

QMS Weekly Newsletter



January 28, 2022

QMS Tsunami

Queensborough Middle School

Important Dates

January 31	NWSS Course Presentation to Gr. 8 classes
January 31	Fruit and Veggie delivery Only those students with consent may participate
February 1	Black History Month begins
February 1	Lunar New Year (Year of the Tiger)
February 3	“Establishing Safe, Caring and Respectful Digital Communities” presentation to Gr. 8 classes
February 3	Parents’ Night Out: “Creating a Positive Relationship with Food and Movement” 6:30-8:30 p.m. Zoom session. Registration required. Click here to register.
February 4	QMS PAC Pizza Day
February 14	Fruit and Veggie delivery Only those students with consent may participate
February 16	Popcorn Day
February 17	Emergency Drills: Shelter In Place; Hold & Secure; Lockdown
February 17	PAC meeting 7:00 p.m. Microsoft Teams All parents & guardians welcome
February 21	Family Day School closed
February 22	Professional Development Day Students do not attend
February 23	Anti-Bullying Day (Pink Shirt Day)
February 23 February 24	Early Dismissal for virtual Three Way/Student Led Conferences Early Dismissal for students at 11:45 a.m. BEFORE LUNCH

Principal’s Message:

Thank you to our QMS families for all their cooperation and flexibility with our January school restart. I’m proud to say that the students and staff at QMS have been doing their best each and every day to stay safe by following all the Covid protocols, including staying home when feeling sick, wearing masks indoors and using their designated entrances and exits to access the school building.

On another note, while there have been quite a few changes this school year already, we are going to make some adjustments with how the school communicates with families. While we are still going to communicate through School Messenger and the QMS website, we are also going to publish and share a weekly newsletter to our parent community. Our hope is that with a weekly newsletter, we can provide more updated and consistent communication with our QMS families.

Thank you for all your support!

John Lekakis
QMS Principal



Reporting Student Absences:

Call or email Queensborough Middle School at:

604-517-6040

Email: queensborough@sd40.bc.ca

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.

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.



Upcoming Events and Reminders:

Grade 8 Course Selection:

On the afternoon of **January 31**, the grade 9 Vice Principal and Counsellor from NWSS will be meeting to work with our grade 8 students on selecting their courses for the 2022/2023 school year.



Grade 8 Fundraisers:

- ⇒ Chai Tea sale (Mon-Fri) - \$3
- ⇒ Pop & Chip sale (Tues-Thurs) - \$1 each
- ⇒ Lunch time drop-in (Wed) in the gym - \$1



Grade 8 Safer Schools Presentation:

On **February 3**, all Grade 8 students will be participating in a virtual presentation titled, “Establishing Safe, Caring and Respectful Digital Communities.”



The presentation will include all things digital, from how to be a good digital citizen to the criminal consequences of cyberbullying. Some of the most prominent concerns currently surrounding students’ use of social media platforms and smartphones will be discussed.

Yearbook:

Order your yearbook now for \$25:
Ybpay.lifetouch.ca
Enter Yearbook ID:
13411622



Breakfast Program:

Students can enjoy a delicious & nutritious breakfast in the Foods Room every Wednesday morning (8:00-8:30 am) for only 50 cents.



MDI Survey: January – March

The Middle Years Development Instrument (MDI) is a self-report questionnaire completed by children in Grades 4 through 8. It asks them how they think and feel about their experiences both inside and outside of school. This year both the Grade 5 and the Grade 8 classes will complete the MDI over the next few weeks. The MDI includes questions related to the five areas of development that are strongly linked to well-being, health and academic achievement.



Fuel Up Lunch Program:

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.

QMS Learning Goal for 2021.2022:

For the 2021.2022 school year, our staff has decided to shift our learning focus towards Social-Emotional Learning (SEL). In particular, our goal is to develop the five SEL competencies with our students: self-awareness, self-management, relationship skills, social awareness and responsible decision-making. Please read our [21.22.School Learning Plan QMS](#) for more details.

Parents should think of themselves as “emotion coaches.” They can encourage their children to use feeling words, such as “I feel sad” or “That made me really angry” to express emotions. When children learn to express feelings and respect others, they become happier and healthier.



Parents' Night Out:



Virtual Parents' Night out Event

February 3rd
6:30pm-8:00pm
Click [here](#) to register

The Zoom link will be emailed to registrants closer to the event date.

If you have any questions, please contact Tanis Anderson, District Vice Principal, Early learning at tanderson@sd40.bc.ca

Creating a Positive Relationship with Food and Movement

There are so many messages in our society around what we should be eating, what to feed kids, how much to exercise, and how we should feel about food and bodies. This presentation will help to understand where these messages come from, how they impact our children and our relationships with food, exercise and our bodies, and what we can do instead to support children and youth's well-being. We will talk about what it means to be a competent eater, and reduce the worry and stress around feeding by outlining parents and children's roles with eating and feeding, how to help children try new foods, and how to take the battle away from mealtimes. In addition we will look at how to frame movement, and help our kids become physically literate. We will take a compassionate and empathetic approach to equip parents with strategies and resources for helping children and youth develop positive relationships with food, movement and their bodies that will support their life-long well-being.

