

QMS Weekly Newsletter



February 4, 2022
QMS Tsunami

Queensborough Middle School

Important Dates

February 4	QMS PAC Pizza Day
February 11	Grade 8 fundraiser order deadline
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 at 11:45 a.m. BEFORE LUNCH
February 24	Emergency Drill: Fire Drill
March 10	Emergency Drill: Earthquake Drill
March 10	Report cards published to MyEd BC portal

Winter Weather Preparation:

Winter weather has arrived! Please support your child 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.



Principal's Message:

Well it was another busy week - especially for our Grade 8 students! Between NWSS course selection, Safer School (internet safety) presentations, and all the fundraising activities, our Grade 8 classes have had quite the week.

Along with that many classes were also active with honouring & learning about Lunar New Year and exploring learning opportunities with the start of Black History Month.

While there are many things happening at QMS, we hope to keep our school community informed through our weekly newsletter. We are still going to communicate through School Messenger and the QMS website, but we are adding a weekly newsletter to 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.

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.



If you would like to volunteer with our Breakfast Program please email Josie at: qmspac2013@gmail.com



Upcoming Events and Reminders:

Grade 8 Fundraisers:

- ⇒ Chai Tea sale (Mon-Fri) - \$3
- ⇒ Vinyl Stickers - \$3 for 5 stickers
- * Orders for both are due Feb 11 & delivered next week



2022 Yearbook:

Our Yearbook Crew has worked at home and at school to complete the first 30 pages of the Yearbook. They have worked diligently and are to be commended for their teamwork. Thank you to our Grade 8 Yearbook Crew: Areeba, Arshdeep, Ava, Avalina, Gurleen, Gurman, Isabella, Jackie, Maya, Miljerrie, Portia, Saige, Saleena, Sammy and Sukhman.

We are now working to complete the next 26 pages and should have the book completed by April 15th. We have surpassed our goal of selling 125 books and have decided to continue selling until April 15th.



Order your yearbook now for \$25:

Ybpay.lifetouch.ca

Enter Yearbook ID: 13411622

Hamper Drive 2021:

Thank you to the many participants who supported our Hamper Drive, A big thanks to those who donated food, money, gift cards or toys and to those who shopped or wrapped gifts. We want to mention the Guru Nanak Kitchen and the Sikh Academy who donated over 60 toys to our Hamper Drive, and the local “Gramma’s Group” who donated over 40 toys to our Hamper Drive. A very heartfelt thank you to the New Westminster Fire Department who delivered the Hampers to 11 appreciative families in our community.



The Hamper Drive is a community event in that many groups within our community contribute to the success of this event. Give yourself “Hamper Hug!”

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.





Upcoming Events and Reminders:

Valentine's Day:



Students wishing to exchange Valentine's cards (with pens, stickers, etc.) are more than welcome to do so. However, we're continuing with no exchange of food or candy, during Valentine's Day classroom celebrations.

Rainbow Alliance Club:



Our Rainbow Alliance Club developed and sponsored a school-wide survey. Ten of 14 divisions responded to our survey and then the responses were collated by our club. We saw a number of trends in the results and posted the results on a bulletin board. You might want to discuss this question at your dinner table:

QMS Parent Advisory Council:



The next PAC meeting of the 2021-2022 school year is:

**Thursday, February 17
7:00 p.m. Microsoft Teams**

[Join PAC Meeting](#)

A link to the meeting will be emailed out closer to the date & posted on the QMS website

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

Do you support members of the LGBTQ+ community as an ally? Yes = 211 No = 72

Conclusion: Good news! Most of our students agree that each person should "be who they want to be". But there is work to do as many in the LGBTQ+ community report feelings of isolation and loneliness. Research tells us young people who identify within the LGBTQ community are more at-risk for self-harm as they transition into their teen years. So, we will continue to work on our goal to create a 100% inclusive community that allows each person to be "themselves" publicly and proudly. Please join us by encouraging your son/daughter to treat others respectfully and avoid labels or teasing.

Planning Ahead for Next Year:

Moving Schools or Districts Next Year?

Preparation is already underway for the 2022-2023 school year. If you are moving and/or your child is attending a different school in September 2022, please inform the office (queensborough@sd40.bc.ca) or John Lekakis (jlekakis@sd40.bc.ca) as soon as possible.

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



Registration for the 2022.2023 School Year:

Registration for the 2022.2023 school year closes:

Out-of-District	Fri., February 25
Out-of-Catchment	Fri., February 25
Late French Immersion	Fri., February 11

New Westminster Schools has moved to a centralized registration process operating out of our new Welcome Centre, located at the brand new New Westminster 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.*



Registration Information

Parent Events:



Connect and Learn with Us

An online event for families and caregivers

ADHD - The Real Deal

Speaker: Dr. Don Duncan

Dr. Duncan will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

FEB 16

What to Say to Kids (and Teens) When Nothing Seems to Work

Speaker: Dr. Ashley Miller

Dr. Ashley Miller will share quick and effective strategies to help your child and you weather difficult moments in a way that strengthens resilience and relationships.

FEB 23

(1 hour Presentation and 1 hour Q & A)

Cost: Free

Required Registration: familysmart.ca/events





Hyack Football:



New West Schools Spring Middle School Football League 2022

We are excited to offer Grade 7 and 8 student athletes Spring Football in our New Westminster Middle Schools. Your son or daughter has chosen to take part in the New West Schools Spring Middle School Football League. Parents/ Guardians are asked to please read and complete the form.

