

QMS Newsletter



Volume 5, Issue 7

February.March 2021

Queensborough Middle School

Important Dates	
February 1	Black History Month begins
February 1	Fruit and Veggie delivery Only those students with consent may participate
February 3	Author Eric Walters virtual visits with classes
February 4	Parents' Night Out Nurturing Emotional Resilience and Well-Being for Ourselves and Our Children 6:30-8:30 p.m. Zoom session. Registration required.
February 8	White Hatter Social Media presentation
February 8	Preview of Scholastic Book Fair for students
February 10 February 11	Early Dismissal for virtual Three Way/Student Led Conferences Early Dismissal for students at 12 p.m. BEFORE LUNCH
February 10 February 11 February 12	Scholastic Book Fair Students only permitted in Library Learning Commons 9 a.m.-3 p.m. Online orders placed between 6-8 p.m. ship for free on Wed., Feb. 10
February 12	Last day for Late French Immersion grade 6, Out of Catchment & Out of District application for the 2021-2022 school year
February 15	Family Day School closed
February 16	Professional Development Day Students do not attend
February 17	FSA begins for grade 7 students
February 17	PAC meeting 6:30 p.m. Microsoft Teams All parents & guardians welcome
February 18	Emergency Drills: Shelter In Place Hold & Secure Lockdown
February 18	4 p.m. submission deadline for Sir Richard McBride Elementary School's renaming
February 22	Fruit and Veggie delivery Only those students with consent may participate
February 24	Pink Shirt Day

Important Dates	
February 25	Emergency Drill: Fire Drill
March 10 March 11	Virtual Body Science Sessions with grade groups Tentative...will be confirmed
March 11	Emergency Drill: Earthquake
March 11	Term 2 Report Cards published to MyEdBC Family Portal
March 12	Dance Show Virtual Assembly
March 12	Last day of school before Spring Break
March 14	Daylight Savings Time begins Set clocks ahead by one hour
March 29	School reopens after Spring Break
April 1	Emergency Drill: Fire Drill
April 1	Class Photos
April 2	Good Friday School closed
April 5	Easter Monday School closed
April 14	Vaisakhi
April 21	Professional Development Day Students do not attend

Quick Reference:

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Daily Health Check (Must be completed each day!):

Daily Health Check

Under the new protocols and processes that will keep our schools safer, each morning it is your responsibility to do a daily health check for your children (complete for each child), prior to them attending school. That check needs to include a full review of all symptoms and questions listed on this form.

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
Learn more at newwestschools.ca



Updated: September 16, 2020 – Based on BC Centre for Disease Control guidelines:
http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf



Our Learning Focus - Growth Mindset Feedback:

QMS Learning Goal for 2020.2021:

Our School Learning Plan has been posted to the QMS website. Please have a look and let us know your thoughts. Your feedback is important! Our plan builds upon our ongoing work with feedback and growth mindset. This year we are also exploring how technology can be utilized in the feedback process (both to amplify student learning and to allow us to respond quickly should we be required to pivot to remote learning at some point during the school year.)

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

- **provide specific and timely feedback to students (from teachers, peers and self-reflection/assessment)**
- **provide students with opportunities to learn, develop and assess their strategies**
- **give students multiple opportunities to show what they know in multiple formats**

Additionally for the 2020.2021 school year, we are exploring ways in which we will work to develop student and staff's capacity to engage in the feedback process using remote learning platforms such as Microsoft Teams and FreshGrade.

Technology support for parents and caregivers:

Our learning plan for this year includes increasing the capacity of students and staff to amplify learning and engage in the feedback process using remote learning platforms such as Microsoft Team and FreshGrade. Often students use technology at home to complete assignments and it can be frustrating when technology issues arise at home. In response to technology inquiries from parents last year during remote learning, the school district created a **Tech Hub for Parents** that can be found on the district's website: <https://newwestschools.ca/resources/tech-hub-for-parents/>

This section of the district website lists helpful resources, provides video guides that our District Facilitators have created, and answer frequently asked questions. Here is a highlight of some of the information you can find:

MyEdBC:

- Family portal instructions for new families
- How to log in to and navigate the MyEdBC Family portal
- Find your child's pupil number
- Password reset information



Microsoft Office 365

- How to log in to Office 365
- How to change your Office 365 password
- Navigation in the Microsoft Office 365 portal



Microsoft Teams

- Digital Citizenship-Online Expectations
- Navigating Teams
- How to submit assignments
- Introduction to Class Notebook



Food Free Classroom Celebrations:

Birthdays and Classroom Celebrations:

Due to COVID-19 concerns and our current health and safety protocols, all classroom celebrations (Valentine's Day, movie afternoons, etc.) are **FOOD FREE**.