Presenters: Heather Anderson, RD; Natalie Johnston, MPH





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

Student (Kindergarten to grade 12)

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 (above 38°C)
- Chills
- Cough
- Difficulty breathing
- Loss of sense of smell or taste

If you answered "YES" to 1 or more of these symptoms: stay home and get a health assessment, by contacting your health care provider or calling 8-1-1, to determine the next steps.

Other symptoms:

- Sore throat
- Loss of appetite
- Headache
- Body aches
- Extreme fatigue or tiredness
- Nausea and vomiting
- Diarrhea

If you answer "YES" to 1 symptom: stay home until you feel better.

If you answer "YES" to 2 or more of these symptoms: Stay home for 24 hours. If symptoms either don't get better or get worse, get a health assessment by contacting your health care provider or calling 8-1-1 to determine next steps.

2. Do you need to isolate or quarantine?

Have you been instructed to isolate or quarantine? If so, do not attend school and only return when you've been instructed that it is safe to do so.

If you are unsure if you're required to get a COVID-19 test or self-isolate, because you are worried about new symptoms, have travelled to a place where restrictions may apply, or are a confirmed contact of a person confirmed to have COVID-19, use the Province's K to 12 Health Check at k12dailycheck.gov.bc.ca or call 8-1-1.

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

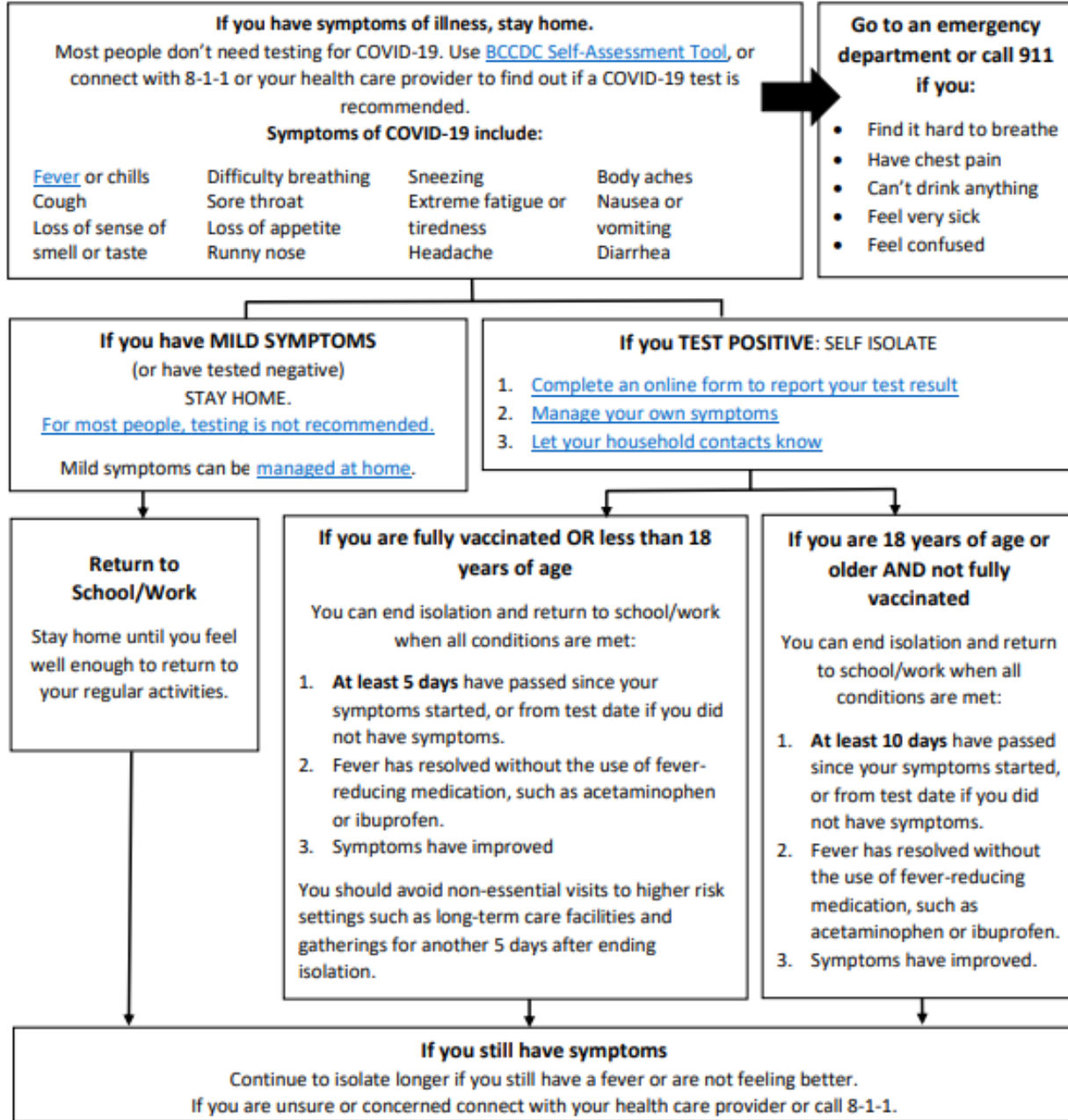
Updated: August 24, 2021 – Based on BC Centre for Disease Control Guidelines:
bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf





What To Do When Sick:

Summary: What to Do When Sick



What to do if someone is sick in your household:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at:

[Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)