

JQ eNews - 2025.05.08

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.

eNews Table of Contents

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.

Track & Field Season for Grades 4 to 7

JQ's track and field season got underway today with an early morning start at Camosun Park.

All practices and mini-meets will take place at Camosun Track, except for the Final Meet which will be held at Point Grey Secondary.

Here is the schedule:

Practices: Tuesday, May 13 (Vital) and Thursday, May 15 (Mme Alexis)

³<mailto:jquattendance@vsb.bc.ca>

Senior Mini Meets for grades 6 & 7

Wednesday, May 21 - Senior Mini Meet at Camosun Track from 3:30 to 5:00 pm (Mme Alexis)

Monday, May 26 - Senior Mini Meet at Camosun Track from 3:30 to 5:00 pm (Mme Sevie)

Junior Mini Meets for grades 4 & 5

Thursday, May 22 - Junior Mini Meet at Camosun Track from 3:30 to 5:00 pm (Vital)

Wednesday, May 28 - Junior Mini Meet at Camosun Track from 3:30 to 5:00 pm (tbd)

Final Meet

Wednesday, June 4 at Point Grey Secondary

am - grades 4 & 5 (Vital)

pm - grades 6 & 7 (Vital)

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.

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:** Sent to parents on May 6th, and will be resent on May 13th.

SPONSORED BY JQ PAC.

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

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

⁴<http://www.saleemanoon.com/>

- 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 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.

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

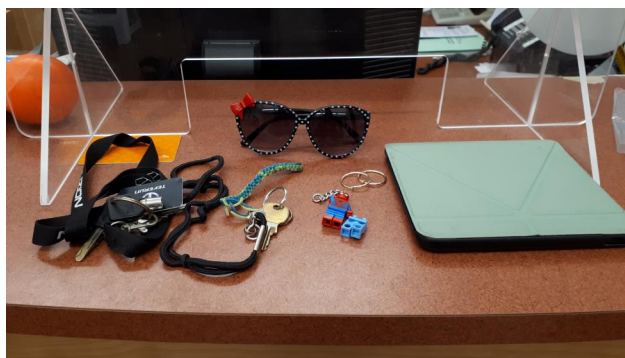
Lost and Found



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.

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

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

Dates to Note in May and June



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

Wednesday, May 28: PAC Presentation - Rethinking risk: The importance of children's outdoor risky play for children's health, well-being and development

Monday, June 2 to Friday, June 6: Bike to School Week

Monday, June 9 to Friday, June 13: Grade 7 Camp

Thursday, June 19: JQ Sports Day

Tuesday, June 24: Grade 7 Leaving Ceremony

Wednesday, June 25: Communication of Student Learning to parents

Thursday, June 26: Last day of attendance for students

Art in the Hallways









JQ PAC Updates



Active First Friday - May 9



Quench your thirst at...

Active

First Friday

@ École Jules Quesnel

Join us for the **last** Active Friday before Bike to School Week!



reduce traffic congestion! get exercise! reduce pollution!

May 9: Our Active Friday partner, Bean Around the World on W 10th, has made a **Citrus Iced Tea** specially formulated for JQ's spring Active Fridays. Come try it out! See you on Friday from 8:45ish!



Our Active Friday partner, Bean Around the World, on West 10th, has made a Citrus Iced Tea specially formulated for JQ's spring Active Fridays. Come try it out! See you on Friday from 8:45ish!

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/>.

Presentation for Parents: Rethinking risk: The importance of children's outdoor risky play for children's health, well-being and development

When: Wednesday, May 28

Where: JQ Gym

This is an interactive workshop that will work through real examples from the field, outline how to identify a hazard from a risk, and ideas to support children's time outdoors. Rachel Ramsden, a PhD Candidate and Research coordinator at the University of British Columbia, will guide workshop participants in developing a deeper understanding of how outdoor risky play can support and provide opportunities for children to explore the world and their own capabilities.

🕒 Doors open at 6:15pm, and the speaker begins at 6:30pm. 🍷🌟 Enjoy complimentary light snacks and refreshments, and do not miss the door prizes 🎁!

This event is open to JQ families, as well as friends of JQ families. Registration details coming soon — but for now, please save the date and join us for this insightful discussion.

Bike to School Week - June 2 - 6



Bike to School Week is Rolling In! 🚲

JQ will be celebrating **Bike to School Week from June 2–6, 2025!** Students are encouraged to bike, roll, or walk to school to:

- Support our school's green initiatives
- Build a stronger sense of community
- Reduce traffic congestion
- Boost health and energy levels

All students who arrive “on wheels” will receive a sticker and be entered into a prize draw at the end of the week!

We're also looking for volunteers! If you're interested in helping out—or have fun ideas to add to the week—please connect with your Class Rep or a member of the PAC Executive.

Dust off those bikes and let's roll into June with pedal power!

Hot Lunch Program

Hot lunch is offered on Tuesdays and Thursdays and pizza lunch on Fridays. Ordering is now open at munchalunch.com⁸. 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.com⁹

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.com¹⁰ 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 book¹¹

Want to change how you receive these emails?

⁸<https://julesquesnelpac.us3.list-manage.com/track/click?u=a8e7c9494cc165c2c2cca7d75&id=4cf65b4a26&e=afa53965a6>

⁹<mailto:jqhotlunchpizza@gmail.com>

¹⁰<mailto:jqhotlunchpizza@gmail.com>

¹¹<https://julesquesnelpac.us3.list-manage.com/vcard?u=a8e7c9494cc165c2c2cca7d75&id=cf68741d5b>

You can update your preferences¹² or unsubscribe¹³

JQ Parent Advisory Council

3050 Crown Street, Vancouver, BC, Canada

Vancouver, BC V6R4K9

Canada

Community Links

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

Free webinar: ***Establishing Family Practices for Safeguarding Against Cyberbullying and Sextortion***

Run by Safer Schools Together (SST). There are sessions upcoming on **May 21 & June 3** and you have to register.

<https://pages.saferschoolstogether.com/erase-establishing-family-practices-for-safeguarding-against-cyberbullying-and-sexortion>

Thank you for reading!

Contact Us



¹²<https://julesquesnelpac.us3.list-manage.com/profile?u=a8e7c9494cc165c2c2cca7d75&id=cf68741d5b&e=afa53965a6&c=a3093351af>

¹³<https://julesquesnelpac.us3.list-manage.com/unsubscribe?u=a8e7c9494cc165c2c2cca7d75&id=cf68741d5b&t=b&e=afa53965a6&c=a3093351af>

École Jules Quesnel Elementary School

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Vancouver, BC, V6R 4K9

604-713-4577

studentrecordsquesnel@vsb.bc.ca¹⁴

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

¹⁴<mailto:studentrecordsquesnel@vsb.bc.ca>