



# QMS Newsletter



Volume 3, Issue 3  
November 2018

## Queensborough Middle School

Important Dates	
November 4	Daylight Savings Time ends (Fall Back)
November 5	Poppy Campaign Collection begins
November 5	Lockdown Drill
November 6	Grade 6 Immunizations a.m.
November 6	Grade 7 Girls' Volleyball Tournament 3:00 p.m. QMS Gym
November 7	Happy Diwali
November 7	Collaboration Day <b>Early Dismissal at 11:45 a.m.</b>
November 8	Grade 7 Boys' Volleyball Tournament EGMS
November 9	Remembrance Day Assembly <b>11 a.m. Gym</b>
November 11	Remembrance Day
November 12	Remembrance Day statutory holiday <b>School closed</b>
November 16	Frozen Cookie Dough and Pie orders due
November 20	Earthquake Drill
November 21	PAC meeting: <b>6:30 Library</b>
November 22	WE Day at Roger's Arena
November 23	Pizza Day
November 23	Lighting of the Fire Hall <b>6:30 - 8 p.m.</b>
November 26	Professional Development Day in Lieu <b>Students do not attend</b>
December 1	Winter Production rehearsal for cast <b>Gym 9 a.m. – 3 p.m.</b>
December 12	Whole School Dress Rehearsal for Winter Production
December 13	Winter Production: Alice in Wonderland Jr. <b>1:15 p.m. &amp; 7 p.m. performances</b>

## Important Dates

December 14	Term 1 Report Cards home
December 21	Whole School Sing-along in the gym
December 21	Last day of school before Winter Break
January 7	School reopens after Winter Break



## Acknowledging Traditional Territory:

The New Westminster School District recognizes and acknowledges the Qayqayt First Nation, as well as all Coast Salish peoples, on whose traditional and unceded territories we live, we learn, we play and we do our work.

## Quick Reference:

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[Queensborough Middle School](#)

# Our Learning Focus: Growth Mindset Feedback

## QMS Learning Goal for 2018.2019:

We believe that all students can achieve at high levels with effort, perseverance, resiliency and the right set of strategies. We hope to develop these skills in our students by ensuring that our classroom assessment practices:

- provide specific and timely feedback to students (from teachers and peers)
- provide students with opportunities to learn, develop and assess their strategies
- give students multiple opportunities to show what they know



## QUEENSBOROUGH MIDDLE SCHOOL SCHOOL LEARNING PLAN 2018.2019

### Context

- QMS is a diverse and growing community of learners. Our students and their families come from 19 different countries, including Canada, and account for 28 different home languages. Punjabi as a Second Language (PSL) is offered to our students. At QMS, there are strong connections among staff, students, parents and the community. Most of our students come to us from Queen Elizabeth Elementary; both schools and the Community Centre work closely together to provide opportunities for the students in the community.
- Two years ago, we began a learning journey about growth mindset. We noticed that many of our students lacked confidence in their mathematical ability. Our hunch was that this belief system was impacting student achievement. This led us to focus our school learning plan on developing a growth mindset. Our hope was that once students learned about their brains (neuroplasticity) and how effort, perseverance and strategy development positively impact success more than innate ability, we would see evidence of gains in student confidence and engagement. This year, we are building upon this goal by investigating our assessment practices. *We wonder what the impact will be on our students if we give them timely and specific feedback, teach them strategies and give them multiple opportunities to apply those strategies to demonstrate what they know.*

ESL MDI STUDENT LEARNING SURVEY

### What we hope to achieve:

We believe that all students can achieve at high levels with effort, perseverance, resiliency and the right set of strategies. We hope to develop these skills in our students by ensuring that our classroom assessment practices:

- Provide specific and timely feedback to students (from teachers and peers)
- Provide students with opportunities to learn, develop and assess their strategies
- Give students multiple opportunities to show what they know

### Competency Development:

- Reflection and goal setting will encourage students to take responsibility and ownership of their learning.
- Goal attainment will strengthen our students' sense of accomplishment
- Self and peer assessment will develop students' critical thinking skills as well as their ability to identify their strengths and challenges
- Effective feedback will encourage student reflection, help students to direct their efforts toward improvement and increase perseverance
- Communication skills will be developed through regular opportunities for self-reflection, peer assessment, student led conferences

