



Barlow Creek Newsletter

Ms. N. Danuser, Principal

June 13, 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!

We are well into June which means the end of the school year is days away! Thank you, sunachadindli, maarsi, merci beaucoup for a wonderful school year. I continue to grow and learn along with your children and am so proud of all the progress they have made.

Like May, we have been focusing on all the BLAZERS for June. Students are recognized for being brave, learners, accepting, zippy, earthly, responsible and self-aware. Everyday we work to treat others the way we want to be treated, listen and accept other points of view and embrace our differences as it is our diversity that makes us stronger.

June is National Indigenous Peoples' History Month and Pride Month. This is a wonderful reminder that every child matters and deserves to be treated equally.

Sunachadindli to our Barlow Creek Elementary PAC for their ongoing commitment to making our school awesome. We appreciate your support and generosity! You rock!

Suncachadindli to all of the volunteers who have participated in school events this year. We couldn't have done it without your kindness and time.

Congratulations to our Grade 7 Grads. Wishing you all the best as you move on to your next adventure.

Sunachailya,
Ms. 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:

School Spirit Day—Crazy Hair	Jun 16
Library Books Due	Jun 17
Grade 7 Grad—4:00-6:00	Jun 19
Last day for breakfast & lunch programs	Jun 20
PAC Sports Fun Day & lunch 10:00—2:00	Jun 20
National Indigenous People's Day @ Lhtako Dene Park	Jun 21
Grade 7 parent info meeting @ QJS 6:15-7:30pm	Jun 23
PAC & Student Voice Year end dance—11:47	Jun 23
Spring Parent Info Night re QJS @ 6:15pm	Jun 23
Grade 7's 1/2 day QJS Orientation	Jun 24
June Assembly @ 9:00am	Jun 25
Summative Learning updates home	Jun 25
Last day of school	Jun 25
First day back—early dismissal @ 11:18—buses are 3 hours early	Sep 3
School Pictures taken	Oct 6

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.



Learning Updates

Learning updates will be issued on Wednesday, June 25th.



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

Learning updates will NOT be mailed home.

Learning updates will be available in the office Thursday, June 26th 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 Breakfast & Lunch Programs

The last day for the District Breakfast & Lunch Programs is **Friday, June 20th.**

Please remember to send a lunch for your children for the final week of school.

Thank you!



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.
- BC Children's Hospital has created a new Mental Health and Substance Use Language Guide for Families and School Communities <https://www2.gov.bc.ca/assets/gov/erase/documents/mental-health-wellness/mhsu-language-guide-for-families.pdf>



UTENSILS:



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

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

Thanks in advance.



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 2025

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

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. **Due Sept 12th.**

Indigenous Language and Culture

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

Ndi' talook lanezyi hoen – I saw ten salmon

Ndi' goh'i lhuyul – This rabbit is white

Dain bunun – June – the time of summer

Dain – Summer

Ndi' tsa'i dzan - This beaver is brown

Sunachadindli – thank you for your kindness





Backpack Buddies

Please remember to return your backpacks before the summer break !!

Other services available are:

Quesnel GreenHope Society

170 Front St

Hours: Friday	10–11 a.m.
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

Temporarily operating out of
West Side Fire Hall
102—345 Anderson Drive

Temporary Hours of Operation

Tuesday 10am - 2pm
Wednesday 2pm - 6pm
Thursday 10am - 2pm

PAC NEWS

Thank you to the PAC for the badminton and pickleball sports equipment and net!

PAC Fun Sports Day—June 20

Barlow Creek PAC is planning a variety of games and events for a day of fun beginning at 10:00 am to 2:00 pm on June 20. There will be face painting, lawn games, races, team relays, water games, and prizes. PAC will be providing 2 pieces of pizza, fruit, a drink 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 18 at 7pm in the library.
This is an Annual General Meeting.



