

# QMS Newsletter



Volume 4, Issue 1  
September 2019

## Queensborough Middle School

### Principal's Message

Welcome to all our students and families as we begin the 2019-2020 school year! I hope your summer was enjoyable, restful, and full of special moments with family and friends.

QMS continues to grow! We are welcoming several new staff members to QMS (a 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 327 students divided among thirteen divisions. We have 67 grade 8 students, 90 grade 7 students, 77 grade 6 students and 93 grade 5 students.

Staff at the school met for three productive Professional Development Days during the last week of August. During this time we examined our core values, took stock of how we are doing with respect to the District's Strategic Plan, explored Numeracy Number Talks, learned about assessment with expert Tom Schimmer and participated in a hands on ADST (Applied Design Skills & Technology) session with staff from Queen Elizabeth Elementary School. This year we will continue to strengthen our foundation of Growth Mindset, and at our upcoming Collaboration Day on October 2, we will be reviewing last year's School Learning Plan on Growth Mindset Feedback and selecting a focus for this year.

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. One way to be involved is to participate in our Parent Advisory Council (PAC). All parents and guardians are invited to attend the first PAC meeting on **Wednesday, September 18 at 6:30 p.m.** in the Library to find out more about how you can be involved in our wonderful QMS community.

Randy Jaggernathsingh, QMS' Vice Principal, and I are looking forward to working and learning alongside our wonderful staff, students, parents and involved community members!

Warm regards,  
Lisa Nasato

**Welcome  
Back!**

### Important Dates

September 2	Labour Day School closed
September 3	First Day of School Students report for attendance 9:36 a.m. dismissal
September 4	First Full Day of School
September 10	Fuel Up! Lunch program began
September 10	Breakfast Club began 8 a.m. in the Foods Room
September 11	Welcome Back Assembly 12:45 p.m. in the Gym
September 10	Exploratory classes began for students in grades 6, 7 & 8
September 12	Fire Drill
September 18	PAC meeting 6:30 p.m. in the Library
September 20	Picture Day: morning only
September 20	PAC Freezie Friday
September 23	Curriculum Implementation Day Students do not attend
September 24	Shelter in Place, Hold & Secure & Lock- down Drills
September 25	Orange Shirt Day
September 27	PAC Pizza Day Volunteers needed
September 27	Terry Fox Run 1:30 p.m. Volunteers needed
October 2	Collaboration Day Early Dismissal at 11:45 a.m.
October 5	World Teachers' Day
October 10	Fire Drill
October 10	HUB Ride the Road program begins Students in grades 5 & 6 participating
October 14	Thanksgiving School closed



## Meet our 2018-2019 QMS Staff:

### Welcome to the following new staff members:

- |                          |                        |                     |                         |
|--------------------------|------------------------|---------------------|-------------------------|
| ◆ Samatha Dowdell:       | Grade 7/8 teacher      | ◆ Sonia Bamrah:     | Education Assistant     |
| ◆ Gurmeet Grewall:       | Grade 6 teacher        | ◆ Risham Bansal:    | Education Assistant     |
| ◆ Peter Ha:              | Grade 5 teacher        | ◆ Amandeep Bath:    | Education Assistant     |
| ◆ Randy Jaggernathsingh: | Grade 8 teacher & V.P. | ◆ Varinderjit Gill: | Education Assistant     |
| ◆ Alayne Madlambayan:    | Grade 5 teacher        | ◆ Ashley Jalbert:   | Education Assistant     |
|                          |                        | ◆ Shahan Gill:      | Child Care Worker (CCW) |

