

QMS Weekly Newsletter



November 17, 2023

QMS Tsunami

Queensborough Middle School

Important Dates

November 21	Grade 6 immunizations
November 21	Fruit and veggie delivery (mandarins)
November 21	Last day of Exploratory Rotation #2
November 22	Anti-racism presentation: <i>The Other People</i> https://theotherpeople.ca/
November 23	QMS Spirit Assembly (1:30 p.m.)
November 25	Moana Saturday dress rehearsal (actors only)
November 28	Exploratory Rotation #3 begins
November 29	Grade 6 immunization catch-up
December 5	Fruit and veggie delivery (apples)
December 14	Winter Musical Production: Moana Jr. Matinee show: 1:15 p.m. Evening show: 7:00 p.m.
December 15	First term report cards published (MyEd BC)

Principal's Message:

QMS students enjoyed a rare three-day school week following Remembrance Day and the Professional Development Day. Despite the short school week, students were keeping busy with Moana rehearsals, club meetings and finishing up assignments and projects as the first term is wrapping up.

On Wednesday, our QMS PAC met (along with our school trustee Cheryl Sluis) to discuss fundraising and other important initiatives to support our students for this school year. Meanwhile on Thursday and Friday, our Grade 8 students received in-class 'vaping information for informed choices' presentations. These presentations were led by our district's Substance Use Prevention & Health Promotion Worker, Chris Brabant. Finally, we ended the week with the PAC Pizza Day. Thank you to all our parent volunteers for such a smoothly-run school fundraiser!

Looking ahead to next week, on Tuesday our Grade 6 students are getting ready for their immunizations. A reminder to Grade 6 parents/guardians that they should have completed/signed the Fraser Health immunization consent forms for Tuesday's immunizations. Meanwhile coming up on Wednesday, the school will attend a special anti-racism presentation put on by *The Other People*. Each term, each middle school has committed to organizing school-wide learning opportunities and events that will focus on the important work towards diversity, equity, inclusion and anti-racism. Please see the link in the 'Important Dates' section (left) for more information. Finally, on Thursday, our entire school will gather in the Gym for a school spirit assembly - where we will recognize the accomplishments of our Grade 8 Girls Volleyball Team.



Enjoy your weekend!

John Lekakis
QMS Principal



Fuel Up Lunch Program Survey: Closes December 1
New Westminster Schools is seeking feedback on the Fuel Up Lunch program offered by our contracted partners at The Lunch Lady.

Our collective goal of this survey is to continue to assess where the program is really working for families, find ways to improve the program and ensure it is generally satisfying the vital needs in our school communities. Your feedback is instrumental for us to understand your needs and the needs of students.



<https://forms.office.com/Pages/ResponsePage.aspx?id=A6INaIQXNE6f6JdvA1PFKII8IHG9xbpCsdeLXq0NPUZUMDQzSjRVSDJLOU00NkJaTVpZVEVYMFZSNC4u>

Reminders:

Personal electronic devices:

If students have an electronic device that they want to use for personal reasons on the way to and from school, they must lock it in their locker as soon as they arrive.

At times, teachers may permit students to bring their devices into the classroom for educational purposes; otherwise they should be secured in their lockers. Emergency phone calls can be made at the office during the day. Personal items brought to school are at the student's own risk and QMS is not responsible for lost, stolen or damaged items.



QMS PAC Fundraiser: Truffle Pig Chocolates

Start Date to purchase: Tuesday, Nov. 21

Order cut off date: Tuesday, Dec. 5

Order Pick up date: Tuesday, Dec. 19

Purchasing information and links will be sent out on Monday.



Leaving School at Lunchtime

We have a closed campus at QMS.

We ask that students stay at school and not leave the school property and the adjacent park during lunchtime between 11:55 a.m. and 12:45 p.m.

Students may go home for lunch **only** if they have a permission form signed by their parent or guardian.

This form **must be completed/signed each year** and is available at the office. **Please ask!** This form is for going home, not for visiting the Community Centre or a store.



