

# QMS Weekly Newsletter

**BLACK  
EXCELLENCE  
DAY**

January 13, 2023

*QMS Tsunami*

## Queensborough Middle School

### Important Dates

<b>January 13</b>	Black Excellence Day
<b>January 16</b>	Field Trip: Div. 1 & 2 to Vancouver Art Gallery
<b>January 16</b>	Grade 8 Boys Basketball: QMS hosts Burnaby North
<b>January 17</b>	Collaboration Day: <b>Early Dismissal for Grade 5-7 classes only (11:55 a.m.)</b> All Grade 8 classes in the district will participate in an anti-racism presentation/workshop
<b>January 18</b>	Field Trip: Div. 4 to Vancouver Art Gallery
<b>January 18</b>	QMS PAC Pizza Day
<b>January 18</b>	Grade 8 Boys Basketball: QMS hosts Moscrop
<b>January 25</b>	Field Trip: Div. 3 to Vancouver Art Gallery
<b>January 25</b>	QMS Band Concert in Gym (7:00 p.m.)
<b>January 26</b>	Class photo day
<b>January 26</b>	Fire Drill (rescheduled from Jan. 19)
<b>January 27</b>	BC Lions Team Up To End Racism presentation to all divisions (1:00 p.m.)
<b>February 1</b>	Field Trip: Div. 7 & 8 to Science World

### 2022-23 Yearbook:

*Theme: Playlist Of Our Year*

We are 3/4 of the way to our goal of selling 125 books. Order your yearbook now for \$25:

[ybpay.lifetouch.ca](http://ybpay.lifetouch.ca)

Enter Yearbook ID: 13411623

Thank you to Ms. Grewall, Ms. Hin Wong and their dedicated students for all their efforts!

Order Your  
**YEARBOOK**

### Principal's Message:

With our first full week of the year completed, students have settled back into their classroom routines as normal school activities have resumed. Please mark your calendars as field trips and basketball games are back on.

It was an eventful week for families as many of our Grade 8 parents and students attended the Discover New West Schools Event on Tuesday. Over 1000 people gathered at NWSS in order to check out all the program offerings throughout the district, including information for students entering Grade 9 next year.

Thank you to our QMS PAC and all the parents who joined our PAC meeting on Thursday. It was great to hear all the fundraising events that are being planned for the remainder of the school year. We're always appreciative of parent input and involvement in supporting our school community. Huge thanks to the PAC for the generous fundraising commitment of \$3298 towards the purchase of our new stage!

As we look ahead to next week, please remember that on Tuesday (Jan. 17) there is an early dismissal for Grade 5-7 students only (at 11:55 a.m.). Meanwhile on that day (Collab Day), all Grade 8 students in New Westminster will be participating in an anti-racism workshop with District VP Kenneth Headley.

Finally, PAC has organized a Pizza Day for Wednesday. School Cash Online pizza sales will close on Sunday night (11:59 p.m.), and there will be a limited number of pizzas for sale on Wednesday - first come first serve (cash only).

Enjoy your weekend!

John Lekakis  
QMS Principal



We must in strength and  
humility meet hate with love.

Martin Luther King Jr.



The time is  
always right to  
do what is right."

Martin Luther King Jr.

## Reminders:

### QMS Learning Goal for 2022.2023:

This year our staff will continue with our learning focus of Social-Emotional Learning (SEL). Our goal is to develop the five SEL competencies with our students: self-awareness, self-management, relationship skills, social awareness and responsible decision-making. As we chart our course for the 2022.2023 school year, please read our plan for details.

<https://queensboroughschool.ca/wp-content/uploads/2022/11/22.23.School-Learning-Plan-QMS.pdf>



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### Student Cell Phone/Electronics Use: PLEASE SHARE WITH YOUR CHILD



- Personal electronic devices are allowed in classrooms for **educational purposes** where permission has been granted by parents or guardians.
- 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 staff.
- 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 & 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.

### Breakfast Program: **VOLUNTEERS NEEDED!**

Students 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 PAC Chair Josie Johnston** (qmspac2013@gmail.com).

