

# QMS Newsletter



Volume 5, Issue 2  
October 2020

## Queensborough Middle School

### Important Dates

October 5	World Teachers' Day
October 5-9	I Love Transit Week Students ride buses for free
October 8	Shelter in Place; Hold & Secure; Lock Down Drills
October 12	Thanksgiving Statutory Holiday School Closed
October 15	The Great Shakeout Earthquake Drill
October 19	Fruit & Veggie delivery
October 21	PAC meeting 6:30 p.m. Microsoft Team meeting
October 21 October 22	Early Dismissal Days for Three-Way Student/Parent/Teacher Conferences Students dismissed at 12 p.m. (BEFORE lunch)
October 19-22	Scholastic Book Fair (on site and online)
October 21 & 22	Book Fair open to students only
October 21	Family Night! Free shipping for all online orders!
October 23	Provincial Professional Development Day Students do not attend
October 24	Provincial Election
October 26	Picture retakes (morning only)
October 29	Fire Drill
October 31	Hallowe'en
November 1	Daylight Saving Time ends
November 2	Fruit & Veggie delivery
November 5	Lockdown Drill
November 10	Remembrance Day Virtual Assembly 11 a.m.
November 11	Remembrance Day School Closed

### Principal's Message:

It is almost a month into school and we are all adjusting to our "new normal". Just as school start up looked different this year, so do our activity and club start ups. It is important that we follow health and safety guidelines and protocols as we proceed with the Terry Fox Challenge, Band start up, PRIDE Club, and Yearbook Club. Thank you to Division 6 for their wonderful health and safety reminders posted throughout the school (and featured on the TV in the hall outside the office)!

The early notification letter emailed home early last week has reinforced the importance of each of us doing our part to follow health and safety protocols at all times. The district has updated its website with information about what to expect when there's a positive COVID-19 case, including Frequently Asked Questions (which will be updated as questions are submitted). I encourage you to have a look:

<https://newwestschools.ca/what-to-expect-when-theres-a-positive-covid-19-case/>

Parents, it is imperative that you complete the Daily Health Check with your child(ren) each day before sending them to school. If in doubt, call 811 for guidance. **If your child is unwell, keep them home!** All school staff also completes a Daily Health Check. We really are in this together!

I wish all of our families a wonderful Thanksgiving. We all have much to be grateful for. Please continue to reach out as needed.

Take care and stay safe,  
Lisa Nasato  
lnasato@sd40.bc.ca



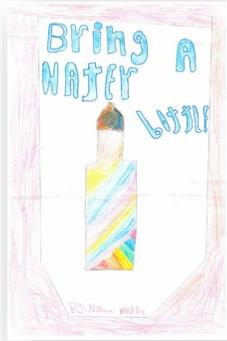
### Quick Reference:

⇒ Important Dates	pg. 1
⇒ Daily Health Check	pg. 2
⇒ Our Learning Focus	pg. 3
⇒ Reminders from the Office	pg. 4
⇒ Online Consent Forms	pg. 5
⇒ Upcoming Events & Reminders	pg. 6-8
⇒ Student Activities	pg. 9
⇒ Food & Nutrition at QMS	pg. 10

# Daily Health Check: MUST BE COMPLETED EACH DAY!

## Daily Health Check

Thank you to Division 6 for these safety reminders that have been posted throughout the school. More posters will be shared in future newsletters.



### 1. Key symptoms of illness

Do you have any of the following key symptoms?

- Fever
- Chills
- Cough or worsening chronic cough
- Shortness of breath
- Loss of sense of smell or taste
- Diarrhea
- Nausea and vomiting

If you answered "YES" to any of the above symptoms, and they are not related to a pre-existing condition (e.g. allergies), your child should NOT attend school.

If only one symptom (excluding fever) is present: your child should stay home and can self-monitor/be monitored for 24 hours from when the symptom started. If the symptom continues past that window or worsens, seek a health assessment. If the symptom improves, your child may return to school when they feel well enough.

If your child has a fever, or if two or more key symptoms are present: seek a health assessment. A health assessment can include calling 811 or a primary care provider like a physician or nurse practitioner – the assessment will determine whether a COVID-19 test is recommended.

### 2. International travel

Have you returned from travel outside Canada in the last 14 days?

### 3. Confirmed Contact

Are you a confirmed contact of a person confirmed to have COVID-19?

If you answered "YES" to questions 2 or 3, or if you're worried about new symptoms you've identified, use the COVID-19 Self-Assessment Tool (<https://bc.thrive.health/covid19/en>) or call 811 to determine if you should seek testing for COVID-19.