### Strategies:

- Teacher coach will support colleagues
- Staff meetings for learning new strategies ("tool kits")
- Team leader meetings – feedback/collaboration
- District facilitators to support Lunch and Learn
- School Wide Book club
- Each staff member will set a personal goal

### Success Indicators:

- Evidence of teachers trying new strategies (teachers sharing examples: staff meetings, collaboration days, Pro D)
- Evidence of students using the feedback they are given to improve the quality of their work
- Multiple opportunities for students to improve and demonstrate competency (re-tests, re-submissions of assignments)

### Communication

- Announcements, class discussions, Kick off assembly, posters, videos
- Student Led Conferences & Self-Assessment of Competencies focussed on I can statements (e.g. I can get better by using feedback, developing strategies, evaluating my strategies. I can help my peers get better by providing specific and descriptive feedback)
- Parent engagement through newsletters, website, PAC meetings, parent and student surveys



# Be Prepared/Safety First

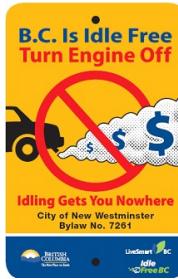
## Traffic Safety:

With the dark and rainy season comes an increased number of vehicles dropping off and picking up students. All students are encouraged to dress for the weather and walk to and from school whenever possible. However, for those of you who do drive, please respect the speed limit, traffic signs and appropriate parking spaces. Please be on the look out for pedestrians near the school and Community Centre. We want to ensure our students and users of the Community Centre arrive safely at their destinations.



## QMS is an Idle Free Zone:

If you pick up your child(ren) by car, please turn off your engine while you wait. Thank you for your consideration of our students and other members of the community.



## Closure of Schools Due to Inclement Weather or Other Hazards:

As Winter is fast approaching, we would like to remind parents and guardians of the following:

- The District will endeavor to keep all schools open provided that safety can be ensured for students and staff.
- Should schools be closed, announcements will be made over CKNW and CBC radio stations early enough in the day (usually before 6:30 a.m.) to allow parents to have students remain at home. Phone calls & emails will also be made to parents who are part of our School Messenger Automated Calling System.
- If the school is open, but a parent/guardian feels that a child cannot travel safely to school, then they should make alternate arrangements for their child. In these instances, we ask that you call the school at **(604) 517-6040**. A message can be left at anytime to report an absence.
- Parents are encouraged to make advance alternate plans in the event of an unexpected school closure.



**Please ensure the school has current contact information for parents/guardians and emergency contacts. Thank you!**

## Dress for the Weather:

Note to Parents and Guardians:

During recess and lunch, the students of QMS play outside on the school grounds and adjacent park. Please speak with your child(ren) about dressing appropriately for the weather. Students will go outside most days, including times when it is raining. Umbrellas, boots, coats, etc. are important to have available at school for those "not-so-nice" days. It is important for students to get outside and enjoy the fresh air... rain or shine.



## Student Safety to and from School:

### Be Aware of Your Surroundings:

Pay attention when walking to and from school. Watch out for moving vehicles at driveways, back lanes and parking lots. If you are listening to music, remove an ear piece before crossing the street or walking in less populated areas.

### Team Up:

It is safer and more fun to walk to school with family or friends. **If something unusual happens on your way to or from school, report the incident immediately to an adult you know and trust.**



### Wear a Helmet:

Always wear an approved helmet when riding a bike, skateboard or scooter.



## Celebrating Our Successes:

### Terry Fox Assembly:

Surpassing our goal with a record breaking donation of \$1568.46 for Cancer Research, several of our teachers and students upheld their pledge. At a school-wide assembly, teachers revealed their freshly dyed tresses, and two of our grade 8 students, Kor T. and Harman S., had their heads shaved in front of the student body. A special thank you to Goodfellas Barber Shop for donating their services.



### Orange Shirt Day Presentation:

On September 25, three of our students presented to the Board of Education about Orange Shirt Day. Mahira A. spoke of QMS' Day of Truth and Reconciliation last Spring. The goal of the day was to raise awareness about the history of Aboriginal peoples and their survival of the Residential School experience. Aboriginal culture and worldviews were highlighted so that staff and students could learn from them with the hope of moving us all on a path of reconciliation, healing, appreciation and respect. Grade 7 students Joshua M. and A.J. (Arthur James) P. then shared their moving poems about Residential School survivors. The presentations by our three students were very well received!



### Strut Your Stuff Talent Show:



QMS is a talented school! The gym was filled with spectators as several of our students showcased their talents for the QMS PRIDE Club sponsored event. The performances were enthusiastically received by the staff and students who attended the noon hour talent show.