#### Office, Administration, Custodial:

• Principal	Lisa Nasato
• Vice Principal	Randy Jaggernathsingh
• Secretaries	Trish Symons
	Judy Nornberg
• Custodians	Arnel Tapon
	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	Athanasia Ventouras	• Counsellor	Shirle Schweers
• Div. 2 Grade 8	Randy Jaggernathsingh Mario Avila	• Child Care Worker	Shahan Gill (begins Nov. 5)
• Div. 3 Grade 7/8	Samantha Dowdell	• Learning Support Teacher	Linda Mannix (resource)
• Div. 4 Grade 7	Marc Rouleau	• Learning Support Teacher	Kathleen Weinkam (ELL)
• Div. 5 Grade 7	Riel Villeneuve		
• Div. 6 Grade 7	Apinder Sekhon	• Education Assistants	Sonia Bamrah
• Div. 7 Grade 6	Angie Dhaliwal		Risham Bansal
• Div. 8 Grade 6	Colleen Carrington		Amandeep Bath
• Div. 9 Grade 6	Siân Smith		Patricia Dressler
• Div. 10 Grade 5	Kim Johal		Varinderjit Gill
	Mario Avila		Ashley Jalbert
• Div. 11 Grade 5	Heather Scharf		Theodora Pappas
• Div. 12 Grade 5	Alayne Madlambayan		Manwinder Viridi
• Div. 13 Grade 5	Peter Ha		
• Teacher Coach	Patricia Pain		• Aboriginal Support Worker
		• Noon Hour Supervisors	Michelle Pastro
			Tamara Roach
			Janice Ross
			Kulwinder Sall

# 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:

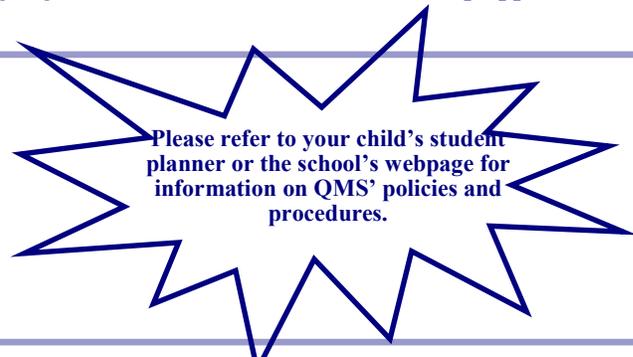
- ◆ Our vision is that our students reach their full potential as caring, self-motivated people with good self-esteem and high standards.
- ◆ Our students are preparing to be contributing members of the global community through the development of life-long learning skills.
- ◆ Our local community is 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 hallway between the gym and the Multi-Purpose Room is open for students from **7:30 a.m.**
- The welcoming 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 **10:10 to 10:25 a.m.** (Students are encouraged to bring healthy snacks **and** dress for the weather as we are outside most days.)
- Lunch is at **11:55 to 12:45 p.m.** Students play outside first and come inside to eat their lunch at **12:30 p.m.**
- Students are encouraged to bring a water bottle to school.
- Students are dismissed at **3:00 p.m.**

### Bell Schedule

<b>8:31 a.m.</b>	Welcoming Bell
<b>8:36 a.m.</b>	CHAT begins
<b>8:40 a.m.</b>	Morning classes begin
<b>10:10 a.m.</b>	Nutrition Break/recess
<b>10:25 a.m.</b>	Morning classes continue
<b>11:55 a.m.</b>	Lunch begins (outside)
<b>12:30 p.m.</b>	Students inside to eat
<b>12:45 p.m.</b>	Afternoon classes begin
<b>3:00 p.m.</b>	Dismissal



## Financial Hardship:

The District is committed to ensuring that no school-age student will be denied educational opportunities due to financial hardship. Parents and guardians unable to pay some or all of a school fee are invited to speak to their child's teacher, school counsellor, and/or school principal.

## 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 and parents are asked to log into their SchoolCash Online account to pay for their child(ren)'s planner.





## Important Reminders:

### Important Forms:

#### Verification Forms:

Please read, change if needed, and **sign** the verification form sent home on September 2, and return to your child's classroom teacher **asap** if you have not done so already. This form is very important and must be filled out each year to keep the office files updated with current information. Please ensure that all areas of the form 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 **ask your child's teacher for a volunteer form** and fill out both sides of all pages. Completed volunteer forms can be returned to your child's classroom teacher who will submit them to the office for approval. Thank you to all of our volunteers!



**Fill out Form**

#### Parents Driving on Field Trips:

If you are a driving on a field trip, please ensure you have provided the school with:

- ◇ Volunteer form (filled out once a year)
- ◇ A copy of your driving record from ICBC:  
<https://www.icbc.com/driver-licensing/getting-licensed/Pages/Your-driving-record.aspx>

#### 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. **Please remember to drop your child's medication off at the office as well.**

#### Online Consent Forms:

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**
- **Walking Field Trip Permission**
- **Media, Photo and Video Release Permission**
- **Digital Technology and Responsible Use Agreements**
- **G Suite Permission (Google Apps for Education)**
- **BC Fruit & Vegetable Nutrition Program Permission**
- **FreshGrade Permission (for those classes using FreshGrade this year)**

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 [queensboroughthschool.ca](http://queensboroughthschool.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. If you registered last year, you do not need to register again. Instead, log into your existing account.