Reporting Student Absences:

Call or email Queensborough Middle School at:

604-517-6040

Email: queensborough@sd40.bc.ca

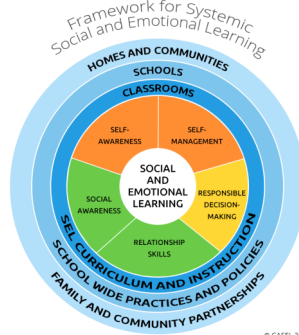
Please notify the school by **9:00 a.m.** if you know your child will be absent or late for school. You may leave a phone message (please include your child's name and division #) at the school (or email) anytime of the day or night.

Please cut this out and put it on your fridge!



QMS Learning Goal for 2023.2024

For the upcoming school year, our staff has decided our learning focus for the coming year. For the last two year's our goal focused on developing the five SEL competencies with our students: self-awareness, self-management, relationship skills, social awareness and responsible decision-making. This year we aim to develop and transfer these SEL skills so students can navigate technology and the online world. Our school learning plan is on our school website.



Breakfast Program: **VOLUNTEERS NEEDED!**

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 PAC Chair Leanne Mackie (qmspac2013@gmail.com).

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

School Routines and Expectations:

School Mission:

At Queensborough Middle School we are dedicated to working together within a safe, caring, respectful learning environment to enable all students to reach their full potential as life-long learners and contributing global citizens.

QMS Values:

At Queensborough Middle School we value:

- ♦ respect for ourselves and others
- ♦ respect for learning
- ♦ respect for the environment



QMS Vision:

- ♦ Our vision is that our students reach their full potential as caring, self-motivated people with good self-esteem and high standards.

Dress for the Weather:

Students go outside for fresh air and exercise during recess, lunch and daily physical activities.

Students are expected to “dress for the weather” as we usually are outside rain or shine.



Please report to the office when visiting the school:

Please sign in at the office when entering the school. We need to be aware of all visitors to the school and identifying yourself with one of our “visitor” badges is helpful to staff who may not know you.



Reminders About the School Timetable:

- The first bell rings at **8:31 a.m.** Students may enter the school at **8:25 a.m.** (There is no supervision from staff members before or after school.)
- Nutrition Break is from **10:10 to 10:25 a.m.** (Students are encouraged to bring healthy snacks and dress for the weather as we are outside most days.)
- Lunch is at **11:55 to 12:45 p.m.** Students play outside first and come inside to eat their lunch at **12:25 p.m.**
- Students are encouraged to bring a water bottle daily.
- Students are dismissed at **3:00 p.m.**

Bell Schedule

8:31 a.m.	Welcoming Bell
8:36 a.m.	CHAT begins
8:40 a.m.	Morning classes begin
10:10 a.m.	Nutrition Break/recess
10:25 a.m.	Morning classes continue
11:55 a.m.	Lunch begins (outside)
12:25 p.m.	Students inside to eat
12:45 p.m.	Afternoon classes begin
3:00 p.m.	Dismissal

Bell Schedule!

Bikes, Scooters and Skateboards:

Many students ride bikes, scooters or skateboards to school. For you child's safety, **please ensure that they are wearing an approved helmet** especially now with weather and visibility becoming worse with seasonal changes Students who do not wear a helmet will be asked to leave their bikes, scooters and skateboards at home.



Thank you for helping keep our children safe. Scooters & skateboards can be stored in the cage located by near the counselling office.



