

JQ eNews - 2025.05.01

JQ eNews, including information about school procedures, activities and events is emailed to families every week. Please also visit the VSB website¹ and the JQ school website² for information regarding district and school events.

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To view a Table of Contents for the eNews, if you click the icon at the bottom right of your screen when looking at the eNews, it will allow you to navigate directly to a section of your choosing.

¹<https://www.vsb.bc.ca>

²<https://www.vsb.bc.ca/jules-quesnel>

Safe Arrival and Reporting Student Absences



To report your child's absence, please call **604-713-5159, Ext. 39**, or email **jquattendance@vsb.bc.ca**³ prior to 9:00 AM on the first day of the absence. If your child arrives late to school, they should report to the office and sign-in.

Please ask your child to check in with the Office if arriving late, this way we know your child is on site. Thank you.

³<mailto:jquattendance@vsb.bc.ca>

Supporting children affected by Lapu Lapu tragedy



1 - artist: @wattoart

Dear families,

Many children may be feeling unsure or worried. It's normal for young people to have big feelings in response to distressing news. Here are some practical ways to support them—based on guidance from the Canadian Red Cross—and help them feel more comfortable:

- **Talk openly and listen:** Let your child ask questions and express feelings. Reassure them it's okay to feel upset, and that you're there to support them.
- **Stick to routines:** Regular meals, bedtime, and activities can provide comfort and stability.
- **Limit media/social media exposure:** Be present if they're watching or hearing news and talk through what they see.
- **Encourage positive action:** Taking small, helpful steps can reduce worries and build confidence. Students can:
 - Write a kind message to first responders or those affected
 - Create art, cards, or posters that focus on hope or care
 - Spend time on calming, creative, or physical activities they enjoy

- **Focus on the helpers:** Highlight the people who step up to help in tough times—this can restore a sense of safety and hope.

A unique aspect of Filipino culture is the 'Bayanihan Spirit,' which emphasizes community cooperation and mutual assistance when faced with a challenge. This tradition unites communities to tackle challenges, making them more resilient and resourceful in the face of adversity. The word "bayanihan" itself signifies being in a community and working together.

Every child reacts differently, and your support makes a big difference.

<https://www.redcross.ca/blog/2022/3/talking-with-children-and-youth-about-difficult-things>

Mandito kami para sa inyo.

Big One at Two Earthquake Drill - Thursday, May 8



On Thursday, May 8, the Vancouver School Board will hold its annual district-wide earthquake drill. After drop, cover and hold in the classroom, students will exit the building and assemble on the school playing field along with students from Lord Byng Secondary. Please ensure that your children are dressed for the weather as we anticipate being on the field until the end of the day.

Please note that if you need to pick up your child early for an appointment next Thursday, please arrange to collect your child prior to 1:50 pm. After that time, we can only release students following emergency release procedures. Thank you.

Save the Date - Tuesday, May 13 - Body Science with Saleema Noon (parent session)

Talk Sex Today - Body Science Boot Camp for Parents

Parenthood never arrives with a rulebook, and when it comes to explaining the world of sexual health to your child, it can be hard not to end up a bright shade of red. Using humor and straight talk in an open, interactive environment, Saleema Noon Sexual Health Educators will show you how easy it is to convey healthy, positive messages about sexual health to kids.

In this workshop parents will learn:

- Why we need to talk to children about sexual health at a young age
- How to reduce risk of child sexual abuse
- What children should know at each stage of development, with specific examples of how to explain concepts and processes using inclusive language
- How to become their kids' go-to source of sexual health information
- How to normalize open, honest sexual health conversations in their family
- How to effectively answer even the toughest questions kids ask
- What will be covered in Body Science workshops for students **Join us via live Zoom!**
- **When: Tuesday, May 13 at 6:30 pm.**
- **Zoom Link:** Will be sent directly to parents by email next week.

SPONSORED BY JQ PAC.

For more information about Saleema Noon Sexual Health Educators go to www.saleemanoon.com⁴.

Lunches and snacks

Spending more time outdoors in the sunny weather seems to be making some students a little hungrier than usual and quite a few have mentioned that they do not have enough to eat. Please consider sending a little extra something for your children to snack on, and please also include an additional snack if they have extracurricular classes. Thank you.