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

**Volunteers  
Needed!**



### Reporting Student Absences:

Call or email Queensborough Middle School at:

**604-517-6040**

Email: [queensborough@sd40.bc.ca](mailto: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.

**Please cut this out and put it on your fridge!**

## Grade 8 Anti-racism Presentation: Tuesday, January 17 (1:00 p.m.)

Dear QMS families,

Grade 8 Students will be participating in a virtual learning opportunity in the afternoon of January 17<sup>th</sup>. Led by our District Vice Principal of Diversity, Equity, Inclusion and Antiracism Kenneth Headley, students will be introduced to learning outcomes that focus on the following:

- educating young people about the causes and consequences of racism and to explore the various forms racism can take.
- empowering young people to challenge racism in the communities in which they live, providing them with knowledge and information on how to be and upstander, bystander and ally.
- helping young people prepare to play an active role as citizens in an increasingly multi-cultural society. enabling young people to develop positive relationships and respect the differences between people, regardless of their ethnicity, faith, culture or nationality.

The New Westminster School District has begun looking at the Recommendations outlined in the [Justice, Equity, Diversity and Inclusion Gap Analysis](#). An integral concept of the framework is to have learning opportunities for students, staff and district leaders to engage in that focuses on Racial Equity and Antiracism learning. This presentation will be based in the foundational Core Competencies in the BC Redesigned curriculum (<https://curriculum.gov.bc.ca/competencies/personal-and-social>). Throughout this presentation, students will be engaging with the following skills: Critical Thinking, Collaboration, Personal and Social Awareness, Social Responsibility, and developing their Positive Personal and Cultural Identities.

If you have any questions regarding your child's attendance during this collaborative time, please reach out your school administrator. We look forward to working together to create, safer, braver and softer learning spaces for all students.

Sincerely,

**Kenneth Headley**

District Vice Principal- Diversity, Equity, Inclusion and Antiracism  
New Westminster Schools District #40

P: (604) 517-5955 | F: 604-517-6390 | E: [kheadley@sd40.bc.ca](mailto:kheadley@sd40.bc.ca) | W: [newwestschools.ca](http://newwestschools.ca) | T: @kennethheadley

**The New Westminster School District recognizes and acknowledges the Qayqayt First Nation, as well as all Coast Salish peoples, on whose traditional and unceded territories in which we live, we learn, we play and we do our work.**



## Community Info: Afterschool Tutoring

**MOSAIC**  
**SWIS**  
SETTLEMENT WORKERS IN SCHOOLS



# FRIENDS OF SIMON

**Tutoring, English, and Homework Support for  
Grades 1-8  
with SFU Student Tutors**



**LOCATION: WELCOME CENTRE-820 6TH ST  
NEW WESTMINSTER, BC**

**WHEN: EVERY WEDNESDAY, JAN 18-JUNE 14  
3:30 PM-5:30 PM**

**For Registration Email: [swis@mosaicbc.org](mailto:swis@mosaicbc.org) or  
call /text Amanuel at 604 561 8390**



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and Citizenship Canada

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et Citoyenneté Canada





## Community Info: Field Hockey



### 2023 FEES

- **Early Bird (ends Jan. 31, 2023): \$130**
- **Regular Fee: \$145**
- **U7 Program: \$110**
- **New Players pay Early Bird Rate**



### JUNIOR PROGRAM

Burnaby Lake junior field hockey provides an opportunity for young boys and girls to get involved in our sport. Field hockey is a team sport where the emphasis is on participation, teamwork, and fun. It is a fitness activity that is well suited to children's exercise requirements, with plenty of running over short distances (chasing the ball), and good development of eye-hand-foot coordination.

### AGE GROUPS

#### CO-ED

U7: Born 2016 - 2017

U10: Born 2013 - 2015

#### GIRLS

U12: Born 2011- 2012

U14: Born 2009- 2010

U16: Born 2007- 2008

#### BOYS

U12: Born 2011 and younger

### IMPORTANT INFORMATION

**Dates:** April 1-June 20

**Practices:** One practice per week on a turf field in Burnaby

**Games:** Saturdays

**Uniform:** All **new** participants receive a **free t-shirt**. Socks will be provided that you can keep. Please wear black shorts.

