



Barlow Creek Newsletter

Ms. D. Smith, Principal

April 5, 2023

Ms. D. Telford, Secretary

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PRINCIPAL'S MESSAGE

Welcome April! Students and staff are excited to be back at school after an enjoyable two week break. Students have easily settled back into classroom routines and expectations and are enjoying a positive change in the weather and being able to play outside on a little bit of grass. Extra clothing in backpacks is helpful at this time of the year.

We are looking forward to getting out in our garden beds and preparing them for planting next month. If you have some time to help with turning the soil, pulling weeds and fertilizing, please contact me at the office.

We were honoured to have had Clayton Gauthier, an artist in residence, join us at Barlow Creek for 3 days last month to teach our students how to write and illustrate a short story. Stay tuned for our finished stories....

The After School Sports and Arts Program for students in Grades 4-7 has returned to Barlow Creek for 6 weeks on Mondays and Wednesdays beginning on **April 3rd**. Many of our intermediate students are enjoying the opportunity to stay after school for fun art and sports activities.

We would like to express our appreciation for our PAC as they plan a fun Easter egg hunt on April 6th (tomorrow) for our students. We look forward to warmer weather and many smiles as students search for their egg in return for a treat. Thank-you PAC for organizing and financing this event.

The staff at Barlow Creek School wish you and your families a wonderful Easter weekend. Schools will be closed on Good Friday April 7th and Easter Monday April 10th. We look forward to being back Tuesday April 11th!

Ms. Diane Smith - Principal



Swimming Lessons

Students in Ms. Kimmie's, Mrs. Kronebusch's and Ms. Gauthier's classes will be taking swimming lessons at the Quesnel Arts and Recreation Centre, beginning May 19. These lessons are booked for 5 consecutive **Fridays: May 19, 26, and June 2, 9 & 16.** Students will be in the water from 10:00 a.m. - 12:00 noon on these days. Permission forms will be sent home; please return by Friday May 12th.

Parent volunteers are needed to assist in the pool.



UPCOMING DATES:

ASSAI—First Day	Apr 3
Easter Egg Hunt	Apr 6
Good Friday	Apr 7
Easter Monday	Apr 10
X Country Running Starts	Apr 11
Hot Lunch—preordered Panago	Apr 21
Professional Development Day	Apr 28
Hot Lunch-preordered Subway	May 2
Hot Lunch-preordered Hot Dogs	May 12

X COUNTRY RUNNING

Beginning next week on April 11th, on Tuesdays and Thursdays at lunch, we will begin cross-country running in the gym for students in grades 3-7. We will practice in the gym until the weather changes and we are able to run outside. Thank-you to Mrs. Browne and Ms. Kimmie for coaching our students. We are still looking for a coach to support our school in taking a team to the District 10-mile Lake competition on May 25th. Please contact Ms. Smith if you are able to help.

Supporting Child Development After the Bell

The B.C. After School Sport and Arts Initiative (ASSAI)



Vision: All children in B.C. live a healthy expressive life through physical and creative activity

What is ASSAI?

ASSAI, the After School Sport and Arts Initiative, provides fun, safe, accessible and high-quality after school programming to BC children in Kindergarten to Grade 8.

ASSAI programs are designed specifically to reduce barriers to participation that children may face (e.g., due to financial, social, cultural, behavioural, geographical, and other factors). ASSAI also provides resources to support meaningful engagement of children with disabilities.

In 2015/2016, ASSAI programs reached:

17 School districts	32 Communities
>165 Schools	>6,200 Individual children

Who is involved?

ASSAI is delivered using a collaborative approach. Leadership at multiple levels contributes to the health and learning of children in the program:

Province <ul style="list-style-type: none">The Province of B.C. through the Ministry of Community Sport and Cultural Development provides funding and visionDASH BC coordinates support and resources for community programs (e.g., connections to partners and training, development of resources)
Community <ul style="list-style-type: none">School districts seek out community partners, identify their target population, hire and train program leaders, and design programs unique to their local context
School <ul style="list-style-type: none">School staff refer students to programs and share equipment and facilities
Family <ul style="list-style-type: none">Parents/caregivers register children for programs and communicate with school and program staff
Child <ul style="list-style-type: none">Children go to the program and provide input into what activities they like best

What impact is ASSAI having on children and school communities?

Preliminary findings from phase 1 evaluation:

Builds a positive school culture

ASSAI promotes positive connections within the school community, building upon what is going on during the school day. Children connect to caring adults who create a safe and fun environment for them to overcome anxieties and try new experiences. At the same time, children make friends in different grades and learn new skills. All of this develops their confidence and helps them enjoy school more, from the classroom to the playground.