Lunch Time Stars

Each month students who show lunch time star behaviour by being quiet, eating at their seat, listening and doing a quiet activity when they finish eating are entered into a draw at the end of the month. The winners for April were **Savannah Graham, Isabel Mosher, Logan Warner** and **Grayson Wood**. The winners in May were **Arlo Anderson, Clara Sandaker** and **Parker Lusk**.



BLAZERS

At our April Assembly the following students were recognized for demonstrating being Self-Aware. Congratulations to **Beau Wasstrom, Owen Leary, Quinn Everett, Savannah Graham**, and **Eamon Shanks**!



At our May Assembly, the following students were recognized for demonstrating all seven of the BLAZERS positive behaviours! Way to go, **Parker Lusk, Ryder Lawrence, Ryder Lisk, Harlow O'Flynn**, and **Bailey Reimer**.

The winners of t-shirts in the BLAZERS draw in May were **Maia Trudeau** for her Self-Aware Blazer for noticing how others are feeling and filling their buckets and **Serenity Hawkrige** for her Responsible Blazer for cleaning up after two students made a mess. The April t-shirt draw winners were **Joey Apps** for being Self-Aware and helping Ms. Marissa without any hesitation, **Morris Gilks** for being Accepting and including a younger student in the soccer game at recess, and **Malin Lawrence** for being Zippy and helping Ms. Bruce sort hot lunch plates!

Please check your homes for any library books.



**All library books are due
Tuesday, June 17, 2025**



Monthly Library Awards

Top Library Patrons

These are awarded to keen readers who regularly check out books and are enthusiastic about library. May's Top Library Patrons are **Malin Lawrence, Maia Trudeau**, and **Anika Yntema**.

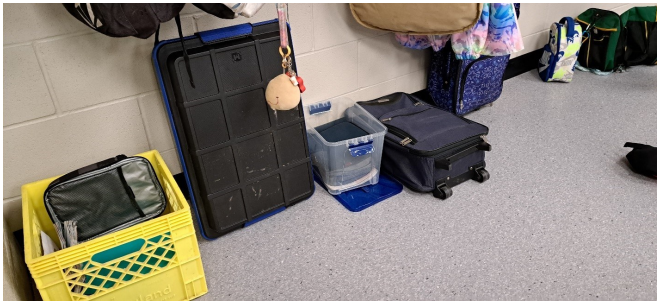


Exceptional Library Class

The Exceptional Library Class for May was awarded to **Ms. Kimmie's** class for consistently remembering to use their walking feet, being gentle with library books and for being the most enthusiastic singers.

Anything but a Backpack Day

Thanks to everyone who participated in our School Spirit Anything but a Backpack Day! We had some very creative ideas. Don't forget to make your hair crazy for Monday, June 16 for our School Spirit Crazy Hair Day! Thanks to our Student Voice students for selecting the school spirit days and making the posters.



Fire Safety House visit

Special thanks to Chief Ron and Kirby for the fire house safety visit. Thanks for letting the grade 7s participate



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

Track and Field

The Barlow Creek Track & Field Team went to Correlieu to compete against the other elementary schools in Quesnel. Our track team did great and everyone represented Barlow Creek well!

Thank you to all the Barlow Staff, parents that helped out, Correlieu and all the volunteers!

Some of our students placed in the top 3 for their events.

CONGRATULATIONS to all our athletes!



