



James Bay Memo

February 9, 2024



Kindergarten Registration

If you have a child that was born in 2019 it is time to get them registered for Kindergarten!

Please visit the SD 61 website for more information.

<https://www.sd61.bc.ca/registration/kindergarten-registration/>

Important Dates

Feb 9-11 Window Wanderland
Feb 14 - Red & White Day
Feb 16 - Pro D Day
Feb 19 - Family Day (No School)
Feb 28 - Pink Shirt Day
Feb 28 - DIV 1, 2, 7, 8, 9 Fun Lunch
Mar 1 - DIV 3, 4, 5, 6 Fun Lunch
Mar 15 - Last day before Spring Break
March 18 to April 2 - Spring Break
April 3 - First day back

Attendance

If your child is going to be absent or late please email jamesbay@sd61.bc.ca or give us a call at 250-383-7152

If you are dropping your child off late please make sure they come by the office to check in!

This information is also on our school website.





1000 X 5



Give more children the opportunity to love books

Before spring break, take a look around and send in a few books for babies and preschoolers to the pink bin in your school. Babies and preschoolers who are read to develop more vocabulary, greater imagination and an early understanding of how books work. Thanks for helping send 320,000 books into new hands.



SCHOOL MEALS

and more

SCHOOL MEAL PROGRAM

Our School Meal Program is up and running. We will be sending out new forms monthly, but you can sign up anytime, see the office for forms.

Please still send a morning snack!

The program is accessible to all our families. If your family needs assistance with paying please contact Kerynne at 250.384.7184. No child will go hungry.

BACKPACK BUDDIES

We are working with Backpack Buddies again this year to provide a bag of food over the weekend.

If you could use assistance and are interested in this free program please contact Kerynne at 250.384.7184





Dear Families of James Bay Community School,

Please note the NEW signs that are now posted throughout the school campus. No pets are allowed on the school district property during school hours.

This includes the back field that is closest to the school building. This field is for school use from 8am to 3pm Monday to Friday. Please note: the other two fields are city property – not school district property.

Please note as this is a new policy, we will continue to remind families not to bring their dogs/pets onto the school grounds. When dropping off or picking up a student, dogs/pets are to be on the other side of the fence and not on school grounds.

Thank you for your understanding and patience as we transition to this new policy.

