



# Barlow Creek Newsletter

Ms. N. Danuser, Principal

March 14, 2025

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!

It has been a busy second term! Our students have been persevering whether it was learning something new like skating, skiing, or snowboarding, celebrating science, taking care of salmon alevin, being a good friend, or exploring new ideas.

Our BLAZERS for March and April is Self-Aware. Self-Aware students understand themselves, regulate their emotions and take care of their mind, body and heart. Celebrating what you can do well and knowing things you can't do yet are a part of being self-aware. Let's pay attention and take care of ourselves. Way to go Barlow Blazers!

Sunachailya to Barlow Creek Elementary PAC for supporting our students with their learning and special events. The Valentine's glow sticks were lovely. We love the new basketballs! Thanks for supporting our Student Voice members with the February Kindness dance! It was A highlight for all who attended.

Have a safe and relaxing Spring Break! See you on March 31, 2025.

Sunachailya,  
Ms. Nancy Danuser  
Principal



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

A change of clothes in your backpack is a great idea with the mud and puddles around the school grounds.

## **UPCOMING DATES:**

Kidz Art Show @ Quesnel Art Gallery	Mar 13— Apr 3
<b>SPRING BREAK</b>	Mar 18-30
School back in session	Mar 31
School apparel order goes home	Mar 31
Hot lunch forms go home	Apr 2
Old-Time Social Dance with Capri Aspe	Apr 4
School Spirt Day—Tacky Tourist	Apr 9
Hot lunch forms due	Apr 9
Hot Lunch—Hot Dogs	Apr 17
PAC Easter Egg Hunt	Apr 17
Good Friday— <b>No School</b> Easter Monday— <b>No School</b>	Apr 18 Apr 21
Apparel orders due	Apr 16
Earth Day Activities	Apr 22
Ready, Set, Learn Event @ West Fraser Timber Park	Apr 22
Wheelchair Sports	Apr 23
PAC Meeting—7:00pm library	Apr 24
April Assembly—12:50pm	Apr 28
Inching Our Way to K	Apr 30

# JUMP ROPE FOR HEART



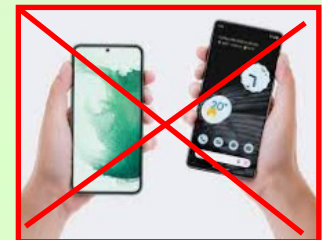
HEART &  
STROKE  
FOUNDATION

MAY 2, 2025



Please remind children to keep their toys, Pokemon cards and other items that they don't want to lose at home.

Electronic devices such as cellphones and tablets should not be brought to school. If they are brought to school, they must remain in backpacks, or they will be kept in the office.



Thank you for your assistance.

## Ready, Set, Learn!

Next event at West Fraser Timber Park  
April 22nd from 3:00 – 4:30pm  
Target 3-5 year olds (siblings welcome)



## TROLL SKI TRIP UPDATE

Thank you to all the staff & volunteers who helped make our Troll days a success!

Sunachailya!



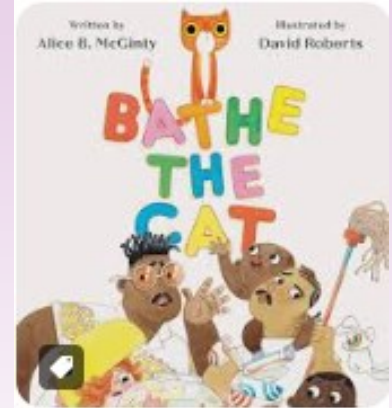
## Book Battle -

March's book battle books are "**Perfect**" and "**Bathe the Cat**"

The winner of March's book battle is "**Bathe the Cat**"

April's book battle books are "**Raven and Loon**" and "**Bathe the Cat**"

Happy Book Battling!



## HOT LUNCHES

New hot lunch order forms will be sent home April 2nd.



## 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

**Coming Soon !!!**      Orders sent home March 31  
Orders due April 16



*School swag fundraiser*

- Hoodies
- T-shirts
- Shorts
- Jogging Pants
- Ball caps



## PAC NEWS

Thanks to everyone who supported our Krispy Kreme fundraiser!

PAC is hosting an Easter Egg Hunt on April 17th.

They will be handing out cookies from Quesnel Bakery

Thank you PAC for your donation of 7 basketballs and Valentine's glow sticks!!