### After a period of illness, when is it safe to return to schools?

If a COVID-19 test has been recommended, follow the guidance provided by the health professional you're working with (guidelines also listed in BC Centre for Disease Control link below). If a COVID-19 test is not recommended by the health assessment, your child can return to school when symptoms improve and they feel well enough to do so.

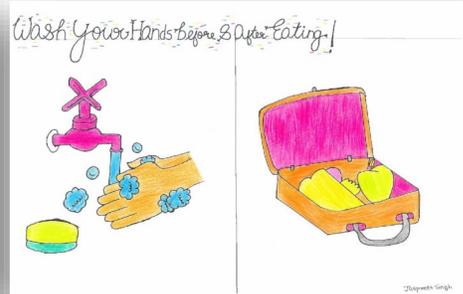
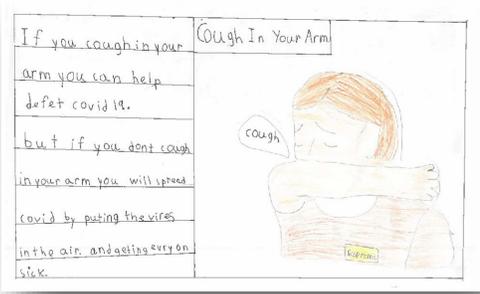


## Keeping New Westminster schools safer.

Questions? Email [info@sd40.bc.ca](mailto:info@sd40.bc.ca)  
Learn more at [newwestschools.ca](http://newwestschools.ca)

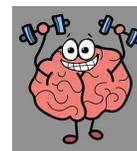


Updated: September 16, 2020 – Based on BC Centre for Disease Control guidelines:  
<http://www.bccdc.ca/health-info/COVID-19/public-guidance/guidance-k-12-schools.pdf>



## Our Learning Focus - Growth Mindset Feedback:

### Our Inquiry Questions over Time...an Evolution:



#### 2016.2017: Growth Mindset

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?

#### 2017.2018: Growth Mindset Assessment

How do our assessment practices support or hinder a growth mindset?

#### 2018.2019: Growth Mindset Feedback

What will the impact 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?

#### 2019.2020: Growth Mindset Feedback continued

We continued to focus on the question from the 2018.2019 school year, and also explored ways in which:

- ◇ meaningful and easily understood feedback are provided to parents and students
- ◇ the school responds to and acts upon feedback received from students, parents and community partners

**2020.2021:** School staff is currently reviewing our Learning Focus on feedback and setting priorities for the upcoming school year. Once finalized, our plan for the year will be posted to the QMS School website and shared in the newsletter.

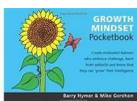
### The Evidence Base:

“Over four decades and countless studies, Carol Dweck and other mindset researchers have provided empirical evidence to suggest that people with growth mindsets are more:

- Open to challenges and constructively critical **feedback**
- Resilient in the face of obstacles and initial failure
- Convinced that individual effort makes a difference
- Likely to attribute success and failure to their own efforts, rather than to their innate abilities
- Able to learn well with and from others
- Likely to rise to the top—and stay there

And people with growth mindsets are *less* likely to cheat. There's no need: a poor performance is no reflection on their intelligence—it's simply an indication that they need to work harder or differently at that particular skill.

Little wonder that Dweck's work underpins some of the most powerful learning interventions in schools today, including formative assessment practices, Habits of Mind (Art Costa), Building Learning Power (Guy Claxton), etc.”



### Please Join Us:

We invite you to join us as we continue to “grow” our mindsets and expertise with providing meaningful feedback during the 2020.20201 school year.

Our updated Learning Plan will be posted to the QMS website when 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 in school (about mindset, feedback and other subjects!).

Suggestions on how we can better engage parents in our wonderful QMS community can be sent to:

[lnasato@sd40.bc.ca](mailto:lnasato@sd40.bc.ca)

## Reminders from the Office:

Please cut this out and put it on your fridge!



**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.**

Again, thank you for helping to keep our students safe.

### Dress for the Weather:

Students go outside for fresh air and exercise during lunch and daily physical activities. Students are expected to "dress for the weather" as we will be outside rain or shine on most days. Classes will also be making use of the Picnic Shelter at Ryall Park as an outdoor classroom.



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

### Visitors to the School:



We are requiring **ALL** parents and visitors to **call ahead** to the office to book an appointment. Visitors will be required to sign in and leave contact information (phone number and email). All visitors to our school must wear a mask and keep physically distant from others. Thank you for doing your part to keep QMS a safe place for everyone.