⁴<http://www.saleemanoon.com/>

VSB Summer School 2025



VSB Vancouver School Board
SUMMER LEARNING
2025

 **ELEMENTARY PROGRAM REGISTRATION**
Begins April 23, 2025 at noon

SECONDARY PROGRAM REGISTRATION
Begins April 30, 2025 at noon

- Registration for Elementary Programs will open on Wednesday, April 23, 2025 at noon (12:00 PM) and will close on Wednesday, May 21, 2025 at 11:59 PM.
- Registration for Secondary Programs will open on Wednesday, April 30, 2025 at noon (12:00 PM) and will close on Wednesday, June 11 at 11:59 PM.

Program Schedule:

- Elementary Program: July 3 to July 18, 2025
- Secondary Review/Preview/Remedial/ELL Program: July 3 to July 25, 2025
- Secondary Completion Program: July 3 - August 1, 2025

Please visit the Vancouver School Board website for more information and locations:

VSB Summer Learning 2025⁵

Will you be returning to JQ in September 2025?

Please continue to inform us if you will be moving before September 2025 and are planning to attend another school in the fall. If you are unsure of your future plans or if your situation

⁵<https://www.vsb.bc.ca/page/5211/summer-learning>

changes before the end of the school year, please contact the office directly via email to let us know of your updated plans. Thank you.

Lost and Found





Please stop by the Lost & Found to reclaim any belongings your child/ren may be missing. The rack is on the Main Floor outside the gym's north entrance.

We are on the lookout for a special blue baseball glove, which was lost on the playground by a JQ student.

School Calendar & Upcoming Dates



The 2023-2024 School Calendar and other information is available on our school website⁶.

Please visit the school website regularly for the most up to date information regarding JQ activities and events.

Upcoming events are listed on the school website homepage and on the Calendar⁷ page. Click the List View tab on the Calendar page for list of upcoming events.

Dates to Note in April and May



Thursday, May 8: Immunization Clinic and Big One at Two District Wide Earthquake Drill

Tuesday, May 13: Saleema Noon presentation for parents at 6:30 pm (Zoom link will be provided)

Monday, May 19: Victoria Day - School closed

Wednesday, May 21: PAC AGM at 7 pm

Friday, May 23: On our way to Kindergarten Event (by invitation only)

⁶<https://www.vsb.bc.ca/jules-quesnel>

⁷<https://www.vsb.bc.ca/jules-quesnel/page/2257/calendar?tab=monthview>

Art in the Hallways



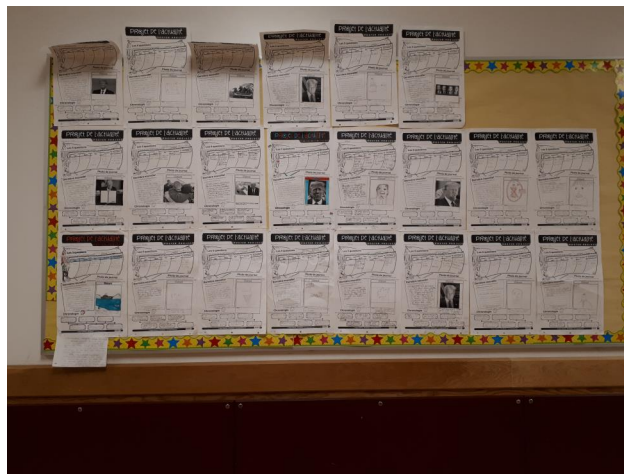












JQ PAC Updates



Active First Friday - May 9

The first Active Friday of May is happening next week—Friday, May 9th!

Plan to arrive on foot or wheels, and start your day with some fresh air and movement.

We'll have a refreshing cup of lemonade waiting just for you!

Extracurricular - New Activity



After School Rugby Program Weekdays at a variety of VSB schools 3-430 PM

Grades: Grade 2 to Grade 8
\$150 (plus GST)

April 15th until June 12th

Are you ready to experience the excitement of rugby in a fun, inclusive and supportive environment? Ravens Rugby is proud to host after school rugby for young athletes from Kindergarten to Grade 7. Whether you're new to the sport or looking to develop your skills, After school Ravens Rugby Program is the perfect place for you.

Students will be supervised from dismissal at the program school. No need to pick up your child until 4.30 pm.

Register with Ravens Rugby at
<https://rugbycanada.sportsmanager.ie/sportlomo/registration/member-registration/club/78>.

Registration also gives you access to the club practices at Jericho and other afterschool programs.

Any questions please email
juniors@ravensrugby.club



NEW ACTIVITY!