Next PAC meeting: **April 24th @7:00pm** in school library.



## Backpack Buddies

Backpacks are going home today, **Friday, March 14**. During Spring Break the **Quesnel Tillicum Friendship Society** is unable to provide backpacks.

**Please remember to return your backpacks after Spring Break !!**

Other services available are:

### Quesnel GreenHope Society

170 Front St

<b>Hours: Friday</b>	<b>10–11 a.m.</b>
Saturday	10–11 a.m.
Sunday	11 a.m.–1 p.m.
Monday	10–11 a.m.
Tuesday	11 a.m.–1 p.m.
Wednesday	10–11 a.m.
Thursday	5–7 p.m.

### Nourish Food Bank

101 Marsh Drive

<b>Hours: Friday</b>	<b>Closed</b>
Saturday	Closed
Sunday	Closed
Monday	Closed
Tuesday	9–11:30 a.m., 2–4 p.m.
Wednesday	9–11:30 a.m., 2–4 p.m.
Thursday	9–11:30 a.m., 4–6 p.m.

## 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.



**Celebration of Science** – Congratulations to the students who participated in the School District Celebration of Science at Voyageur:

Noelle, Sydney, Christopher, Londyn, Malin, Marlon and Christopher.

You did a wonderful job representing Barlow Creek Elementary School.

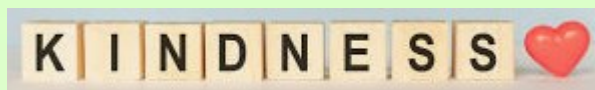


### Student Voice—February Kindness Challenge

During the month of February members of Student Voice picked a couple students each day who did acts of kindness and caring. These are all the students who were caught being kind in February:

Aurora, Beau, Joey, Kalyssa, Cabela, Danyella, Brayley, Logan W, Seth, Charlie, Peyton, Alex, Hunter Dilabough, Serenity, Arlo, Jordan, Savannah, Elizabeth, Ethan, Matthew, Dominik, Danica S. Victor, Londyn, Maia, Richard, Milana, Niele, Reed, Arna, Noelle.

So much kindness!



### UTENSILS:

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

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

Thanks in advance.



An event for all children and families entering Kindergarten in September 2025.

**Wednesday, April 30**

**2:30 – 4:30 p.m.**

**Indoor Soccer Facility**

Staff members are invited to attend to meet children and their families.

### Dakelh Language and Culture

Here are some new words for you to practice in Dakelh/Southern Carrier:

#### DAKELH

**Ndi nangus tak'ih ho'en**—I saw three foxes

**Bunun Ha'ulh'us** – March – when the animals come out of their dens

**Ndi goh dink'ih ho'en** – I saw four rabbits

**Ndi sooh skwulai ho'en** – I saw five robins

We are delighted to have Arlene Horutko visit us again in April for two weeks to share some Dakelh/Southern Carrier Language and culture with our classes.

# 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 2, 2025** to complete it.



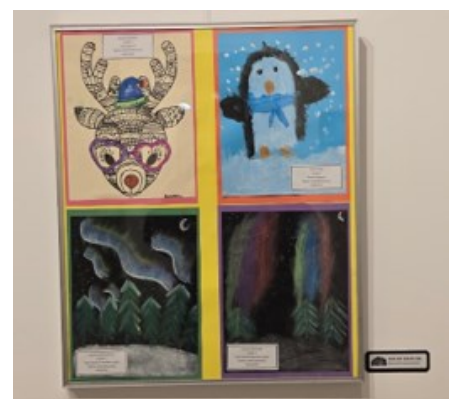
## SUPPORT AVAILABLE

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).

## Kidz Art Show

Art work from Elementary students are exhibition is on display at the Quesnel Art Gallery from **March 13 to April 3**.

### Barlow Creek Student's Displays





# GRADE 7—CLASS OF 2025



The Grade 7's did a cookie dough fundraiser in the Fall to purchase their hoodies.

Thank you to all of you that purchased and made this possible!



Join us on

• **Tuesday, April 22nd**

**3:00 - 4:30pm**

for a **Ready, Set, Learn event**

(geared towards 3 - 5 year olds, siblings welcome)

at **West Fraser Timber Park**

(look for our sandwich board to see where we are set up!)