Fuel Up Lunch Program:

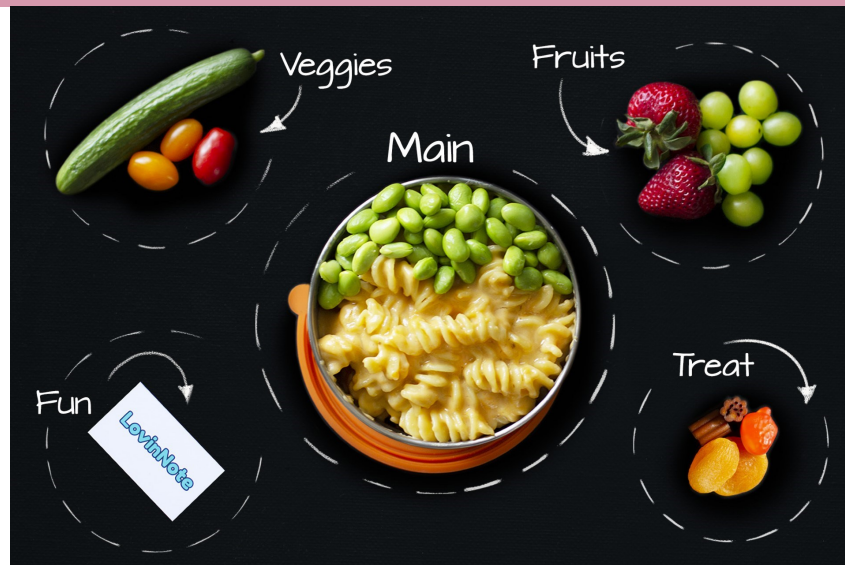
Order November lunches at:

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



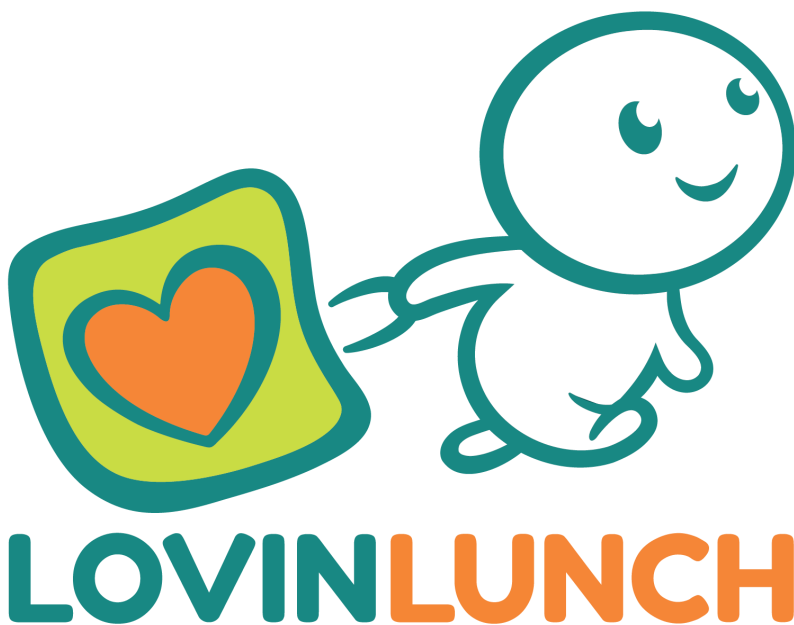
Orders and changes must be made by noon, two days in advance of delivery.

QMS PAC presents...LovinLunch meal kits!



Here is something pretty cool that could make our lives a bit easier. LovinLunch is all about making delicious, healthy school lunches a breeze (and dinners too, by the way). You know those hectic mornings when you're trying to pack lunches? Well, this can help us out big time. With LovinLunch, we get tasty meal kits with fresh ingredients delivered right to our door! It's a win-win – our kids get fresh nutritious food, and we get a break from meal-prep and lunch planning stress. Let's give it a shot and simplify our lives with LovinLunch! Our school gets 25% of all sales placed through this link:

<https://www.lovinlunch.ca/qmspac>



QCC Youth Events:

Upcoming QCC Special Events:

Join us afterschool on Mon, Wed, and Friday at 3:15pm for Drop-In. Enjoy games, sports, crafts, karaoke, baking & cooking. Students in grades 6-8 are welcome to attend. Monday & Wednesday 3:15 – 5:15pm; Friday 3:15 – 9:00pm (dinner included).