### Medical Intervention Forms:



**We are still waiting for forms and medication for many of our students with medical conditions!**

All students with medical conditions must have these forms completed promptly each September. Completed forms and medication, if required, must be on file at the office in case medical intervention is required. Thank you to those families who have returned their completed forms and medication.

If your child has a medical condition and you have not received a pink medical intervention form package, please ask for one at the office.

**Please remember to drop your child's medication off at the office when you return your completed forms.**

### Permission for Students to Go Home for Lunch:

We have a closed campus at QMS. This means that students must stay at school and the adjacent park during the school day including lunch time.

Students may go home for lunch **only** if they have a permission form signed by their parent/guardian. Forms are available at the office. **Please ask!**



Students must sign out at the office when they leave for lunch and sign in again upon their return to school. This form is for going home...not for visiting the Community Centre, a store or another student's home.

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

# Online Consent Forms:



Fast. Safe. Convenient.

## Register Today!

### 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.

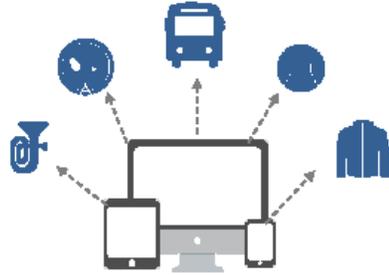
#### Why sign up for School Cash Online?

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.

#### Purchase these items and more online.

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



#### 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](mailto:parenthelp@schoolcashonline.com) or 1.866.961.1803

© 1996 - 2016 KEV Group

## Online Consent Forms:

Thank to all parents and guardians who have completed online consent forms for their child(ren). We are still waiting for consent forms to be completed for some of our students. These consent forms include:

- ⇒ **Walking Field Trip** (needed to participate in our Terry Fox Challenge)
- ⇒ **Student Digital Use** (needed to use our Chromebooks, computers and connect to the internet at school)
- ⇒ **Photo and Media:** (needed for your child's picture to be included in this year's yearbook)
- ⇒ **Fruit & Veggie Program:** (needed if your child wishes to participate)
- ⇒ **FreshGrade:** (needed for those classes using this digital portfolio as a way to communicate student learning to parents on an ongoing base)

If you have questions about the consent forms, please contact your child's teacher. If you need help accessing the online consent forms, please reach out to the office for assistance.

## 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.

## Lions Recycle for Sight:

The Lions Clubs International collects **old eye glasses** and sends these to developing countries where they can be used by someone in need. Donations can be sent to school with your child and dropped off at the office throughout the school year. Eye glasses (no cases please) only. Thank you!

- **Sunglasses**
- **Prescription glasses**
- **Non-prescription glasses**



## Upcoming Events & Reminders:

### Student Cell Phone/Electronics Use:



- Personal electronic devices are allowed in classrooms for **educational purposes** where permission has been granted by parents/guardians and teachers.
- Electronics used for personal purposes will not be permitted in the hallways during the day or outside during recess and lunch at QMS or on school field trips. Students who bring personal electronic devices (such as cell phones, ipods, etc.) do so at their own risk. The school is not responsible for loss of or damage to these devices.
- If students do bring electronic devices to school, these items **must be locked in their lockers during the school day** unless they are being used for educational purposes under the direct supervision of a staff member.
- Any devices being used in the hallway or outside during the day for other than supervised educational purposes will be kept at the office and returned at the end of the school day. After the first occurrence, parents/guardians will be asked to attend the school to pick up their child's cell phone.
- **Students may use their cell phones or the phone at the office to contact parents/guardians during the day with office staff permission and supervision.**
- If you need to reach your child(ren) during the school day, we request that you **do not** call or text their cell phone as this is disruptive to the learning environment. Instead, please call the school office if you must reach your child(ren) during the school day.

### Lost and Found:

Our Lost and Found is already filling up with items. Please encourage your child to regularly check the Lost and Found for items that may belong to them. Approximately 4 times a year, unclaimed items are donated to charity. The Lost and Found is located across the hall from the office. Sometimes a clothing rack is set up by the stairwell closest to the office to display items.



### QMS School Technology Classroom Rules & Consequences:

#### Do:

- Technology is to be used for schoolwork
  - ◊ Office365 and Microsoft Teams, and third party apps and software for which parents have provided consent
- Research
  - ◊ Library Website (book catalogue & research tools)
  - ◊ Use credible websites
  - ◊ Trust your gut. If not sure, ask an adult.

