

QMS Newsletter



Volume 3, Issue 1
September 2018

Queensborough Middle School

Principal's Message

**Welcome
Back!**

Welcome to all our students and families as we begin the 2018-2019 school year! I hope your summer was enjoyable, restful, and full of special moments with family and friends.

QMS is growing! We are welcoming several new staff members to QMS (staff list has been posted to the QMS webpage and is also included in this newsletter), and office staff has been busy registering new students. Our current student population sits at 319 students divided among twelve divisions. We have 82 grade 8 students, 71 grade 7 students, 88 grade 6 students and 78 grade 5 students.

Staff at the school met for three productive Professional Development Days during the last week of August. During this time we explored Aboriginal Education, Assessment and Technology. As a school, we will continue with our Learning Focus of Growth Mindset, and, specifically, how our assessment practices support learning, achievement and foster a growth mindset.

I invite parents and guardians to take an active interest in the school and your child(ren)'s progress. A strong connection between home and school is a key component in optimizing each student's success. Your involvement matters! Whether you are able to offer a little or a lot of time, please consider participating in school initiatives and activities. All parents and guardians are invited to attend the first Parent Advisory Council meeting on **Wednesday, September 19 at 6:30 p.m.** in the Library to find out more about how you can be involved in our wonderful QMS community.

John Lekakis, QMS' Vice Principal, and I are looking forward to getting to know our new students, and learning together with all our staff, students and families this school year.

Warm regards,
Lisa Nasato

Important Dates

September 3	Labour Day School closed
September 4	First Day of School Students report for attendance 9:36 a.m. dismissal
September 5	First Full Day of School
September 6	Welcome Back Assembly
September 10	Breakfast Club begins 8 a.m. in the Foods Room
September 10	Lunch Program begins for participating students
September 11	Exploratory classes begin for students in grades 6, 7 & 8
September 13	Fire Drill
September 19	Picture Day: morning only
September 19	PAC meeting 6:30 p.m. in the Library
September 21	Curriculum Implementation Day Students do not attend
September 25	Shelter in Place, Hold & Secure & Lock-down Drills
September 26	Terry Fox Run 1:30 p.m. Volunteers needed
September 28	Orange Shirt Day observed at QMS
September 28	Pizza Day
September 29	NWSS Educamp 8 a.m.-2:30 p.m. Teachers, parents and students welcome
October 3	Collaboration Day Students dismissed at 11:45 a.m.
October 5	World Teachers' Day
October 8	Thanksgiving Day School closed
October 11	Fire Drill



Meet our 2018-2019 QMS Staff:

Welcome (& welcome back) to the following new staff members:



- ◆ Juliet Brown - Grade 5
- ◆ Patricia Pain - Grade 5
- ◆ Athanasia Ventouras - Grade 8
- ◆ Brendan Francois - Grade 8
- ◆ Theodora Pappas - Education Assistant
- ◆ Manwinder Viridi - Education Assistant
- ◆ Susan Bouthillier - Child Care/Youth Worker

Office, Administration, Custodial:

• Principal	Lisa Nasato
• Vice Principal	John Lekakis
• Secretaries	Trish Symons
	Judy Nornberg
• Custodians	Sonny Herath
	Sam Sangdee

Non-enrolling Staff:

• Physical Education	Sukh Rai
• Music/Band	Anne Marie Milner
	Grace Weick
• Punjabi	Deep Sangra
• Library	Lisa Seddon
• Tech Ed	Mario Avila

Classroom Teachers:

• Div. 1 Grade 8	Brendan Francois	
• Div. 2 Grade 8	Athanasia Ventouras	
• Div. 3 Grade 8	John Lekakis	M Tu W Fr
	Sukh Rai	Th
• Div. 4 Grade 7	Marc Rouleau	
• Div. 5 Grade 7	Riel Villeneuve	
• Div. 6 Grade 6/7	Siân Smith	
• Div. 7 Grade 6	Angie Dhaliwal	
• Div. 8 Grade 6	Apinder Sekhon	
• Div. 9 Grade 6	Colleen Carrington	
• Div. 10 Grade 5	Kim Johal	M W F
	Mario Avila	Tu Th
• Div. 11 Grade 5	Heather Scharf	
• Div. 12 Grade 5	Patricia Pain	M Tu W
	Juliet Brown	Th Fr
Teacher Coach	Patricia Pain	Th

