

QMS Weekly Newsletter



March 8, 2024

QMS Tsunami

Queensborough Middle School

Important Dates

March 8	QMS PAC Hi-5 Chicken hot lunch
March 11-14	No exploratory classes this week
March 13	Report cards published (MyEd 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
April 5	Deadline to sign up for QMS Football (see p.7)

Principal's Message:



We are down to our last week of school before Spring Break - only 4 more school days to go! As we head into the final week, we want to remind students to check out the lost and found as there are many articles of clothing piling up (see p.6) and to clean out their desks and lockers.

In sports this past week, both our Grade 7 girls and boys basketball teams were active in local tournaments. While the boys battled through a series of games at John Knox on Monday, the girls played well and competed hard in their matches at FRMS on Tuesday. Thank you to our dedicated coaches and parents for all their support - and congratulations to all our Grade 7 student athletes!

Meanwhile, during their Music and PHE classes, QMS students have been actively rehearsing their performances for the dance unit. The culmination of all their efforts will be recognized during our annual 'Big Dance Show' which will take place in the Gym on Thursday, March 14 (in the morning). Similar to last year, we are hoping to livestream the event and will share out further information early next week. By Tuesday, we will have the schedule for each dance group finalized (so any parents who wish to pop into the gym to see their child perform can quickly do so).

Enjoy your weekend!

John Lekakis
QMS Principal



Parent Survey: Extra-curricular Athletics Audit

There is clear evidence that access to extra-curricular activities, and in particular athletic opportunities, can have a huge impact on student achievement, school culture and community engagement.



The New Westminster School Board of Education has requested that we gather information on our current situation in providing athletic programs in our schools. As our New Westminster School District provides and supports the role of athletics in our schools, we wanted some parent feedback and input about your child's experiences in extra-curricular athletics at their school. We ask for you to take a few minutes (10min) to complete this survey and provide us valued information from a parent's perspective. Information and data collected from this survey, along with feedback from students, teachers and coaches will be presented at the upcoming April 2024 Board of Education meeting.

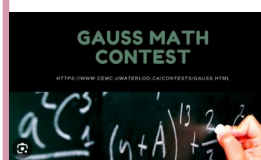
Parent Survey Link – Athletics Audit:

<https://forms.office.com/Pages/ResponsePage.aspx?id=A6INalQXNE6f6JdvA1PFKs4PRCosigNDgDUSdnquyRhUMFkxRUEyVFBXTVJNNIVBREhONTIRNVgyTS4u>

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.



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.

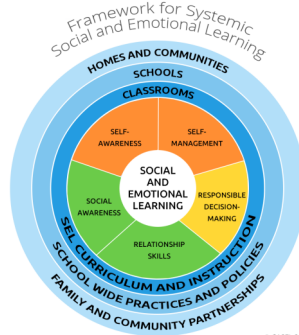
Students may go home for lunch **only** if they have a permission form signed by their parent or guardian.



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!

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

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 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.



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



REGISTER NOW!



For more info visit:

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

NEW WEST SOCCER



REGISTER TODAY

SPRING FALL

WWW.NEWWESTSC.CA

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:

Place a number in each of the following empty boxes so that the sum of the numbers in any 3 consecutive boxes is 2015. What is the number that should go in the box with the question mark?

	607				724	?		
--	-----	--	--	--	-----	---	--	--



THE SOLUTION:

To help illustrate the problem, we will label a few boxes as shown below.

	607	A	B	C	724	?		
--	-----	---	---	---	-----	---	--	--

Since the sum of the numbers in any 3 consecutive boxes is the same,

$$607 + A + B = A + B + C.$$

After taking away both A and B from the above equation we get $607 = C$

Therefore, the number in box C should be 607.

Since the sum of the numbers in any 3 consecutive boxes is 2015,

$$C + 724 + ? = 607 + 724 + ? = 2015$$

Therefore, $? = 684$

THE ANSWER: 684

Lost and Found:



QMS Football: **Attention all Grade 7 & 8 students!**



New West Schools Spring Middle School Football League 2024

We are excited to offer spring football to Grade 7 and 8 student-athletes in our New Westminster Middle Schools. Your son or daughter has chosen to participate in the New West Schools Spring Middle School Football League. Parents/ Caregivers are asked to please read and complete the form.

The league will occur over 7 weeks from April 2nd and end on Thursday, May 16th. Practices will take place at each school site 2-3 times per week, followed by 4 Jamboree Scrimmages against the other New West Middle Schools and North Vancouver Schools on the following dates:

- Thursday, April 25 @ 3:30 - @ Glenbrook Middle
- Thursday, May 2 @ 3:30 - @ Queensborough Middle
- Thursday, May 9 @ 3:30 - @ Carson Graham Secondary School Stadium
- Thursday, May 16 @ 3:30 - @ Mercer Stadium vs. Eric Hamber

The cost to play is \$35 and can be paid on school cash online:

<https://newwestschools.schoolcashonline.com/Home/SignIn>

Student-athletes will need to fill out the New West Schools Spring Middle School Football League online form using the following QR code:

Parents/ caregivers, please complete the attached "Parent Consent Form" and bring it to your son or daughter's athletic director or coach.

The deadline to sign up is Friday, April 5, 2024.



****All communication to players will be done through our school's district O365 email address. Please check it! ****

League Coordinator

Chad Oatway
Teacher & Coach
Fraser River Middle School
www.coachoatway.com
coatway@sd40.bc.ca



QMS Football: **Attention all Grade 7 & 8 students!**

New West Schools Spring Middle School Football League 2024 Calendar

Practices: Weekly, 3:30 to 5:00, and days of the week will vary at each middle school, depending on coaches.

Week 0 Pre-Spring Break (February 26 - March 14):

Player Meetings and Sign-up

Flag Football Play Days: FRMS - Mar.5/ QMS - Mar. 6/ GMS - Mar. 7

Week 1 (April 2-5):

Practices: (2 non-padded practices)

Equipment issue: at Mercer Stadium

Week 2 (April 8-12):

Practices: (2 or 3 padded practices)

Equipment issue: at Mercer Stadium

Week 3 (April 15-19):

Practices: (2 or 3 padded practices)

Week 4 (April 22-25, Pro-D No School 26th):

Practices: (2 padded practices)

Jamboree: Thursday, April 25, 3:30 @ Glenbrook: Fraser River, Glenbrook, and Queensborough

Week 5 (April 29-May 2):

Practices: (2 padded practices)

Jamboree: Thursday, May 2, 3:30 @ Queensborough: Fraser River, Glenbrook, and Queensborough

Week 6 (May 6-10):

Practices: (2 padded practices)

Jamboree: May 9, 3:30: FRMS/ GMS/ QMS @ Carson Graham Secondary School

Week 7 (May 13-17):

Practices: (2 padded practices)

Jamboree: Thursday, May 16, 3:30 Eric Hamber @ Mercer Stadium (FRMS/ GMS/ QMS)

Week 8 (May 22-24):

Middle School Football League Team Wrap-up at NWSS Gym: Date TBA

Information, forms, and calendars are available at www.coachotway.com under the Middle School Football.



<https://www.hyackfootball.com/>

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

‘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**.

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**