**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 SchoolCashOnline program, you can then complete the online forms. If you require assistance, please contact the school office.

# Online Consent Forms & Payment for School Fees:

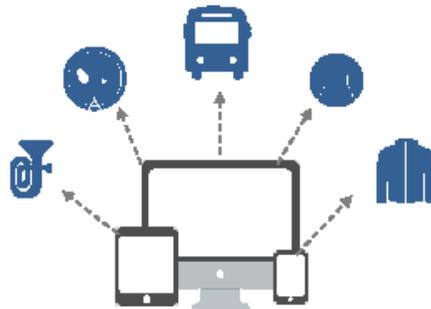
SchoolCashOnline  
KEV GROUP

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](http://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.

### QMS is Going Cashless (and Paperless)

The school district, including QMS, is now using an online system that allows for parents to pay for items such as field trips, sports team fees, planners, etc.

As well, our consent forms for Walking Field Trips, Google Suite, student Digital Use, Photo & Media permission, FreshGrade and the Fruit and Veggie program are now available for completion using our SchoolCash Online system.

To date (mid September), QMS has a 95% adoption rate. Our goal is to have all families registered and online consent forms completed by our Terry Fox Run on Friday, September 27 (students will need Walking Field Trip consent to participate in the QMS Terry Fox Run).

For assistance, please contact the school office.

#### Financial Hardship

The District is committed to ensuring that no school-age student will be denied educational opportunities due to financial hardship. Parents and guardians unable to pay some or all of a school fee are invited to speak to their child's teacher, school counsellor, and/or school principal.

For more information, contact Parent Helpdesk at [parenthelp@schoolcashonline.com](mailto:parenthelp@schoolcashonline.com) or 1.866.961.1803

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## 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.

Students must stay at school and not leave the school property and the adjacent park during lunchtime between 11:55 a.m. and 12:45 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 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 you 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
- ⇒ Turn off your engine while waiting for your child(ren)



#### 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 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. 12	Fire
Sept. 24	Shelter in Place Hold & Secure Lockdown
Oct. 10	Fire
Oct. 17	Earthquake
Nov. 5	Lockdown
Nov. 21	Earthquake
Jan. 16	Fire
Feb. 20	Shelter in Place Hold & Secure Lockdown
Feb. 27	Fire
Mar. 10	Earthquake
Apr. 2	Fire
Apr. 23	Lockdown
May 12	Earthquake
June 4	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 17**. Visit their website for more information and resources for use at home:

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

Get ready for the  
**GREAT BC  
SHAKEOUT**



## Our Learning Focus: “GrowthMindset” Feedback

### 2019.2020 QMS Learning Goal:

School staff is currently reviewing last year’s Learning Goal (see below) and deciding upon our focus for the upcoming school year. More information to follow...



### 2018.2019 QMS Learning Goal:

We believe all students can achieve at high levels with effort, perseverance, resilience 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

### 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](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 2019.2020 school year. As a staff, we will be using our upcoming Collaboration Day to review and set our learning goal for the upcoming year. Once we finalize plans for the the year, our Learning Plan will be posted to QMS website. The foundation of our school learning goal is mindset. Ask your child(ren) to teach you what they have learned about mindset and consider completing a mindset questionnaire during our upcoming Student/Parent/Teacher conferences in October.



