

QMS Weekly Newsletter



January 12, 2024
QMS Tsunami

Queensborough Middle School

Important Dates

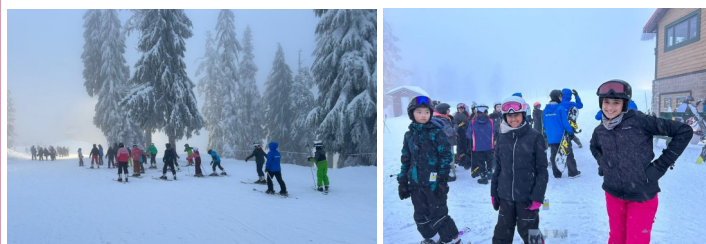
January 15	Black Excellence Day
January 16	Grade 8 Boys Basketball Team vs. Byrne Creek (home game at NWSS)
January 17	Grade 8 Field Trip - <i>Annie</i> (at NWSS Theatre)
January 17	QMS Ski Club trip to Mount Seymour
January 17	Grade 8 Boys Basketball Team vs. Cariboo Hill (home game at NWSS)
January 18	Collaboration Day Early dismissal for students at 11:55 a.m.
January 19	Field Trip (Div. 7 & 14): Ice skating
January 23	Grade 5 Field Trip: NWSS Dance Show <i>Hunger Games - A Dance Revolution</i>
January 24	QMS PAC meeting in the Library (7:15 p.m.)
January 25	QMS class photos (in the morning)
January 25	Fire Drill
January 25	QMS Band Concert in the Gym (6:30 p.m.)

Principal's Message:

We hope everyone had an enjoyable and restful winter break. As students returned to QMS on Monday, they've resettled into classroom routines and schedules. The beginning of a new year is a great time for students to revisit personal goals and work habits for the remainder of the school year - and we'd appreciate any parent support with that by having conversations with your child about their goals and strategies for success.

With the current frigid temperatures please make sure that children are dressed for the weather and bring extra layers of clothing to school. Speaking of clothing, there are plenty of clothing items for students to go through in the Lost and Found bin located in front of the office (see p.2 & 3).

Meanwhile, the cold weather didn't stop fifty of our students from enjoying a fun experience on Mount Seymour on Wednesday. Thank you to QMS Ski Club staff organizers for setting up such a wonderful opportunity for our students to learn how to ski and snowboard. There will be one more trip to Mount Seymour next Wednesday as well.



Finally, a reminder that there will be an early dismissal for all students on Thursday for our district Collaboration Day.

Enjoy your weekend - stay warm!

John Lekakis



QMS PAC Meeting Reminder:

*Next PAC meeting: Wednesday, January 24, 2024 (7:15 p.m.) in the Library. Please join us to explore volunteering opportunities, plan fundraising initiatives, or find a way to support our school.



Lost and Found: **LAST CHANCE!**

Our Lost and Found is already overflowing with items. We have a table displaying all the items at the front entrance. Please encourage your child to check the Lost and Found for items that may belong to them. **See page 2 & 3**

