

June 2026

Message From Principal

Dahooja!

I want to start with a huge thank you, much appreciation and gratitude as this is my last newsletter as Principal of Parkland Elementary School. For those of you who don't know, I will be the principal of Dragon Lake Elementary School next school year.

It has been my honour and privilege to work with such a wonderful staff, supportive parents and of course all of the students who have been a daily source of joy and amusement. I will miss Parkland very much but know that I am leaving the school in very capable hands.

Before the school year comes to a close, we have noticed that an increasing amount of students are coming to school tired. We have had more conflicts among students in the last few weeks. Resilience is low, and one of the main factors that contribute to resilience is a good night's sleep for everyone, children and adults alike.

We have lots of fun activities ahead. Here are some dates of note:

- **June 9 Grade 5/6/7 Trip to Barkerville**
- **June 15 Grade 5/6/7 Trip to Prince George**
- **June 16 10 Mile Lake Cross Country Run**
- **June 17 Grade K/1, 2/3/4 Trip to the Fire Hall, Bowling Alley and Spray Park**
- **June 18 12:45 Student present their Reader's Theatre—Parents are welcome.**
- **June 22 Grade 7s half day at Quesnel Junior School**
- **June 22 Grade 7 parents are invited to QJS for a Parent Information Night at 6:30**
- **June 23 PAC Fun Day**
- **June 24 Last day of school—Year end assembly at 10:15, students can leave after the assembly with their parents. The afternoon will be time for teachers to clean their classrooms. No student activities will be planned.**

As always, if you have any questions or concerns, please contact the school. I am a teaching principal, and we have a part time secretary so if you call and no one answers, please leave a message. You can email me at suesaip@sd28.bc.ca anytime. I check my email often.

If you know your child is going to be away, PLEASE let us know.

Thank you,

Mrs. Sue Saip



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HELLO SUMMER

Summer holiday fun for kids includes outdoor adventures like backyard campouts, water play with sprinklers or DIY water parks, and outdoor arts like sidewalk chalk art. Explore local options like library story times, nature scavenger hunts, and visiting nearby farms or parks to keep engaged and active.

Outdoor & Active Fun

- ◆ **Water Park at Home:** Set up a sprinkler, a muddy car wash for toys, kiddie pool or have water balloon fights for instant, cool fun.
- ◆ **Backyard Camping:** Set up a tent, tell stories and roast hot dogs and marshmallows over a fire pit.
- ◆ **Nature Exploration:** Visit local parks, go on a bug hunt or take a walk to explore the neighbourhood.
- ◆ **Active Games:** Create an outdoor obstacle course, go for a bike ride or play tag.
- ◆ **Ride-on Adventures:** Create a “carwash” for bikes and scooters or set up a “pretend postal route” in the yard.

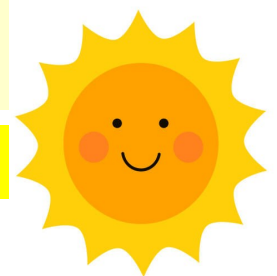
Creative & Educational Activities

- ◆ **Summer Camp Crafts:** Make friendship bracelets, tie-dye shirts or create art with sidewalk chalk.
- ◆ **Science Experiments:** Make homemade slime, crate a baking soda volcano or grow a bean plant in a cup.
- ◆ **Talent Show/Play:** Stage a play or create a movie using a smartphone.

Community & Outdoor Adventures

- ◆ **Visit Local Attractions:** Check out the farmer’s market , one of the local lakes or head to Barkerville for the day.
- ◆ **Photo Scavenger Hunt:** Give kids a camera and a list of things to find in the neighbourhood.
- ◆ **Picnic Fun:** Pack a “fridge-leftover” picnic for a local park.

Enjoy fun, quality time with the whole family!



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

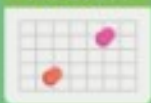
#2 Brain Factors—returning to an academic mindset can be difficult

#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

MARCH



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.



QUESNEL MINOR HOCKEY
P R E S E N T S

BAUER
FIRST
SHIFT
P R O G R A M



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



DRESSING OUR KIDS FOR OUTDOOR PLAY IN ANY WEATHER

(adjust for exposure and activity level)



base layer

mid layer

outer layer

outer layer

1-2 layers

base layer

mid layer

outer layer

www.GetTheKidsOutside.com





Quesnel Youth Slo Pitch Mondays at Barlow Creek Recreation Ball fields.