• Counsellor	Tu Th	Shirle Schweers
• Child Care Worker		Susan Bouthillier
• Resource Teacher		Linda Mannix
• ELL Teacher	Th Fr	Kathleen Weinkam
• Aboriginal Support Worker		Roslyn Swanson
• Education Assistants		Emily Deichen-Wood
		Patricia Dressler
		Karan Kaur
		Theodora Pappas
		Manwinder Viridi
• Noon Hour Supervisors		Michelle Pastro
		Maria Molinari
		TBD
		TBD
• Lunch Facilitator		Lisa Wong

School Routines and Expectations:

QMS Code of Conduct

The QMS Code of Conduct follows the guidelines of the BC Human Rights Code. QMS Staff, Students, Parents and any visitors to the school are expected to follow the Code of Conduct.

The purpose of the QMS Code of Conduct and Code of Consequences:

- ◆ To establish and maintain a safe, caring and orderly environment for purposeful learning
- ◆ To clarify and publish expectations for student behavior at school, going to and from school, and while attending any school function or activity at any location
- ◆ To promote the values expressed in the **BC Human Rights Code** respecting the right of all individuals in accordance with the law-prohibiting discrimination based on race, colour, ancestry, place of origin, religion, marital status, family status, physical or mental disability, sex or sexual orientation or gender identity-in respect of discriminatory publication and discrimination in accommodation, service and facility in the school.

Acceptable Behaviour for QMS Students:

- ◆ Showing Respect, Compassion and Integrity
- ◆ Respecting self, others, the learning environment and the surrounding environment
- ◆ Helping to make the school a safe, caring and orderly place
- ◆ Informing an adult, in a timely manner (in advance, if possible) of incidents of bullying, harassment or intimidation
- ◆ Engaging in purposeful learning activities in a timely manner
- ◆ Acting in a manner that brings credit to QMS

Unacceptable Conduct for QMS Students:

- ◆ Behaviours that:
 - Interfere with the learning of others
 - Interfere with an orderly environment
 - Create unsafe conditions
- ◆ Acts of:
 - Bullying, harassment or intimidation
 - Physical violence
 - Retribution against a person who has reported incidents
 - Discrimination based on race, colour, ancestry, place of origin, religion, marital status, family status, physical or mental disability, sex, sexual orientation or gender identity (prohibited grounds set out in the **BC Human Rights Code**)
- ◆ Illegal acts, such as:
 - Possession, use or distribution of illegal or restricted substances
 - Possession or use of weapons
 - Theft of or damage to property



The unacceptable behaviours listed in the Code of Consequences are examples only and are not intended to be an all-inclusive list.

A student's medical, cognitive, social-emotional and personal profile must be considered in the determination of appropriate interventions and/or consequences. Therefore, the application of the school's Code of Conduct must take into account the student's ability to meet behavioural expectations.

Disciplinary action, wherever possible, is preventative and restorative, rather than merely punitive. The purpose of consequences for unacceptable behavior is to help students learn from mistakes and be proactive about preventing further inappropriate behaviour.

School Routines and Expectations:

School Mission:

At Queensborough Middle School we are dedicated to working together within a safe, caring, respectful learning environment to enable all students to reach their full potential as life-long learners and contributing global citizens.

QMS Values:

At Queensborough Middle School we value:

- ◆ respect for ourselves and others
- ◆ respect for learning
- ◆ respect for the environment



QMS Vision:

- ◆ Our vision is that our students reach their full potential as caring, self-motivated people with good self-esteem and high standards.
- ◆ Our students are preparing to be contributing members of the global community through the development of life-long learning skills.
- ◆ Our local community is important to us and we are working together to share resources and develop appreciation of our heritage and history.

Reminders About the School Timetable:

- The first bell rings at **8:31** a.m. Students may enter the school at **8:25** a.m. (There is no supervision from staff members before or after school.)
- Nutrition Break is from **10:25** to **10:40** a.m. (Students are encouraged to bring healthy snacks **and** dress for the weather as we are outside most days.)
- Lunch is at **12:10** to **1:00** p.m. Students play outside first and come inside to eat their lunch at **12:45** p.m.
- Students are encouraged to bring a water bottle to school.
- Students are dismissed at **3:00** p.m.

