



# Barlow Creek Newsletter

Ms. N. Danuser, Principal

April 15, 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!

Happy Spring/'oluh! We are off to a great start to our final term of the school year. There are many exciting learning activities happening in class and out of school.

Our BLAZERS for 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. In May we will focus on all of the BLAZERS. Way to go Barlow Blazers!

Sunachailya to our amazing and generous PAC. We are grateful for everything you do to support us in our learning and growing.

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 your backpack.

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

## **UPCOMING DATES:**

Primary Swimming Forms Due	Apr 16
Apparel orders due	Apr 16
<b>NO EXCEPTIONS</b>	
WF Earth Day Forms Due (Ms. Gauthier & Ms. Bruce)	Apr 17
Hot Lunch—Hot Dogs	Apr 17
PAC Easter Egg Hunt— 1:30pm	Apr 17
Good Friday— <b>No School</b>	Apr 18
Easter Monday— <b>No School</b>	Apr 21
Earth Day Activities School Clean Up @ 11:30	Apr 22
Ready, Set, Learn Event @ West Fraser Timber Park—3:00-4:30pm	Apr 22
Wheelchair Sports	Apr 23
PAC Meeting—7:00pm library	Apr 24
<b>Federal Election in Gym</b>	<b>Apr 28</b>
April Assembly—8:45am	April 29
Inching Our Way to K	Apr 30
Hot Lunch—Subway	May 1
Primary Swimming—5 Fridays @ 9:30 to 12:30	May 2,9, 16,23,30
Jump Rope for Heart— 1:30pm	May 2
Hot Lunch—Panago Pizza	May 15
Track and Field	May 22
School Spirit Day—Anything but a backpack	May 27
Hot Lunch—Hot Dogs	May 28

# JUMP ROPE FOR HEART



HEART &  
STROKE  
FOUNDATION

## MAY 2, 2025



Donations can be brought in on  
May 2nd.



Here is the link for our school donation  
page for Jump Rope for Heart.

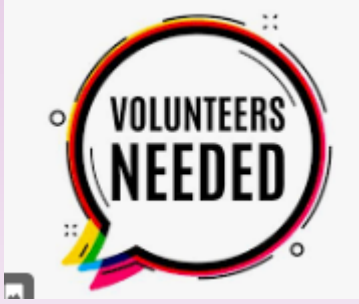
[https://  
jumprope-  
forheart.crowdchange.ca/88733](https://jumprope-forheart.crowdchange.ca/88733)



Please come on  
in and check the

**LOST  
&  
FOUND**





Anyone interested in coaching the **CROSS COUNTRY RUNNING** this year, please contact the school.

(250) 992-5134



### Ready, Set, Learn!

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



### 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

### **Barlow Swag!!!**

Orders due Wed, April 16

*School swag fundraiser*



- Hoodies
- T-shirts
- Shorts
- Jogging Pants
- Ball caps **(NEW)**



# PAC NEWS

PAC is hosting an Easter Egg Hunt on April 17th.  
They will be handing out cookies from Quesnel Bakery



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



## Backpack Buddies

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

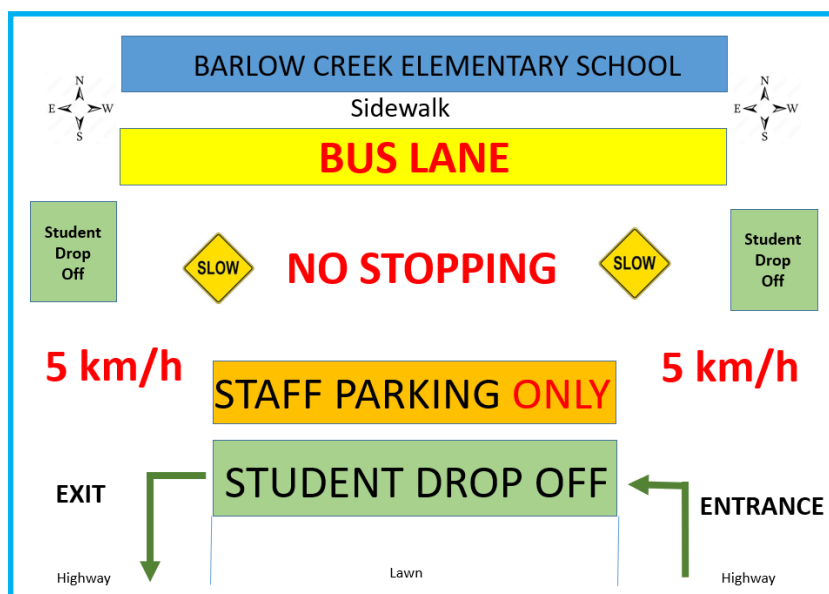


## FEDERAL ELECTION | MONDAY, APRIL 28, 2025

Our parking log will be very busy with voters coming and going using our gymnasium.