Drop-In fee is \$1 per time, or \$21 for year pass. Year pass must be purchased at the Community Centre.

- Voices of India program begins on Tuesdays from 3:30-5:30 at Queensborough Community Centre

- Moody Park Youth Skate on Saturday, November 18th 8:15-9:45pm

More info on all these great programs can be found at newwestyouth.ca or email Val at vmckinnon@newwestcity.ca



Fall 2023 Drop-in Schedule

YOUTH DROP-IN SCHEDULE					
Effective September 4 - December 22, 2023					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOUTH CENTRE • 620 Eighth Street • 604.515.3801 • 13 - 18 years					
Youth Drop-in 3:15 - 9:00 pm	Youth Drop-in 3:15 - 9:00 pm	Youth Drop-in 3:15 - 9:00 pm	Youth Drop-in 3:15 - 9:00 pm	Youth Drop-in 3:15 - 11:00 pm	Youth Drop-in 3:15 - 11:00 pm
Badminton 5:00 - 7:00 pm	Youth DJ Program 3:30 - 5:30 pm	Art Attack 3:30 - 5:30 pm	Proud Place 3:30 - 5:00 pm	Youth Culinary Kitchen 5:00 - 7:00 pm	Badminton 5:30 - 7:00 pm
			City Squad 5:30 - 7:00 pm		
			Music Scene Jam Session 6:30 - 8:30 pm		
Register for Youth Centre Fitness Centre at newwestcity.ca/youthdropin					
QUEENSBOROUGH COMMUNITY CENTRE • 920 Ewen Avenue • 604.834.0319 • 11 - 18 years					
	Voices of India 3:30 - 5:30 pm			Basketball 5:00 - 10:00 pm	
				Friday Drop-in 5:30 - 10:00 pm	
FRASER RIVER MIDDLE SCHOOL • 800 Queens Avenue • 604.834.0320 • 11 - 13 years GLENBROOK MIDDLE SCHOOL • 701 Park Crescent • 604.834.0303 • 11 - 13 years QUEENSBOROUGH MIDDLE SCHOOL • 833 Salter Street • 604.834.0319 • 11 - 13 years					
Specialty Sampler 3:15 - 5:15 pm		Leaders in Training 3:15 - 5:15 pm		Youth Drop-in 3:15 - 9:00 pm	
Glenbrook Middle DJ Program 3:15 - 5:15 pm					

New West DPAC Meetings for 2023-2024

The New West DPAC (District Parents' Advisory Council) represents all parents and caregivers of students registered in the district, and all parents and caregivers are invited to attend and participate in our monthly meetings.

Our meetings occur on the third Thursday of each month and are offered in a hybrid format. The in-person location rotates through our schools, and the zoom link for virtual attendance is posted on our website and on our Google calendar.