Bell Schedule

8:31 a.m.	Welcoming Bell
8:36 a.m.	CHAT begins
8:55 a.m.	Morning classes begin
10:25 a.m.	Nutrition Break/recess
10:40 a.m.	Morning classes continue
12:10 p.m.	Lunch begins (outside)
12:45 p.m.	Students inside to eat
1:00 p.m.	DPA/Flex block
1:30 p.m.	Afternoon classes begin
3:00 p.m.	Dismissal



QMS Website:

Visit the school website regularly at:
www.queensboroughschool.ca/



Student Planners:

The planner is a powerful organizational tool for students and an important means of communication between parents and teachers.



Students are expected to write homework assignments in their planners each day, and we ask that parents sign the planner each evening. The cost of the planner is \$10.

Our Learning Focus: Mindset

QMS Learning Goal:

To optimize student engagement and achievement by fostering a growth mindset at the school where all members of the learning community believe they can develop their efficacy through effort, strategy development and use, and perseverance.



Our Inquiry Questions:

How does mindset affect student engagement and achievement? How does the language we use affect our own and students' mindsets (fixed/growth)? Can explicit and intentional language use foster growth mindset? **How do our assessment practices support or hinder a Growth Mindset?**

What Are Mindsets:

(from "Educator's Quick Reference Guide to Growth Mindsets by Mary Cay Ricci (2018))

"Thanks to the research of Dr. Carol Dweck, Stanford University professor of psychology, society is going through a shift in thinking about learning and intelligence. Dweck (2006) described a belief system that asserts that intelligence, skills, and talents can be developed and coined the term *growth mindset*.

Growth Mindset:

Teachers and parents with a growth mindset believe that children can achieve at higher levels-with effort, perseverance, resiliency, and the right set of strategies. Learners with a growth mindset believe that they can grow their intelligence, skills, and talents with hard work and learn just about anything. It might take some struggle and mistakes along the way, but they understand that with resiliency and perseverance, they can grow and be successful.



For a short video clip on fixed and growth mindsets, visit:
https://youtu.be/KUWn_TJTrnU

Fixed Mindset:

Conversely, Dweck (2006) coined the term fixed mindset, which is a belief system in which one believes that intelligence, skills and talent are something you are born with-they are genetic, and although everyone can learn new things, your innate level of intelligence cannot be changed. A person applying fixed mindset thinking might believe that he or she has predetermined intelligence, skills, or talents in a particular area, but not in other areas. A child or adult using a fixed mindset might believe he or she will never be good in a particular subject or talent or be afraid to try something that he or she thinks is too difficult or at which he or she fears failure.

An Invitation to Parents and Guardians:

We invite you to join us as we continue to "grow" our mindsets during the 2018.2019 school year. To learn more, check out our Learning Plan that has been posted to the QMS website (it will be updated as we finalize our plans for this year), look for information in each newsletter, and ask your child(ren) to teach you what they have learned about mindset. During our October Parent/Teacher/Student interviews, surveys on mindset will be available for parents to complete.



© Can Stock Photo

Safety First:

Queensborough Middle School
Phone Number is:
604-517-6040

Please notify the school by **9:00 a.m.** if you know your child will be absent or late for school. You may leave a phone message (please include your child's name and division #) at the school anytime of the day or night.

We want to ensure that you and the school are aware of your child's whereabouts.



Please cut this out and put it on your fridge!

Leaving School at Lunchtime



We have a closed campus at QMS.

We ask that students stay at school and not leave the school property and the adjacent park during lunchtime between 12:10 and 1:00 p.m.

Students may go home for lunch **only** if they have a permission form signed by their parent/guardian.

The form is at the office. **Please ask!** This form is for going home ... not for visiting the Community Centre or a store.

Please be advised that students play in the adjacent park at recess and lunch.

Please report to the office when visiting the school:



Please sign in at the office when entering the school. We need to be aware of all visitors to the school and identifying yourself with one of our "visitor" badges is helpful to staff who may not know you.