Mondays - Ravens Rugby⁸ - May 5 to Jun 12 - 3:00 to 4:30 pm - Gr 3 to 7 - \$150

Register here to join the coed team⁹ on the field with students from Queen Elizabeth. Students and coaches will walk to the QE field to learn and develop rugby skills. Students will also have access to other rugby practices offered by Ravens Rugby this Spring!

⁸<https://www.ravensrugby.club/>

Send your questions to juniors@ravensrugby.club¹⁰

If you have any questions regarding JQ's extracurricular classes, please send them to Talia (parent) at jqextracurricular@gmail.com¹¹

PAC AGM - Wednesday, May 21

The PAC AGM and final meeting of the year will be held on:

Wednesday, May 21

The meeting is scheduled to run between 7pm to 8pm. We will continue to have free child care for in person attendees.

Meeting will be in hybrid form and a link will be sent closer to the date and time. For those wishing to attend in person, the meetings will take place in Room 206.

Minutes of previous meetings can be found at the following link: <https://jqpac.com/meeting-minutes/>.

Hot Lunch Program

Hot lunch is offered on Tuesdays and Thursdays and pizza lunch on Fridays. Ordering is now open at munchalunch.com¹². If you don't have an account set up, you will need to create one to order food for your student. **Orders must be in by 9:00 am for the following day's hot lunch meal.**

If you have any questions, please direct them to the hot lunch & pizza lunch coordinators (Helene, Kate & Annie) at jqhotlunchpizza@gmail.com¹³

⁹https://rugbycanada.sportsmanager.ie/sportlomo/registration/member-registration/club/78?utm_source=hs_email&utm_medium=email&hsenc=p2ANqtz-8tpw83lp2npxLWW4txCiGNDg1OL6sUay8joE1JXITG4HglOLxa-8yGgteMLg6cDT7KUZZm

¹⁰<mailto:juniors@ravensrugby.club>

¹¹<mailto:jqextracurricular@gmail.com>

¹²<https://julesquesnelpac.us3.list-manage.com/track/click?u=a8e7c9494cc165c2c2cca7d75&id=4cf65b4a26&e=afa53965a6>

¹³<mailto:jqhotlunchpizza@gmail.com>

Hot Lunch Cancellations

If your child is going on a field trip and you need to cancel their hot lunch order, please remember to do so by **6:00 PM the night before** to receive a credit.

- For **Tuesday meals**, cancellations must be made by **6:00 PM on Sunday**.
- For **Thursday meals**, cancellations must be made by **6:00 PM on Tuesday**.

This ensures the lunch provider has time to adjust orders accordingly. Thank you for your cooperation!

Remember you must place your order by 9am the morning before the following day's hot lunch meal. Please email Helene, Kate or Annie at jqhotlunchpizza@gmail.com¹⁴ if you have any questions.

A Huge Thank You! We also want to extend a heartfelt thank you to all the families who have supported the hot lunch program. Your participation has made this a highly successful fundraiser, directly benefiting our school community. We appreciate your continued support! We are grateful to Annie/Kate/Helene.

PAC Newsletter

If you are not receiving the PAC Newsletter and you would like to:

Add us to your address book¹⁵

Want to change how you receive these emails?

You can update your preferences¹⁶ or unsubscribe¹⁷

JQ Parent Advisory Council

3050 Crown Street, Vancouver, BC, Canada

Vancouver, BC V6R4K9

Canada

¹⁴<mailto:jqhotlunchpizza@gmail.com>

¹⁵<https://julesquesnelpac.us3.list-manage.com/vcard?u=a8e7c9494cc165c2c2cca7d75&id=cf68741d5b>

¹⁶<https://julesquesnelpac.us3.list-manage.com/profile?u=a8e7c9494cc165c2c2cca7d75&id=cf68741d5b&e=afa53965a6&c=a3093351af>

¹⁷<https://julesquesnelpac.us3.list-manage.com/unsubscribe?u=a8e7c9494cc165c2c2cca7d75&id=cf68741d5b&t=b&e=afa53965a6&c=a3093351af>

Community Links

See below for information regarding community activities, events and programs.

Thank you for reading!

Contact Us



École Jules Quesnel Elementary School

3050 Crown Street

Vancouver, BC, V6R 4K9

604-713-4577

studentrecordsquesnel@vsb.bc.ca¹⁸

Visit us on the web at <https://www.vsb.bc.ca/jules-quesnel>.

¹⁸<mailto:studentrecordsquesnel@vsb.bc.ca>