

QMS Weekly Newsletter



February 25, 2022

QMS Tsunami

Queensborough Middle School

Important Dates

February 25	QMS PAC Pizza Day Orders due by Feb.23
March 3	Emergency Drill: Fire Drill
March 3 & 7	Boundaries presentation for Gr. 6, 7, 8 classes Bailey Smith - SD40 Health Promotion Worker
March 10	Emergency Drill: Earthquake Drill
March 10	Report cards published to MyEd BC portal
March 11	Last day of school before Spring Break
March 28	School Re-opens after Spring Break
March 31	Deadline to sign up for Gr.7/8 Hyacks Football

Principal's Message:

Though it was a shorter week at QMS, it was no less a busy one. Between students participating in learning opportunities for Black History Month, student-led parent-teacher conferences, and PAC pizza day, it was an eventful week.

With all the things on the go at QMS, we hope to keep our school community informed through our weekly newsletter. We will continue 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.

Enjoy your weekend!

John Lekakis
QMS Principal



Fuel Up Lunch Program:

March'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.



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 and nutritious breakfast in the Foods Room every Wednesday morning (8:00-8:30 am) for only 50 cents.



We'd love to expand the program to more than one day per week. If you would like to volunteer (one hour commitment) please email Josie (qmspac2013@gmail.com).

Thank you to our community volunteers for providing this wonderful program to our students!

Student Learning Surveys:

Attention all Grade 7 parents!



While Grade 7 students have begun completing the annual Student Learning Surveys, we are inviting all Grade 7 parents to provide us with feedback. Parent surveys will be available until April. Please use the link below to access the survey. **Your input is important!**

http://www.bced.gov.bc.ca/sat_survey/access.htm

(No login or password required)



Upcoming Events and Reminders:

Black History Month:

The 2022 theme for Black History Month is: *“February and Forever: Celebrating Black History today and every day,”* which focuses on recognizing the daily contributions that Black Canadians make to Canada.

We invite all Canadians to learn more about these communities, and how they continue to help shape the story of Canada. To that end, each morning this month we have been sharing inspirational quotes in honour of Black History Month during our morning announcements.



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

Pink Shirt Day:

Wednesday, **February 23** was Anti-Bullying Day!

The motto for this year was:
“LIFT EACH OTHER UP!”

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

There were many classroom activities as QMS students aimed to ‘lift each other up’. The Rainbow Alliance Club also issued a Bookmark Challenge to the Grade 4 QE students.



QEE IS CHALLENGED BY QMS!

QMS challenges you to be
“YOUR BEST SELF”.

1. Find a Rainbow Book Mark.
2. Book Marks are in books.
3. Read the challenge.
4. Take the challenge.
5. Take the book mark.

OR

6. Refuse the challenge.
7. Leave the bookmark.
8. So, someone else can find the challenge.

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.

A key component of SEL is the development of prosocial skills, such as a willingness to help others and to be a good team member. At home, parents can discuss & teach prosocial skills in an online environment. By practising good digital citizenship in their social media interactions, students will feel safer and more competent in navigating the digital world.





Queensborough Middle School

Upcoming Events and Reminders:



SD 40 Climate Action:

For the month of March, New Westminster Schools' Climate Action Committee is encouraging staff and students to think of ways they can battle climate change. To do this we will reduce the temperatures in schools to 18 degrees in order to save gas and reduce our carbon footprint.



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 Information

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.*

Climate Action Events:

TURN DOWN THE HEAT CONTESTS

Participate in our Climate Action contests to win a **cool** prize!

Say No to Single Use Plastics Day March 1

Pack a lunch free of single use plastics like plastic utensils or straws.





Snuggly Sweater Day March 4

Wear a warm sweater to beat the cold without turning on the heat.





Meatless Monday March 7

Bring a meat-free lunch to school today.



Skip to School Day March 9

Leave the car at home and skip (or walk, bike, jog, etc.) to school today.

Wacky Warm Socks Day March 11

Wear your warmest, wackiest socks to school.

Climate Action Bingo

Play *Climate Action Bingo* to discover simple ways to protect our planet.



Create a PSA

Create a Climate Action PSA to show others simple steps to protecting the environment.



NWSS Course Selection:



ATTENTION: GRADE 8s

WE'RE BACK! THE NWSS MUSICAL THEATRE PROGRAM is returning for the 2022/2023 school year, and we are incredibly excited to start singing, dancing, and acting on stage again. Students interested in the performance stream are required to audition for a spot in our ensemble. **A prepared monologue and song are required for the audition and middle school students will be provided with some choreography via video to practice and prepare for the audition process, which will take place from March 4-10th at the new NWSS Drama Studio.**

Students who are interested in the Stage Crew Component of the course are required to complete a resume and acquire a letter of reference. Crew students will need to attend an in-person interview during the audition week.

Specific information about our program, including audition sign-up, can be found on the NWSS school website: <https://nwss.ca/departments-programs/departments/visual-and-performing-arts/musical-theatre-program/>

We will also be holding an **in-person meeting at your school** to provide you with additional information, but we encourage students who are interested to select an audition time and start preparing in advance of this date. We hope to see you there!

