QMS Weekly Newsletter

February 17, 2023

QMS Tsunami

Queensborough Middle School

Important Dates

February 20	Family Day **School closed**
February 21	District Professional Development Day **Students do not attend**
February 22	Pink Shirt Day
February 22	Grade 9 Course Selection presentation (Divisions 1-4)
February 23	Anti-gang presentation (with Jordan Buna)
February 23	Fire Drill
February 27	Field Trip: Museum of Vancouver (Div. 10)
February 27	Grade 8 Parent Planning meeting on MS Teams (7:00 p.m.)
February 28	Superintendent Karim Hachlaf visit to QMS
March 1	QMS school visit to NWSS for Shrek matinee performance
March 3	Get Real Movement Inclusivity presentation
March 3	QMS PAC Pizza Day

Shrek Field Trip:
Wednesday, March 1!

Our school is excited about our upcoming field trip to Massey Theatre for the NWSS performance of Shrek. Please complete/ sign the field trip forms that were sent home this week and log onto School Cash Online to pay the reduced student fee ($8).

We will be taking public transit to get to/from Massey Theatre for the matinee performance. Our return time to QMS is sometime between 3:30-4:45 p.m. If you wish to pick up your child directly from NWSS, please complete/ sign the back side of the consent form.

Principal's Message:

The week started with the smell of maple syrup filling our hallways as "Maple Man" Rene Turmel visited QMS. Presentations were held in the Gym as French classes learned about the French-Canadian tradition of making maple syrup. At the end students each received a tasty treat, as Maple Man handed out maple taffy popsicles to all the students! https://twitter.com/thepaperprince1/status/1625349276242165760?s=20

On Wednesday, the QMS PAC had another successful pizza day. Thank you to all the pizza day volunteers! Any parents interested in volunteering during future pizza days, please send an email to PAC Chair Josie Johnston (qmspac2013@gmail.com). Thank you also to all the parents who attended Thursday's QMS PAC meeting - it's always great to have parent input and involvement in planning the various school events that take place throughout the year.

Looking ahead to next week, the school will be closed to students on Monday and Tuesday, due to Family Day and the District Professional Development Day, respectively. When students return on Wednesday, students are encouraged to wear something pink as QMS joins schools across the province acknowledge Pink Shirt Day. Also on Wednesday, NWSS staff will be visiting our Grade 8 students to discuss the course selection process for Grade 9. Finally, there will be a school wide, anti-gang presentation (with Jordan Buna) on Thursday morning.

Have a great family day long weekend!

John Lekakis
QMS Principal

Pink Shirt Day: Wednesday, February 22

The last Wednesday of February is recognized as Pink Shirt Day (or Anti-bullying Day). Students are encouraged to wear something pink to help promote kindness and inclusion.

Queensborough Middle School

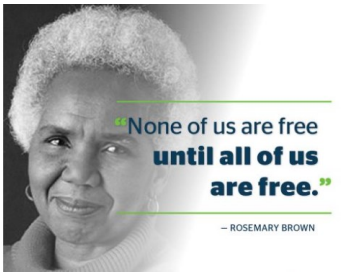
Reminders:

Black History Month:

February is Black History Month and it gives British Columbians an opportunity to honour, celebrate and reflect on the stories, experiences and accomplishments of Black Canadians. This year, Canada will mark the 28th official Black History Month, and this year's theme is "Ours to Tell." At QMS we aim to share the many stories of success, sacrifice, resilience, triumph and community will hopefully help inspire our students and communities to work together build a more equitable society that is inclusive and that leaves no one behind.

It's a time to celebrate Black culture and history and to applaud the achievements and significant contributions Black Canadians have made to build Canada and to make this country the diverse, welcoming and the strong nation it is today. We encourage every member of our school to take part in celebrating Black history, culture, and achievements, this month and throughout the year.

In classes, teachers are creating lessons and activities to create opportunities for students to raise their awareness and understanding of what it means to create a more inclusive and equitable society. To that end, each morning this month we are sharing an inspirational quote in honour of Black History Month during our morning announcements. We are also celebrating Black Canadians whose contributions helped make Canada a better country (on the screen at the front entrance).



Grade 8 Parent Meeting:
Monday, February 27

Please join us on MS Teams (at 7:00 p.m.) as we meet to brainstorm and plan year-end events for our Grade 8 students. Bring your ideas, as we hope to form a committee to come up with ways to celebrate the class of 2023!

https://teams.microsoft.com/l/meetup-join/19%3ameeting_NjYzNDEyOTgtNTU3OC00OTE4LWIzYzUtOTEwMmUyMzVmZWFm%40thread.v2/0?context=%7b%22Tid%22%3a%226a0da203-1754-4e34-9fe8-976f0353c52a%22%2c%22Oid%22%3a%223c82a064-831c-41ba-a506-fd240ae33ff1%22%7d

Breakfast Program:
Now available on Wednesday & Friday!