The QMS PRIDE Club is open to all students and members meet weekly. The PRIDE Club's mandate is to ensure that all QMS students feel valued for who they are and how they express their individuality.

Thank you to Gunjot N. who organized this event with the support of the PRIDE Club sponsor, Ms. Schweers.

### VEX IQ Presentation:

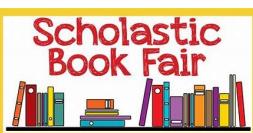
Our Champion VEX IQ robotics team treated members of the Education Policy and Planning Committee to an exciting demonstration of their balloon popping robots at QMS on October 2. Thank you to Ms. Seddon for organizing the presentation and to our students who represented QMS so well. Team members who demonstrated their creative coding skills and deft control of the robots are:

- Christine L.
- Damanjit M.
- Gunjot N.
- Charlie N.
- Isaac N.
- Arthur James (AJ) P.
- Daniel T.



### Scholastic Book Fair:

Thank you to all families who supported our Scholastic Book Fair. Our sales totaled \$2500. The school's share of the money raised is \$1300 and will be used to purchase Library books and materials for our students. Thank you to the PAC who provided each classroom with a \$20 allowance to purchase books at the Fair and to our parent volunteers who staffed the book fair.



## Upcoming Events and Reminders:

### Mark your Calendars:

- Wed., Nov. 7** Collaboration Day  
Early Dismissal for students at 11:45 a.m.
- Fri., Nov. 9** Remembrance Day Assembly  
11 a.m. in the Gym
- Sun., Nov. 11** Remembrance Day
- Mon., Nov. 12** Remembrance Day statutory holiday  
School closed
- Mon., Nov. 26** Professional Development Day in lieu  
Students do not attend



### Attention Parent Drivers:

We rely upon parent drivers for many of our field trips and sports activities. The “Volunteer Registration Form” (Form 490-1) **including** the section for volunteer drivers must be completed and approved by the Principal for field trips where volunteer drivers use a private vehicle to transport children. **Students 13 years of age and under must sit in the backseat.**

Parent drivers must provide a copy of their driving record to the school. This can be obtained from ICBC’s website:

<https://www.icbc.com/driver-licensing/getting-licensed/Pages/Your-driving-record.aspx>

A hard copy of Form 490-1 was sent home the first week of school with all students. A fillable copy of this form has been emailed home with this newsletter.



### Remembrance Day:



#### Poppy Campaign:

The Royal Canadian Legion Branch #2 provides poppies for all our staff and students, and is collecting cash donations for the 2018 Poppy Campaign. Poppies will be distributed on Friday, November 9 prior to our Remembrance Day Assembly.

Any donations will be gratefully accepted and can be sent to school with your child(ren) during the week of November 5th. Thank you for your support!



#### Remembrance Day Assembly:

On Friday, November 9 at 11 a.m., we will be holding an assembly to take time to reflect upon and remember the sacrifices made by members of Canada’s military in times of war and peace. Parents and guardians are welcome to join us.

### Yearbooks On Sale Now:

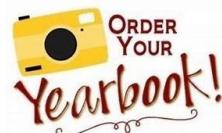
Our Yearbook production is well underway with the Grade 8 members busy documenting life at QMS. To order your Yearbook:

- Log into [Lifetouch.ca/yearbooks](http://Lifetouch.ca/yearbooks)
- Follow the link “**Order your Yearbook**”
- Our school code for ordering is **13411619**

Yearbooks cost \$25 and a limited number of books will be printed. We sold out last year so preorder your copy today to avoid disappointment.

The Yearbook sales team is available every Friday at noon hour to answer questions about production or sales.

The first class to sell 20 Yearbooks will be treated to an ice cream party.



## Upcoming Events and Reminders:

### Christmas Hampers:

Planning is already underway for our annual Christmas Hamper drive. Each year we ask for donations to help fill our hampers for families in the Queensborough community. Items can be dropped off at the school office or on the night of our Winter Production. Cash donations are always welcome as well. Some of the items we are hoping to collect include:

Salad dressing	Juice	Gingerbread House Kits
Cranberries	Pancake Mix	Icing Sugar
Mayonnaise	Syrup	
Pickles	Candy Canes	
Stuffing		



### School Lunch Program:

Those students interested in participating in the lunch program will receive a menu during the last week of each month. Students can participate in the program for as many months as they wish **but must sign up every month**. Students are not able to buy lunch on a daily basis.



