



Barlow Creek Newsletter

Ms. N. Danuser, Principal

May 15, 2026

Ms. D. Telford, Secretary

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PRINCIPAL'S MESSAGE

Dahooja Barlow Creek Families

We are halfway through our final term of the school year. Last week, students brought home informal learning updates to let you know where they are in their learning journey. So much progress is being made. Well done.

This will be my last year at Barlow Creek Elementary School. Starting August 1, I will be Vice Principal at Carson Elementary School and Principal of Wells-Barkerville and Nazko Valley Elementary Schools. I have thoroughly enjoyed being a part of your children's learning journey and am grateful for the three years I have been a part of your school community. Shauna Lothrop will be your new Principal and she is looking forward to learning and growing with your children.

Our BLAZERS for May 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 June 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.

Ms. Danuser
Principal

UPCOMING DATES:

Primary Swimming—5 Fridays @ 9:30 to 12:30	May 15, 22, 29 & Jun 5
Victoria Day—No School	May 18
K-3 classes West Fraser Timber Park fieldtrip 8:40—11:45am	May 19
PAC Meeting @ 6:00	May 20
Krispy Kreme Delivery Date	May 21
Track and Field @ CSS May 22 rain day	May 21
Welcome to K—2:45 to 3:45 pm	May 26
Firehouse Safety—Division 3	May 27
School Spirit Day—Crazy Hair Day	May 27
Second Practice—Talent Show	May 27
Ms. Gauthier's 3/4 class - Salmon Release Day Fieldtrip	May 28
Hot Lunch—Hot Dogs	May 28
May Assembly 8:45	May 29
Soak—A—7 1:30 pm	May 29
NI Day—No school	June 1
Student Voice Talent Show 10:30	June 8
School Spirit Dress as your first initial day	June 10
Grade 7 Grad 4-6 pm	June 12
Ten Mile Cross-Country Run	June 16
Ms. Gauthier 3/4 class to PG Exploration Place	June 18
Student Voice PAC year end dance at lunch	June 19
PAC Fun Day	June 22
June & Year End Assembly / Last Day of School	June 24
Summative Learning Updates	June 24

JUMP ROPE FOR HEART

Our fundraising goal for this worthy cause was \$200 and we beat this with an amazing \$347 total donations raised! Chad Whalen raised \$200 himself and earned the chance to throw a pie at Ms. Danuser! Brayley O'Flynn won her own chance as well! Thanks to all that donated!



PAC News

Krispy Kreme orders will be delivered on Thursday, May 21st!

PAC meetings are the third Wednesday of every month.

Next meeting: Wednesday, May 20, 2026 at 6:00pm in the library.

Thank you to the PAC for helping with costs for field trips and transportation and everything else you do for us.



DOMINOS School Fundraiser

You get 25% off all menu items and the school gets 20% of the sales.

STUDENT LEARNING SURVEYS

All parents of grade 4, 7, 10, 11, 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

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 1, 2026** to complete it. **This has been extended until May 15, 2026.**

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 SAFETY

1. Sit facing front with your bottom right back
2. Stay in your seat, use a quiet voice and keep hands to yourself.
3. Remain seated until the door opens
4. Let people in front of you go first

BLAZERS

At our April assembly, the following students were recognized for being RESPONSIBLE BARLOW BLAZERS:

Danica Simms, Charlie Cave, Hannah Lepetich, Arlo Anderson and Chloe Mielke.

The winners of the April Blazers draw for a t-shirt were:

Brantley Preteau for being responsible and always cleaning up the hockey equipment and Eamon Shanks for being responsible and cleaning up someone else's mess.



SUNSENSE TIP:

When you are spending the day outdoors, look for shady cool places to walk, play and rest!



For more sun safety information visit sunsense.ca



Canadian
Cancer
Society

Dakelh Language and Culture

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

Ndi boosyaz'I dulhqus. - This kitten is black.

Dulgiyaz Hadulh Bunun – May– Time of the sucker fish.

Ndi'i sus intoh. - This is a bear.

Ndi'i talook intoh. - This is a salmon.

Sunachailya to Mrs. Burbee and Ms. Harrington for the soap berry ice cream and stories.

Student Voice Talent Show

Monday, June 8 at 10:30 am

Second auditions to be held on May 27th at lunch in the gym. If your child is performing, remind them to practice.



Monthly Library Awards

Top Library Patrons

These are awarded to keen readers who regularly check out books and are enthusiastic about library. April's Top Library Patrons were **Sage Stitt**, **Russell Horvath** and **Mason Long**. These students are keen readers and make the most of their library time.

ABC's of Attendance

A Attend the first day back after break. Prolonging a break can make it harder for your child to return to school.

B Back to school preparation. Preparing your child for back to school will lessen any anxiety they may feel.

C Commit to regular attendance. Set a goal to attend school regularly and commit to helping your child reach that goal.