Bikes, Scooters and Skateboards:

Many students ride bikes, scooters or skateboards to school. For your child's safety, please ensure that they are wearing an approved helmet. Thank you for helping to keep our children safe.



Safety to and from School:

Parents and Guardians:

Please take care when dropping off and picking up your children from school:

- ⇒ Drive slowly in the vicinity of the school and park
- ⇒ Watch for pedestrians
- ⇒ Don't stop in or block the crosswalks
- ⇒ Please park in legal, designated areas



Students:

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.

Check the school website for our "Best Routes to School" brochure for maps and safety tips for walking and cycling to school, and the following link for Back to School Safety Tips:

<https://www.tranbc.ca/2015/09/01/prepare-to-be-schooled-bc-is-back-to-school/>



Emergency Preparedness:

Emergency Preparedness:

Throughout the school year, staff and students will be practicing Emergency Preparedness procedures. The following is a list of the drills scheduled for this school year (**please note that these dates are subject to change**):

<u>Date</u>	<u>Drill</u>
Sept. 13	Fire
Sept. 25	Shelter in Place Hold & Secure Lockdown
Oct. 11	Fire
Oct. 18	Earthquake
Nov. 5	Lockdown
Nov. 20	Earthquake
Jan. 17	Fire
Feb. 20	Shelter in Place Hold & Secure Lockdown
Feb. 28	Fire
Mar. 1	Earthquake
Apr. 11	Fire
Apr. 25	Lockdown
May 10	Earthquake
June 6	Fire



School Emergency Procedures

Hold & Secure

Used if there is a security concern in the neighbourhood

In a Hold and Secure the exterior doors of the school are secured while normal activities continue inside the school. Hold and Secure is used to protect the school occupants from a danger in the neighbourhood or community outside the school. Examples: police incident in the neighbourhood, suspicious strangers on school playgrounds, protests/civil disturbances outdoors near schools etc.

Shelter in Place

Used if an environmental hazard may impact the school

Shelter in Place is the action of keeping a hazardous condition outside the school while holding students and staff safely inside the school. Shelter in Place is often initiated in response to an environmental or weather event. Shelter in place typically requires closing exterior doors and windows and shutting down the ventilation systems.

Examples include: hazardous materials spill, smoke/chemical/airborne contaminants in the community, a severe weather event, or dangerous animals in the vicinity.

Lockdown

Used in response to an armed or dangerous assailant WITHIN the school.

Lockdown is used to protect school occupants from a dangerous person within the school, for example a person armed with a knife, firearm or other weapon and who is threatening or in the process of seriously harming people. Examples include armed person harming or threatening to harm others in the school, barricaded criminal suspect within the school etc.

Drop, Cover, and Hold On

Used in the event of an earthquake, explosion, or any event that shakes the school

A DROP – COVER – HOLD ON procedure can be used in any emergency event where there is an immediate impact to the building or space you are occupying or the displacement of its contents.

Examples include: earthquakes, explosions

Evacuate

Used to move people out of the school when a hazard exists inside

Situations requiring evacuation include, but are not limited to, fires, earthquakes and hazardous spills or as required following a Lockdown or Drop – Cover – Hold. All staff must be aware of evacuation routes and designated assembly areas.

Great BC Shakeout:

Queensborough Middle School staff and students will be participating in the **Great BC Shakeout Earthquake Drill** on Thursday, October 18. Visit their website for more information and resources for use at home:

<https://www.shakeoutbc.ca/index.html>



Upcoming Events:

Mark your Calendars:

- Wed., September 19** Picture Day
- Fri., September 21** Curriculum Implementation Day
(students do not attend)
- Wed., October 3** Collaboration Day
(students are dismissed at 11:45 a.m.)
- Mon., October 8** Thanksgiving
(school closed)
- Fri., October 19** Professional Development Day
(students do not attend)
- Tues., October 23 & Wed., October 24** Early Dismissal at **12:10 p.m.** for Parent/Teacher/Student Conferences



QMS Parent Advisory Council:

The first PAC meeting of the 2018-2019 school year is:

**Wednesday, September 19
6:30 p.m.
QMS Library (2nd floor)**

Whether you want a role on the PAC executive, a forum to speak or an opportunity to help organize hot lunches, concessions, etc. to raise money for our school, we welcome all parents and guardians to the 2017.2018 PAC. Please join us!