Those families wishing to honour their child's birthday are encouraged to do so in ways that do not include food or edible treats. Consider donating a book to the school library or your child's classroom library.

Thank you for your support in keeping QMS a safe place for staff and students to work and learn.



Valentine's Day:

Students wishing to exchange Valentine's (cards with pens, stickers, etc.) are more than welcome to do so. However, there must be **NO exchange of food or candy**, including cards that include a treat or sucker. As well, Valentine's Day classroom celebrations will be **FOOD FREE**.



Lunch Time at QMS:

All students should arrive at QMS with a packed lunch and nutritious snack to see them through the day. At this time, we are asking that lunches **NOT** be dropped off at the school office.

Students with parental consent to go home for lunch are reminded that this **IS NOT** permission to visit a friend's home, the Community Centre, or any stores or restaurants.

Winter Weather:

Winter Weather Preparation:

Winter weather has arrived! Please support your child(ren) in dressing appropriately for the weather. During Nutrition & Movement Breaks and lunch, the students play outside on the school grounds and adjacent parks most days, including times when it is raining and snowing. Umbrellas, boots, coats, and even an extra pair of pants are important to have at school for those "not-so-nice" days. It is important for students to get outside and enjoy the fresh air...rain, snow or shine.



Closure of Schools Due to Inclement Weather:

In preparation for the possibility of severe weather conditions or other hazards, we are advising parents & guardians that announcements regarding school closures will be made over CKNW and CBC radio stations early enough in the day (usually before 6:30 a.m.), to give parents time to arrange for their children to remain at home. Phone calls and emails will also be made to those parents & guardians who are part of our School Messenger Automated Calling System.

Parents are encouraged to make advance alternate plans in the event of an unexpected school closure.

New Westminster Schools will remain **open**, if at all possible, during inclement weather including snowfalls. However, should a parent/guardian choose to keep their child home on days when the school is open, we ask that you call the school at:

(604) 517-6040

before 9 a.m. if possible. A message can be left at anytime to report an absence.



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

Planning Ahead for Next Year:

Moving Schools or Districts Next Year?

Preparation is already underway for the 2021-2022 school year. If you are moving and/or your child is attending a different school in September 2021, please inform the office (queensborough@sd40.bc.ca) or Lisa Nasato (lnasato@sd40.bc.ca) as soon as possible.

This information will help with our planning for next year and is much appreciated.



Registration for the 2021.2022 School Year:

Registration for the 2021.2022 school year closes:

Out-of-District	Fri., February 12
Out-of-Catchment	Fri., February 12
Late French Immersion	Fri., February 12
In-Catchment	Fri., March 12

New Westminister Schools has moved to a centralized registration process operating out of our new Welcome Centre, located at the brand new New Westminister Secondary School. For information on the registration process, please visit the district website:

<https://newwestschools.ca/registration/registration-information-forms/>

**You do not need to either register or apply again to a program if your child is already enrolled in the school and/or program you'd like them to stay in.*

PAC News:

QMS Parent Advisory Council:

The next PAC meeting of the 2020-2021 school year is:

**Wednesday, February 17
6:30 p.m. Microsoft Teams**

A link to the meeting will be emailed out closer to the date.

All parents and guardians are welcome.
We hope you can join us!



Remaining PAC Meeting Dates:

The PAC meets via Microsoft Teams at 6:30 p.m. the third Wednesday of most months. The remaining meeting dates for the 2020.2021 school year are:

**Wednesday, February 17
No Meeting in March
Wednesday, April 14
Wednesday, May 19
Wednesday, June 16 (AGM)**

All parents and guardians are welcome.
Please join us!

