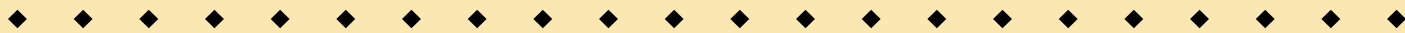


Kersley Elementary School

2899 Arnoldus Rd

Quesnel BC V2J 6L3

Phone: 250-747-2624 Fax: 250-747-3072



September 2023 Newsletter

Dahooja Kersley Families!

It is hard to imagine that September has moved along so quickly! With October, November and December comes the promise of exciting and wonderful learning experiences. I have enjoyed connecting with families and students, and planning activities within our community! I feel honored to be warmly welcomed into an amazing place to learn and grow.

Kersley Elementary will be proudly taking part in the 2023 **Terry Fox School Run** on Friday, September 22nd. We will be accepting donations on that day for the Terry Fox Foundation in the form of a “Coin Drive.” Please send with your student that day.

September 30, 2023 marks the National Day for Truth and Reconciliation. During the week, students will be learning and reflecting on this day that honors the lost children and the Survivors of residential schools, their families and communities. Orange Shirt Day will be held at Kersley on Friday, September 29th.

We have planned a whole school field trip to the Corn Maze for Thursday, October 5th. Parents are welcome to join us for this event! Please let us know if you will be attending!

I look forward to continuing to make connections with everyone in the Kersley Community!

Ms. Janene Sellers



Upcoming Events: September 19th - Oct 6th

Week of:	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Sept 19—23	18 Kindergarten start full days	19	20	21	22 Terry Fox Run
Sept 25—29	25 Picture Day 8:30 am	26	27	28	29 Orange Shirt Day
Oct 2—6	2 National Day for Truth and Reconciliation NO SCHOOL	3	4	5 Corn Maze 9:00 am Bus departs. 12:00pm Return to Kersley	6

Upcoming Dates:

- October 9: Thanksgiving day - No School
- October 20: Provincial Pro D Day - No School
- October 25 & 26 - Early Dismissal
- November 10: Remembrance Day - No School
- November 27: NI Day - No School

Bell Schedule 2023 - 2024

8:15	Morning Session
10:00-10:15	Recess
10:15-11:45	Late Morning Session
11:45-12:44	Lunch
12:44-2:23	Afternoon Session

Monthly Reminders

We are a Nut, Legume and Citrus Free & Scent Free School

Please remember we are a **Nut & Legume, and Fresh Citrus fruit Free School.**

Due to severe antiphallic allergies including peanuts, tree nuts and all legumes including soy, we ask that you refrain from sending food that include these ingredients

WOW butter contains soy, so therefore we can't have students bringing it.

Please remind students not share their food.



Healthy Practices

We wanted to remind everyone to stay home when sick as this stops the spread of illness.

Students, visitors and staff should stay home if they have symptoms of illness such as: fever or chills, difficulty breathing, diarrhea, runny nose, headache, sore throat, sneezing, body aches, loss of sense of smell or taste, loss of appetite, extreme fatigue or tiredness, vomiting, severe uncontrolled coughing or wheezing.

If you are sick or feel unwell please stay home.

District Lunch Program

We realize that with the rising inflation many families may be struggling financially. The district lunch program provides a healthy lunch daily for students. Please contact the school if you would like to sign up for this awesome program. The program begins on Monday, Sept. 25.

Speed Limit Reminders

Please respect and follow the 30Km speed limit through the school zone and in the school parking lot.

Our Parking Lot is very busy at the end of the day. Please remind your child to be aware of the traffic in the parking and look all directions

Safe Arrival

Please call the School if your child is going to be absent.

You can also use the online form found at <https://kersley.sd28.bc.ca/>

Ms. Sellers or Ms. Balatti will call home to confirm an absence if your child is away without prior notification

Ms. Balatti hours are: Monday 8-9:15 am ,Tues—Thursday 8:00-11:00 am, and Friday 8-10:30 am

In addition please let us know if your child will be leaving school early, walking to a different location at the end of the day, or will be picked up by a different person.

What's up Kersley Kodiaks!!!

Bicycle Safety

We love to see our students bike and skateboard to school! Please review the following bike safety rules with your child, to help them stay safe on the way to and from school.