Please drive cautiously and please respect the staff parking stalls.

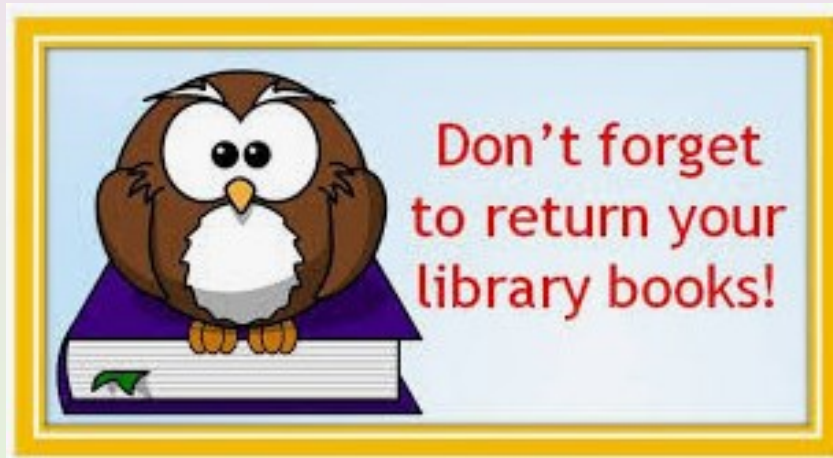
Thank you.



2025 Canada elections

## 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.



## Dakelh Language and Culture

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

### DAKELH

'**oluh** – Spring

**Neshen Suli** – April – Time of the melting snow

**Ndi duni lhk'ut takih hoen** – I saw six moose

This week Arlene Horutko is here to share Dakelh/Southern Carrier language lessons with our students. They continue to learn greetings, numbers, colours, and animals through a variety of activities. Sunachailya Mrs. Horutko!

Chelsey Burbee has been visiting us throughout the school year and teaching classes about the seasonal practices of local Indigenous People. The students enjoy all the artifacts and stories she shares with them.

## 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.



## UTENSILS:

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

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

Thanks in advance.



## Monthly Library Awards



### Top Library Patrons

These are awarded to keen readers who regularly check out books and are enthusiastic about library.

March's Top Library Patron are **Nielle Grudzinskas**, **Autumn Lepetich** and **Brantley Preteau**. These students are keen readers and make the most of their library time.

# 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).

## Creating a Substance Use Prevention Plan

The ministry with Dr. Hayley Watson, adolescent clinical psychologist from [Open Parachute](#) is hosting three, free virtual sessions for parents, guardians and caregivers on creating a personalized step-by-step plan for implementing substance use prevention skills in their home.

Participants are required to [register](#) in advance for one of the sessions on April 29, May 7 or May 8 from 6:00-7:30 pm PDT. Please share this information within your school community to reach parents, guardians and caregivers of all ages. Email the Mental Health and Substance Use team at [educ.mentalhealth@gov.bc.ca](mailto:educ.mentalhealth@gov.bc.ca) if you have any questions.

<https://www.eventbrite.com/e/creating-a-substance-use-prevention-plan-tickets-1312371922749?aff=oddtcreator>

## SunSense Challenge

For the month of May we will be participating in a Sun Sense Education

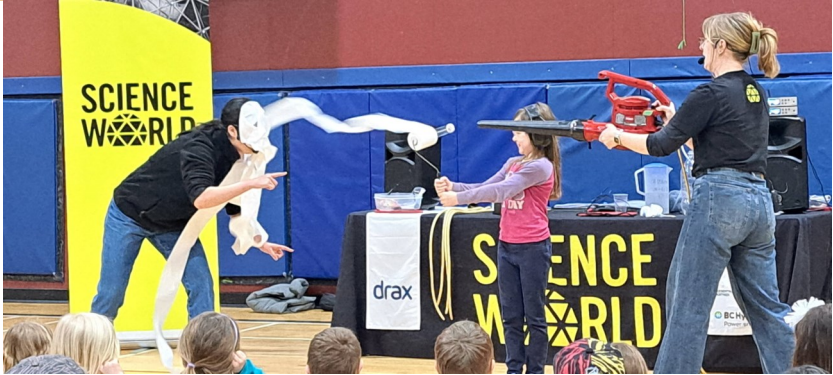
Program from the Canadian Cancer Society.