For more information, contact the PAC at:
gmspac2013@gmail.com



Upcoming Events and Reminders:

Mark your Calendars:

Wed., Feb. 10	Virtual Three Way/Student Led Conferences Early Dismissal for students @ 12 p.m. BEFORE LUNCH Students can purchase books from our Scholastic Book Fair from 9 a.m.-3 p.m. in the Library Learning Commons
Thurs., Feb. 11	
Mon., Feb. 15	Family Day Statutory Holiday School closed
Tues., Feb. 16	Professional Development Day Students do not attend
Fri., Mar. 12	Last day of school before Spring Break Regular school day
Mon., Mar. 29	School reopens after Spring Break Regular school day
Fri., Apr. 2	Good Friday School closed
Mon., Apr. 5	Easter Monday School closed



Daylight Savings Time:



Don't forget to set your clocks forward one hour on **Sunday, March 14!**

Staff Updates:

- Welcome to **Avery Bell**, Indigenous Support Worker. Ms. Bell works at QMS on Mondays.
- Welcome to **Vanessa Chan** who is completing her Education Assistant practicum with us from Feb.1-26.
- Welcome to SFU Student Teachers, **Hannah Ferguson** and **Edward Savenye**, who will be joining the grade 8 team later in February.



Three Way/Student Led Conferences:

Wednesday, **February 10**
Thursday, **February 11**



Students will be dismissed **BEFORE LUNCH** at 12 p.m. on both days. Please look for notices or emails from your child(ren)'s teachers regarding February's conferences. All students will be participating in the conferences.

Conferences will be held virtually due to COVID-19 protocols currently in place. If you are not able to meet virtually, please reach out to your child's teacher.

Term 2 Report cards:



Second term report cards will be published to the MyEdBC Parent Portal on **Thursday, March 11**. If you have difficulty accessing the portal, please send an email to:

queensborough@sd40.bc.ca

Please provide details regarding the difficulties you are experiencing and be sure to include your child's full name.

Class Photos:

Class photos have been rescheduled to the morning of:

Thursday, April 1



Due to current Health and Safety protocols in place, there will be no Club or Panorama photos taken at this time.

FuelUp! Lunches:

February's menu has been posted! Lunches can be ordered at:

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

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

Upcoming Events and Reminders:

Student Learning Survey:



All New Westminster schools are participating in the Student Learning Survey (formerly called the Satisfaction Survey). Our grade 7 students will be completing their surveys shortly at school, and grade 7 parents and school staff have been provided an invitation and instructions needed to complete the survey.

Surveys can be completed up until April 30. Please contact Lisa Nasato at lnasato@sd40bc.ca or Randy Jaggernathsingh at rjaggernathsingh@sd40.bc.ca if you have any questions.

Foundation Skills Assessment:

Grade 7 students will be completing the Foundation Skills Assessment (FSA) beginning **February 17**. The FSA is an annual, province-wide assessment of foundational skills in reading comprehension, writing and numeracy, and provides helpful information for our schools, our District and the province.

Individual FSA results will be shared with parents to provide valuable information about your child's learning strengths and areas of growth. For further information, please visit the Ministry of Education FSA website, which includes full details of all aspects of the assessment and its use, as well as electronic and written tests that can be used for practice.

<https://www2.gov.bc.ca/gov/content/education-training/k-12/administration/program-management/assessment/foundation-skills-assessment>

Scholastic Book Fair:

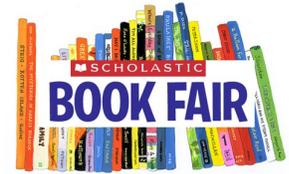
Did you miss the book fair in October? Or maybe there was a book you wanted to read, and didn't buy? Good news! The book fair will be back on February 10, 11 & 12. Students can make purchases by visiting the Library Learning Commons from 9 a.m.-3 p.m. Due to current Health & Safety protocols, **students only** in the Library Learning Commons please.

Book Fair purchases can also be made February 8-15 using the following Shopify Link:

<https://bookfairs-canada.myshopify.com/pages/5155414>

Online orders will be shipped to home address and orders over \$40 will be shipped free. **QMS' Family Night** will be on **Wednesday, February 10 from 6-8 p.m.** During this time free shipping will be applied to all orders. Proceeds will support our Library Learning Commons.

