

QMS Weekly Newsletter



February 2, 2024
QMS Tsunami

Queensborough Middle School

Important Dates

February 6	Grade 8 parent planning meeting (7:30 p.m.)
February 7	Get Real Movement (anti-black racism) virtual presentations for Grade 6-8 classes
February 7	Student-led parent-teacher conferences Early dismissal at 11:55 a.m.
February 8	NWSS course selection presentation for Grade 8 classes (9:00 a.m. in the Gym)
February 8	Student-led parent-teacher conferences Early dismissal at 11:55 a.m.
February 8	Safer Spaces Online parent presentation (6:30) (see p. 5): Be aware & get informed with your child's online activities - help them stay safe.
February 9	QMS Winter Olympics
February 9	QMS PAC A&W lunch
February 13	Fruit and veggie delivery (snap peas)
February 14	Field Trip (Div.1-4): Carousel Theatre
February 16	District Professional Development Day Students do not attend
February 19	Family Day: School closed
February 20	Field Trip (Div.13): Fraser River Discover Ctr.
February 20	Safer Spaces Online presentation in Gym
February 21	QMS PAC meeting: 7:15 p.m. in Library
February 22	Field Trip (Div.14): Fraser River Discover Ctr.
February 22	BYOD Parent Information Meeting (6:30 p.m.) on MS Teams

Principal's Message:

Goodbye January, hello February! It's hard to believe that we're already over a month into 2024 and looking forward to the second half of the school year. February is also Black History Month. 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. While we recognize that learning about our shared history is reflected in school experiences all year long, the month of February provides a special time for focused reflection on the lived experiences of Black Canadians, past and present.

In sports, our Grade 8 boys basketball team wrapped up their regular season with a pair of games vs. Alpha and Moscrop this past week. The boys played hard and worked together as a team until the final buzzer but fell short in both matches. We are so proud of the commitment and progress that all our players made this season. Thank you to our coaches Mr. Kriese & Mr. Del Rosario for all the time and energy they put into developing our student athletes. Thank you also to our parents & fans for all their support!

In keeping with sports, for those students who are part of the second QMS Ski Club trip to Mount Seymour, the new date has been rescheduled for February 26. In other news, this past week our Grade 6-8 students started their classes for Exploratory Rotation #4. Looking ahead to next week, please remember that there will be early dismissals on Wednesday & Thursday for our student-led conferences.

Enjoy your weekend.

John Lekakis
QMS Principal



Grade 8 Parent Planning Meeting:

Monday, February 6 (7:30 p.m.) on MS Teams

If you would like to get involved with planning our Grade 8 year-end activities please join us: [Meeting Link](#)

**8TH GRADE
PARENT
MEETING**

QMS PAC A&W Lunch: February 9

Our school PAC is organizing a lunch offering through A&W.

To order a hot lunch please go to School Cash Online.



Updates & Reminders:

QMS Crewneck Sweater: **Orders due February 19**

2023 marked the 20th anniversary of Queensborough Middle School. To help celebrate, we have commissioned a brand-new crewneck sweater with a sporty logo celebrating the inception of QMS. Order yours through School Cash Online for \$50.



Attention: All Scooter Riders

Three new scooter racks (storing up to 15 scooters) have been installed outside the front entrance of the school. Over the next week we would like to have students use these racks to store their scooters, as we no longer want scooters inside the building. Each scooter rack includes individual latches which allow for students to lock up their scooters if they wish. As with bicycles, all scooter riders are reminded to wear a proper helmet when riding to/from school.



Three-Way Conferences:

Wednesday, February 7 & Thursday, February 8

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 is being sent home regarding conferences bookings.



Grade 5 & 8 Parents: **MDI**

www.earlylearning.ubc.ca/mdi

In February, grade 5 & 8 students will be participating in the Middle Years Development Instrument (MDI) by completing an online survey. The survey is part of a study led by researchers at the Human Early Learning Partnership at the University of British Columbia. The purpose of the study is to better understand and measure areas of middle child development that contribute to children's well-being, health and school success by asking children themselves about their thoughts, feelings, and experiences in school and in the community. Researchers, schools, and governments use the study results to plan programs and services for children.