Marla Margetts

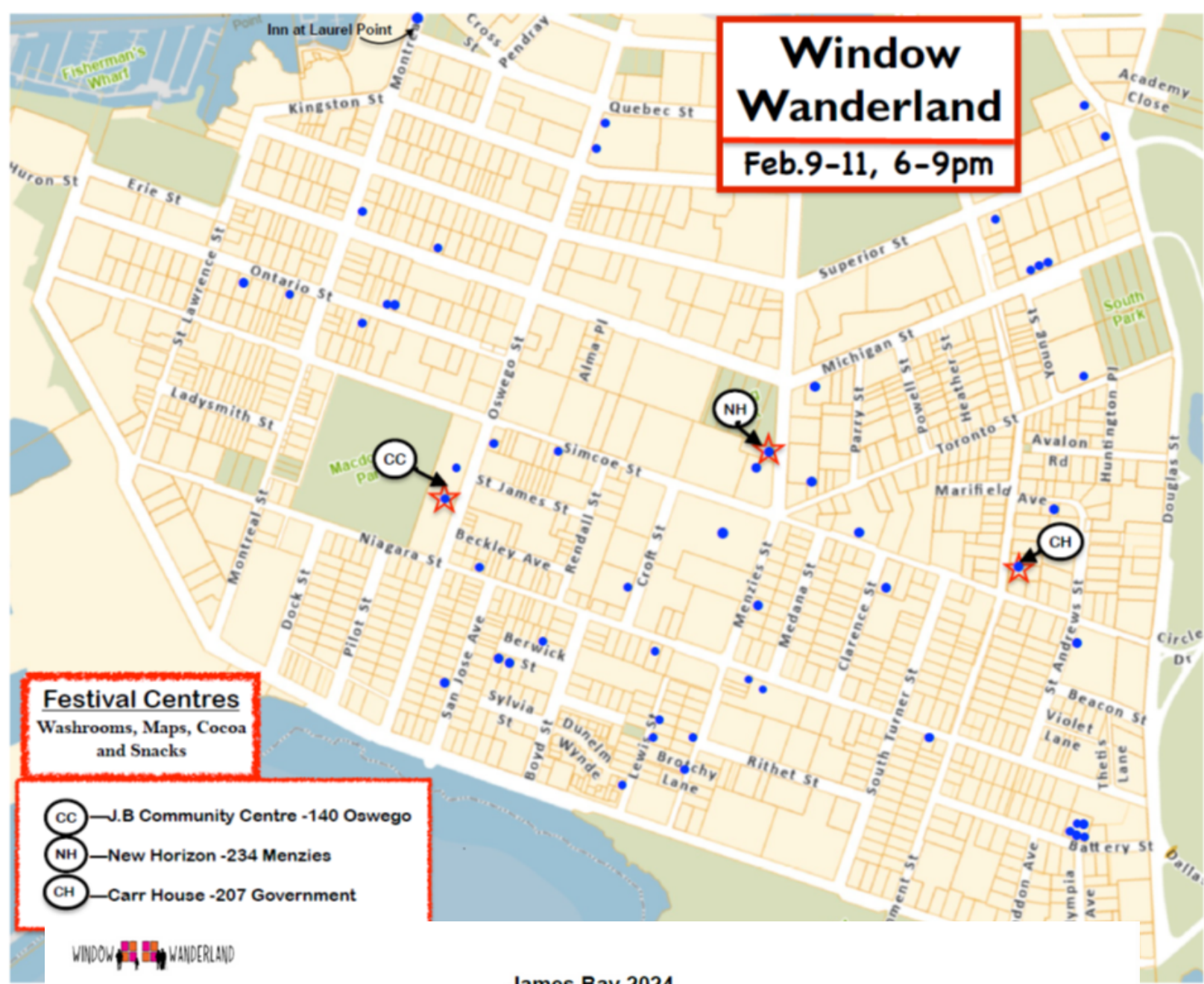
Principal

James Bay Community School

250-384-7184 phone

Window Wanderland

Feb.9-11, 6-9pm



Festival Centres

Washrooms, Maps, Cocoa and Snacks

- CC** — J.B Community Centre -140 Oswego
- NH** — New Horizon -234 Menzies
- CH** — Carr House -207 Government



James Bay 2024

9-11 Feb 2024, 6pm - 9pm

Windows on the map

230 Menzies Street

- Lab Health Physio, 100, 230 Menzies Street

Battery Street

- 302-660, Battery Street
- 660, Battery Street
- 660, Battery Street
- 660, Battery Street
- 660, Battery Street

Berwick St.

- 345, Berwick St.

Berwick Street

- 341, Berwick Street
- Books and Breakwater, 354, Berwick Street

Clarence Street

- #6 - 159, Clarence Street

Croft Street

- 118, Croft Street

Dallas Road

- 8-416, Dallas Road

Douglas Street

- Helm's Inn, 600, Douglas Street
- The Glenshiel Housing Society, 606, Douglas Street

Government Street

- 207, Government Street

Lewis Street

- 35 Lewis Street, Lewis Street
- 43, Lewis Street

Marfield Avenue

- 605, Marfield Avenue

Menzies St

- 4- 26, Menzies St

Menzies Street

- 46, Menzies Street
- 127, Menzies Street
- 225, Menzies Street
- James Bay New Horizons, 234, Menzies Street

Michigan Street

- 128, 646, Michigan Street
- 232, Michigan Street
- James Bay United Church, 511, Michigan Street
- 640, Michigan Street
- 646, Michigan Street

Montreal Street

- 307, Montreal Street

Niagara Street

- 435A, Niagara Street
- 505, Niagara Street
- Mara Szyp Fine Art, 535, Niagara Street
- For Good Measure, 579, Niagara Street
- Up in the garden, down in the dirt, Niagara Street

Ontario Street

- 3-230, Ontario Street
- 115, Ontario Street
- 143, Ontario Street
- 230, Ontario Street

Oswego Street

- JB Community School, 140, Oswego Street
- JBCC, 140, Oswego Street
- 147, Oswego Street

Quebec Street (window display on Oswego/Between Kingston & Quebec St

- 405, Quebec Street (window display on Oswego/Between Kingston & Quebec St

Quebec Street - 4th floor facing Oswego Street

- 405, Quebec Street - 4th floor facing Oswego Street

San Jose Avenue

- 34, San Jose Avenue

Simcoe Street

- 329, Simcoe Street
- 475, Simcoe Street
- Beckley Farm Lodge, 530, Simcoe Street

St-Andrews

- 151, St-Andrews

Superior Street

- 603, Superior Street

Toronto Street

- 620, Toronto Street

Windows outside the map area

Montreal Street

- Inn at Laurel Point, 680, Montreal Street

Parents' Guide to SOGI EDUCATION



SOGI
123

SOGIEDUCATION.ORG

What Is SOGI?

EVERYONE HAS A SEXUAL ORIENTATION AND GENDER IDENTITY. THAT'S SOGI.