Click [here](#) for our calendar

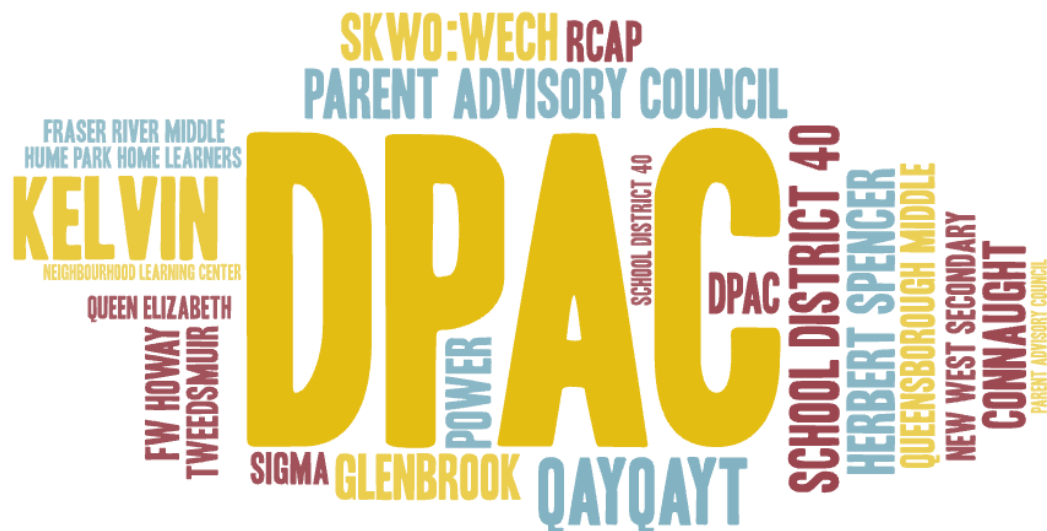
Click [here](#) for our website

Our next meeting is on **Thursday November 16th, at 7 pm** in the library of Ecole Herbert Spencer Elementary, or over zoom. Our full meeting list for the remainder of the year is:

- November 16th, in person at Ecole Herbert Spencer Elementary
- *No meeting in December*
- January 18th, in person TBD
- February 15th, in person TBD
- *No meeting in March*
- April 18th, in person TBD
- May 16th, in person TBD
- June 20th, in person TBD

To contact DPAC with any question, concern, or comment about education in our District you can email us at newwestdpacchair@gmail.com , or message us through our [Facebook page](#) . We hope to see you out at our next meeting!

Laura, Cyrus, Sue and Krista
The New West DPAC Executive



Fraser Health: Grade 6 Immunizations (Nov. 21)



Fall School Newsletter

Grade 6 immunizations are starting soon at school

Public Health will send home an immunization consent package for Grade 6 students.

When children are in Grade 6, we review their immunization records and offer all routine vaccines they need for their age.

When you receive the consent package, please do all of the following:

- ✓ Review the consent package with your child, which includes past immunizations.
- ✓ Check that your child's immunization history report is complete.
If it is not complete, you can submit the record one of these ways:
 - Include it with the signed consent form.
 - Submit it online to us at FraserHealth.ca/immunizationform.
- ✓ Talk with your child about why vaccines are important.
- ✓ Complete and sign the consent form.
Please note – The consent is valid for 2 years unless you cancel it.
- ✓ Return the signed consent form, and updated immunization record if needed, to the school sealed in the envelope provided.



For more information, please contact your local public health unit or visit our website at FraserHealth.ca/immunize.



To view this in other languages, scan the QR code



العربية (Arabic)	Français (French)	Española (Spanish)
简体中文 (Chinese Simplified)	한국인 (Korean)	اردو (Urdu)
繁體中文 (Chinese Traditional)	ਪੰਜਾਬੀ (Punjabi)	Tiếng Việt (Vietnamese)
فارسی (Farsi)	Soomaali (Somali)	

Public Health Units					
Abbotsford 604-864-3400	Agassiz 604-793-7160	Burnaby 604-918-7605	Chilliwack 604-702-4900	Cloverdale 604-575-5100	Guildford 604-587-4750
Hope 604-860-7630	Langley 604-539-2900	Maple Ridge 604-476-7000	Mission 604-814-5500	New Westminster 604-777-6740	TriCities (Port Moody) 604-949-7200
Newton 604-592-2000	North Delta 604-507-5400	North Surrey 604-587-7900	South Delta 604-952-3550	White Rock 604-542-4000	

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #267618 (August 2023)
For more copies: patienteduc.fraserhealth.ca

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School Routines and 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 disability, sex or sexual orientation or gender identity-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
 - Physical violence
 - Retribution against a person who has reported incidents
 - Discrimination based on race, colour, ancestry, place of origin, religion, marital status, family status, physical or mental disability, sex, sexual orientation or gender identity (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 than merely punitive. The purpose of consequences for unacceptable behavior is to help students learn from mistakes and be proactive about preventing further inappropriate behaviour.

**RESPECT &
RESPONSIBILITY**