Every School Day Counts

Factors that could make returning to school after a break hard:

- #1 Routine Factors—hard to readjust to waking up earlier and having a set routine
- #2 Brain Factors—returning to an academic mindset can be difficult
- #3 Cultural Factors—holidays may have emotional weight that can impact readiness to return.
- #4 Emotional Factors—some may struggle with separation anxiety or feel stress about upcoming projects or rest.

Here's to a Smooth Return



Countdown Calendar

A visual countdown can help kids ease back into the school routine after a break, making the transition feel less sudden.



Consistent Wake-Up Time

Establish a regular wake-up time, even on school breaks, to help regulate your child's sleep schedule.



Re-establish Morning Routines

Develop a structured morning routine that includes specific tasks (getting dressed, eating breakfast, etc.) to help kids know what to expect.



Be Prepared

The night before, pack backpacks, prepare lunches, and lay out clothes. Being organized will make the morning run more smoothly.



Limit Screen Time

Keep screens off during the morning to minimize distractions and encourage focus on getting ready.



Stay Positive and Calm

Maintain a positive attitude and avoid rushing, as a calm demeanor can set the tone for the morning.



Establish a Drop-Off Routine

Create a consistent drop-off routine, whether it's walking in together or saying a special goodbye, to help ease separation anxiety.

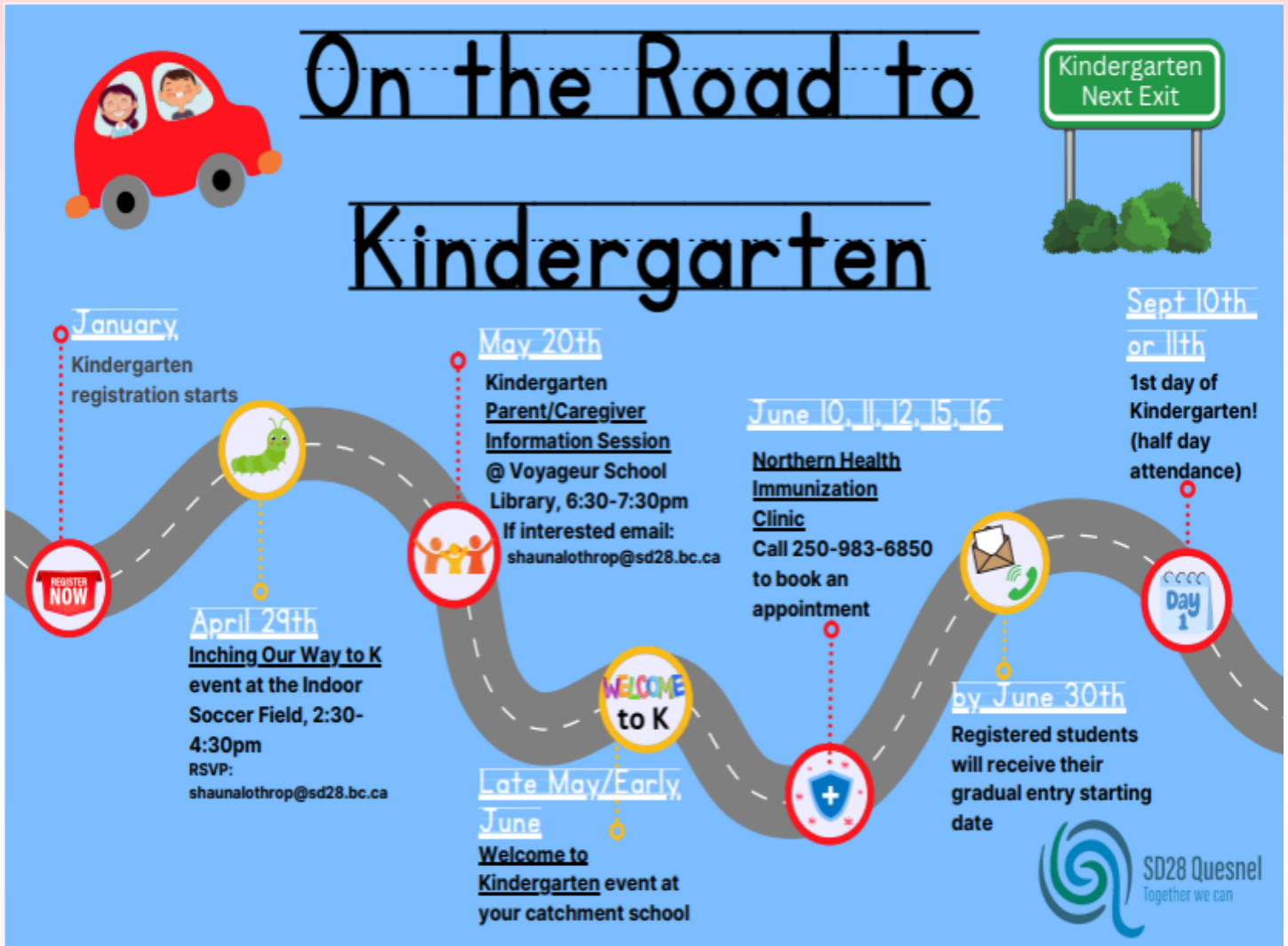


Communicate Openly

Talk to your child about their feelings regarding school, addressing any concerns they may have to make them feel supported.

