

QMS Weekly Newsletter

#PINK
SHIRT
DAY

February 23, 2024

QMS Tsunami

Queensborough Middle School

Important Dates

February 23	Field Trip (Div. 9 & 11): 6Pack Indoor Beach
February 26	QMS Ski Club (Mount Seymour)
February 27	Field Trip (Div. 5, 6, 12 & 13): Ice skating at Moody Park Arena
February 28	Pink Shirt Day
February 28	QMS Band Field Trip to NWSS
February 29	Last day of Exploratory Rotation #4
March 4	Gr.7 Boys Basketball Tourney at John Knox
March 5	Exploratory Rotation #5 begins
March 5	Gr.7 Girls Basketball Tourney at FRMS
March 11-14	No exploratory classes this week
March 13	Report cards published (MyEd BC parent portal)
March 14	Last day of school before Spring Break
March 14	Big Dance Show in the Gym
April 2	School re-opens after Spring Break

Attention: All Scooter Riders

Three new scooter racks (storing up to 15 scooters) have been installed outside the front entrance of the school.

All scooters will need to be stored outside, as scooters will no longer be permitted inside the building. Each scooter rack includes individual latches which allow for students to lock up their scooters as they wish. As with bicycles, all scooter riders are reminded to wear a proper helmet when riding to/from school. Thank you for your cooperation.



Principal's Message:

Following the Family Day long weekend, on Tuesday our Grade 6-8 students participated in a 'Safer Spaces' presentation (c/o Children of the Street organization). The aim of the presentation was to educate students on how to stay safe when interacting online - and aligns with our current school goal focusing on developing 'Digital SEL' competencies with our students.



This short week was an active one for many of our classes going on field trips, including destinations such as the Fraser River Discovery Centre, and the 6Pack Indoor Beach.

Thank you to our QMS PAC for another successful pizza day on Wednesday. Thank you also to the parents that attended our PAC meeting on Wednesday and our BYOD parent info session on Thursday - we appreciate your input!

Enjoy the last weekend of February!

John Lekakis
QMS Principal



Updates & Reminders:

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:

Saturday, February 23rd BHM Basketball Bash at QCC:
7:00 - 10:00 pm (\$ 2.00 drop-in),

Local expert Gabe Gibbs from G2 Athletics will teach some drills, run a game and give you some great advice on how to IMPROVE YOUR GAME! Age 13-18 welcome.

<https://www.newwestyouth.ca/post/bhm-basketball-bash-february-23-qcc>

Saturday, March 2nd Youth Skate at Moody Park Arena
8:15-9:45pm

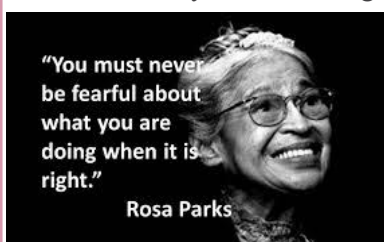
Black History Month:



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.

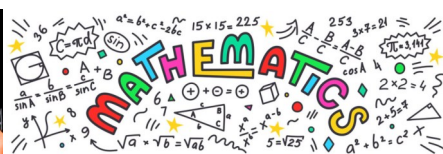


We are also celebrating Black Canadians whose contributions helped make Canada a better country (on the screen at the front entrance).

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.



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.

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.

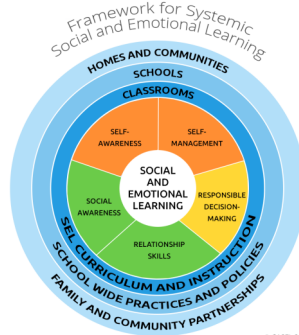
Students may go home for lunch **only** if they have a permission form signed by their parent or guardian.

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.



Student Technology User Agreement: Please review this with your child



As students use district technology (such as chromebooks) regularly at school, they are also expected to use it in a responsible and respectful way.

<https://newwestschools.ca/wp-content/uploads/2023/08/AP-140-Appendix-B-Student-Digital-Technology-User-Agreement-All-Grades-3.pdf>

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 (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. 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 March 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****

Inside QMS: Problem of the Week

THE PROBLEM:

Nathan, Alan, Becky and Allison are each holding one of the following 4 cards. Nathan and Alan both have Spades. Becky and Alan both have the same number. Which one has the 9 of hearts?