#### Don't:

- No social media/cyberbullying
- No nudity
- No swear words
- No realistic violence
- No games (without an external mouse and permission from an adult)
- No recess and lunch use (without permission and supervision from an adult)

*Web traffic is monitored by our IT Department.*

*Using technology as a tool is a privilege.*

**Abuse it and lose it!**

#### Consequences:

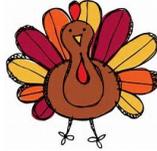
1. Meet with Teacher/Principal
2. Call to Parents or Guardians (or Police, if necessary)
3. Letter to Parents/Meet with Parents
4. Lose privileges and do all work on paper. Increased adult supervision if privileges earned back



## Upcoming Events and Reminders:

### Mark your Calendars:

- Mon., Oct. 12** Thanksgiving (school closed)
- Wed., Oct. 21** Three-Way Parent/Teacher/Student Conferences
- Thurs. Oct. 22** Early dismissal for students on both days at 12:00 p.m. BEFORE LUNCH  
\*Conferences will be held using Microsoft Teams
- Fri., Oct. 23** Professional Development Day (students do not attend)



### Three-Way Parent/Teacher/Student Conferences:

Wednesday, October 21  
Thursday, October 22



Please note that students will be dismissed **BEFORE** lunch at 12:00 p.m. on both October 21 and October 22.

Information will be sent home soon from your child's teacher regarding our upcoming Three-Way conferences.

**EARLY DISMISSAL**

### A Message from our Punjabi teacher:

Please see the following message from Mr. Deep Sangra:

Dear Parents and Guardians of QMS Punjabi students,

In order to increase verbal and written literacy of Punjabi language, students may use the following websites from YouTube **with parental supervision** for oral and written Punjabi practice:

1. Punjabi Class lessons with Dolly Kaur
2. Gurmukhi School
3. learnpunjabi.org

### Time Change:

Set your clocks back by one hour on:



**Sun., November 1**

### Foundation Skills Assessment:

**POSTPONED**

The Ministry of Education has recently announced that the Foundation Skills Assessment (FSA) will be postponed until January 18 -February 28, 2021. The FSA is an annual, province-wide assessment of foundational skills in reading comprehension, writing and numeracy that typically takes place in October and November. In mid-December we will send you updated information and the process we will follow for the January/February administration of the FSA.

For additional information about the FSA, please go to:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/curriculum-and-assessment/assessments/foundation-skills-assessment>

### The Band Beat:

Consent forms have been sent home with returning band students and with students in grades 6, 7 & 8 who have expressed an interest in joining Band this year. Our first band classes will begin in early October (without instruments to start) so that Ms. Milner can review safety protocols with students. Band will meet in the Gym this year to allow for physical distancing.

We are looking forward to the sounds of music filling our school!



## Upcoming Events & Reminders:

### Photo Retake Day:

Monday, October 26 (morning)



Our Photo Retake Day is scheduled for the morning of **Monday, October 26**. Students who were absent on photo day, our online students, and those who wish their photos retaken will have the opportunity to have their photos taken during the morning.

### How to Order Lifetouch photos:

Individual student and staff photos were taken at QMS on Friday, September 25. Photo preview packages are expected soon and will be sent home with students when received.



To minimize the collection of orders at school, Lifetouch offers an online ordering system at [mylifetouch.ca](http://mylifetouch.ca). This online system is very user friendly and links parents orders to the "MyLifetouch" reward program. This helps parents save money on future orders. Parents can find the detailed information on the proof packages or can visit:

<https://schools.lifetouch.com/blog-spotlight-on-my-family-rewards/>

### PAC News:

The next PAC meeting of the 2020.2021 school year is:

Wednesday, October 21  
6:30 p.m.  
Microsoft Teams Meeting



All parents and guardians are welcome to join us! A link to the meeting will be sent out closer to October 21.

The PAC executive can be reached by email:  
[qmmpac2013@gmail.com](mailto:qmmpac2013@gmail.com)

### QMS Learning Commons News:

Welcome back, QMS!

QMS Library books that were checked out during the 2019-2020 school year need to be returned to the Library as soon as possible.



**PLEASE  
RETURN  
YOUR  
LIBRARY  
BOOKS**

## Scholastic Book Fair



The Scholastic Book Fair will be held in the QMS Learning Commons from **October 19-22**.

### SHOP AT SCHOOL

Students may come to the Learning Commons during the day on **October 21 & 22** to purchase items from the Book Fair. To maintain our density targets, parents will not be able to shop at school this year.

### SHOP AT HOME

Scholastic is also offering an online Book Fair for those who wish to shop from home. All online orders will be shipped directly to your home from Scholastic. Shipping is \$6, and orders over \$35 will have **FREE** shipping. October 21 will be Family Night! Any orders placed between 6:00-8:00 p.m. will have **FREE** shipping!