Kindergarten Parents!

Please check out the poster below for the next important steps before your child begins kindergarten next year.



Welcome to Kindergarten!

The Barlow Creek Elementary event will be held on Tuesday, May 26th from 2:45 pm to 3:45 pm. Please attend the Welcome to K event at your catchment school.

Kindergarten Screening will be done at this time and all children need to have their immunizations brought up-to-date prior to Kindergarten entry. Please contact Northern Health Authority after May 1, 2026 @ 250-983-6850

EASE at Home

EASE (Everyday Anxiety Strategies for Educators) K-7 classroom lessons have been adapted for use by parents and caregivers to support children's mental health across home, school and community settings. EASE at Home K-7 activities have been designed for all children to learn life skills that will benefit them now and into the future. When children practice EASE strategies at home, they are more likely to use them. EASE at Home activities are available as downloadable PDFs in English and seven additional languages: French, Punjabi, Simplified Chinese, Traditional Chinese, Tagalog, Arabic, and Spanish at [Healthy Minds BC](#).

Allergy Alert

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

All SD #28 buildings are scent free.

March/April Lunch Time Stars

Division 1	Adam Halvorsen
Division 2	Amelia Nelson
Division 3	Isabel Mosher
Division 4	Hannah Lepetich
Division 5	Reed Clegg



Backpack Buddies
Please remember to
return your backpacks!

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.



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).

Online Safety

Please take some time to talk with your children about safe online behaviour. Here are some things you can do to support your children to be safe online:

- * Turn off the in-game chat features
- * Help your child set up the games and monitor how they are using them.
- * Take time to understand how the game works
- * Don't use your child's name when signing up, use a screen name.
- * Talk to your child about the dangers online and what to look out for.
- * Remind your child to only play online with people they know.

Make sure your children aren't sharing personal information like names, where they live, age, school they attend, etc.

SunSense Challenge

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



Are you interested in caring for children & youth?

JOIN OUR FOSTER CAREGIVER COMMUNITY.

We are seeking nurturing homes that can offer temporary inclusive care to children and youth, including those with support needs.

Caregiving is a rewarding position, and you won't be alone; additional financial resources and support are available to help you provide care.

Every child and youth deserves a safe place to belong, a home where they feel valued, understood, and cared for.

Make a lifelong difference to a child and youth today.

If you are interested in becoming a foster caregiver, please scan the QR code or visit:
[Foster Caregiving - Province of British Columbia](#)



QUESNEL
THUNDER
MINOR HOCKEY

QUESNEL MINOR HOCKEY
PRESENTS

BAUER
**FIRST
SHIFT**
PROGRAM



REGISTRATION OPENS

JUNE 1

PROGRAM FEE

\$299



INCLUDES
FULL HEAD TO TOE
BAUER GEAR &
ON ICE INSTRUCTION



MUST BE
NEW TO HOCKEY
TO REGISTER
AGES 5-10

SPECIAL THANKS TO
HOCKEY CANADA FOR SUPPORTING
THE NEXT GENERATION OF HOCKEY PLAYERS.



**HOCKEY
CANADA**



Quesnel Aquatic Club's Summer Season Registration IS NOW OPEN



May 4 - Jun 16
or
Jun 17 - Jul 18

Pups Program

Age: 4 to 6
2 swim days/week
6 week program
Swim: Mon & Wed or Tue & Thu

Super Pups Program

Age: 6 to 9
2 swim days/week
6 week program
Swim: Mon & Wed or Tue & Thu



May 4 - Aug 2

Elite Program

Age: 7 to 18
[up to] 5 swim days/week
13 week program
Includes: 4-month Rec Pass!

Flex Program

Age: 7 to 18
2 swim days/week
13 week program
Swim: Tue & Thu



quesnelaquaticclub.teampages.com



quesnelaquaticclub@gmail.com



facebook.com/QuesnelSeaLionsSwimClub



instagram.com/QuesnelSeaLionsSwimClub



StrongStart

A **FREE** Parent & Child participation program for **0-5 yr olds**

Join the fun at a StrongStart centre!

You and your child will make new friends, play, create art, go to the gym, sing songs, engage with stories, and so much more!

Drop in available at:

Baker StrongStart Mon-Fri 8:30-11:30am

Barlow Creek StrongStart Mon-Thurs 8:15-11:15am

Bouchie Lake StrongStart Mon-Fri 8:15-11:15am

Dragon Lake StrongStart Mon-Fri 8:30-11:30am

Please contact Ms. Cari to learn which days have openings (250-747-2142)

*The school district operates 4 StrongStart BC early learning centers that provide **free**, school-based, high quality early learning programs for children aged 0-5 years old who are accompanied by a parent or caregiver. At StrongStart, you and your child will have opportunities to play, make new friends, create art, go to the gym, sing songs, engage with stories and so much more! Feel free to drop in on the days and times as per the poster above!*