7 of spades



9 of hearts



10 of spades



7 of diamonds



THE SOLUTION:

The clue “Becky has the same number card as Alan” tells us that Alan has a ‘7’ card.

The clue ‘Nathan and Alan both have spades’ leads us to the fact that Alan has a 7 of spades.

Thus the remaining spade card, ‘10 of spades’, belongs to Nathan and the remaining ‘7’: ‘7 of diamonds’, belongs to Becky. That leaves ‘9 of hearts’ to Allison.

THE ANSWER: ALISON

Community Sports: NWVA

NEW WEST VOLLEYBALL ASSOCIATION

ADVANCED DEVELOPMENT PROGRAM GRADES 6 / 7 / 8 -ALL GENDERS-

APRIL 2 TO MAY 28
15 SESSIONS

TUESDAYS @ QMS &
THURSDAYS @ EGMS
6:00 - 7:30

COST: \$130

INFO@NEWWESTVOLLEYBALL.CA

REGISTER ON-LINE @
NEWWESTVOLLEYBALL.CA/SCHEDULE

Community Sports: Flag Football & Soccer



REGISTER NOW!



For more info visit:

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



‘Safer Spaces’ parent presentation resources:

10 Tips for staying safer online

- Have regular conversations about the apps they are using and the people they are connecting with; **set clear boundaries**, and even write them down.
- Depending on the age of your child, you may want them to check with you before playing new games or accepting a friend request. For children under the age of 10, we recommend their **online activities be supervised by a parent or safe adult**.
- Many children do not reach out for support because they are afraid their screen time or devices (tablet, phone etc.) will be taken away. **Make sure your child knows they will not be in trouble if they ask you for help.**
- Remind your child that **online-friends are not necessarily who they say they are**. When a child decides to chat privately or meet an online friend in person, they may consider them to be a friend, as they have likely been chatting for a while. Reaffirm the notion that anyone they do not know from real life is still considered a stranger.
- Advise your child they **should not be switching platforms** and/or add gaming friends to social media.
- **Outline which types of information should not be shared**. e.g.: age, location, personal information, pictures.
- Teach your child to **never accept gifts online** such as money, gift cards, cheat codes or admin codes from online friends.
- Explain that they should **never meet an online friend in person** without a parent or other safe adult present.
- **Create a safety plan** with your child outlining what to do if someone asks them to send sexual images or sends sexual materials to them: stop engaging in conversation, tell a caregiver or other trusted adults (define who is a trusted adult), report, and block the person who is making your child feel unsafe.
- If you notice your child is engaging in risky behaviour online, have a conversation with them about why this behaviour is unsafe and **work together to find a safer solution**.

Community Resources:



New Westminster Family Networking Dinner

Join Kinsight staff and other families in your community for a free pizza dinner and a casual evening of networking, socializing and fun! We welcome New West families with school-aged children who have developmental delays or disabilities to attend.

Join us for as little or as long as you would like!

DATE: Friday, March 1st, 2024

TIME: 6:30-8:30PM

PLACE: New Westminster Family Place - #112-960 Quayside Drive,
New Westminster, V3M 6G2

Registration is required!

Please click the link or scan the code to register!

[Register Here](#)



Questions? Contact Leeann Tolentino at ltolentino@kinsight.org or Emily Jamieson at ejamieson@kinsight.org or call 604-525-9494.

Kinsight

Everyone's welcome.
Everyone belongs. Everywhere.

Drop-in @ Welcome Centre: Fridays between 12:30 – 2:30

A Community Integration Specialist is an outreach worker who works for the Province of BC. We are here to talk about Income Assistance Benefits (Welfare) and Disability Benefits. We can tell you if you are **eligible** for income assistance and **help you apply**.

If you are a Ministry client, we can:

- Answer questions about your file;
- Help with monthly reports, shelter updates, security deposits, crisis grants and ID;
- Tell you what information is needed for health requests;
- Print a proof of income letter (if you need it to access community services);
- Have the Ministry call you with an interpreter.

To learn more about Income Assistance- Web: gov.bc.ca/sdpr Call: 1-866-866-0800



Ministry of
Social Development
and Poverty Reduction



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**