***1-ball 5-7 years 4:45-5:45 Field 3.
8-15 years 4:45-6:15 Fields 1 and 2.***

***We follow a non-competitive, adaptable, inclusive, fun, learn-to-play model.
\$25 per player, season is May-end of June.***

***Loaner gloves and batting helmets available on a first come first serve basis.
Catcher gear and fielder masks provided to backcatchers and pitchers, community bats available
to all. All athletes will have the opportunity to try multiple fielding positions.***

***We begin every event day with skill building games and activities, before moving into a
scrimmage.***

***All athletes must have an adult remain on site for the duration of their activity. Bleachers are
available for spectators, and a concession runs with weekly specials.***

Visit our Facebook or Ramp page for more information or to sign up!

<http://QuesnelYouthSP.rampregistrations.com>

Kindergarten Parents!

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



Welcome to Kindergarten!

The Parkland Elementary event will be held on Thursday, June 4th from 2:30—3:30 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 the Northern Health Authority after May 1st @ 250-983-6850

Events Calendar

Wed Jun 3 — Quesnel Lions 2nd Hand Corner

9:00 am—12:00 pm at 355 St Laurent Avenue

Thu Jun 4 — Music Mix at 6

6:00 pm— 8:00 pm at Spirit Square

Fri Jun 5 & Sat Jun 6 — Canadian Legion Branch Market

10:00 am— 2:00 pm at the Royal Canadian Legion

Fri Jun 5 to Sun Jun 7 — Quesnel Softball—Tayler Bennett Memorial Tournament

5:00 pm—9:00 pm at West Fraser Timber Park

Sat June 6, 13, 20 & 27 —Quesnel Farmers' Market

8:30 am—1:00 pm at Helen Dixon Centre grounds

Tue Jun 9 — Free Swim Days

10:00 am— 1:00 pm at Quesnel & District Recreation Centre

Tue Jun 9 —Nazko First Nations Healing Fire—Spirit Square

11:00 am—2:00 pm at Spirit Square

Thu Jun 11 — Comedy Misfits Quesnel

7:00 pm—8:30 pm at Wings Bar & Grill

Thu June 25—The Quesnel Art Gallery presents “What Goes Around”

10:00 am—4:00 pm at Quesnel Art Gallery

Fri Jun 26 — ArtsWells Festival

7:00 am—5:00 pm at Wells

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)



School Calendar 2025-2026

School District #28 Quesnel

401 North Star Rd. Quesnel, BC V2J 5K2 Phone: 250 992-8802 Fax: 250 992-7652

Website: www.sd28.bc.ca

AUGUST 2025						
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Sep 1: Labour Day
 Sep 2: School Planned Non-Instructional Day (no school for students)
 Sep 3: Back to school (1/2 day for students)
 Sep 30: National Day of Truth and Reconciliation
 Oct 13: Thanksgiving
 Oct 24: Provincial Pro-D (no school for students)
 Nov 5,6: Early Dismissal (to facilitate Parent Teacher Interviews)
 Nov 11: Remembrance Day
 Nov 28: District Planned Non-Instructional Day - Indigenous Focus (no school for students)
 Dec 22-Jan 2: Winter Break

Jan 5: Students back from Winter Break
 Jan 30: District Planned Non-Instructional Day (no school for students)
 Feb 16: BC Family Day
 Mar 16-27: Spring Break
 Apr 3: Good Friday
 Apr 6: Easter Monday
 Apr 24: Regional Pro-D (no school for students)
 May 18: Victoria Day
 Jun 1: School Planned Non-Instructional Day (no school for students)
 Jun 24: Last Day for students
 Jun 25: Administrative Day (no school for students)
 Jun 26: Summer Break begins

Professional, District, Ministry, Non Instructional Days - No School
 Statutory Holidays - No School

School Holidays - No School
 Early Dismissal

June 2026

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 NI Day No School	2 PAC Meeting	3 Dragon Lake X-Country Fun Run	4 Welcome to Kindergarten 2:30 – 3:30	5  Hot Lunch Subway	6
7	8	9	10	11	12 Retirement Dinner	13
14	15	16 10 Mile Lake Run	17	18	19  Hot Lunch Panago	20
21	22 Grade 7s to QJS	23 PAC Fun Day!	24  Last Day of School	25 Summer Holidays	26	27
28	29	30				