The menu provides a wide variety of healthy food items, and includes meat and vegetarian options. The price averages out to \$3.00 per meal for the first child and, if applicable, \$2.50 for the 2nd child. **Cash only please.**

Due to the popularity of the program, we have to limit the number of lunches sold each month. Place your order promptly to avoid disappointment.

### Toward a School Nourishment Program at New Westminster Schools:

Please see the flyer included in this newsletter about the District's School Nourishment Program. Make plans to attend the November 21 PAC meeting to learn more about the creation of a cost-shared, universally accessible meal program at New Westminster Schools, starting in early 2019.

### QMS Winter Production:

#### Alice in Wonderland Jr.



**Date:** Thursday, December 13, 2018  
**Times:** Afternoon Performance: 1:15 p.m.  
                             Evening Performance: 7:00 p.m.  
**Admission:** Adults: \$5  
                             High School Students: \$3  
                             Children: Free

All of our students will be participating in the production!

Tickets will be sold in advance (a notice will be sent home at a later date) and will also be available at the office before the performances. **We recommend obtaining your tickets early as space is limited in the Gym.**

### Health Behaviour in School-Aged Children:

Two classes each in Grade 6, 7 and 8 will be participating in the Health Behaviour in School-Aged Children (HBSC) study. The objectives of the HBSC study are to record changes, gain new insights about the status of youths' health attitude and behaviours, and increase Canadian and international understanding about the health and lifestyles of young people.

Consent forms will be sent home soon with students in participating classrooms. The standardized questionnaires will be administered to participating students before Winter Break.

Questions about our participation in this study can be directed to John Lekakis, Vice Principal, at [jlekkas@sd40.bc.ca](mailto:jlekkas@sd40.bc.ca).



### QMS Student Breakfast Drop-In:

All QMS & QE students are invited to eat their breakfast in the Foods Room each school day beginning at **8 a.m.** The cost of breakfast is **50 cents** and students can pay on those mornings they participate. Thank you to our community volunteers for providing this wonderful program to our students!





## PAC News:

### QMS Parent Advisory Council:

#### Meeting

Wednesday, November 21  
6:30 p.m.  
QMS Library (2nd floor)

Please join us!

### Thank You!

The staff of QMS would like to express their gratitude to our PAC for their ongoing support of our students and the school. Thank you to the many parents and students who have volunteered at the Terry Fox Run, Scholastic Book Fair, Immunization Day and Pizza Days. We appreciate all that you do!



### PAC Pizza Day:

The PAC's third Pizza Day will be on:



Friday, November 23  
2 slices of pizza for \$5.00

Early during the week of November 19, classroom teachers will ask those students participating in Pizza Day to indicate how many slices of pizza they wish to order for lunch on November 23. This provides the PAC with an estimated total to decide upon the amount of pizza needed. No money is collected at this time.

At lunch on Friday, November 23, students who ordered pizza will be called to the Multi-Purpose Room by division. Students will then pay for and pick up their pre-ordered pizza slices.

Once all preordered pizza slices have been served, we will call down other students who wish to purchase any remaining pizza. Cash only please and we are unable to accept IOUs.

This is a fundraising event for the school and the funds raised from Pizza Days will support student learning and activities. The staff, students, and PAC appreciate your support.

*Thank You!*

### Cookie Dough and Pizza Sale:

October 15 -November 16  
(orders & payment to be returned to the school no later than November 16)



We need your participation to make this fundraiser a success. Funds raised go to support student learning and activities.

Please assist your child(ren) with our campaign by selling to friends, family, neighbours and your colleagues at work. Thank you for your support.

Order forms were sent home with each student last month. Additional order forms are available at the school office.

### Winter Fundraiser:

Stay tuned for information about this year's Winter Fundraiser.





[Queensborough Middle School](#)

## Student Activities:

### “WE Scare Hunger”

Thank you to all families who supported the “WE Scare Hunger” campaign by providing non-perishable food items. These items will be used to fill our Christmas Hampers and will benefit families in our community. Boxes will be set up outside the office at the school for those who wish to continue to donate items for our Christmas Hampers. Thank you for your generosity.



### WE Day:



WE Day is coming to Rogers Arena on Nov.22. Twenty-two students from grade 7 will attend this much anticipated event with Ms. Dhaliwal.