## Upcoming Events:

### Mark your Calendars:

<b>Fri., September 20</b>	Picture Day
<b>Mon., September 23</b>	Curriculum Implementation Day (students do not attend)
<b>Wed., October 2</b>	Collaboration Day (students are dismissed at 11:45 a.m.)
<b>Mon., October 14</b>	Thanksgiving (school closed)
<b>Wed., October 23 &amp; Thurs., October 24</b>	Early Dismissal at <b>1:00 p.m.</b> (after lunch) for Parent/Teacher/Student Conferences
<b>Fri., October 25</b>	Professional Development Day (students do not attend)



### QMS Parent Advisory Council:

The first PAC meeting of the 2019-2020 school year is:

**Wednesday, September 18  
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 PAC. Please join us!

**The position of Secretary is open and must be filled. Please consider volunteering for this position. For more information, please contact Michelle Pastro at [qmspac2013@gmail.com](mailto:qmspac2013@gmail.com).**

### Terry Fox Run



Our Terry Fox Run is scheduled for **Friday, September 27** at **1:30 p.m.** We need volunteers to take up posts along the route. If you are able to help, please email PAC Chair, Michelle Pastro:

[qmspac2013@gmail.com](mailto:qmspac2013@gmail.com)



### Orange Shirt Day:



Orange Shirt Day falls on Monday, September 30. At QMS, we will be observing Orange Shirt Day on **Wednesday, September 25**. 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 over a two week period in October.

### Grade 6 Fall Immunizations:



Fall immunizations for our grade 6 students are scheduled for **Monday, October 21 & Wednesday, October 23** 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](mailto:lnasato@sd40.bc.ca)

Thank you!



## More Upcoming Events:

### HUB Ride the Road Program:

Commencing October 10, our grade 5 and 6 classes will be participating in a 5-session Safe Cycling Education unit. HUB Cycling is a regional cycling non-profit organization and will offering this program once again at QMS. The goal of these 5 sessions is to provide our students with the skills to bike to school and around the neighbourhood safely.

Participating students are encouraged to bring their bicycles and helmets to school. Loaner bikes and helmets are available for those who need them. More information for participating classes will be sent home shortly.



### Band:



We are commencing year 3 of our Band program at QMS. Junior Band members have already commenced practices.

There are currently spaces available in our Beginning Band class. As our band classes are held in the mornings outside of the timetable, we are able to accept beginning band students in grades 6, 7 & 8. An email with more information about joining the Beginning Band was sent home to all families of students in grades 6-8 on September 11.

If you have any questions or are interested in having your child participate in our Beginner Band, please contact our band teacher, Ms. Milner, at [amilner@sd40.bc.ca](mailto:amilner@sd40.bc.ca)

## Student Activities:

### Yearbook:



Ms. Schweers and Ms. Madlambayan are sponsoring the Yearbook Club this year and interested grade 8 students have already applied to work on this year's edition.

Ordering information will be sent home shortly. Students wishing to purchase a yearbook must do so in advance as no extra copies will be ordered.

### 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 16. For more information, please visit: [www.newwestyouth.ca](http://www.newwestyouth.ca)

### Noon Hour Clubs:



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

### Welcome Back "All Star" Assembly:



Students were introduced to QMS staff in a student planned and executed assembly on Sept. 11. We look forward to featuring other QMS "All Stars" during future assemblies!

### Grade 5 Get Active & Grade 6 Stay Active:

New Westminster Parks and Recreation is pleased to offer the **Get Active** and **Stay Active** programs to Grade 5 and Grade 6 students in the City of New Westminster. These introductory passes help in developing active lifestyle habits during these formative years.

The Grade 5 and 6 Active Passes include free drop-in visits for:

- Swimming at all New Westminster pools
- Skating at Moody Park Arena
- Fitness & Sports at Centennial and Queensborough Community Centres

**Information about these programs has been emailed home along with financial assistance information for all Parks and Recreation programs.**

## PAC News:

### QMS Parent Advisory Council:

**President/Chair:** Michelle Pastro  
**V.P./Vice Chair:** Barb Murdoch  
**Secretary:** unfilled  
**Treasurer:** Murray Roach  
**Members at Large:** spots available

An election for the position of Secretary will be held during the September 18 PAC meeting. Those parents interested in filling this executive position can contact Michelle Pastro for more information:  
[qmspac2013@gmail.com](mailto:qmspac2013@gmail.com)

### 2019-2020 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 18  
 Wednesday, October 16  
 Wednesday, November 20  
 Wednesday, January 15  
 Wednesday, February 19  
 Wednesday, April 15  
 Wednesday, May 13 \* 2nd Wed. of the month  
 Wednesday, June 17



A nomination form for the position of Secretary has been included at the end of this newsletter.