Thank you in advance for your support!



Yearbook:

Order your yearbook now for \$25:

[Ybpay.lifetouch.ca](https://ybpay.lifetouch.ca)

Enter Yearbook ID: 13411621



Pink Shirt Day: Wednesday, February 24

"This Pink Shirt Day, our focus is working together and treating others with dignity and respect. The COVID-19 pandemic has affected us all and shown the importance of helping one another and advocating for those who need it. Help us **"lift each other up"** and support programs that encourage healthy self-esteem and teach empathy, compassion and kindness."

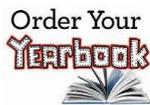


(<https://www.pinkshirtday.ca/>)

Our Rainbow Alliance Club keeps this message at the forefront all year through their schoolwide initiatives and outreach to the grade 4 classes at Queen Elizabeth Elementary School.

Student Activities:

Yearbook:



We have sold 104 Yearbooks. Thank you for your support. We will continue to sell Yearbooks for \$25 until **April 1** at:

ybpay.lifetouch.ca
Yearbook ID: 13411621

Our Yearbook Team is starting its work on the second part of the Yearbook. We have 4 themes:

- Valuing Participation and Leadership
- Valuing Creativity and the Arts
- Valuing Celebrations and Celebrating Together
- Valuing Community and Shared Time

We are looking forward to linking our pictures to these 4 themes.

We will also feature 2 pages of On-line Learners, learning at home. Be sure to send pictures to:

sschweers@sd40.bc.ca

We need a portrait (head and shoulder shot) so we can include our on-line learners in the Yearbook. Also, on-line learners are invited to send up to 3 other photos of themselves in their on-line learning environments at home or in the Community (cooking, playing an instrument, getting exercise, learning on-line, etc.).

Virtual Guest Speakers and Presentations:

Eric Walters:

On **February 3**, author Eric Walters will be holding virtual sessions throughout the day with classes. To learn more about the popular author, check out his website:

<http://www.ericwalters.net/>

Students have also been provided order forms to purchase autographed books if they so choose.

White Hatter Productions:

On February 8, all students at QMS will be participating in a virtual Internet Safety and Digital Literacy session. We will hold one session for our grade 5 students, and another for students in grades 6-8. For more information about the presentations, visit: <https://www.thewhitehatter.ca/schools>

Rainbow Alliance Club:



Thank you to the Grade 4 classes at QE Elementary who completed our survey on Teasing. Here is what we learned and we hope most parents can find time to discuss this survey with and the issue “**The Challenge**” to their children.

1. Most students feel they get teased sometimes.
2. Most students think the teaser is NOT a friend, but about 50% of the time it is a classmate.
3. Most students feel upset when they are teased by anyone.
4. About 66% of the time someone tells the teaser to stop.
5. About 54% of the time the person who says “Stop” is an adult.
6. About 46% of the time the person who says “Stop” is a child.
7. Most of the time the person being teased feels much better when someone says “Stop”.
8. Most students can imagine being that person who says “Stop” when they hear teasing.

The challenge we have for our students is:

1. When you see teasing, look the teaser in the eye and say “Stop”.
2. If you are a silent bystander, support the person who says “Stop” by also saying “Stop”.
3. Promise yourself **YOU** will **NOT** be the one doing the teasing.

Research tells us that when classmates and fellow students stand up to teasers in support of someone being teased the teasing is more likely to stop than when an adult says “Stop”. Please help by saying “Stop”.

Virtual Body Science sessions:

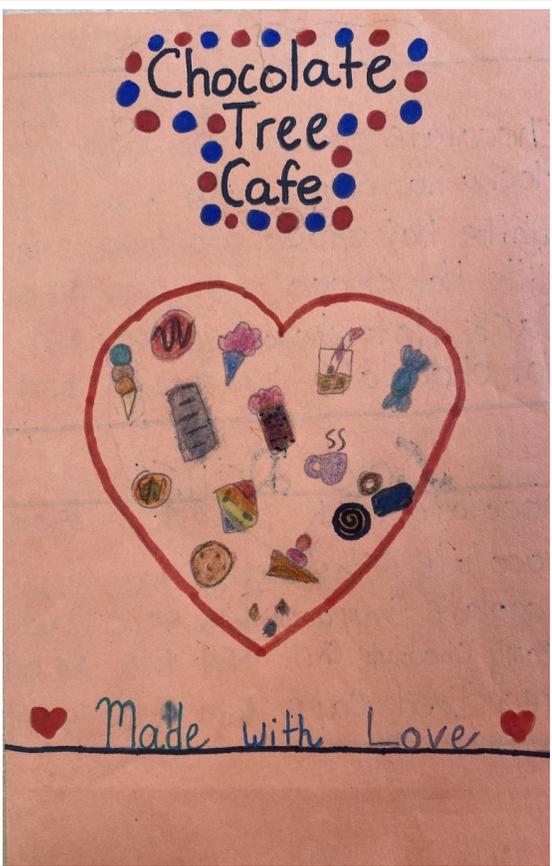
Preliminary arrangements are underway for all our classes to participate in a “Body Science” session led by Saleema Noon’s Sexual Health Educators. Stay tuned for more information.

For more information about the “Body Science” lessons, please visit:

www.saleemanoon.com



Chocolate Menus Created by QMS ELL Students:



Chocolate Factory Menu
 by Rob
 in Div. 13

Hot Drinks				Cakes	
	S	M	L	Q	P
Chocolate coffee	2.30	2.70	3.10	Chocolate pan cakes	3 4.99
Mocha Hot choco	3.99	4.30	4.75	Chocolate cupcakes	1 \$2.00
White Hot choco	3.30	3.60	3.90	Chocolate cake slice	1 2.99
Milk Hot choco	3.50	3.75	4.00	Chocolate waffles	2 3.50
Dark Hot choco	3.75	4.00	4.30	Chocolate pastery	1 3.99
Hot chocolate	1.99	2.99	3.99		
Cold Drinks				Deserts	
Chocolate milk	4.30	4.75	5.00	Chocolate Balls	3 4.99
Chocolate milkshake	4.00	4.30	4.70	Chocolate Balls + ice cream	3 5.25
Chocolate frappuccino	4.75	5.00	5.30	Strawberry ice cream	2.5 3.99
Creamy Chocolate Chill	4.50	4.75	5.00	Chocolate Brownies	2 \$3.00
Oreo Iced Capp	4.30	4.75	5.10		

Chocolate Tree Café
 &
 Hot Drinks menu by
 Harleen
 in Div. 12



Parents' Night Out:



Parents' Night Out

Free for all
New Westminister
caregivers!

February 4, 2021
6:30-8:00 pm

This session will be on Zoom.
Participants will receive a link
prior to the event.

To register, please visit:
[https://pnosupportingfamilies.
eventbrite.ca](https://pnosupportingfamilies.eventbrite.ca)

If you have any questions,
please contact Tanis Anderson,
District Vice Principal, at
604-517-6111.

At a time where our social connections are limited, COVID fatigue is high and emotional resources are low, many parents and caregivers are left wondering how we might support our children through such unsettling times. This past year's "unscripted" nature has left many children and adults feeling anxious, overwhelmed, and stressed. This session explores ways to nourish our own emotional health and considers ways to embed simple, practical strategies in our homes, so we might build emotional resilience and well-being for ourselves and our children.

Suzanne Vardy (M.Ed., RCC) believes in strong and compassionate families, schools and communities that surround and support children and youth allowing them to thrive and become kind, caring and resilient people. She is clinical counsellor in private practice and works in a lower mainland school district helping to ensure schools are safe and welcoming places for children, youth, and families. Suzanne is also Associate Faculty at City University of Seattle in their Master of Education in School Counselling program.

Miriam Miller (M.A., PhD candidate) is a parent, teacher-educator, researcher, and storyteller, committed to working alongside educators and families to cultivate healthy social and emotional skills for adults and children. Miriam is a senior coach and trainer with the Yale Center for Emotional Intelligence at Yale University, and a researcher with the Social, Emotional, and Educational Development lab at the University of British Columbia. Miriam's background as an educator and her role as a researcher, allows her to dynamically present research-to-practice in especially relevant and engaging ways.



School District 40
Parent Advisory Council