Students attending WE Day will hear from many inspirational and motivational speakers about citizenship and volunteerism. Students will return to school ready to engage our school community in local and global initiatives.

### WE Are Silent Day:

November 20th is We Are Silent Day. This day marks the United Nations Universal Children's Day. On this day, students speak up with silence and give a voice to those whose rights are not upheld. This campaign shines a light on the struggles of young people fighting for their basic human rights.



### Volleyball:

Volleyball season for our Grade 8 girls' team, and our Grade 7 boys' and girls' teams is coming to an end. We are very proud of all the players and the improvements they made over the course of the season. All showed great enthusiasm, team work and sportsmanship. Many thanks to Mr. Rai, Mr. Rouleau and Mr. Villeneuve for coaching our teams.



### Kindness Club:

Kindness Club meets every Wednesday at lunch. Every Grade 5 student is welcome to participate. Thank you to Ms. Ahmadi for her sponsorship of the Kindness Club.



## GRADE 6-8 DANCES 2018 - 2019 School Year



New Westminster Youth Services Presents

## Youth Skates

Grades 6 - 12 Only \$1.00 (includes skates)

8:15 - 9:45 pm  
October 13  
November 3  
December 8  
January 12  
February 9  
March 9

### Skating, DJ's, Prizes & Games

For information call Angelene at 604.834.0320 or email [aprakash@newwestcity.ca](mailto:aprakash@newwestcity.ca)

Moody Park Arena

701 Eighth Avenue



## Student Activities:

### Yearbook:

The Yearbook theme for 2018/19 will be #hashtag. Our team is currently sponsoring an Original Art Works Contest. We will select an original piece of art to be featured in the Yearbook. The art contest ends on November 23rd and entries will be judged on how creatively entries express the theme of #hashtag. Students at all grade levels are encouraged to submit an entry.

The Yearbook Committee has been working diligently to promote the sale of the yearbook. We will order only a set number of books and so we encourage you to buy your book early. You can purchase it at:

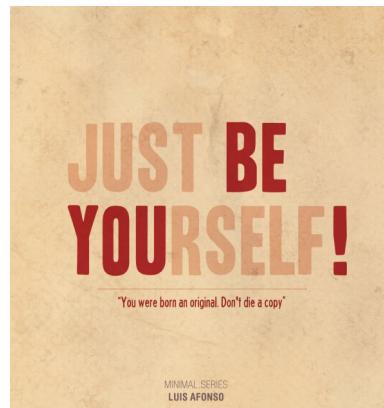
[ybpay.lifetouch.ca](http://ybpay.lifetouch.ca)  
Our school Yearbook ID Code is 13411619

The Yearbook is selling for \$25.00 and the first Home-base class to sell 20 books will win an ice cream party at recess.



### PRIDE Club:

The Pride Club sponsored a noon hour "Be Yourself" Talent Show and over 25 students bravely took a risk and shared their unique talents with their peers. The show was enjoyed by an audience of over 200 who cheered supportively as their peers sang, danced, preformed gymnastic stunts or comedy routines, played instruments, and skillfully juggled a soccer ball. The Talent Show celebrated diversity and having the "Courage to be You" and our club says a big "Thank You" to all the students who performed or who stepped forward to help run the show. A big thanks to Gunjot and Shantei who MCed this event for our student body.



### Peer Pals:

Our 22 Peer Pals have been volunteering one lunch hour a week for the past 6 weeks. We have had 20 students volunteering as Peer Pals at Queen Elizabeth Elementary and 2 Peer Pals have volunteered at Queensborough Middle. Peer Pals are available to help students in grades K - 5 work out their differences during play times.

A second Peer Pal Training Session will happen on November 6 at Queensborough Middle from 3 - 4 P.M. We will be reviewing our skills and asking the participants for their opinions on whether we should continue the program into Term 2 (January - March) and if we do continue what do we want the program to accomplish?

The Peer Pals have been very faithful in showing up for their assigned volunteer time and report they have enjoyed the opportunity to be problem solvers while working with younger students.





Queensborough Middle School

# School Nourishment Program:



## Toward a School Nourishment Program at New Westminster Schools

This update is to inform you of the process and rationale for how we will move forward with creating our first cost-shared, universally accessible meal program at New Westminster Schools, starting in early 2019. Our sustainable program will feature a two-year roll-out and increase access for all students in our schools to healthy, nutritious lunches.