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.

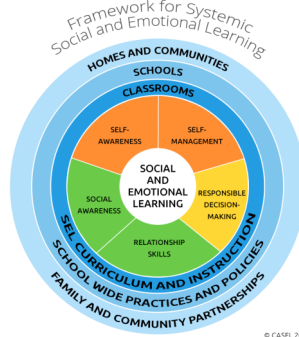
Students may go home for lunch **only** if they have a permission form signed by their parent or guardian.

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

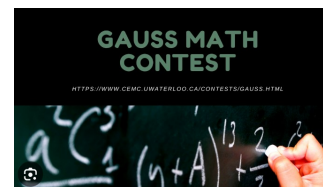
For the upcoming school year, our staff has decided our learning focus for the coming year. For the last two year's our goal focused on developing the five SEL competencies with our students: self-awareness, self-management, relationship skills, social awareness and responsible decision-making. This 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.



Gauss Math Club:

Interested in solving challenging math problems?

Join Mr. Ha every Tuesday afterschool in Room 203 to take on mathematical riddles, problems and games in preparation for the Gauss math contest in April.



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 February 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.

****FRIENDLY REMINDER TO DRESS WARM FOR THE WINTER WEATHER****

Parent presentation (hybrid): Thursday, February 8 (6:30 p.m.)

Middle school parents in New Westminster are invited to this parent presentation with a focus on creating safer spaces online for youth. Parents are invited to attend either in person (at FRMS) or online using the Zoom link below:

<https://us02web.zoom.us/j/82299501539?pwd=ZGZ5RHlYanJ0ak5WYjAyMmNuaGprQT09>



SAFER SPACE
for Adults

Safer Space for Adults can be presented in a two-part series (topics listed below) or in a 60 minute presentation for a quick overview. It is designed for parents, caregivers and service providers.

To request a workshop, contact Courtney Liem, Program Facilitator, at:
cliem@plea.bc.ca
236 889 1891

Part 1: App Literacy – discusses and defines online child sexual exploitation, sextortion, grooming and looks at today's most popular apps, resources.

Part 2: Intimate Images and Practical Conversations – discusses how to have practical conversations with your youth about online safety, legality of intimate image sharing, device safety, resources.



Children of the Street

childrenofthestreet.ca

Parent presentation (hybrid): Thursday, February 8 (6:30 p.m.)

Middle school parents in New Westminster are invited to this parent presentation with a focus on creating safer spaces online for youth. Parents are invited to attend either in person (at FRMS) or online using the Zoom link below:

<https://us02web.zoom.us/j/82299501539?pwd=ZGZ5RHlYanJ0ak5WYjAyMmNuaGprQT09>

Here are 10 top tips to help protect your children online:

- 1 Build an open trusting relationship around technology** — keep communication open and supportive so your child knows they can come to you if something goes wrong or does not feel right online.
- 2 Co-view and co-play with your child online.** This will help you understand what they are doing and why they enjoy an app, game or website, as well as providing a great opportunity to start conversations about online safety.
- 3 Build good habits and help your child to develop digital intelligence and social and emotional skills** — such as respect, empathy, critical thinking, responsible behaviour and resilience — and practice being good online citizens.
- 4 Empower your child** — wherever possible, help them make wise decisions for themselves, rather than telling them what to do. Try to provide them with strategies for dealing with negative online experiences that will build their confidence and resilience.
- 5 Use devices in open areas of the home** — this can help you manage and be aware of who your child interacts with online through phones, tablets, smart TVs, gaming consoles and other connected devices.
- 6 Set time limits that balance time spent in front of screens with offline activities** — a family technology plan can help you to manage expectations around where and when technology use is allowed — search online for templates or examples.
- 7 Know the apps, games and social media sites your kids are using** — make sure they are age-appropriate and learn how to limit messaging or online chat and location-sharing functions within apps or games, as these can expose your child to unwanted contact and disclose their physical location. The **eSafety Guide** includes information to help parents and carers choose safer apps and report and block unwanted contact and sexual approaches.
- 8 Check the privacy settings on the games and apps your child is using** and make sure their profiles are turned on to the strictest privacy setting. Restrict who can contact your child or ask them to check in with you before accepting new friends.
- 9 Use available technologies to set up parental controls on devices** that can filter harmful content, monitor your child's use and limit or block their time on connected devices or functions (e.g. cameras, in-app purchases).
- 10 Be alert to signs of distress and know where to go for more advice and support.**