### PAC Pizza Day:



Our first Pizza Day will be on:  
**Friday, September 27**  
**Pizza: \$2.50 per slice**

### 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 Pizza Day. 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 pre-ordered.

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.

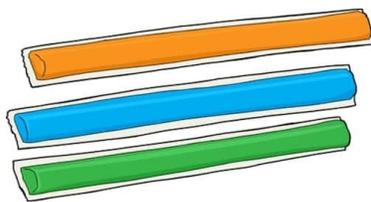
Pizza Days are fundraising events for the school. Funds raised support student learning and activities. The staff and students of QMS appreciate your support.

### Freezie Friday:

The PAC will be holding a Freezie Sale after school on:

**Friday, September 20**  
**3:00 p.m.**  
**Front of School**

Large freezies will be on sale for \$1 each. All proceeds will support student learning and activities.



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### Cookie Dough and Pizza Sale:



**October 15 - November 19**  
 (orders & payment to be returned to the school no later than November 19)

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 will be sent home with students prior to the October 15 launch date. Additional order forms will be available at the school office.

**\*Never allow your child(ren) to solicit orders alone. Our students should always be in the company of a responsible adult.**

## Food and Nutrition at QMS:

### Fuel Up! Lunch Program:

Our Fuel Up! lunch delivery began the week of September 9.



To participate in the lunch program, please visit the Fuel Up! website for more information and instructions:

<https://newwestschools.ca/programs-services/fuel-up/online-ordering/>

#### Lunch Ordering & Cancellation Deadlines

Order or cancel by midnight on ...	For lunch delivery on ...
Saturday	Monday
Sunday	Tuesday
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday

**Fuel Up! lunches will not be available on Field Trip days** (where students will be away from the school during lunch hour). Please do not order online on these occasions and be sure that your child has a nutritious bag lunch on field trip days.

### 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** began on **Monday, September 9** 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 arrived on **Monday, September 9**.

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](http://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.

### Dropping Off Student Lunches:

The school provides a table to drop off student lunches when needed. It is important that your child knows it is their responsibility to check the table if applicable. The office cannot guarantee that students will be notified to pick them. If you are planning on dropping off a lunch, please let your child know to check the table.



## Fuel Up! Lunch Program:



September 2019

Dear Parents:

**Re: Fuel Up! With School District 40 and Ready Maid Meals**

Last year New Westminster Schools launched a new school lunch program aiming to make available food programs to all of our schools so that “. . . no child is hungry and every child eats healthy” (Board motion June 2017). The school district has partnered with Ready Maid Meals to provide parents with the option to order a healthy and nutritious lunch on a daily, weekly, monthly or occasional basis.

The program was piloted in our school in 2018/2019 and was well received by students, parents and staff. For parents new to our school more information can be found at: <https://newwestschools.ca/programs-services/fuel-up/overview/> where you can also learn how to sign up your family for the program, check out the September 2019 menu and access our secure online ordering platform.

Our lunch service resumes on September 9, 2019. Parents can login online to our secure portal to choose menu options for their child(ren) starting next week. If you are an existing “customer” you can order using last year’s ID and password. New families can register here: <https://readymaid.ahotlunch.ca/p/register>

The district has a subsidy program for families who may be unable to purchase a meal for their child(ren). A confidential application for subsidy, and instructions for how to access the subsidy form is also available on the website.

Questions and comments can be directed to: [Fuelup@sd40.bc.ca](mailto:Fuelup@sd40.bc.ca)

We look forward to providing healthy and nutritious lunch options for our students again this year.

Sincerely,

School Principal



## NWSS Environment Club:



STUDENTS, PARENTS AND TEACHERS,  
JOIN US TO HELP IN GETTING THE  
NEW WESTMINSTER SCHOOL DISTRICT  
TO DECLARE

# A CLIMATE EMERGENCY

COME SHOW YOUR SUPPORT FOR CLIMATE  
JUSTICE IN YOUR COMMUNITY!

INFO SESSION ON THURSDAY,  
SEPTEMBER 19  
6:30PM  
NEW WESTMINSTER SECONDARY  
SCHOOL LIBRARY

FOLLOW US!  
INSTAGRAM: @NWSSENVIRONMENT  
FACEBOOK: @SD40CLIMATE