We will:

- **play**
- **MAKE A CRAFT**
- do some planting
- **listen to a story**
- **have a snack**

To help us prepare materials, please RSVP to Shauna  
250-992-0430 or  
shaunalothrop@sd28.bc.ca







Mountain Climber



Cake Walk



Lock Challenge



Face Painting



Basketball Shoot



Fish Bowl Toss



Shoe Toss

**Carnival**  
 Friday, April 4  
 6-9 pm  
 Dragon Lake Gym  
 10 Tickets for  
 \$5.00



Knock 'em Down



Basket Toss



Plinko



Airplane Toss



Tic Tac Toe



Golf Putt



Fish Pond



Chuck A Duck



Frisbee Toss





# “RAILROADERS IN OUR COMMUNITY”

MARCH 14TH-7:00PM MARCH 15TH-6:00PM



VS



**TAILGATE PARTY- SATURDAY 2-5PM  
FUN FOR ALL AGES**



**FEATURING FOOD TRUCKS, LITTLE OBIE, AND FREE COFFEE/HOT  
CHOCOLATE PROVIDED BY TIM HORTONS!**

**DISCOUNTED TICKETS  
AVAILABLE FOR ALL  
GROUPS OF 10 OR MORE**

- RED ZONE \$27
- BLUE ZONE \$23.50
- SILVER ZONE \$21
- YOUTH (13-18) \$20
- CHILD (2-12) \$10

**FIRST 1313 FANS  
THROUGH THE DOOR  
ON SATURDAY WILL  
RECEIVE A FREE  
KOEHN ZIEMMER  
POSTER!**

**TO SECURE YOUR GROUP TICKETS, CONTACT  
JACOB.MILLER@PGCOUGARS.COM OR 250.649.6520**



Hello Barlow Creek Elementary!

I hope this message finds you well. I am excited to provide your school with an awesome opportunity to join us for an action-packed weekend as the Prince George Cougars team up with CN for 2 thrilling nights of hockey and community spirit on March 14 & 15 at the CN Centre, sponsored by CN!

Saturday Tailgate Party – Fun for All Ages!

Kick off Saturday's game with a free tailgate party from 2:00 PM to 5:00 PM, featuring:

Little Obie – CN's Miniature Safety Train, offering rides (weather permitting).  
Food Trucks serving up delicious eats.  
Free coffee & hot chocolate to keep you warm.  
Chuck-a-Puck Contest with great prizes, supporting the Spirit of the North Healthcare Foundation.

Support the Salvation Army Food Bank

Help fight hunger in our community! Fans are encouraged to bring non-perishable food donations to the tailgate party or during both game nights. Donation boxes will be available in the CN Centre lobby all weekend

Also! We are giving out Koehn Ziemmer posters on Saturday, March 15th to the first 1313 fans through the door. Get here early to make sure you get one!

I am happy to provide your school with the following discounted group rate.

RED ZONE ADULT - \$27  
BLUE ZONE ADULT - \$23.50  
SILVER ZONE ADULT - \$21  
YOUTH (13-18) ALL ZONES - \$20  
KIDS (2-12) ALL ZONES - \$10

We have a couple of options when it comes to group tickets; They can all be paid for by one person or they can be paid for individually by everyone that plans to attend. We will build a promo code so that everyone that receives the code can head to our ticketing website and purchase their tickets on their own. All I need to know is if you wish for your group to all sit together in a specific section or if you'd rather have the ability to buy tickets throughout the arena. Either option you choose, the ticket prices remain the same as listed above. The seat map is below.

Thank you for your time and consideration. I'll be happy to answer any questions you might have. I look forward to working with you to provide the most exciting evening for your school!