QUESTIONS? about the program can be addressed to kproznick@sd40.bc.ca, lwaldner@sd40.bc.ca or fmonteone@sd40.bc.ca.



Queensborough Middle School

Parent Events:

'intheknow'

Information and Support

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

ADHD – The Real Deal

Join us in watching a video presentation by Dr. Duncan, who 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.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.

Dates (BC Time):

March 10, 2021 at 6:30pm
March 16, 2021 at 5:00pm
March 24, 2021 at 12:00pm
March 28, 2021 at 6:30pm
March 29, 2021 at 5:00pm

Cost: Free of Charge

Registration Required: www.familysmart.ca/events

familysmart.ca



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/>



Queensborough Middle School

Parks & Recreation: Spring Break Activities

MARCH 14 - 27, 2022

Spring Break Brochure

Download the
Spring Break
Brochure at
newwestcity.ca/brochures

Registration Opens
February 10 Residents
February 11 Everyone
newwestcity.ca/register



 NEW WESTMINSTER
Parks & Recreation

newwestcity.ca/rec
   @newwestrec



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

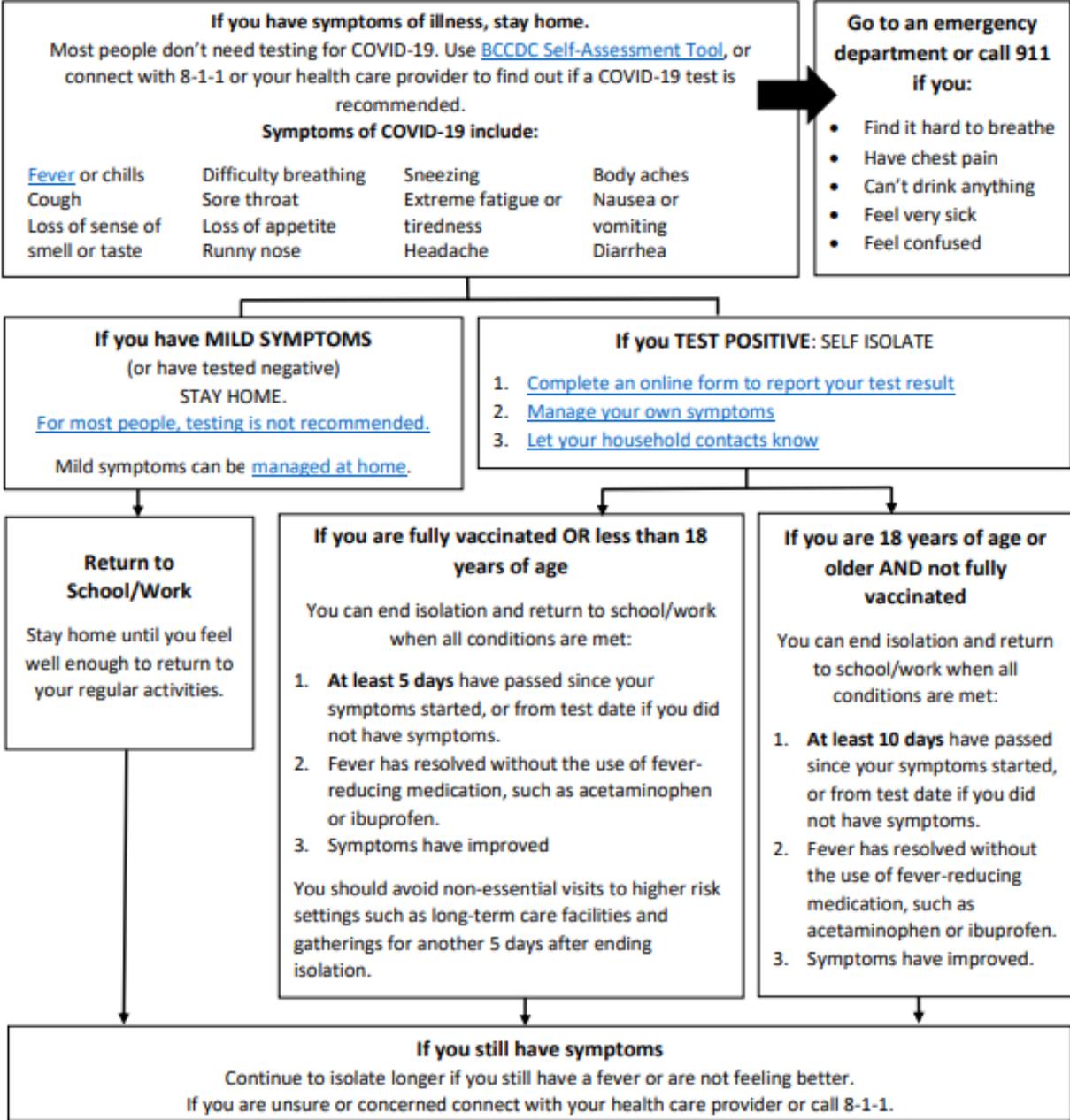
Questions? Email info@sd40.bc.ca
Learn more at newwestschools.ca

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