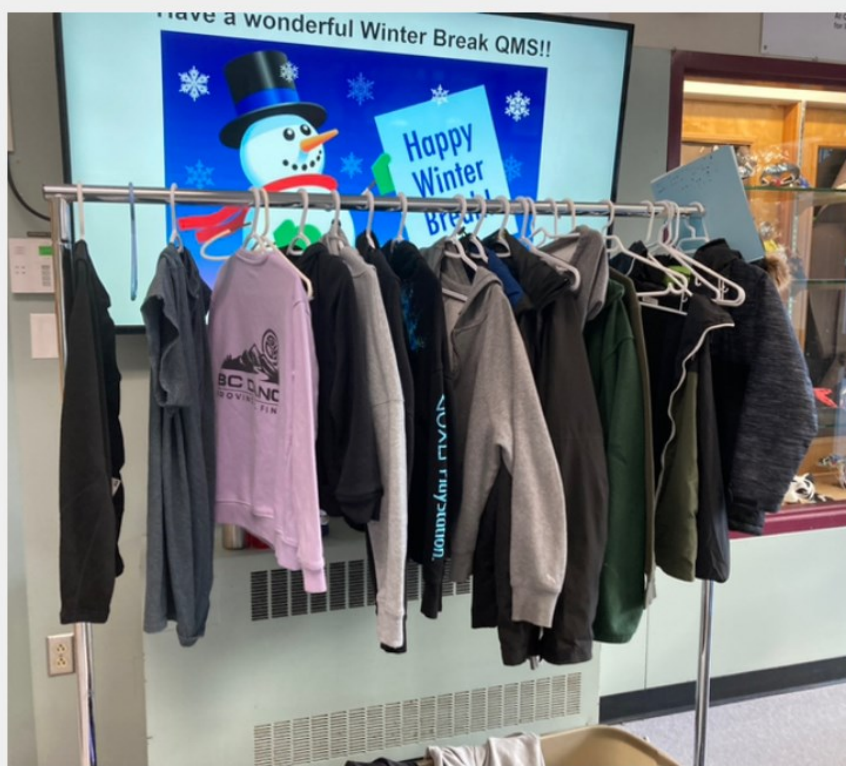
Unclaimed items will be donated to charity. Parents are welcome to check the Lost and Found which is located across the hall from the office.



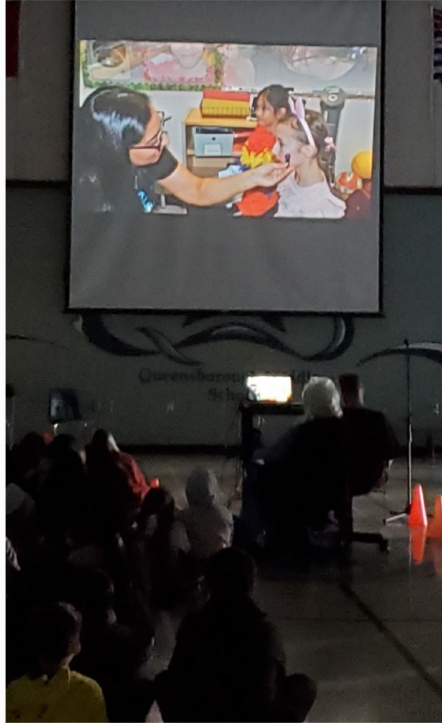
Lost & Found...



Lost & Found:



Inside QMS:



Reminders:

2023-24 Yearbook:

Hello QMS families: If you would like to purchase a yearbook, please use the link below. Please keep a record of your order, as last year we had a few purchase more than one by accident. Thanks! Yearbook Team

Purchase a yearbook at:

www.ybpay.lifetouch.ca

ID Code: 13411624

Cost: \$26.50



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.

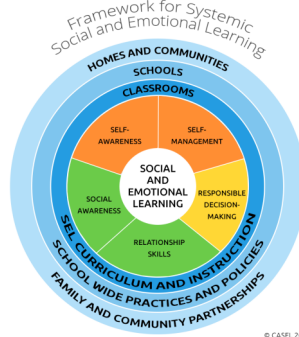
Students may go home for lunch **only** if they have a permission form signed by their parent or guardian.

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.



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.



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.



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!



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 (qmispac2013@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. It’s always a good idea to keep an extra set of clothes at school.



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 January 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.

Happy Holidays to our QMS Families - Enjoy the break & we’ll see you on January 8!

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. Drop-In will continue over the Winter Holiday at the Queensborough Community Centre.

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



Youth Ice Skates : January - March 2024

Meet your friends at Moody Park Arena for games, prizes, and music by Youth DJs. Drop in for just \$2.00. Fee includes skate rental. Simply drop in! Age 11-18 welcome. **Drop-in CASH ONLY.**

Saturdays, 8:15 - 9:45 pm

January 20, February 10, March 2

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 - 5:30pm	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 - 5:15pm		Youth Drop-in 3:15 - 9:00 pm	
Glenbrook Middle DJ Program 3:15 - 5:15 pm					

Parent Information Session: Wednesday, January 24

Register: <https://forms.office.com/pages/responsepage.aspx?id=A6INaIQXNE6f6JdvA1PFKJl8IHG9xbpCsdeLXq0NPUZUMFVSQ1ZMQ1O0Rk1TVThTRINWUVI1O.DJNVC4u>



New
Westminster
Schools

UNDERSTANDING ANXIETY IN CHILDREN AND YOUTH

WITH DR. KRISTIN BUHR

IS YOUR CHILD STRUGGLING WITH ANXIETY?