<https://bookfairs-canada.myshopify.com/pages/5137792>

All proceeds from the Book Fair, either in the QMS Learning Commons or online will benefit QMS students.

## Student Activities:

### Terry Fox Challenge:

QMS students have been challenged to run 5373 kilometers, the same distance that Terry covered during the Marathon of Hope. This works out to approximately 14 kilometers per student. Students are running during their Daily Physical Activity (DPA) blocks and have two weeks to meet this challenge. Students and staff are also asked to bring in Two Toonies for Terry. All money collected will be donated to the Terry Fox Foundation.



### Student Vote:

QMS students in Grade 5 will be learning about the upcoming Provincial Election by participating in the Student Vote. Here is some information about Student Vote:



“Registered schools are supplied with print and online pedagogical materials (elementary and secondary level versions), posters and election supplies.

**Engage with the campaign:** The activities are intended to inform students about government and the electoral process, encourage research into the issues and candidates, and foster conversation among students and their families.

**Student Vote Day:** Students take on the roles of election workers and coordinate a vote in their school. Students cast ballots for the official local election candidates. The results are shared publicly after the close of the general election polls.”

For more information, visit [www.studentvote.ca](http://www.studentvote.ca).

### PRIDE Club:

**PRIDE**

PRIDE Club has adopted a new name for the 20/21 school year. We are now called the **Rainbow Alliance Club**, an alliance that respects differences and honours similarities. Our new name represents our intention to recognize that while we have differences, it is our many similarities that bond us. We are a project-based club. Students from all grade groups are welcome to attend our socially distanced meetings on Tuesdays at lunch.

Our October project is to promote the idea that “Love is Louder”. Students will be asked to speak up if they hear teasing, name-calling or labeling by saying one word:

**No OR Enough OR Stop**

Research tells us that when bystanders speak up, it is far more likely the teasing will stop.

Students who commit to speaking the one word of peer-support (No, Enough, Stop) during the month of October (and hopefully beyond) will be invited to have their pictures taken as part of our “Love is Louder” bulletin board and Yearbook page.

### Yearbook:

QMS has contracted with Life Touch to produce a Yearbook for 2020-2021. We **MUST** sell 50 books prior to the December Break in order to maintain the contract. If we do not sell 50 books by that point in time, the contract will end and we will not produce a Yearbook (and all those who purchased a yearbook online will have their money refunded). This is a good contract for us during these uncertain times as it allows us to move forward with production without the worry of financial loss.

Yearbooks can only be purchased on-line at a cost of \$25.00 per book. You can purchase a yearbook at:

**YBpay.lifetouch.ca**  
school ID #: 13411621



Thank you to Ms. Schweers for sponsoring our Yearbook Club!

**\*Parents must have given Photo & Media consent in order for their child to be included in the Yearbook.**

## Food & Nutrition at QMS:

### No Student Lunch Drop Off:

Due to health and safety concerns, we are asking that student lunches **NOT** be dropped off at the office. Please send your child to school with a packed lunch, nutritious snacks and a filled water bottle.

Students are not to share food with others.

Thank you for your understanding.



### Food for Class Events and Birthday Celebrations:

Due to **food allergies and reactions, and COVID 19**, we are asking that food **NOT** be sent to school to be shared with the class.

We do encourage you to consider a way to honour your child's birthday with a gesture that **does not** involve food, such as donating a book to the school or classroom library.



### Fruit & Veggie Program:



QMS participates in the BC School Fruit and Vegetable Nutritional Program. We receive deliveries approximately every 3 weeks.

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.

### FuelUp! Online Lunch Program:

Parents can order lunches online at:

<https://newwestschools.ca/programs-services/fuel-up/online-ordering/> where you are able to see the October menu.

If you are a first time user you can register your child at: <https://readymaid.ahotlunch.ca/home>

Our school campus code is **Queensborough**.

SCHOOL	CAMPUS CODE
Connaught Elementary	Connaught
Ecole Glenbrook Middle	Glenbrook
Ecole Herbert Spencer Elementary	Spencer
Ecole Qayqayt Elementary	Qayqayt
Ecole Tweedsmuir Elementary	Tweedsmuir
F.W. Howay Elementary	Howay
Fraser River Middle	Fraser River
Lord Kelvin Elementary	Kelvin
Queen Elizabeth Elementary	Queen Elizabeth
Queensborough Middle School	Queensborough
Richard McBride Elementary	McBride

Orders and changes must be made by noon, two days in advance of delivery:

#### Lunch Ordering & Cancellation Deadlines

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

Subsidies can be requested at:

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