The positions of Vice President/Chair, Secretary and Treasurer are open and must be filled. Please consider volunteering for one of these positions. For more information, please contact Michelle Pastro at qmspac2013@gmail.com.

Terry Fox Run

Our Terry Fox Run is scheduled for **Wednesday, September 26 at 1:30 p.m.** We need volunteers to take up posts along the route. If you are able to help, please email Mr. John Lekakis:

jlekakis@sd40.bc.ca



Orange Shirt Day:

Orange Shirt Day falls on Saturday, September 30. At QMS, we will be observing Orange Shirt Day on **Friday, September 28**. We invite everyone to wear an Orange Shirt in recognition of the harm that Canada's residential school system did to the students' self-esteem, and as an affirmation of our commitment to ensure that everyone around us matters.



Foundation Skills Assessment (FSA):

Each year, our grade 7 students participate in the Foundation Skills Assessment (FSA).

The Foundation Skills Assessment is an annual province-wide assessment of all B.C. students' academic skills in grades 4 and 7, and provides parents, teachers, schools, school districts and the Ministry of Education with important information on how well students are progressing in the foundation skills of Reading, Writing, and Numeracy.

FSAs will be administered to students commencing the week of October 8.



Grade 6 Fall Immunizations:

Fall immunizations for our grade 6 students are scheduled for **Wednesday, October 17** in the morning. Information and consent forms will be sent home with students shortly.

We are looking for 1-2 parent volunteers to sit with students after their immunizations. If you are able to help, please contact Lisa Nasato:

lnasato@sd40.bc.ca

Thank you!





Important Reminders:

Important Forms:

Verification Forms:

Please complete the school forms package and verification form sent home on September 5, and return to your child's classroom teacher **asap** if you have not done so already. These forms are very important and must be filled out each year to keep the office files updated with current information. Please ensure that all forms are legible. Thank you for your prompt cooperation!

Volunteer Forms:

If you are able to volunteer with driving for field trips and assisting with various activities throughout the year, please fill out both sides of all pages. Completed volunteer forms can be returned to your child's classroom teacher. Thank you to all of our volunteers!

Medical Alert Forms:

All students with medical conditions must have these forms completed promptly. Completed forms and medication, if required, can be handed in at the school office. Please ask the office for a pink form package if your child has not received one. These forms must be completed at the start of each school year.

Online Consent Forms: DUE TO LAUNCH THE WEEK OF SEPTEMBER 10!

Parent/Guardian permission for the following will need to be completed online using the SchoolCashOnline Program:

- School and District Code of Conduct
- Student Emergency Release Form (possibly)
- Walking Field Trip Permission
- Media, Photo and Video Release Permission
- Digital Technology and Responsible Use Agreements
- Google Apps for Education Permission
- BC Fruit & Vegetable Nutrition Program Permission

In order to access these forms, all parents will need to register with SchoolCashOnline. To register, please go to the Queensborough Middle School website at queensborroughschool.ca, click on the "Online Payment" button and then follow the green "School Cash Online" hyperlink to the parent registration site. See the next page of this newsletter for a flyer with more details on how to register for School Cash Online.

IMPORTANT: When registering with School Cash Online, please remember to click the button to allow email notifications.

Once you have registered with School Cash Online and you receive an email notification from the School Cash Online program, you can then complete the *online forms once they have been launched.



Fill out Form



***The online consent forms will be launching shortly. We will send out an email to parents and guardians when the consent forms are ready for completion by you. Thank you for your patience while we put the finishing touches to the forms!**



Online Consent Forms:

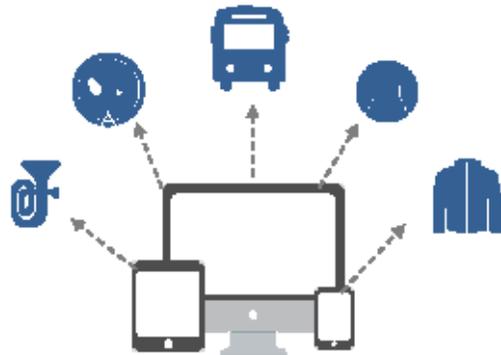
SchoolCashOnline
KEV GROUP

Fast. Safe. Convenient.