Join us for our presentation to:

- Develop a better understanding of anxiety and anxiety problems in children and youth.
- Learn effective cognitive-behavioural therapy (CBT) strategies for managing anxiety, which include healthy self-talk, active steps to face fears, and more.
- Become familiar with key anxiety resources for children and youth.

To register:

<https://forms.office.com/r/njPREw31v0>

Or scan:



WEDNESDAY, JANUARY 24
NWSS THEATRE

6:30-8:30pm

820 Sixth Street

Community Sports: Ball Hockey

PLAY BALL HOCKEY

There is now an exciting new opportunity to play minor ball hockey in New Westminster! We are proud to introduce the **New Westminster Minor Ball Hockey Association - Home of the Knights!** We are a newly incorporated non-profit organization with the goal of promoting the game of ball hockey and providing New Westminster families a low-cost, local option to play.

Becoming a Knight is for everyone - if you can run, you can play! We are currently offering co-ed programs for ages U7-U17 (2018-2008 birth years). We are committed to fostering the values of teamwork, skill development and sportsmanship, with the ultimate goal of instilling a lifelong love for ball hockey.

For those unfamiliar with ball hockey, the season is short, yet intensive, and it does wonders for cardiovascular endurance and hand eye coordination, two skills that really help boost a player's performance in ice hockey. There are enormous benefits to taking off the skates and cross training in different sports in the offseason. Ball hockey is a great way for kids to do that, while still scratching that hockey itch. For those of you who don't play ice hockey, ball hockey is a fantastic opportunity to get involved with the sport during the spring and summer months and play with friends!

Moody Park Arena will be our proud home for the 2024 season. Located centrally in New Westminster, players will not have to travel far for games and practices. This includes everyone living in Queensborough too!

For the upcoming 2024 season, the New Westminster Knights will be offering the following safe, fun and affordable programming:

- ★ One practice per week;
- ★ Up to two games per week; and
- ★ Skill development sessions with former International Street and Ball Hockey Federation (ISBHF) World Championship players and coaches

For anyone expressing interest, but hesitant to join, you are welcome to join one of our two free "Try Ball Hockey" sessions on **February 11, 2024** and **February 18, 2024** at the Queen's Park Sportsplex. More information about these events will be made available on our website soon.

To visit our website (www.nwmbha.com) please scan the QR code below. We are now accepting registrations for the 2024 season, which will run from late March through June 2024. If you have any questions, please contact nwballhockey@gmail.com. We look forward to having you join the Knighthood!



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

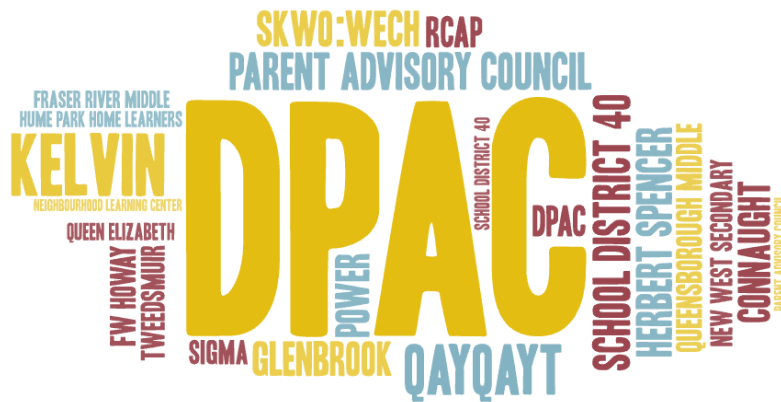
Click [here](#) for our website

Our next meeting is on **Thursday January 18th, 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



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**