Kindergarten – September 2025

Gradual Entry



Group “A” will start Thursday, Sept 4th from 8:10-10:40

Group “B” will start Friday, Sept 5th from 8:10-10:40

Group “A” will attend Monday & Wednesday, Sept 8th & 10th from 8:10-2:18

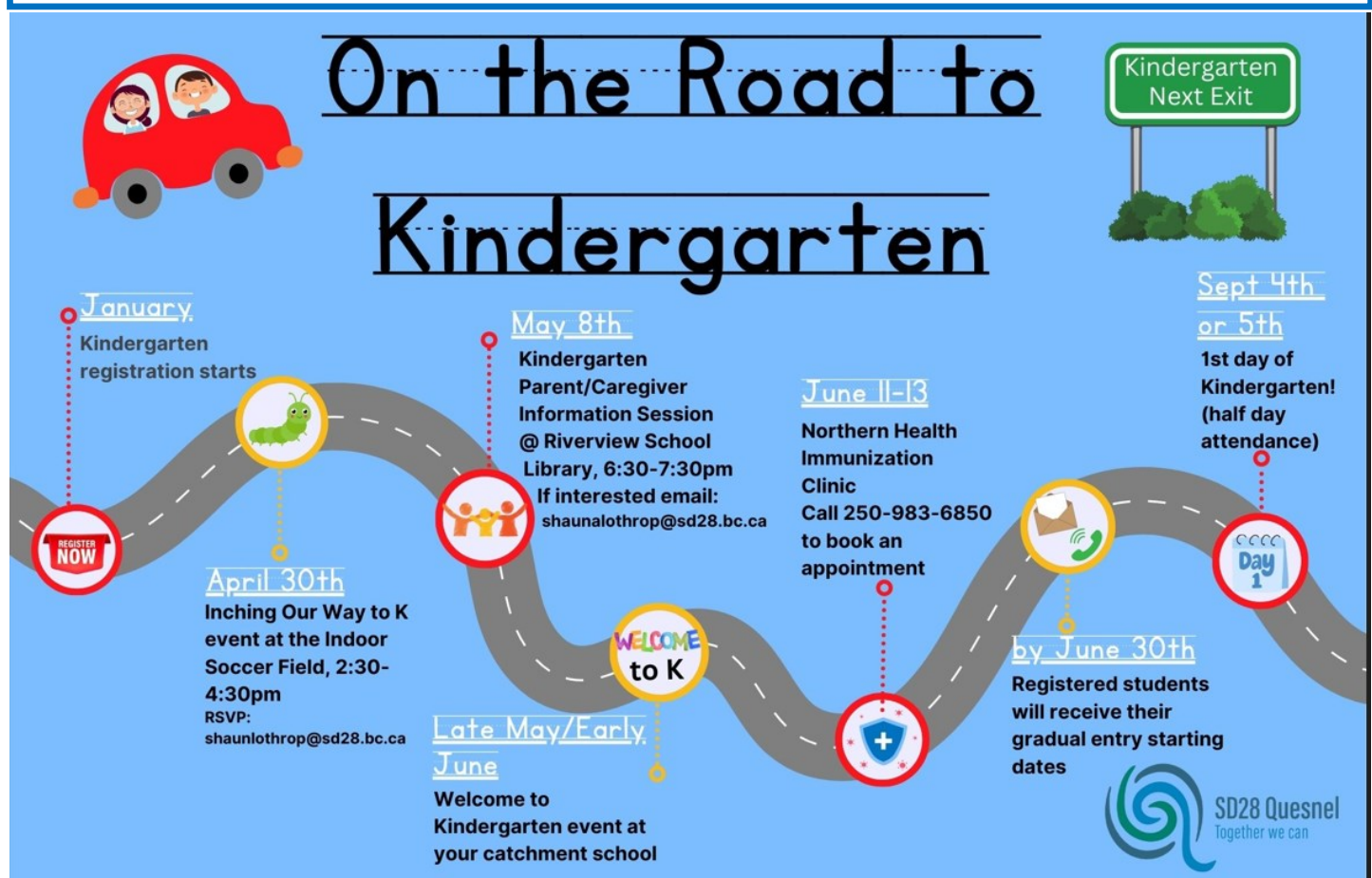
Group “B” will start Tuesday & Thursday, Sept 9th & 11th from 8:10-2:18

Full weeks/ days starting September 15th.

On the first day parents will be invited to the computer lab to complete the Childhood Experience Questionnaire. Please plan to stay for 20 to 30 minutes.