The league will take place over 7 weeks from March 28th and end on Thursday, May 12th. Practices will take place at each school site 2-3 times per week followed by 3 Jamboree Scrimmages against the other New West Middle Schools on the following dates:

- Friday, April 29 @ 3:30 - Glenbrook Middle
- Friday, May 6 @ 3:30 - Queensborough Middle
- Thursday, May 12 @ 3:30 - Mercer Stadium

The cost to play is \$35 and can be paid on school cash online:
<https://newwestschools.schoolcashonline.com/Home/SignIn>

Student Athletes will need to fill out the New West Schools Spring Middle School Football League online form using the following QR code:



Parents/ guardians please fill out the attached "Parent Consent Form" and bring it to your son or daughters athletic director or coach.

Deadline to sign-up is Thursday March 31, 2022.

****All communication to players will be done through our schools' districts O365 email address - please check it! ****

League Coordinator

Chad Oatway
Teacher & Coach
Fraser River Middle School
SPAPL Physical Literacy Mentor
www.coachoatway.com
coatway@sd40.bc.ca



<https://www.hyackfootball.com/>



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

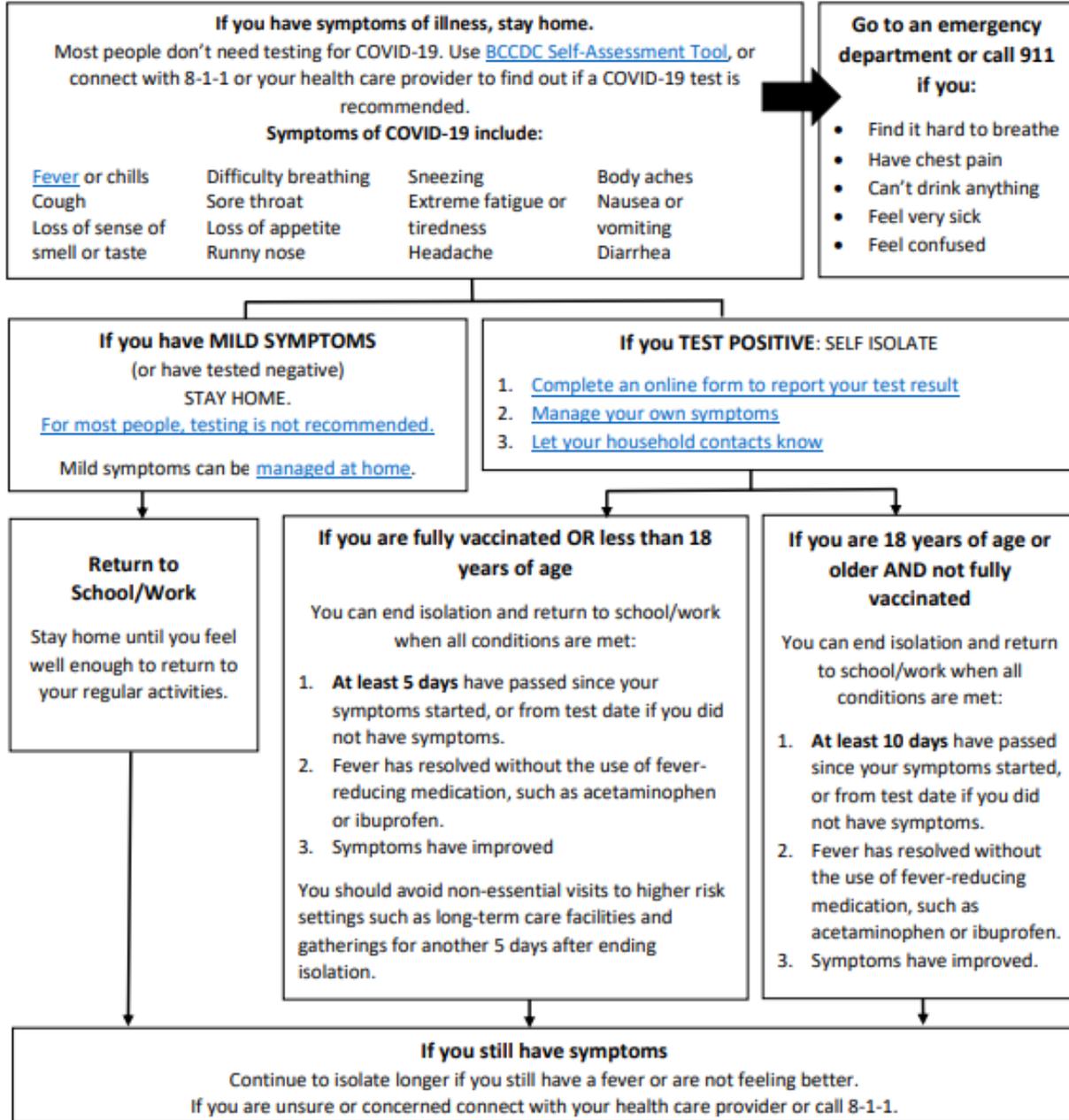
Updated: August 24, 2021 – Based on BC Centre for Disease Control Guidelines: bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf





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)