Thanks to added volunteers we are now able to offer breakfast on Wednesday & Friday mornings (between 8:00-8:30).

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 the scheduled delivery.

FUEL UP

New Westminster Schools

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

* If students 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 staff supervision.

* Devices used in the hallway/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.

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!

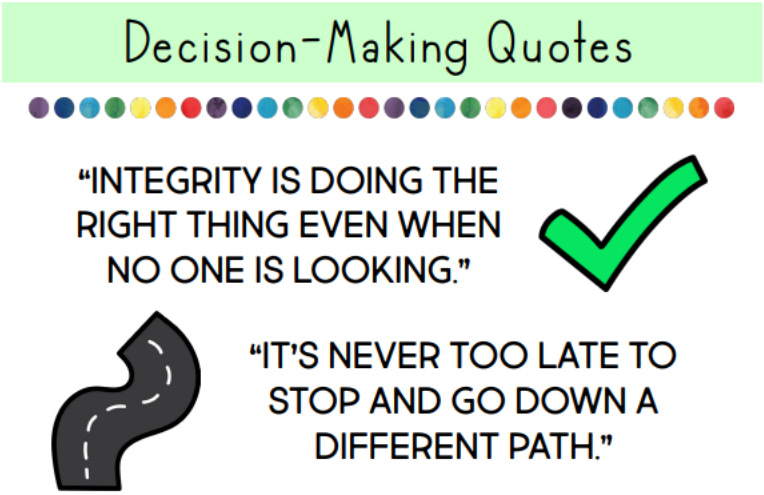
Queensborough Middle School

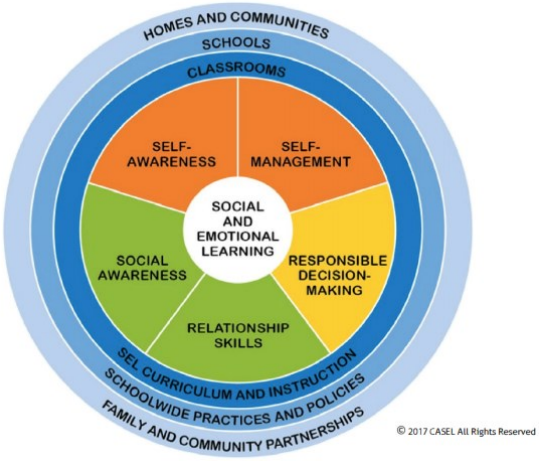
QMS School Learning Plan:

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





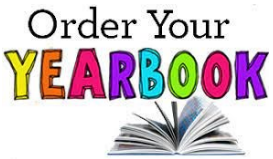
Breakfast Program: VOLUNTEERS NEEDED!

Students enjoy a delicious and nutritious breakfast in the Foods Room every Wednesday & Friday mornings (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 Don Doyle** (Don.Doyle@shaw.ca).

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

2022-23 Yearbook:



Playlist Of Our Year

Congratulations! We have surpassed our goal of selling 125 books!
Yearbook can still be ordered through the link below for $25:

ybpay.lifetouch.ca

Enter Yearbook ID: 13411623

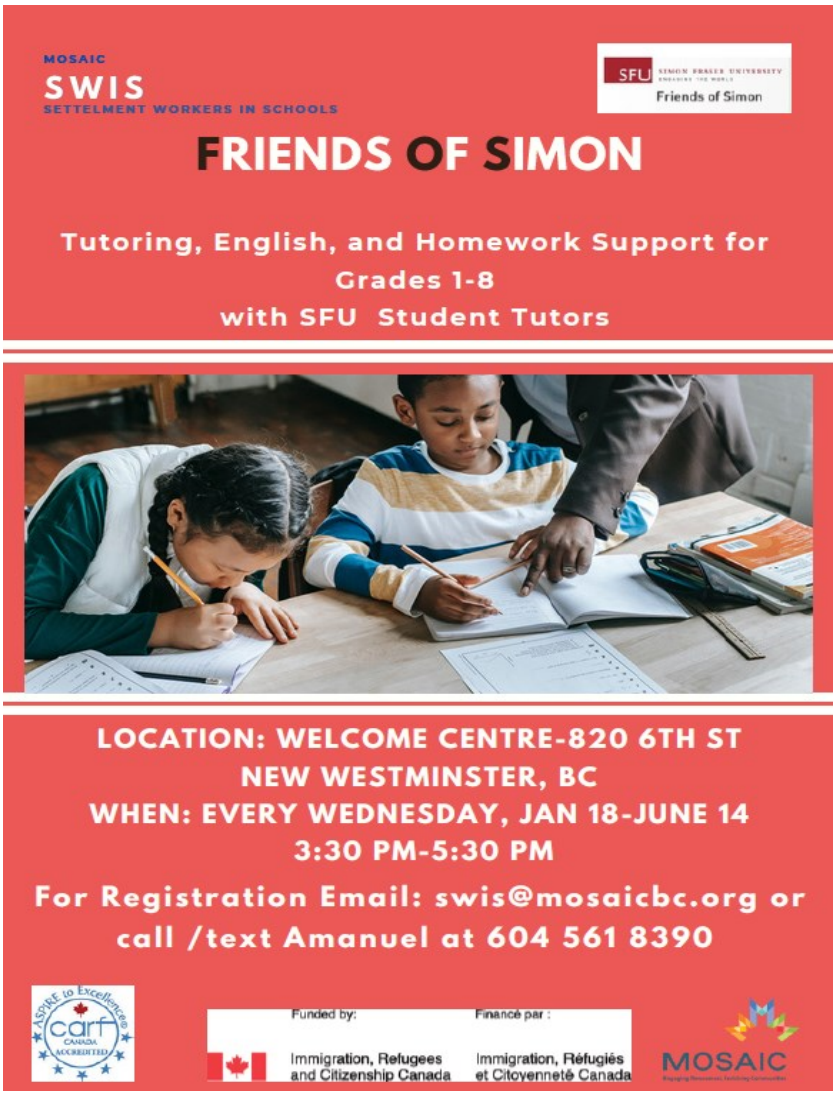
Thank you to Ms. Grewall, Ms. Hin Wong and their dedicated students for all their efforts!