Improves equity and accessibility

ASSAI has a leveling effect. While programs are designed to be welcoming to all, leaders use specific strategies to engage children who would not otherwise have the opportunity to participate in out-of-school activities. To reduce barriers, programs take place right in the school, immediately after school, and are offered at little or no cost. Activities are tailored to the diverse interests and skill levels of children. To further support meaningful engagement, ASSAI programs have a "person of rapport," a designated staff who connects with individual participants and provides behaviour support.

Strengthens key life skills

- Development of **social skills**
- Increased **connectedness** to school, peers, and caring adults
- New skills to be **active and creative** for life
- Improved **resilience and self regulation**

"It makes me feel wanted, like people want to hang out with me. It makes me feel happy, and know there's a place to hang out after school"
- ASSAI participant



Because of ASSAI...

- "I get along better with my classmates"
- "I get along better with my teachers"
- "I am better at making friends"
- "I have learned that I can do things I didn't think I could do before"
- "I am better at handling whatever comes my way"
- "I am better at sport/physical activities than before"
- "I am better in art, music, dance, and/or theatre"

What does inter-sectoral collaboration in ASSAI look like?

In ASSAI, school districts work with supportive partners who want to contribute to the goal of fostering health, physical literacy, and creativity among children. The focus of collaboration looks different in every ASSAI community. From the community groups that visit after school programs to teach a specific topic, to the organizations that provide funding, equipment, staff, and consultation, to the ongoing co-planning that occurs through community working groups, ASSAI has seen several examples of inter-sectoral collaboration. They demonstrate the value of good working relationships and a common vision among partners. Here are some examples:

Health Promotion Education

ASSAI programs provide opportunities for education on health and safety. Participants eat and learn about nutritious snacks. They learn the safety principles of activities like cycling and skateboarding from community coaches.

Collaborative Program Design & Delivery

Partners contribute skills and resources to programs. In one ASSAI site, an anti-violence art project for girls was a collaborative effort. It involved elementary school students, secondary school mentors, school support staff, a First Nations artist, and community organizations such as the sexual assault centre.

Inter-sectoral Planning

In many ASSAI communities, the school district, health authority, health promoting schools coordinators, and social service agencies are all part of community coordinating tables. They work together to identify priority issues and actions to support child health.

After school programs offer a wide variety of opportunities to support child health, learning, and well-being. Health, education, and community partners can contribute in many ways. Think about what you have to offer or what support you need to make a positive impact on children in your community.

What makes ASSAI successful?

ASSAI programs focus on 4 key features:

- School-based** → School is where kids are and can be a community hub for after school programs
- High quality** → Quality programs ensure that children and youth are safe, engaged, and having fun
- Accessible** → Accessible programs are intentional about how they reduce barriers to participation
- Capacity building** → Building capacity means being committed to continuous learning and improvement

ASSAI programs use a **strength-based approach**—a positive perspective that emphasizes children's strengths and assets rather than their needs. Programs and program leaders:

- Show respect and kindness to all students
- Promote opportunities for belonging
- Provide opportunities for caring relationships
- Emphasize cooperation rather than competition
- Support participants to discover their strengths and capacities
- Provide strong modelling and healthy attitudes



ASSAI participating communities

Interested to learn more about ASSAI? Email us at info@dashbc.ca



ASSAI

The after school activity program for Grades 4-7 has returned to our school!

It has run every Monday and Wednesday beginning **April 3rd** and winds up on **May 10th**. Our students have enjoyed fantastic art and sports activities over the past few weeks. A HUGE thank-you to the ladies organizing and running the events for our students.





EARLY LEARNING

LOOKING FOR THINGS TO DO IN OUR COMMUNITY

Follow these
groups on
Facebook



- CAPC and Early Years Programs at Quesnel Tillicum Society
- CRD Quesnel Library
- Quesnel Child Care Resource and Referral
- Literacy Quesnel Society
- Quesnel: Children's Activities, Announcements and Playdates
- Quesnel Arts and Recreation Centre



 **SD28 Quesnel**
Together we can

Inching Our Way to K

All parents and children who will be attending SD28 Kindergarten in September 2023 are invited to join us for a craft, snacks and fun.

Location: Friendship Centre (319 N Fraser Dr.)

Date: Friday, April 21, 2023

Time: 3:00 - 5:00 p.m.

RSVP - Call 250-992-0430 or email joleneking@sd28.bc.ca