Since we all have a sexual orientation and gender identity, this is a conversation that includes all of us. Some students may be seeking to understand their sexual orientation or gender identity. Others already know where they fit, but need reassurance that they are safe and welcome to share their authentic self with the world.

Conversations about SOGI focus on understanding and supporting the diversity that already exists in our schools, our communities, and our world.

WHAT ABOUT THAT OTHER ACRONYM?

You may be familiar with another acronym: 2SLGBTQ+. It refers to people who have marginalized sexual orientations and gender identities. The letters stand for Two-Spirit, Lesbian, Gay, Bisexual, Transgender, and Queer. The plus sign indicates that many more identities also fit under this umbrella.

WHAT IS SOGI-INCLUSIVE EDUCATION?

Schools are responsible for proactively creating safe, inclusive learning environments for all students.


Unfortunately, schools are not always safe places for 2SLGBTQ+ students, families, and staff. We're working hard to change that.

SOGI-inclusive education is about making sure that schools have inclusive policies, welcoming learning environments, and teaching resources that showcase the diversity of our world. It is about looking critically at every aspect of the education experience — like policies, practices, facilities, and lesson plans — and identifying where change is needed to make sure that students of all sexual orientations and gender identities feel safe and can truly flourish.

SOGI-inclusive education is delivered in an age-appropriate manner, with content that is tailored to each age group and context.

WHAT IS SOGI? | CONVERSATIONS AT SCHOOL
CONVERSATIONS AT HOME | COMMON MYTHS | RESOURCES

Parents' Guide to SOGI EDUCATION



SOGI
123

SOGIEDUCATION.ORG

Conversations at School

NO ONE IS TOO YOUNG FOR THE TOPIC OF DIVERSITY AND ACCEPTANCE.

Human diversity already exists in the world around your children, and it is something that your children are observing and wondering about from a very young age. Themes of romance, identity, gender, and belonging are integral to many kids' books, movies, and games. Trying to avoid the subject or hide the existence of 2SLGBTQ+ people leads to confusion.

One of the key ideas of SOGI-inclusive education is that there are appropriate ways to explore these topics at every age. For example, in a first grade classroom, an age-appropriate way to talk about sexual orientation is to read the book *A Family is a Family*. Students learn that every family is different: one family might have kids who live with their grandmother, and another might have step-siblings from past relationships, and yet another might have two gay dads. Reading this book helps kids understand the world around them in an age-appropriate way.

EDUCATORS USE EVIDENCE-BASED APPROACHES THAT ALIGN WITH HUMAN RIGHTS STANDARDS.

SOGI inclusion in schools is not a newfangled and untested concept. It is an evidence-based approach that has been researched extensively, debated rigorously, and integrated into our legislation and human rights codes slowly across decades.

CONFIDENTIALITY IS IMPORTANT FOR BUILDING A SENSE OF TRUST AND SAFETY.

In 1989, the United Nations recognized the **Convention on the Rights of the Child**. It outlines 42 universal rights of children worldwide, including the right to privacy. We know that when children have safe adults who they can talk to in confidence, their wellbeing improves. That's why the educators at your child's school respect the confidentiality of their conversations, unless there's a safety concern that requires disclosure. We also know that students thrive when schools and families work together. When there is safety and an open dialogue at home, your children will share those same conversations with you.

WHAT IS SOGI? | CONVERSATIONS AT SCHOOL
CONVERSATIONS AT HOME | COMMON MYTHS | RESOURCES

Parents' Guide to SOGI EDUCATION



SOGI
123

SOGIEDUCATION.ORG

Conversations at Home

YOU CAN CREATE A SAFE SPACE FOR OPEN DIALOGUE ABOUT SOGI TOPICS IN YOUR HOME.

Conversations about SOGI topics are important for all parents and guardians to be able to have with their children, for two reasons. First, these conversations will help your child better understand the world around them. Second, if your child has an identity that fits within the 2SLGBTQ+ community, it will create a sense of safety and reassurance for them, and they will be more likely to share that information with you sooner rather than later.

The first step is to create a sense of trust, safety, and openness. If you're not sure where to start, try saying something like, "I want you to know that I love you unconditionally. You can always tell me anything, or ask any questions you need help understanding."

If you're not sure how to approach these conversations, check the family resources list at the end of this document, or reach out to your child's school counsellor.

FAMILIES ARE OFTEN THE MOST IMPORTANT PEOPLE IN CHILDREN'S LIVES.

Having a supportive adult can make a world of difference to a kid who's coming out, and is associated with important mental health outcomes. Supportive and accepting caregivers consistently lead to positive outcomes for their children.

There is a lot of stigma around coming out, and your child may fear being judged, even if you would be completely supportive of them. Because of this, children may feel that first talking to another trusted adult such as an educator is easier than starting off with the most important people in their life — you!