- Wear a properly helmet every time you get on anything with wheels.
- Wear light or bright colored clothing and shoes that cover your toes.
- Listen for vehicles and others on the road. (Avoid headphones.)
- Check your tires for air before each ride and make sure your breaks work properly.

Weather

Beautiful fall weather is here, chilly in the morning and warm in the afternoon.

Please have student dress in layers!



Message from PAC

WE are looking forward to another great school year!

We will be continuing with fundraising at the bottle shed, please keep an eye out for post regarding bottle sorts.

Please keep an eye out for our annual PAC BBQ date!

Hillary Shearing: President

Melissa Winofsky: Vice President

Jeni James : Secretary

Desire MacNaughton: Treasurer

Communication:

New Website

Please check out our new website
www.kersley.sd28.bc.ca

Facebook

Please join our Facebook group:
www.facebook.com/groups/kersleyelementary

Emails

Watch for emails from Ms Sellers



NI-DAY Oct.20



NI-day camp is a Fun Soccer program for kids from 6 to 11 years old.

Host by QYSA at indoor Soccer Facility.

Drop in: 8:30am Pick-up: 3:30pm

Registration fees: **\$35.00**

Register at : <https://form.jotform.com/232565568964270>

More information: td.qysa@gmail.com



OCTOBER.20

High Performance Camp



They are the perfect opportunity for players between 12 and UP to improve their skills alongside other advanced.

Host by QYSA at indoor Soccer Facility.

Start: 9:30am End: 3:30pm

<https://form.jotform.com/232565568964270>



it's fun, it's free, it's family

Learn together as a family about:

- Healthy eating
- Physical activity
- Positive mental health
- Improving screen time
- Sleep hygiene.



Weekly virtual (on Zoom) sessions

Thursdays at 6:30-8:30pm.

September 28 - November 23, 2023

For more information and to register for the program:

✉ lindsay.marriott@bc.ymca.ca 🌐 www.generationhealth.ca



University of Victoria



Generation Health Program Information



- Generation Health is a **FREE family-based program** offered in communities across B.C. The program is for families who want to be on a healthy lifestyle path.
- It was **designed in B.C.** by healthy lifestyle and behaviour change experts.
- The program supports participants to make family changes to health behaviours such as **healthy eating, physical activity, positive mental health, screen time, and sleep.**
- The focus is on **practical, fun activities that build family connectedness** while building both the parent and child's skills to make lasting changes. The positive mental health components aim to **build resilience and self-confidence.**



Generation Health is currently offered in 2 formats:

- 1) **Weekly Group Sessions – 9-weeks long. Delivered virtually via Zoom by a team of trained facilitators. Includes 2-hour group session each week, plus short weekly lessons in the Generation Health mobile app.**
- 2) **Online Self-Paced Program – 10-weeks long. Covers the same content and topics through weekly e-sessions.**

We hope to resume In-Person programs starting in September 2023.

Eligibility & Attendance:

- Families must have **at least one child between the ages of 8–12 years old** to be eligible for the Weekly Group Session programs.
- If a family *does not* have at least one child age 8-12, we can offer our **Online Self-Paced Program** which is 10-weeks long and covers the same content and topics.
- At least **one parent or caregiver is required to attend** weekly sessions, but it does not need to be the same parent/caregiver each time.
- **As this is a family program, siblings outside the 8-12 year age range are also encouraged to attend.** Siblings who participate are usually 6, 7, or 13 years old. Please keep in mind that the content and activities were designed for the 8-12 year age range.

Additional Support:



- **During the 9-week program, families in Weekly Group Sessions are also offered:**
 - 3 virtual group cooking classes led by a Registered Dietitian
 - 1 virtual group Q&A / info session with a Registered Dietitian
 - 1 virtual group Q&A / info session with a mental health specialist
- After successfully completing the program, families will receive a **family recreation centre pass, continued access to the mobile app, and our monthly healthy living e-newsletter.**

Evaluation & Grocery Store Gift Cards:

- Participants will be provided with a **waiver and consent form** to review and sign.
- Generation Health is **being evaluated by researchers at the University of Victoria** to learn more about family health behaviors and to make ongoing program improvements so that we can better support B.C. families.
- As part of the evaluation, participants (both adults and children) will be asked to provide lifestyle information about themselves before the first program session and after the last session. There is also an opportunity to provide program feedback.
Families will receive a grocery store gift card for completing these surveys!