THE CHILDHOOD EXPERIENCES
QUESTIONNAIRE: OVERVIEW



BARLOW CREEK GRADS 2024/2025



**CONGRATULATIONS
YOU DID IT !!**



Maddison Nelson
(to the left)

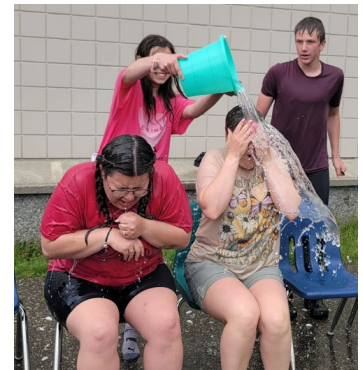


Back row: #24 Christopher Moxam / # 88 Axel Whitford –Gillespie / #9 Dannika Williams / #6 Maia Trudeau / #46 Beckham Wray / #3 Niele Grudzinskaskas

Front row: #37 Wyatt Losier / # 73 Autumn Lepetich / #35 Victor Moxam / #4 Londyn Messom / #26 Malin Lawrence / #14 Hunter Ward / #25 Dominik O'Flynn

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. Say HI in the mornings catching the bus.



LIBRARY BOOKMARK CONTEST

Ms. Sumner hosted a Bookmark Contest this year. She had 54 entries.

All students and staff voted for their favorite bookmarks. Our 2 lucky winners are Savanna Smith-Gourlay (primary) and Dannika Williams (intermediate).

Congratulations and thanks to all the participants.

Ms. Sumner



Congratulations
to our 2025
Bookmark
Contest Winner,
in the Primary
Division:
Savanna Smith-
Gourlay




 Savanna Smith-Gourlay
2025 Winner



Congratulations
to our 2025
Bookmark
Contest Winner,
in the
Intermediate
Division:
William Williams.



 Dannika Williams
2025 winner

Foundry Quesnel is recruiting Youth and Family Advisory Members



We believe young people should have a voice in their care and that finding the right support shouldn't be difficult. The Foundry Quesnel Youth Advisory Committee (YAC) and Family Advisory Committee (FAC) will have important roles in ensuring we create a youth-friendly space for all those who access services. We need your help to make this happen!

Eligible people are:

- Between the ages of 12-24, or have aged-out of our services (YAC)
- Supporting a young person between the ages of 12-24 (FAC)
- Committed to supporting youth to live a good life & helping to improve youth and family wellbeing
- People who appreciate individuality and are able to consider a broad scope of experiences outside of their own
- Able to meet in person, once a month, for about 2 hours
- Interested in making a meaningful difference in our beautiful community
- Wanting to be a champion for youth wellness

**First Meeting
July 2025**

Honorarium provided for participation

Foundry is a province-wide network of integrated health and wellness services for young people ages 12-24. At Foundry, young people can access five core services in one convenient location: mental health care, substance use services, physical and sexual health care, youth and family peer supports, and social services.



Interested in joining a committee?
Want to know more?
Email foundryquesnel@bc.ymca.ca

• FOUNDRY •
QUESNEL

Operated By
YMCA
BC



QUESNEL PRIDE 2025!

JUNE 13-14, 2025

ITINERARY

YOUTH PARTY-JUNE 13, 6:30 - 10PM, \$10.00

PARADE- JUNE 14, NOON SHARP, START CITY HALL

PRIDE IN THE PARK- JUNE 14, FOLLOWING PARADE
IN LEBOURDAIS PARK

ADULT PARTY-JUNE 14, 7:30PM
\$40.00

TICKETS ON SALE:

E-TRANSFER: CONTACT@QUESNELPRIDE.CA

BOOKS & CO

GOLD PAN POTTERY



BC SUMMER READING CLUB 2025

COLOUR YOUR SUMMER

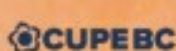


**Unleash your creativity this
summer at your local library!**

Sponsored by the British Columbia Library Association and your local public library with the generous assistance of Public Libraries Branch, Ministry of Housing and Municipal Affairs, and CUPE BC.

BC SRC welcomes all children and their families' participation and seeks to provide an accessible and fully inclusive program.