Register Today!

Purchase these items and more online.

Use your computer, tablet or smartphone to register and pay online.



1. Create Your Profile

Go to our school website at queensboroughschool.ca click the "Fees and Forms" button and then the green "REGISTER AND LOGIN HERE" link or go to: <https://newwestschools.schoolcashonline.com/> and click on "Get Started Today".

2. Confirm Your Email

Check your inbox for the email confirmation and click on the link inside. Sign in with your new login details.

Stay connected by selecting "Yes" to email notifications about upcoming fees.

- I want to receive email notifications for new fees assigned to my student and updates on school-related activities.

3. Add a Student

Click "Add Student" and fill in the required fields with your child's details.

Why sign up for School Cash Online?

School Cash Online is an online parent portal that offers a safe, fast and convenient way to pay for school activity fees.

- ✓ Pay for your child's school fees online. Anytime, anywhere.
- ✓ Stop sending your child to school with money.
- ✓ Get automatic email notifications about upcoming school fees and activities.

Which payment methods are accepted?



Credit Card

Pay with Visa or MasterCard on School Cash Online by entering your credit card number, CVV number (the three digits on the back of your card), card expiry date, and billing information.



eCheck

An electronic version of a paper check used to make payments online. Anyone with a checking or savings account can pay by eCheck on School Cash Online.



myWallet

An online wallet that can be loaded to hold funds and pay for your child's fees on School Cash Online. myWallet also allows you to allocate funds to pay for school fees at a later date.

Interac Online

Pay directly from your bank account with Interac Online.



For more information, contact Parent Helpdesk at parenthelp@schoolcashonline.com or 1.866.961.1803

© 1996 - 2016 KEV Group



PAC News:

QMS Parent Advisory Council:

President/Chair: Michelle Pastro
V.P./Vice Chair: unfilled
Secretary: unfilled
Treasurer: unfilled
Members at Large: unfilled

Elections will be held during the September 19 PAC meeting. Those parents interested in filling an executive position can contact Michelle Pastro for more information:

qmspac2013@gmail.com

2018-2019 Meeting Dates:

Meetings are held the third Wednesday of each month (excluding December and March) in the QMS Library @ 6:30 p.m.

Wednesday, September 19
 Wednesday, October 17
 Wednesday, November 21
 Wednesday, January 16
 Wednesday, February 20
 Wednesday, April 17
 Wednesday, May 22
 Wednesday, June 19



PAC Pizza Day:

Our first Pizza Day will be on: **Hooray!**
Friday, September 28
2 slices of pizza for \$5.00



How our QMS Pizza Day works:

Early during the week of a Pizza lunch, classroom teachers will ask those students participating in Pizza Day to indicate how many slices of pizza they wish to order for lunch on September 21. This provides the PAC with an estimated total that helps determine the amount of pizza needed. No money is collected at this time.

At lunch time on the day of a Pizza lunch, 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.

Drinks will also be available for purchase. These do not need to be preordered.

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

Pizza Days are fundraising events for the school. Funds raised support student learning and activities. The staff and students of QMS appreciate your support.

Student Activities:

Yearbook:

Ms. Schweers and Ms. Mannix are organizing the Yearbook Club again this year and will be inviting interested grade 8 students to apply to work on this year's edition.

We will proceed with this year's publication only if there are sufficient preorder sales. Students wishing to purchase a yearbook must do so in advance as no extra copies will be ordered.

Stay tuned for more information.



Noon Hour Clubs:

Our lunch time clubs are in the process of being organized. Stay tuned for more information about our school club startups.



Youth Drop In:

Queensborough Community Centre staff will be running Youth Drop In sessions at QMS on Monday, Wednesday and Fridays after school. Students in grades 6-8 are welcome to attend. Youth Drop In begins the week of September 17. For more information, please visit:

www.newwestyouth.ca



Food and Nutrition at QMS:

School Lunch Program:



We are fortunate to have a school lunch program at QMS. Our wonderful lunch facilitator is Mrs. Lisa Wong. This year's program began on Monday, September 10.