All the best,



**Jacob Miller**

*Sales Executive*

**Prince George Cougars Hockey Club**

#102 - 2187 Ospika Blvd. South

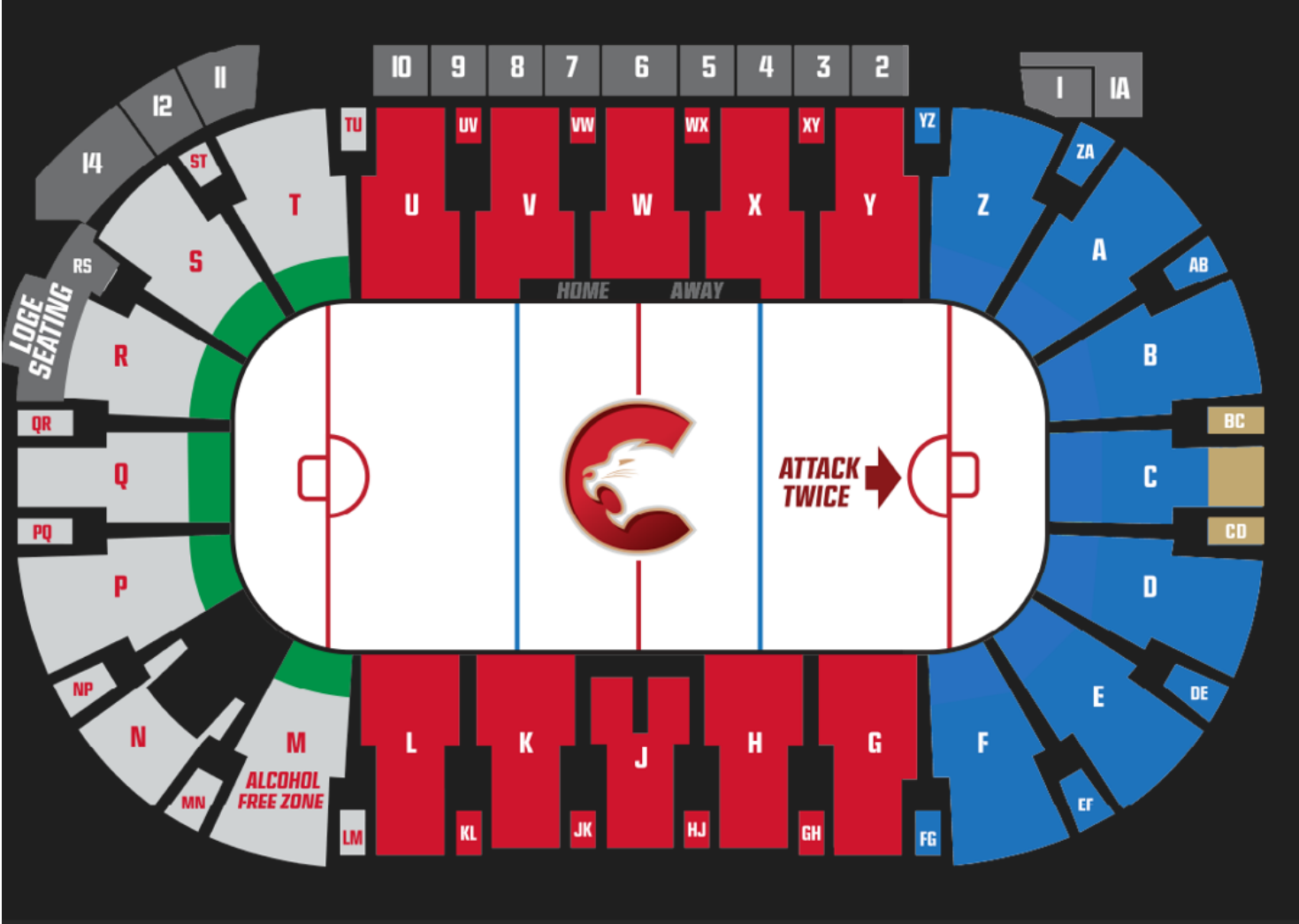
Prince George, B.C. V2N 6Z1

c: 250.649.6520

o: 250-596-9964

e: [jacob.miller@pgcougars.com](mailto:jacob.miller@pgcougars.com)







# Quesnel Lacrosse Association



Looking for something new this spring? Quesnel Lacrosse Season is fast approaching! Registration will be announced soon, please email for more information or follow our Facebook for updates.


Contact [quesnellacrosse@gmail.com](mailto:quesnellacrosse@gmail.com), You can find us on Facebook at [Quesnel Lacrosse Facebook](#)

Season runs from Mid-April to End of June. Practices Mondays and Wednesdays in the West Fraser Center. With Games and Tournaments on select weekends within our region of Quesnel, PG, Williams Lake and Mackenzie.