ILLUSTRATIONS BY LAUREN ACHTEM
GRAPHIC DESIGN BY TIWA GALANPOULOS



FOR MORE INFO:
BCSRC.CA



2025 Summer Reading Club

Cariboo Regional District Library - Quesnel Branch



Dear Parent/Guardian,

The CRD Library – Quesnel branch invites your child to participate in the **2025 BC Summer Reading Club: Colour Your Summer!**

This **weekly summer program** is offered for children 3 – 12 years of age and runs from **July 2nd to August 14th** with an **end-of-summer celebration** on **August 20th**. Registration is ongoing throughout the summer, completely **FREE** and **begins June 10th**. Children receive a reading record on their first week to keep track of their summer reading endeavours. The classes consist of **reading, crafting, games, and fun!**

Regular reading throughout the summer helps children **maintain and improve their reading skills** while school is out. When they join the BC Summer Reading Club, children are encouraged to read whatever they wish (including picture books, nonfiction books, graphic novels, and even comics!) in whatever language they feel most comfortable. They may also listen to someone else read or tell stories, including audiobooks.

The BC Summer Reading Club is sponsored by the British Columbia Library Association (BCLA) and local public libraries with the generous funding assistance of Public Libraries Branch, Ministry of Municipal Affairs, and CUPE BC. Please consider sending thank you notes to your local CUPE BC office, the Minister of Municipal Affairs, and your local library Board, letting them know their support is greatly appreciated.

For more information, and to learn about our other free summer activities for kids, please contact the Quesnel library. You may also visit the BC Summer Reading Club Kids' website at www.bcsrc.ca.

Happy reading! We hope to see you at the library this summer!

Dagana Terlesky (Ms. Day)

2025 Summer Reading Club Coordinator



SRCQ Email

srcq@cariboord.ca

Library Phone Number

(250) 992-7912

Follow us
On  For
Updates:





2025 Summer Reading Club

Program Participant Form – Quesnel Branch



Child's Name

Gender

☐ M

☐ F

Age _____

Parent/Guardian's Name

Email Address

Primary Phone Number

Secondary Phone Number

Emergency Contact Name

Relationship to Child

Emergency Contact Phone Number

Allergies, Behavioural Challenges, Disabilities, Medications, Medical Conditions, etc.

I give permission for my child to take part in any pictures that will be taking place during the course of the library program. (Pictures may be used to promote library programs on social media and in local newspapers.)

Initial _____

I certify that my child is capable of participating in the 2025 Summer Reading Club Program.

Initial _____

I agree that the sponsoring bodies of the program shall not be held liable for any injury arising out of participation in the library program.

Other than myself, the following contact has my permission to pick up my child from the program:

Name:

Relationship to child:

Phone number:

I understand that the parent/guardian must remain in the library building for children 5 years and under.

Initial _____



Check ONE of the following classes that your child will be available for weekly

3-5 Years of Age

- ☐ Tuesday: 10:00-10:45am
☐ Wednesday: 10:00-10:45am
☐ Thursday: 10:00-10:45am

6-8 Years of Age

- ☐ Tuesday: 11:00am-12:00pm
☐ Wednesday: 11:00am-12:00pm
☐ Thursday: 11:00am-12:00pm

9-12 Years of Age

- ☐ Tuesday: 1:30-2:30pm
☐ Wednesday: 1:30-2:30pm
☐ Thursday: 1:30-2:30pm



Parent/Guardian Signature

Date

SRCQ Email

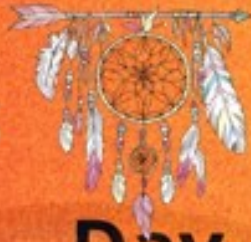
srcq@cariboord.ca

Library Phone Number

(250) 992-7912



Indigenous



People's

Day

Saturday June 21st, 2025

Lhtako Dene Park

10am-2pm

**We are looking for
VOLUNTEERS**

**Set up/Tear down
9am and 2pm**

**Please Contact Dina:
250-992-8200 Ext.8
or 250-255-4868**



Brought to you by the Quesnel Tillicum Society Native
Friendship Centre and their generous Community Partners