Stay tuned for more info about Sun Safety.



# SCIENCE WORLD | ON THE ROAD

On April 7, Science World presented an engaging show for us called Fantastic Forces!



# School Spirit Tacky Tourist Day

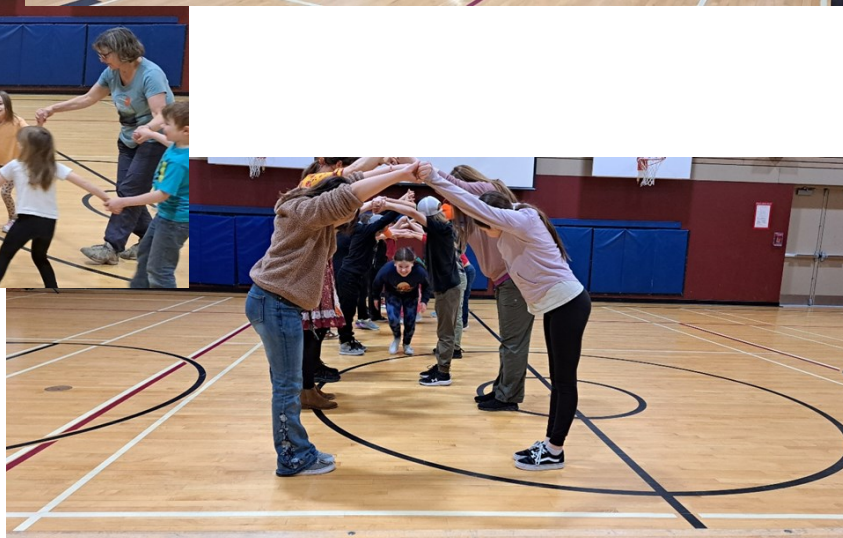
Sunachailya to all the students who dressed up as Tacky Tourists!





## Old Time Social Dancing

On April 4, Capri Aspe came to Barlow Creek to teach us some dances. She talked about the local history of the area and how dancing brought the communities together. Our students had a delightful time learning old time social dancing.



# Barlow Creek

## SCHOOL FUNDRAISER - SWAG ORDER FORM

Barlow Creek is fundraising with custom school swag! Please fill out the form carefully. Forms must be handed in to your classroom teacher by April 16th, 2025.



Student Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Classroom Teacher: \_\_\_\_\_

Item # :	youth/adult	Size:	Custom Name: (Hoodie Only)	Total:

Grand Total:

# SIZE CHARTS:

## ATCY2500 - ATC™ Everyday Fleece Hooded Youth Sweatshirt

GARMENT MEASUREMENTS					
Size	S	M	L	XL	
Chest - Full Measure	18"	17"	18"	20"	
Chest - Full Measure	22"	24"	26"	28"	
Body Length from NPS	20 1/2"	22"	23"	24 1/2"	
Sleeve Length-CM	20"	20"	20"	20 1/2"	

*Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.*

YOUTH General Sizing Guide					
Size	S	M	L	XL	
Numeric Size	6-8	10-12	14-16	18-20	
Chest	22"-26"	24"-28"	26"-30"	28"-32"	
Waist	23"-24 1/2"	24 1/2"-25 1/2"	25 1/2"-27"	27"-29"	
Sleeve Length-CM	20"-20"	20"-20 1/2"	21 1/2"-22"	22 1/2"-23"	

## ATC2000Y - ATC™ Everyday Ring Spun Cotton Youth Tee

GARMENT MEASUREMENTS					
Size	XS	S	M	L	XL
Chest - Full Measure	14"	15"	17"	18"	19"
Chest - Full Measure	20"	22"	24"	26"	28"
Body Length from NPS	20"	22"	24"	26"	28"
Sleeve Length from Shoulder Seam to Seam	8 1/2"	8 1/2"	9"	9 1/2"	9"

*Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.*

YOUTH General Sizing Guide					
Size	XS	S	M	L	XL
Numeric Size	2-4	6-8	10-12	14-16	18-20
Chest	24"-26"	26"-28"	28"-30"	30"-32"	32"-34"
Waist	22 1/2"-23 1/2"	23"-24 1/2"	24 1/2"-25 1/2"	25 1/2"-27"	27"-29"
Sleeve Length-CM	24"-26"	26"-28"	28"-30 1/2"	30 1/2"-32"	32 1/2"-34"

## Y355 - ATC™ Pro Team Youth Shorts

GARMENT MEASUREMENTS					
Size	XS	S	M	L	XL
Waist (Inseam)	10"	10 1/2"	11"	11 1/2"	12"
Inseam	7"	7"	7"	7"	7"

*Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.*

YOUTH General Sizing Guide					
Size	XS	S	M	L	XL
Numeric Size	2-4	6-8	10-12	14-16	18-20
Waist	22 1/2"-23 1/2"	23"-24 1/2"	24 1/2"-25 1/2"	25 1/2"-27"	27"-29"

## 182B - GILDAN® Heavy Blend™ Youth Sweatpants

GARMENT MEASUREMENTS					
Size	S	M	L	XL	
Waist	10 1/2"	11"	12"	13"	
Inseam	19"	22"	25"	29"	

*Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.*

YOUTH General Sizing Guide					
Size	S	M	L	XL	
Numeric Size	6-8	10-12	14-16	18-20	
Waist	23"-24 1/2"	24 1/2"-25 1/2"	25 1/2"-27"	27"-29"	

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





SD28 Quesnel  
Together we can

# INCHING OUR WAY TO K



All parents and children who will be attending SD28 Kindergarten in September 2025 are invited to join us for fun activities and snacks!

When: **Wednesday, April 30th**  
between **2:30 - 4:30pm**

Where: **Indoor Soccer Facility**  
(980 Anderson Dr)

**RSVP: 250-992-0430 or email**  
[shaunalothrop@sd28.bc.ca](mailto:shaunalothrop@sd28.bc.ca)



Quesnel & District  
**Child Development Centre**





# On the Road to Kindergarten



January

Kindergarten registration starts



April 30th

Inching Our Way to K event at the Indoor Soccer Field, 2:30-4:30pm

RSVP: shaunlothrop@sd28.bc.ca

May 8th

Kindergarten Parent/Caregiver Information Session @ Riverview School Library, 6:30-7:30pm  
If interested email: shaunlothrop@sd28.bc.ca



Late May/Early June

Welcome to Kindergarten event at your catchment school

June 11-13

Northern Health Immunization Clinic  
Call 250-983-6850 to book an appointment



by June 30th

Registered students will receive their gradual entry starting dates

Sept 4th or 5th

1st day of Kindergarten! (half day attendance)



the Correlieu Players present

# LEGALLY BLONDE

*The Musical™*



WED APRIL 30 TO SAT MAY 3  
CHUCK MOBLEY THEATRE

Door 6:30 pm  
Curtain 7:00 p.m.

Music and Lyrics by  
Laurence O'Keefe  
and Nell Benjamin

Book by Heather Hach  
Directed by Shawn Smith

Adults \$15  
OAP/Students \$10

Tickets available at Bo Peep Boutique and the Correlieu Box Office

LEGALLY BLONDE JR. is presented through special arrangement with Music Theater International (MTI)

All authorized performance materials also supplied by MTI visit [www.MTIShows.com](http://www.MTIShows.com)

SUMMER SEASON  
**SWIMMING  
CLUB**



**W H E N :**

**Full Season: May 5 To Aug 17, 2025**

**Half Season: May 5 To Jun 30, 2025**

**SWIM SCHEDULE**

**PUP'S - TUES & THUS - 5.45PM - 6:30PM**

**SWIM DEVELOPMENT - MON & WED**

**JUNIOR'S - MON TO FRI - 5:30PM - 6:30PM**

**INTERMEDIATES / SENIOR'S - MON TO FRI - 4.30PM - 5:30PM**

**AGES:  
4 +**

**ALL SWIM LEVELS WELCOME!**



**REGISTER  
NOW**



<https://quesnelaquaticclub.teampages.com/>

# · FOUNDRY ·

QUESNEL

For life's challenges large or small, Foundry offers connection, tools and support

Whether a young person (age 12-24) and their family/caregivers need support for anxiety, depression, wants to see a doctor, or is struggling with a stressful situation, we will help them get the services they need.