Inside QMS:

Div. 12
(top)

Div. 3
(bottom)

Community Info: Afterschool Tutoring



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.

School Routines & Expectations:

QMS Code of Conduct

The QMS Code of Conduct follows the guidelines of the BC Human Rights Code. QMS Staff, Students, Parents and any visitors to the school are expected to follow the Code of Conduct.

The purpose of the QMS Code of Conduct and Code of Consequences:

- To establish and maintain a safe, caring and orderly environment for purposeful learning
- To clarify and publish expectations for student behavior at school, going to and from school, and while attending any school function or activity at any location
- To promote the values expressed in the **BC Human Rights Code** respecting the right of all individuals in accordance with the law-prohibiting discrimination based on race, colour, ancestry, place of origin, religion, marital status, family status, physical or mental disabililty, sex or sexual orientation or gender indentity-in respect of discriminatory publication and discrimination in accommodation, service and facility in the school.

Acceptable Behaviour for QMS Students:

- Showing Respect, Compassion and Integrity
- Respecting self, others, the learning environment and the surrounding environment
- Helping to make the school a safe, caring and orderly place
- Informing an adult, in a timely manner (in advance, if possible) of incidents of bullying, harassment or intimidation
- Engaging in purposeful learning activities in a timely manner
- Acting in a manner that brings credit to QMS

Unacceptable Conduct for QMS Students:

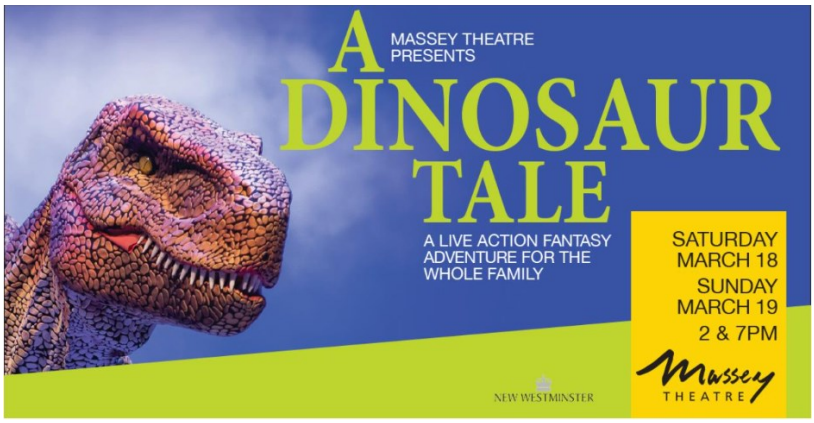
- Behaviours that:
  - Interfere with the learning of others
  - Interfere with an orderly environment
  - Create unsafe conditions
- Acts of:
  - Bullying, harassment or intimidation (both in-person or online)
  - Physical violence
  - Retribution against a person who has reported incidents
  - Discrimination based on reace, colour, ancestry, place of origin, religion, marital status, family status, physical or mental disability, sex, sexual orientation or gender indentity (prohibited grounds set out in the **BC Human Rights Code**)
- Illegal acts, such as:
  - Possession, use or distribution of illegal or restricted substances
  - Possession or use of weapons
  - Theft of or damage to property

The unacceptable behaviours listed in the Code of Consequences are examples only and are not intended to be an all-inclusive list.

A student's medical, cognitive, social-emotional and personal profile must be considered in the determination of appropriate interventions and/or consequences. Therefore, the application of the school's Code of Conduct must take into account the student's ability to meet behavioural expectations.

Disciplinary action, wherever possible, is preventative and restorative, rather that merely punitive. The purpose of consequences for unacceptable behavior is to help students learn from mistakes and be proactive about preventing further inappropriate behaviour.

Massey Theatre Events:



Queensborough Middle School

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