**WEBSITE: [BURNABYFIELDHOCKEY.COM](http://BURNABYFIELDHOCKEY.COM)**

### MANDATORY EQUIPMENT

- **Stick**
- **Soccer shin pads**
- **Mouthguard**
- **Runners or Cleats**

## Community Events:



### Community School Programs at Queensborough Middle School!

#### SUPERCOOKS (Grade 5-8)

Have you ever wished you could make delicious meals at home? Join SUPERCOOKS and learn some kitchen skills, recipes, and nutrition.

Queensborough Middle School - Home Ec. Room

Wednesdays, 3:15 - 5:00pm

Registration Fee: Free

January 18 - March 1

\*No class Feb 8\*

To submit your registration application, please visit: <https://forms.office.com/r/EqPmHXGxIE>

Forms must be submitted by Friday, January 6th. If your child is selected for the program, you will be contacted for confirmation.

Have questions?

Contact Community Schools

Phone: 604-517-6291

E-mail: [communityschools@sd40.bc.ca](mailto:communityschools@sd40.bc.ca)

Check out our friends for more program  
opportunities at :



## SD 40 Job Posting:

New Westminster Schools has vacancies for casual and/or continuing Noon Hour Supervisors and Crossing Guards. If you, or someone you know, are available for one, or two, or three hours per day and would like to work for New Westminster Schools this might be the perfect opportunity for you. If you have questions or would like to apply, contact Human Resources Manager Jane Boutilier directly, at [jboutilier@sd40.bc.ca](mailto:jboutilier@sd40.bc.ca) or 604.517.5920. The hourly rate for Noon Hour Supervisors is \$22.68/per hour +20% in lieu of benefits.





Queensborough Middle School

## Community Info:



**FAMILY SERVICES**  
of Greater Vancouver

### NEW WESTMINSTER | WINTER 2023 FREE COMMUNITY PROGRAMS



#### CREATIVE EXPLORATIONS

*Children (18 months-6 years old) explore their creativity through arts and crafts, songs and stories with their caregivers' participation.*

**LOCATION:** Olivet Church, 613 Queens Ave, New Westminster

**DATE:** Mondays February 6 - March 6 (4 sessions)

**TIME:** 9:30 am - 12 pm (bus tickets are available if needed)



#### PARENTS CONNECT

*For parents of children 0-6 years old. Meet and connect with other parents and participate in guided discussions.*

**LOCATION:** Olivet Church, 613 Queens Ave, New Westminster

**DATE:** Fridays February 3 - March 10 (6 sessions)

**TIME:** 9:30 am - 12 pm (bus tickets and childminding are available if needed)



#### SINGLE MOMS GROUP

*Support group for single parents raising children ages 0-6. Learn about community resources and connect with other moms about the ups and downs of solo parenting.*

**LOCATION:** Olivet Church, 613 Queens Ave, New Westminster

**DATE:** Wednesdays February 8 - March 8 (5 sessions)

**TIME:** 4:30 pm - 6:30 pm (bus tickets and childminding are available if needed)



#### LET'S COOK TOGETHER

*Parents learn food skills and how to cook healthy recipes on a budget while their children (0-6 years old) play. A great opportunity to meet others in the community!*

**LOCATION:** École Qayqayt Elementary, 85 Merivale St, New Westminster

**DATE:** Wednesdays January 4 - February 22 (8 sessions)

**TIME:** 9:15 am - 11:45 am (bus tickets and childminding are available if needed)



#### RAISING EXCEPTIONAL CHILDREN

*Support group for parents with neurodiverse children. Connect with other parents to share the challenges and joys of parenting exceptional children and learn about community resources.*

**LOCATION:** This is a virtual Zoom program

**DATE:** The last Saturday of the month

**TIME:** 10am

To register call 604 368 2154 or email [ceds-nw@fsgv.ca](mailto:ceds-nw@fsgv.ca)

*In-person programs will be following BC Provincial Health Regulations according to the Restart Plan.*