### How we got here

On June 27, 2017, the following Board motion was passed:

*THAT the Board of Education for School District No. 40 (New Westminster) direct staff to provide a report by January 2018 on the steps to be taken and costs associated with a district-wide plan to address food security and healthy eating, that will make available food programs to all of our schools so that no child is hungry and every child eats healthy.*

Based on the motion, the School District and Fraser Health worked together to conduct a review of our existing food programs and propose a model that would best meet our needs.

### What we did

#### Data collection:

- Family and staff surveys
- Student focus groups
- Focused interviews
- School site visits

#### Review of Best Practices:

- Other school districts
- Canadian and International

### What we heard

#### Our Parents:

- Want a district-wide lunch program.
- Would like meals to be reasonably priced, healthy and provide choice. Meals must also have flexibility to allow for daily, weekly or monthly ordering.
- Would be willing to pay between \$5 and \$6 for a lunch (44% of respondents).
- Are willing to pay more (.50/meal) to subsidize a child in need.
- Recognize that subsidies, full and partial, would be needed for all families to participate.

#### Our Students:

- Identified relationships as the key means of how students access food.
- Said stigma is a key reason why some were not accessing, or comfortable accessing, the food supports provided.
- Say there is a need to better advertise, in a non-stigmatizing way, food supports available in schools.
- Would like to see food available in multiple locations so those in need are less likely to be identified.

October 2018



Queensborough Middle School

# 10 Questions About Cannabis Use and Your Teen:

## 10 Questions About Cannabis Use And Your Teen



© Stan Kutcher

### 1 WHAT IS CANNABIS?

Cannabis is a drug that can be produced from plants. The plant contains many chemicals, including two main active ingredients:

**THC** affects the brain and produces the high. Over the years, levels of THC in cannabis have risen significantly which can lead to harmful effects.

**CBD** is currently being studied to determine possible medical benefits.

Synthetic cannabinoids (created in a lab) are chemicals that are sprayed onto dried plant material. Synthetic cannabinoids can be more dangerous than cannabis.

There is no "safe" amount of cannabis. Effects vary depending on type, amount, potency and duration of use. Past products were usually low potency (less than 5% THC). Today's products are more dangerous (30-90% THC).



### 2 WHAT DOES IT LOOK LIKE?

Cannabis: almost like tea or dried leaves; usually green or brown.

Hashish: made from the plant resin; solid or paste; usually brown or black.

A concentrate (aka oil/wax/dabs/shatter): made from the plant; oily, waxy or pasty; usually yellow or brown.

### 3 WHAT DO PEOPLE CALL IT?

Pot, weed, chronic, bud, herb, kush, joint, loud, mary jane, mj, blunt, dab, dope, ganja, grass, hash, reefer, skunk, smoke, trees, wax.

Synthetic cannabinoids can be called: spice, K2, Cloud 9, mojo.



### 4 HOW IS IT USED?

Inhaled: Rolled into a joint (cigarette) or blunt (cigar) and smoked; through a bong (water pipe); or in a vaporizer (vape). Effects are immediate and last for hours.

Eaten: Usually added to cookies, muffins, lollipops, gummy candy and brownies (aka edibles). Cannabis tea is also an edible. Effects are delayed by hours and can last up to 12 hours. This can result in teens eating too much and overdosing or experiencing adverse effects.

Symptoms of an overdose or "greening out" include: vomiting, psychosis and panic.



### 5 WHO USES IT AND WHY?

After alcohol, cannabis is the most common drug used by Canadian teens. People may use cannabis to:

- get high
- fit in/be social
- try something new
- escape from routine
- have fun and relax
- cope or focus

Using cannabis to cope is not a healthy strategy. Suggest that your teen use other techniques including: music, reading, sports, hobbies, volunteering or hanging out with friends.

### 6 WHAT ABOUT THE TEEN BRAIN?

Adolescent years are a crucial period for brain growth and development. Regular cannabis use can have a negative impact on how a teen's brain grows and develops.

Thanks to: Bridget Irwin at TeenMentalHealth.Org. Created in collaboration with the Nova Scotia Department of Education and Early Childhood Development. Advisory and review by: Dr. Selene Etches, Dr. Rob Milin, Dr. Phil Tibbo. Project lead: Dr Stan Kutcher.



