QMS Weekly Newsletter

January 27, 2023

QMS Tsunami

Queensborough Middle School

Important Dates

January 27	BC Lions Team Up To End Racism presentation to all divisions (1:00 p.m.)
January 30	Fruit & veggie delivery (ambrosia apples)
January 30	Grade 8 Boys Basketball: QMS hosts Burnaby South
February 1	Field Trip: Div. 8 & 11 to Science World
February 1	QMS PAC Pizza Day
February 3	QMS Winter Olympics
February 8	3-way conferences (student-parent-teacher) **Early dismissal at 11:55 a.m.**
February 9	Anti-gang presentation with Jordan Buna (in the Gym) at 9:00 a.m.
February 9	3-way conferences (student-parent-teacher) **Early dismissal at 11:55 a.m.**
February 13	Maple Man presentation: (Gr. 5/8 from 9:00-10:00 a.m.; Gr. 6/7 from 10:30-11:30 a.m.)
February 15	QMS PAC Pizza Day
February 16	QMS PAC meeting at 7:00 p.m. (in Library)

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're always looking to expand the program to multiple days 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!

Principal's Message:

It was another busy week at QMS, highlighted by our QMS Band Concert on Wednesday evening. Congrats to our beginner and advanced band students for a lovely evening of music - a testament to their hard work and commitment over the last five months. Once again, it was great to see all our parents gather together to show their support. Special thanks to Ms. Stephen and Ms. Kliefoth for building up the competence and confidence of our students.

Meanwhile, on Friday afternoon we had a few special guests in the building for a school-wide presentation. Members of the BC Lions Team Up To End Racism campaign shared their message encouraging our students to stand up to all forms of discrimination.

In sports, our QMS Grade 8 boys basketball team had two games this past week. On Monday, the QMS team lost a close game playing at Glenbrook (60-53) and on Wednesday the team got another home win with a victory over Cariboo Hill (80-44). Thank you to all the students and parents who cheered on our team this past week, and we look forward to seeing you at our next home game on Monday vs. Burnaby South.

Just a reminder that the QMS PAC is organizing our Pizza Day on Wednesday (Feb.1). Place your pizza orders through School Cash Online before Sunday's deadline (11:59 pm). Just a note that Divisions 8 & 11 will be on a field trip to Science World on Wednesday.

Enjoy the sunshine!

John Lekakis

Breakfast Program Update:

Now available on Wednesday & Friday!

Thanks to added volunteers we are now able to offer breakfast on Wednesday & Friday mornings (beginning the week of January 30).

Reminders:

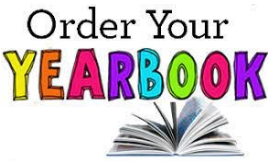
QMS Learning Goal for 2022.2023:

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

2022-23 Yearbook:

Playlist Of Our Year



We are almost at our goal of selling 125 books. Order your yearbook now for $25:

ybpay.lifetouch.ca
Enter Yearbook ID: 13411623

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

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 cells 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.

Fuel Up Lunch Program:

Order lunches for February at:

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

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

Three Way Conferences:

Wednesday, February 8 & Thursday, February 9

Please note that students will be dismissed at lunch (11:55 a.m.) on both of these Conference days.

Information from your child's teacher has been sent home regarding conferences bookings.

Reporting Student Absences:

Call or email Queensborough Middle School at:

604-517-6040

Email: queensborough@sd40.bc.ca

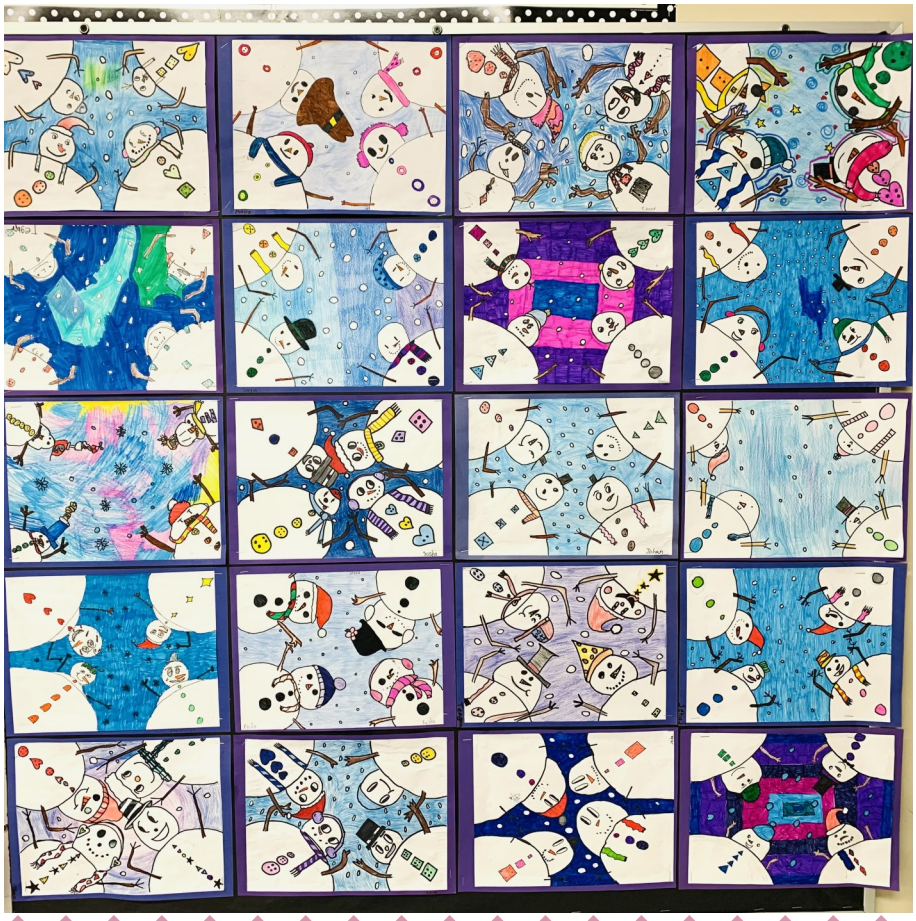
Please notify the school by **9:00 a.m.** if you know your child will be absent or late for school. You may leave a phone message (please include your child's name and division #) at the school anytime of the day or night.

