC is also looking for volunteers for Sports Fun Day on June 24th. Interested volunteers should contact Amy Apps at a.m.apps@gmail.com.

A planning meeting for the Sports Fun Day will be on Thursday, June 6 at 6:30pm in the Library.

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

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.

UTENSILS:

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

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

Dakelh Language and Culture

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

Ndi sus ho'en – I saw a bear

Ndi'l sus 'in'toh – This is a bear

Dulgiyaz Hadulh—May—time of the sucker fish

Ndi'i yus 'in'toh -This is a wolf

Ndi'i talook 'in'toh- This is a salmon

Local Métis musician Greg Sterling stopped by to make Métis spoons with Ms. Bruce's grade 6/7 class. They made a whole class set for our school to use. On his second visit, he shared stories about making music and taught everyone how to play the spoons. It was a wonderful experience and we look forward to another visit from Greg in the future.

Maarsii to Grandpa Greg, Barlow Creek Elementary School PAC and SD#28 Aboriginal Education Department for supporting such wonderful cultural experiences.

In June, we will have another visit with Arlene Horutko, Dakelh/Southern Carrier Language Teacher. We look forward to exploring Dakelh/Southern Carrier with her.

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

CROSS COUNTRY RUNNING

Sunachailya to Mrs. Browne for coaching, the Barlow Creek PAC for the snacks and to all the families who supported us with driving and cheering on our runners!

Way to go Barlow Blazers!!!

Here are the results from 10 Mile:

Bryson Leary - 65 overall junior boys

Ethan Clegg - 43 overall junior boys

Jerret Dexter - 15 overall junior boys 3rd for Grade 4s

Arna Everett - 26 overall junior boys

Noah Carter - 5 overall junior girls 1st for Grade 3s

Charlie Simms - 16 overall senior girls

Madison Gilks - 31 overall senior girls

Jesse - 13 overall senior boys 6th for Grade 7s



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**

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



**Early Learning Table
along with other community Partners
Proudly Present the 3rd Annual**



June 1, 2024

10 am to 3 pm

LeBourdais Park Quesnel, BC

**FREE entertainment, bouncy castles,
games, food, and much more**



 **bctouringcouncil**

Canada 

 **BRITISH COLUMBIA**
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