Inside QMS: Problem of the Week

THE PROBLEM:

The following 5 keys are for the following 5 locked padlocks. Each key opens one and only one padlock. Different keys open different padlocks. What is the least number of trials needed to guarantee that you will open all 5 padlocks?



THE SOLUTION:

The phrase, “the least number of trials needed to guarantee”, is the key to the problem. The question is asking for the least number in the worst case scenario.

Let's consider the worst case scenario.

- There are 5 keys. One of them opens the first lock. If we are extremely unlucky (the worst case scenario), we will have to try all 5 keys to open the first lock.
- Once we figure out the key for the first lock, there are 4 keys left. In the worst case scenario, we will have to try all 4 keys to open the second lock.
- Once we figure out the keys for the first and second locks, there are only 3 keys left. In the worst case scenario, we will have to try all 3 keys to open the third lock.
- Once we figure out the keys for the first, second and third locks, there are only 2 keys left. In the worst case scenario, we will have to try all 2 keys to open the third lock.
- The last key is for the last lock. It will only take 1 trial to open the last lock. Altogether, it takes at least $5 + 4 + 3 + 2 + 1 = 15$ trials to guarantee us to open all locks.

THE ANSWER: 15 TRIALS

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 Drop-In upcoming Special Activities:

Monday February 5th Lunar New Year Dumpling Making

Saturday February 10th Moody Park Arena Youth Skate from 8:15pm – 9:45pm. Cost is \$2 and includes skate rental

Saturday February 10th Youth Overnighter at the Youth Centre – prepare for a full night of wild and whacky activities. Cost is \$20members/\$25non-members

Monday, February 12th Braids & Barbers: A Black History Month Event at the Anim Hair Studio (502 Columbia Street) Youth can have a free haircut between 4-7pm, enjoy snacks and learn about black hair culture.

Friday, Feb 23rd Youth Black History Month Basketball Bash. Play basketball with local artist Gabe Gibbs. 7-10pm at NWSS



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!



Community Sports: Flag Football & Junior Field Hockey



SPRING FLAG FOOTBALL
AGES 6 - 15YRS OLD
PRACTICES START MARCH 2024



REGISTER NOW!



For more info visit:

<https://rchfc.hyackfootball.com/programs/>



2024 FEES

- U7 Program
 - Early Bird (ends January 31, 2024): \$130
 - Regular Fee (after February 1st, 2024): \$230
- U10 and up
 - Early Bird (ends January 31, 2024): \$150
 - Regular Fee (after February 1st, 2024): \$250



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.

IMPORTANT INFORMATION

Dates: April 1-June 15
Practices: One practice per week on a turf field in Burnaby
Games: Saturdays or Sundays
Uniform: Players will be provided with a uniform and socks with registration. Please wear black shorts.

AGE GROUPS

CO-ED	GIRLS	BOYS
U7: Born 2017 - 2018	U12: Born 2012- 2013	U12: Born 2012 and younger
U10: Born 2014 - 2016	U14: Born 2010- 2011	U14: Born 2010- 2011
	U16: Born 2008- 2009	
	U18: 2006-2007	

WEBSITE: [BURNABYFIELDHOCKEY.COM](http://burnabyfieldhockey.com)

MANDATORY EQUIPMENT

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

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**