Please cut this out and put it on your fridge!

Inside QMS:

BC Lions *Team Up To End Racism* presentation (top)

Division 14: *Snowpeople At Play* (bottom)



QCC Community Events:

Youth Overnighter: February 11 - 12

Pack your PJs, it's time for the youth overnighter! For youth aged 11 - 13. After check-in, we'll walk to Moody Park Arena for the Youth Skate event. We'll then head back to the Youth Centre for video game tournaments, a gross-out competition, and other wild and wacky activities! Bring a sleeping bag, pillow, and anything else you need for an overnighter. Snacks and breakfast included - yum! Need more information?

Contact Youth Services Coordinator Silisha Ali: sali@newwestcity.ca, 604.515.3775.

Saturday, Feb 11, 7:45 pm - Sunday, Feb 12, 9:00 am.
Registration Fee: $20.00
Register online using Course ID: 164262

SD 40 Job Posting: Noon Hour Supervisors

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 or 604.517.5920. The hourly rate for Noon Hour Supervisors is $22.68/per hour +20% in lieu of benefits.

Community Info: Afterschool Tutoring

MOSAIC
SWIS
SETTELMENT WORKERS IN SCHOOLS

SFU SIMON FRASER UNIVERSITY
Friends of Simon

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 or call /text Amanuel at 604 561 8390

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Financé par : Immigration, Réfugiés et Citoyenneté Canada

MOSAIC

Community Info:

MOSAIC

Settlement Workers in Schools

New Westminster Schools

Coffee Break

Connect, Learn, Empower

(Conectar, Aprender, Empoderar)

Presented with Settlement Workers in Schools

- Receive support
- Build self-confidence
- Make friends
- Learn and have fun

* Recibir apoyo
* Construir la confianza en sí mismo
* Hacer amigos
* Aprendery y divertirse

Every Monday (Jan. 23 – Mar. 10), 1:00 – 2:30 pm

@ Welcome Centre (820 6th Street, New Westminster)

Topics for January (Spanish support is provided by SWIS)

Jan. 23rd - How to support children (como apoyar a los niños)

Jan. 30th - Income Tax & benefits (impuesto sobre la renta y beneficios)

To register, call/text @ 236-818-4154 or email welcome@sd40.bc.ca

Aspire to Excellence carf Canada Accredited

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Financé par : Immigration, Réfugiés et Citoyenneté Canada

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 chidren. 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

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

Canada Family Services of Greater Vancouver COMMUNITY ACTION PROGRAM FOR CHILDREN

New Westminster Family Place

British Columbia Ministry of Children and Family Development

What To Do When Sick:

Summary: What to Do When Sick

If you have symptoms of illness, stay home.

Most people don't need testing for COVID-19. Use BCCDC Self-Assessment Tool, or connect with 8-1-1 or your health care provider to find out if a COVID-19 test is recommended.

Symptoms of COVID-19 include:

Fever or chills	Difficulty breathing	Sneezing	Body aches
Cough	Sore throat	Extreme fatigue or tiredness	Nausea or vomiting
Loss of sense of smell or taste	Loss of appetite	Headache	Diarrhea
	Runny nose		

Go to an emergency department or call 911 if you:

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feel confused

If you have MILD SYMPTOMS
(or have tested negative)
STAY HOME.
For most people, testing is not recommended.

Mild symptoms can be managed at home.

If you TEST POSITIVE: SELF ISOLATE

1. Complete an online form to report your test result
2. Manage your own symptoms
3. Let your household contacts know

Return to School/Work

Stay home until you feel well enough to return to your regular activities.

If you are fully vaccinated OR less than 18 years of age

You can end isolation and return to school/work when all conditions are met:

1. **At least 5 days** have passed since your symptoms started, or from test date if you did not have symptoms.
2. Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
3. Symptoms have improved

You should avoid non-essential visits to higher risk settings such as long-term care facilities and gatherings for another 5 days after ending isolation.

If you are 18 years of age or older AND not fully vaccinated

You can end isolation and return to school/work when all conditions are met:

1. **At least 10 days** have passed since your symptoms started, or from test date if you did not have symptoms.
2. Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
3. Symptoms have improved.

If you still have symptoms

Continue to isolate longer if you still have a fever or are not feeling better.
If you are unsure or concerned connect with your health care provider or call 8-1-1.

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