Operated by:



Foundry Quesnel is now accepting applications for Youth and Family Advisory Committees.

For more information email: [FoundryQuesnel@bc.ymca.ca](mailto:FoundryQuesnel@bc.ymca.ca)

## Download the Foundry BC app

Foundry Virtual BC offers free counselling & peer support, substance use services, groups, primary care and employment services to young people ages 12-24 and their caregivers across British Columbia.

Don't have a local Foundry centre in your community? Foundry Virtual BC services do not require a referral, and are free, safe, and confidential.

To learn more, please call 1-833-308-6379, email [online@foundrybc.ca](mailto:online@foundrybc.ca) or visit [www.foundrybc.ca/virtual](http://www.foundrybc.ca/virtual)



Hours: 7 days/week 1:00pm-9:00pm  
Drop-in services: Tuesday-Thursday 2:00pm-6:00pm

Download the app In a browser







# 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 Lacrosse such fun to watch as it is to play.

It helps prevent 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, Rostkin, Kariya, Novitskiy and Oshie 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.

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

**Athletic Support & Cup (Check on 8/2)**

**Gloves**  
Dedicated lacrosse gloves offer maximum protection and flexibility. Lacrosse gloves are to check that they don't offer the same grip as Baseball. Please visit for more info. Requires wrist to be secured.

**Lacrosse Stick**  
May be used on either hand (right or left) and should be wood or high quality. Head Length: 35" (Male) 40" (Female) 42" (U11) 44" (U12) 46" (U13) 48" (U14) 50" (U15) 52" (U16) 54" (U17) 56" (U18) 58" (U19) 60" (U20) 62" (U21) 64" (U22) 66" (U23) 68" (U24) 70" (U25) 72" (U26) 74" (U27) 76" (U28) 78" (U29) 80" (U30) 82" (U31) 84" (U32) 86" (U33) 88" (U34) 90" (U35) 92" (U36) 94" (U37) 96" (U38) 98" (U39) 100" (U40) 102" (U41) 104" (U42) 106" (U43) 108" (U44) 110" (U45) 112" (U46) 114" (U47) 116" (U48) 118" (U49) 120" (U50) 122" (U51) 124" (U52) 126" (U53) 128" (U54) 130" (U55) 132" (U56) 134" (U57) 136" (U58) 138" (U59) 140" (U60) 142" (U61) 144" (U62) 146" (U63) 148" (U64) 150" (U65) 152" (U66) 154" (U67) 156" (U68) 158" (U69) 160" (U70) 162" (U71) 164" (U72) 166" (U73) 168" (U74) 170" (U75) 172" (U76) 174" (U77) 176" (U78) 178" (U79) 180" (U80) 182" (U81) 184" (U82) 186" (U83) 188" (U84) 190" (U85) 192" (U86) 194" (U87) 196" (U88) 198" (U89) 200" (U90) 202" (U91) 204" (U92) 206" (U93) 208" (U94) 210" (U95) 212" (U96) 214" (U97) 216" (U98) 218" (U99) 220" (U100)

**Mouth Guard**  
Mandatory on Lacrosse. Includes oral protector.

**Shoulder Pads**  
The chest and neck of lacrosse players are vulnerable areas for serious injury. Shoulder pads are mandatory for upper body protection.

**Helmet & Facemask**  
All lacrosse helmets are approved by the International Lacrosse Federation (ILF) and must be clearly marked with the manufacturer's name. The facemask is mandatory on the head of the stick or the stick must be secured with the face mask.

### 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





# CREATING A SUBSTANCE USE PREVENTION PLAN

A **WEBINAR** FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading adolescent **Clinical Psychologist** Dr. Hayley Watson, as she helps you create a **personalized step-by-step plan** for implementing **substance use prevention skills** in your home. Dr. Watson will focus on specific steps you can take to ensure that **you and your family are supported** as you teach substance use prevention skills to your child/youth.



## Key Takeaways:

-  Learn the skills that will help prevent your child and youth from using substances
-  Navigate the challenges that arise while teaching these skills to your child/youth
-  Create a step-by-step plan for implementing substance use prevention strategies
-  Increase your ability to support yourself and your child/youth at the same time

**Time:** 6-7:30pm PST (*includes Q&A!*)  
**Date:** April 29th, May 7th and 8th 2025

Scan the QR Code to Register



**REGISTER NOW**