

CALENDAR OF EVENTS

WEEKLY UPDATE

Dec 16-20

THE WEEK OF	December 16-20 <i>December focus: Thoughtful</i>
MONDAY	
TUESDAY	* Ellie Peters at Voyageur * Denisiqi School Visit
WEDNESDAY	
THURSDAY	*Christmas Carol Sing-a-long 1:15 p.m. Parents Invited *Downhill Ski Program Forms Due
FRIDAY	*Ugly Sweater Day *Last day of School before Christmas Break

UPCOMING DATES

- ◆ Dec 23-Jan 3
*Christmas Break—
School closed*
- ◆ Jan 6th -
Return to school
- ◆ Jan 6th—
*PAC meeting @
7:00 p.m.*



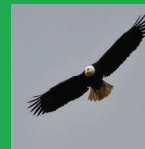
Lost and Found Bin

Take a look!



Be sure to check the Lost and Found bin throughout the year. Any items left over after Christmas, Spring and Summer Breaks will be donated to those in need.

Indigenous News



Remember as you are reading to your son and daughter that you the parent, grandparent or guardian are your child's first teacher.

The greatest gift you can give this holiday season is the gift of love.

Wishing you all a safe and happy holiday!

Ringette was invented in Canada in 1963

First introduced in 1963 in North Bay, Ontario.

Originally developed for girls, ringette is a fast-paced team sport on ice in which players use a straight stick to pass, carry, and shoot a rubber ring to score goals.

For ten years, play centered in Ontario and Quebec, however the sport quickly spread across Canada and is now played in all ten provinces and the Northwest Territories.

The sport has become one of Canada's favourite activities for females, with over 50,000 participants, including players, coaches, officials and volunteers

Throughout the season many tournaments are held across BC.

Canada has been instrumental in demonstrating the game in the Netherlands, Switzerland, West Germany, New Zealand, Australia and Japan. Associations have formed in the USA, Finland, Sweden, Russia, and France.

World Championships are held every three years.

Find Us

Goldpan Tournament

West Fraser Centre

January 3 - 5, 2020

Games are FREE to watch. Please come out and cheer on the local teams.

*See our Facebook page for game schedule.

Facebook:

<https://www.facebook.com/quesnelringettes>

Website:

<http://quesnelringette.ca>

Email:

quesnelringette@gmail.com

Registrar:

registrar@quesnelringette.ca



Quesnel Ringette

Fun & Friendships Happen on ice!



Ringette:

- builds strong, fit, confident players
- learn to skate
- open to all ages, starting at age 5
- non-contact sport with full protective equipment
- play for fun or competitively
- open to females and males
- everyone plays regardless of their skill or ability

How to Play

Players use a straight stick with a specially designed tip and a hollow rubber ring.

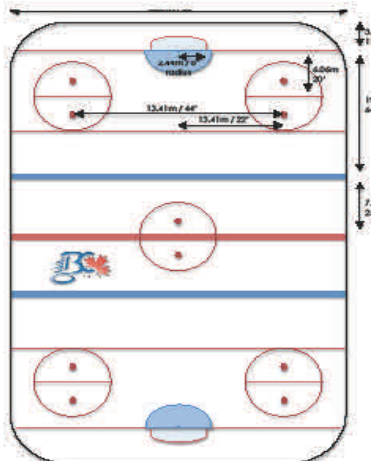
Rules require players to pass the ring over each blue line in order to advance the play, creating excellent team participation.

Players never enter the goal crease.

Players must pass the ring over the blue line. The center red line is meaningless.

In the offensive zones, the game is usually played 3 on 3.

Teams use the other two skaters in their attacking and defending strategies.



Equipment Needed

Players wear a neck guard, hip (girdle), elbow, knee and shin pads. Also gloves, skates and a stick.

Helmets with full face mask are mandatory. The mask must have tight horizontal bars to prevent the stick tip from going through.



Gym Ringette

Gym Ringette requires fitness, strategy, strength and finesse.

Players must rely on agility, speed and endurance which in turn build physical literacy.

Coaches and players of Quesnel Ringette may be visiting your school to demonstrate gym ringette.