Interested students will receive a menu during the last week of each month that outlines the menus (meat or vegetarian) for the following month. Students can participate in the program for as many months as they wish **but must sign up every month**. We ask that fees be paid prior to the start of each month on a **cash only** basis.

The program contains a wide variety of healthy food items. The price averages out to \$3.00 per meal for the 1st child, and, if applicable, \$2.50 for the 2nd child.

Due to the popularity of the program students cannot purchase single day lunches.



Nutrition Break:

Please encourage your child(ren) to pack a tasty and nutritious snack for our daily nutrition break. For many of our students, the stretch between breakfast and lunch is a long one, and a snack provides the fuel our students need to see them through to lunch.

Students go outside for fresh air and exercise during nutrition break, lunch and daily physical activity blocks. Students are expected to "dress for the weather" as we usually are outside rain or shine.



Please be advised that students play in the adjacent park at nutrition break and lunch.

Breakfast Drop-In Program:



QMS Student Breakfast Drop-In Program
8:00 a.m.
Foods Room
Weekday mornings when school is in session

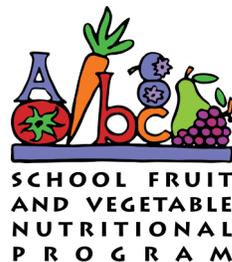
The **QMS Student Breakfast Drop-In Program** begins on Monday, September 10 in the Foods Room. The program starts at 8:00 a.m. and costs **50 cents**. Students are asked to bring their money when they come to school on the day they are going to participate. Thank you to our community volunteers who offer this program to QMS students.

Fruit and Veggie Program:

Once again the school will be participating in the BC School Fruit and Vegetable Nutritional Program. Our first delivery is scheduled for **Monday, September 24**.

This program is sponsored by the BC Agriculture in the Classroom, a non-profit organization which works with local farmers and distributors to bring fresh BC products to students in public and First Nations schools throughout BC. For more information about the program visit: www.sfvnp.ca

It is very important that your child's teacher is aware of any food allergies. Permission for your child to participate in this program is included with the online consent forms. For more information on accessing these forms, please refer to page 9 & 10 of this newsletter.





Homecoming 2018:



PROUDLY PRESENTS

HOMECOMING 2018

PAST, PRESENT AND FUTURE CHAMPIONS!

FRIDAY, SEPTEMBER 14, 2018 AT MERCER STADIUM.
NWSS HYACKS - 2017 BC HIGH SCHOOL FOOTBALL CHAMPIONS!



HYACKS
FOOTBALL

WIN A CAR! BUY YOUR CAR RAFFLE TICKETS AT THE FORD TENT.

ARRIVE BETWEEN 5 AND 7 AND GET A FREE TV RAFFLE TICKET. THE SKYDIVERS WILL DRAW THE WINNER WHEN THEY LAND ON THE FIELD. WINNER MUST BE PRESENT TO CLAIM PRIZE. COURTESY OF KEY WEST FORD.

- 4:00 pm ALUMNI FLAG FOOTBALL GAME
- 5:00 pm PRE-GAME PARTY featuring **save on foods** Family Fun Zone, the ever popular Tug-of-War, Mascot Mania and a special visit for all our younger fans from 5:30 to 7:00 pm the Pawpatrol team with Marshall, Chase, and Skye.
- 6:00 pm ALUMNI RECEPTION - Dinner and Refreshments will be served. Festivities include skydivers and a prize-car draw presented by Key West 
- 7:30 pm GAME KICK-OFF NWSS Hyacks vs Abbotsford.



 @HYACKFOOTBALL

 FACEBOOK EVENT: HYACK FOOTBALL HOMECOMING 2018

WWW.HYACKFOOTBALL.COM

NWSS Educamp:



edcamp
new westminster
engage indigenous perspectives

Engage Indigenous Perspectives
Start Conversations
BE PART OF NATIONAL CHANGE
September 29, 2018

@ New Westminster Secondary
On unceded Coast Salish territories

Registration now open.
[@edcamp_newwest](#)