You might experience a myriad of emotions if your child shares this sort of news with you, including grief, loss, frustration, or even guilt. All of this is valid. While you need to process your own emotions, remember that your child likely feels vulnerable. Prioritize compassion over comprehension, and trust that you'll be able to learn more over time.

WHAT IS SOGI? | CONVERSATIONS AT SCHOOL
CONVERSATIONS AT HOME | COMMON MYTHS | RESOURCES

Parents' Guide to SOGI EDUCATION



SOGI
123

SOGIEDUCATION.ORG

Common Myths

MYTH: SOGI-INCLUSIVE EDUCATION PUSHES CHILDREN TO BECOME GAY OR TRANSGENDER.

Sexual orientation and gender identity are innate parts of who your child is. Nobody can change that, and nobody is trying to. The goal of SOGI-inclusive education is to create a school environment where every child can be their authentic self, without fear of harassment, discrimination, or being left out by others. Positive representation of the diversity that already exists all around us improves mental health outcomes for all students.

MYTH: 'GENDER IDEOLOGY' IS A FAD, AND WE DON'T KNOW THE LONG-TERM CONSEQUENCES OF SUPPORTING TRANSGENDER YOUTH.

Transgender people have always existed. Many know their true gender identity from a very young age. Studies across decades consistently show that supporting students in their identities leads to better emotional, social, health, and academic outcomes.

MYTH: THERE IS A SPECIAL 'SOGI CURRICULUM' THAT CONTAINS SEXUALLY EXPLICIT MATERIAL.

The only curriculum being taught in your child's classroom is the standard provincial one, which is publicly available online.

Every teacher decides how to approach curriculum requirements in their own way, based on thorough professional training — creating lesson plans and identifying teaching resources that they determine to be informative, engaging, accurate, current, and age-appropriate. SOGI 1 2 3 offers resources to help teachers meet curriculum requirements that include SOGI topics. These resources focus on representation and inclusion, and are different than sexual health education.

WHAT ABOUT OTHER MYTHS?

New myths pop up all the time—some easily believable and others clearly absurd. If you ever hear something concerning, reach out to your school's administration for clarification, or check out the additional resources on the next page.

WHAT IS SOGI? | CONVERSATIONS AT SCHOOL
CONVERSATIONS AT HOME | COMMON MYTHS | RESOURCES

Parents' Guide to SOGI EDUCATION



SOGIEDUCATION.ORG

Additional Resources

RELEVANT RESEARCH

Still In Every Class In Every School
Published by Egale Canada, 2021

National Inventory of School System Interventions for LGBTQ Student Well-being and School Connectedness
Published by SARAVYC, 2016

Being Safe, Being Me 2019: Results of the Canadian Trans and Non-binary Youth Health Survey
Published by SARAVYC, 2019

GLSEN National School Climate Survey
Published by GLSEN, 2021
Note that this study is US-based.

LGBTQ+ Youth: Addressing Health Disparities with a School-Based Approach
Published by CDC, updated regularly
Note that this page is US-based.

FAMILY RESOURCES

SOGI 1 2 3 Parent Resources
Published by SOGI 1 2 3

Helpful Resources
Published by PFLAG Canada

Adults Supporting 2SLGBTQI Youth
Published by Egale Canada

What to Do When Your Child Comes Out to You
Published by Egale Canada

Parents: Quick Tips for Supporting Your LGBTQ Kids—and YOURSELF—During the Coming-Out Process
Published by PFLAG

Our Trans Loved Ones
Published by PFLAG, 2019

Faith-Based Organizations
Published by Strong Families Alliance

WHAT IS SOGI? | CONVERSATIONS AT SCHOOL
CONVERSATIONS AT HOME | COMMON MYTHS | RESOURCES

SUBSTANCE USE PREVENTION

An Online Presentation for Parents

KEY TAKEAWAYS

- Learn why children/teenagers are drawn to substances
- Understand what causes and maintains substance use disorder and needs
- Increase your child's ability to make positive choices about substances
- Acquire practical conversation tools for discussing substances in the home

Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to speak to your children about substances in a way that encourages **positive decision-making** through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for **creating open communication** on this topic in your home.

There will be a focus on prevention and harm/risk mitigation in order to **empower** you to help your children think critically about their own behaviours, motivations, and choices.

In this session, you will be provided with the **specific language to use** when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

Online Session Information:

February 20th, 22nd orth

28 6pm-7:30 pm PST

Note. The same presentation will be delivered on each date

[REGISTER](#)



openp.co/Feb20

Presenter:

Dr Hayley Watson

Clinical Psychologist & Founder of Open Parachute

(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health.

She has been working with young people and their families globally for the past 20 years.