## 2025 LACROSSE FEES

U7/U9 2020-2017-5yrs-8yrs.....	\$150
U11 2015-2016-9yrs-10yrs.....	\$175
U13 2013-2014-11yrs-12yrs.....	\$200
U15 2011-2012-13yrs-14yrs.....	\$250
16U 2009-2010-15yrs-16yrs.....	\$250

**LACROSSE**



**CANADA'S NATIONAL SUMMER SPORT**


**Why Play Lacrosse?**

- To give kids the opportunity to build self-esteem
- To get your kids participating in physical activity
- To create an arena for your kids to make friends, learn team work as a team, while promoting fairness, respect and integrity.

Lacrosse is called the "Fastest Game on Two Feet". As a game, it is unparalleled in developing skills, speed, intelligence, focus, endurance and tenacity.

Lacrosse has been played in North America for over 1,000 years. Lacrosse is a great introduction to Canada's National Summer Sport.

Games are played April to June.



**What is Lacrosse?**

Lacrosse is played on a standard sized arena floor and features 8 players (offensive and five defensive) of an 18-20 player team on the floor at one time.

The strategy of Lacrosse is similar to that of basketball, with all five players involved in the offense and the defense. Added to the appeal are the speed and excitement created by a 20 second shot clock. The combination of action and reaction makes Lac as much fun to watch as it is to play.

It helps provide sport burn-out by playing a new, fast-paced sport.

It is inexpensive to equip for Lacrosse players as most hockey equipment can be used in Lacrosse.

Hockey players such as Crosby, Babiak, Sharaban, Rostkiy, Kariya, Nowinski and others are those great hockey players here one thing is common...they have all played Lacrosse and have used the experience to enhance their hockey skills.

Please visit the BC Lacrosse Association Website [www.bclacrosse.com](http://www.bclacrosse.com) for more information or email [quesnellacrosse@gmail.com](mailto:quesnellacrosse@gmail.com)

## Quesnel Lacrosse Association

### REGULAR SEASON GEAR REQUIREMENTS

**HELMET**

**CHEST PROTECTOR**

**KIDNEY PADS**

**KNEE PADS (OPTIONAL)**

**LACROSSE STICK**

**MOUTHGUARD**

**SLASH GUARDS**

**PROTECTIVE CUP**

**PROPER RUNNING SHOES**

**WATER BOTTLE (CLEARLY MARKED WITH CHILD'S NAME)**



**Arm Pads - 2 types**  
Light weight foam padding that allows movement for the stick arm, while allowing full range of motion of the arm in the stick.

**Lacrosse Stick**  
May be wood or carbon fiber sticks are not allowed or more or high school.  
Head Length: 31" Male, 30" Female  
Head Width: 12" Male, 11" Female  
Head Depth: 4" Male, 3.5" Female  
Head Circumference: 18" Male, 17" Female  
Shaft Length: 48" Male, 46" Female  
Shaft Circumference: 10" Male, 9" Female  
Contact for details on stick regulations at all times.

**Mouth Guard**  
Mandatory on Lacrosse. Includes all Lacrosse.

**Shoulder Pads**  
The chest and neck of Lacrosse players are protected by shoulder pads. The pads are made of foam and are designed to absorb the impact of the stick or the ball. The pads are made of foam and are designed to absorb the impact of the stick or the ball.

**Back & Kidney Pads**  
A one piece light weight plastic and mesh fabric protection for the back and kidney area.

**Athletic Support & Cup**  
(Check on 30)

**Gloves**  
Available in various sizes and colors. They are made of leather and are designed to provide protection for the hands. They are made of leather and are designed to provide protection for the hands.

### Gear Requirements

A gear swap will take place at the start of the season. If you need assistance with gear, please reach out to the association for information [quesnellacrosse@gmail.com](mailto:quesnellacrosse@gmail.com)

### Not sure if your child will like Lacrosse?

Watch for our announcement of a **FREE FUN** lacrosse day for your child to come and try it out! All age groups and skill levels are welcome.

Date, time and location to be announced soon, please reach out to receive information



**REGISTRATION HAS BEGUN!**

**Register until April 12th!**

**Birth years from 2007-2021**

**Online Registration Form and EMT!**

**Season Starts in May.**

**Click here to register, or check out our website:**

**<https://forms.gle/Fd24RKSTeSynK5AT6>**

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**[www.quesnelminorbaseball.ca](http://www.quesnelminorbaseball.ca)**

**<https://www.facebook.com/quesnelminorbaseballassociation>**

**[qmbball@gmail.com](mailto:qmbball@gmail.com)**