City of  
Family Services of Greater Vancouver  
**COMMUNITY  
ACTION PROGRAM  
FOR CHILDREN**



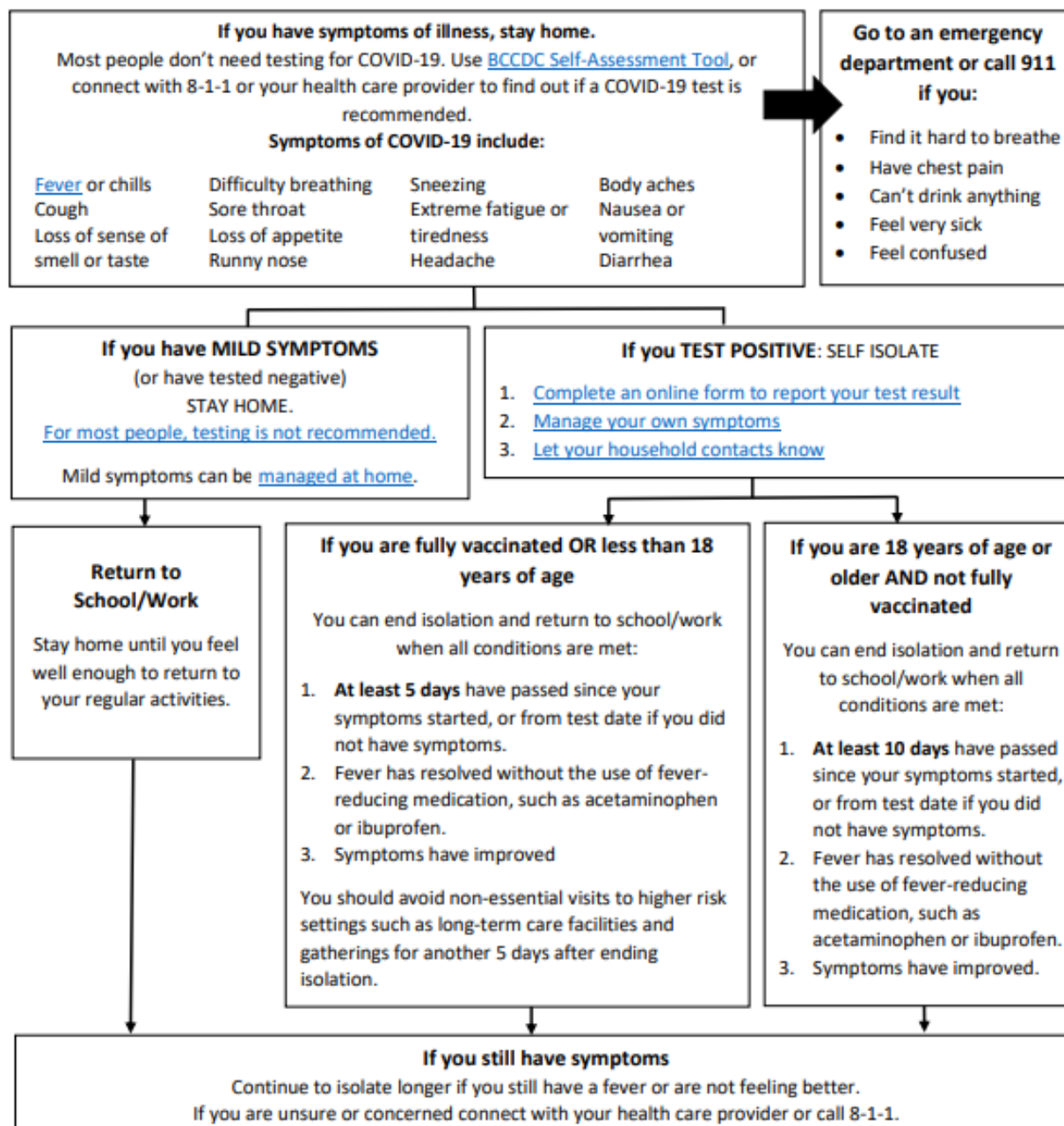
**BRITISH  
COLUMBIA**

Ministry of  
Children and Family  
Development



# 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)