## Community News & Events:

ENTER FOR THE CHANCE TO JOIN THIS FREE PROGRAM  
TO COOK A DELICIOUS MEAL FROM AROUND THE  
WORLD WITH NEW WESTMINSTER POLICE OFFICERS!  
THERE WILL BE DISTINGUISHED GUESTS ON HAND TO  
SAMPLE THE FOOD.

# COOKING WITH COPS

FOR KIDS  
GRADES  
4-9

RETURN THE FORM ON THE BACK OF THE FLYER TO  
YOUR RESPECTIVE SCHOOL OFFICE. STUDENTS WILL BE  
SELECTED RANDOMLY AND CONTACTED AFTERWARDS.

MEAL PLANNING NOV 21, 4PM-5PM  
MAIN EVENT DEC 5, 3:30PM-6:30PM  
FRASER RIVER MIDDLE SCHOOL ROOM 319

QUESTIONS? PLEASE CONTACT RICK BLOUDELL:  
778-874-5457 OR [RABLOUDELL@SD40.BC.CA](mailto:RABLOUDELL@SD40.BC.CA)



New Westminster  
Police Department



Queensborough Middle School

## Community News & Events:



### Kids New West

is hosting a Health Fair to celebrate  
National Child Day

Over 17 organizations will be providing information about their services and what they offer to families. For the full list of Exhibitors go to <http://kidsnewwest.ca/>

## Connecting People to Services

### PRESENTERS:

Saturday, November 17, 2018

1:00 – 4:00 pm

Centennial Community Centre

65 East Sixth Avenue  
(next to Canada Games Pool)

Dr. Kimberley Da Silva is a Registered Psychologist, who specializes in treating social, behavioural and emotional issues in children and teens including: depression, selective mutism, anxiety disorders such as separation anxiety, generalized anxiety disorder, specific phobias, social anxiety disorder, and obsessive-compulsive disorder.

Dr. Kimberley Da Silva  
Preschool and Anxiety Issues  
•Separation; Bed-time; Sleep  
1:00 - 2:15 pm

Middle Years and Social Anxiety  
2:45 – 4:00 pm

Caroline Klemens  
Challenges Feeding Young Children  
1:05 – 1:35 pm

Credit Counselling Society  
Raising Financially Fit Kids  
2:00 – 3:00 pm

Family Services of Greater Vancouver  
Community Kitchen 2:15 – 2:45 pm

Alexandra Inman  
Nutrition and Children 2:45 – 3:30 pm



Door Prizes, Resource bags and more.

Spaces are limited for the presentations

For more information contact Ramona Manzer at [rmanzer@newwestcity.ca](mailto:rmanzer@newwestcity.ca)  
*Building Community. Putting Families First*

[info@kidsnewwest.ca](mailto:info@kidsnewwest.ca) | [www.kidsnewwest.ca](http://www.kidsnewwest.ca)



Queensborough Middle School

## Community News & Events:

**Lighting  
OF THE FIRE HALL**

Queensborough Fire Hall • 1011 Ewen Avenue

**Friday, 6:30 - 8:00 pm  
November 23**

Join us at the annual Lighting of the Fire Hall  
to kick off your holiday season!

Features include caroling, hot chocolate,  
pizza, and crafts! Make sure to bring a  
camera to take a picture with Santa!

Please bring a non-perishable donation for  
the Community Christmas Hampers.

For more information, call  
Queensborough Community Centre  
at 604.525.7388.

NEW WESTMINSTER



[Queensborough Middle School](#)

## Community News & Events:

**Family Services  
of Greater Vancouver**

**Free Income  
Boosting Clinic**

### Are you missing out on FREE MONEY?

At this one-day clinic, learn how to access resources to help you boost your income:

- Tax returns
- Government ID
- Registered Education Savings Plans
- Registered Disability Savings Plans
- Canada Child Benefit
- Disability Tax Credit
- GST/HST Credit
- Child Disability Benefit
- Working Income Tax Benefit
- Seniors Benefits

**WHEN:** Saturday, November 24, 2018, 11 AM–3 PM

**WHERE:** Queensborough Community Centre (920 Ewen Ave, New Westminster)

Bring your ID: one photo ID and your SIN #

**For more information, please contact:**

Rocio Vasquez: 604-638-3390 x 3166 | [rvasquez@fsgv.ca](mailto:rvasquez@fsgv.ca) or

Lisa Paterson: 604-660-8123 | [lisa.paterson@gov.bc.ca](mailto:lisa.paterson@gov.bc.ca)



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