Upcoming Programs & Registration:

- For information about upcoming programs, visit:
<https://generationhealth.ca/registration-contact/>
- To register or request further information, please email info@generationhealth.ca or call toll-free at **1-888-650-3141**



SAVE THE DATE: October 7 & 8, 2023

QTS 49th ANNUAL

POW WOW



In Memory of
Robert Jimmie Sr.



Red Dress
Special to Honor
the Missing & Murdered
Indigenous
Women & Men

Quesnel Youth Soccer Building Indoor Field
980 Anderson Drive, Quesnel

Whipman.....**Melem-st'ye E. White**
Emcee.....**Stan Isadore**
Host Drum.....**Sage Hills**
Guest Drums...**Kwatna Mountain**
Northern TribeZ
Whispering Nation
379

50/50 draws

Loonie Baskets Ticket Sales

Children & Youth Activities
Sponsored by Quesnel Arts Council

Call Dina @ 250 255 4868 for more information

Many Dance Specials

VENDORS

To book a Vendor table, contact Dina @ 250 255 4868 or email dun_rau@hotmail.com
Deadline for tables Sept. 23 /23 @ Noon
\$30.00 per table/weekend and 1 gift from vendor table
NO OUTSIDE RAFFLE SALES • NO FOOD SALES

THE QUESNEL TILLIKUM SOCIETY IS NOT RESPONSIBLE FOR ANY LOSS, DAMAGE OR STOLEN ITEMS.

ABSOLUTELY NO ALCOHOL OR DRUGS OR UNATTENDED CHILDREN. ON SITE SECURITY.

QUESNEL CULTURE DAYS

Sidewalk Chalk Challenge

Sep 22, 9:00am - 4:00pm
Quesnel Arts and Recreation Centre, 500 North Star Rd

Quesnel Farmer's Market/Harvest

Sep 23, 30, Oct 7, 14, 8:30am - 1:00pm
Aboriginal Education Centre/Helen Dixon, 241 Kinchant St

Quesnel Art Trail

Sep 23, 11:00am - Oct 14, 4:00pm
Quesnel and Area

Quesnel Culture Days Provincial Kick Off Event

Sep 23, 11:00am - 6:00pm
Spirit Square, 246 St. Laurent Ave

Bear Grease

Sep 24, 4:00pm - 5:00pm
Chuck Mobely Theatre - Correlieu Secondary School, 850 Anderson Dr

Quesnel Authors Day

Oct 7, 10:00am - 4:00pm
Cariboo Regional Library Quesnel Branch, 410 Kinchant St #101

49th QTS Annual Memorial Pow Wow

Oct 7 & 8, 12:00pm - 10:00pm
Quesnel Indoor Sports Centre, 980 Anderson Dr



SCAN HERE FOR A FULL LISTING OF QUESNEL HUB EVENTS

CULTURE DAYS

SEPTEMBER 22 - OCTOBER 15

Find events at culturedays.ca

COMMUNITY PARTNERS



Lhtako Dene Nation Orange Shirt Day 2023



Counsellors will be Available on Site!

Date: September 30th, 2023

Place: Lhtako Dene Park (Old Ceal Tingley Park)

Time: Opening Prayer at approx. 11:00am

Water Ceremony

Traditional Healers/Brush Down

Craft Table

Bannock Station



Dancers

Honouring Survivors Ceremony

Kids Tent

PRAYER TIE MAKING



Drumming & Singing



Lahal

!EVERYONE WELCOME!



Nazko First Nation

TRUTH & RECONCILIATION WEEK

SEPTEMBER 25-30TH

- SEPTEMBER 25- OPENING CEREMONY IN NAZKO
- SEPTEMBER 26- MISSION RESIDENTIAL SCHOOL VISIT
- SEPTEMBER 27- HEALING DAYS IN NAZKO
- SEPTEMBER 28- HEALING DAYS IN NAZKO
- SEPTEMBER 29- CLOSING CEREMONY IN NAZKO
- SEPTEMBER 30- PRINCE GEORGE FOOTBALL GAME

- SMUDGING
- DRUMMING
- CRAFTS
- HEALERS
- BREAKFAST, LUNCH, DINNER DAILY



All Nations Welcome