Indigenous Vendors, please contact Bailey
@250-992-8347

Organizations wishing to contribute a family
oriented activity, please contact Ashley
@250-992-8858

Indigenous



People's

Day

Saturday June 21st, 2025

Lhtako Dene Park

10am-2pm

Join us
for a day of
celebrating local
Indigenous Culture

**Food
Games
Dancers
Drummers
Cultural Vendors
Cultural Displays**



Brought to you by the Quesnel Tillicum Society Native
Friendship Centre and their generous Community Partners

Indigenous Vendors, please contact Bailey
@250-992-8347

Organizations wishing to contribute a family
oriented activity, please contact Ashley
@250-992-8858

Indigenous People's Day Celebration June 21st, 2025

Schedule for the Day:

- 10:00am – Welcome by MC Tony Goulet
 - Opening prayer by Chief Clifford Lebrun and Bryant Paul
- 10:15am – Traditional dancers
- 10:30am – Lesson on Bundles and Smudging w/Johnny Morin
- 11:00am – Grass Dancers
 - Metis Jiggers
- 11:15am – Puppet Show
- 12:00pm – Jingle Dress Dancers
 - Round Dance
- 12:15pm – Cake cutting
- 12:30pm – Lesson on Bundles and Smudging w/Johnny Morin
- 1:00pm – Walk Out Ceremony
 - Honouring the Graduates – Roll Call
- 2:00pm – Closing Prayer by Doreen Patrick
 - Clean up and Tear Down

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.



EUROPEAN FOOTBALL SCHOOL

SOCCER CAMP

U6-U18 DIVIDED INTO 2 SESSIONS

JULY 30-AUG 1, 2025

**OUTDOOR- QUESNEL YOUTH SOCCER ASSOCIATION
ALL SKIL LEVELS WELCOME!**

REGISTER HERE

SCHEDULE

KIDS WILL BE DIVIDED INTO 2 GROUPS BASED ON AGE AND NUMBERS. THE YOUNGER KIDS IN GROUP 1 OLDER KIDS IN GROUP 2.

WEDNESDAY JULY 30TH: GROUP
1: 9:00AM - 10:30AM & 4:30PM-6:00PM
GROUP 2: 10:30-12:00 & 6:00-7:30

THURSDAY JULY 31ST: GROUP 1:
9:00AM - 10:30AM & 4:30PM-6:00PM
GROUP 2: 10:30AM - 12:00PM &
6:00PM - 7:30PM

FRIDAY AUG 1ST: GROUP 1: 9:00AM -
10:30AM GROUP 2: 10:30AM - 12:00PM



**ALSO SEE OPTION TO JOIN WILLIAMS LAKE CAMP AS WELL
AT A DISCOUNTED RATE!**

MORE INFORMATION :

<https://europeanfootballschool.com/summer-camps/>



Free Program for Youth Girls age 10-12

Go Girls! Healthy Bodies, Healthy Minds!

Join us for a week of fun and friends! Go Girls is a group where youth girls can make friends,
have fun, eat healthy, and play games.



July 7th - 10th & August 11th - 12th
11am-2pm
Sign Up today!

Call Big Brothers Big Sisters of Quesnel for registration
@ 250-992-7257 or email k.schindle@bigbrothersbigsisters.ca

Goals:

This program is intended to help youth girls improve their self esteem, Learn new things about themselves, Make positive friendships, Learn about healthy eating, and how to positively deal with stress.

Go Girls is led by trained mentors that care, are role models, and make a difference.

Throughout the week we will focus on:

Active Living
Balanced eating
Feeling Good

We will explore these ideas each day with a different topic.

We provide snacks and lunch

Games
Team building activities
Fostering friendships
Safe space where you can just be you!



Big Brothers
Big Sisters
OF QUESNEL