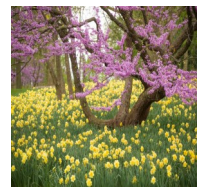


# QMS Weekly Newsletter



April 19, 2024  
*QMS Tsunami*

## Queensborough Middle School

### Important Dates

April 22	Grade 8 Boys Volleyball at Burnaby Central
April 23	Fruit & veggie delivery (mini cucumbers)
April 23	QMS PAC meeting at 7:15 p.m. in the Library
April 24	QMS PAC A&W hot lunch
April 25	Last day of Exploratory Rotation #5
April 25	Grade 8 Boys Volleyball vs Burnaby Mountain
April 25	Redefining masculinity presentations (Div.1&3)
April 25	Football Jamboree at EGMS
April 26	Professional Development Day School closed
April 29	Grade 8 Boys Volleyball at Moscrop
April 30	Exploratory Rotation #6 begins
May 2	QMS Football Jamboree
May 2	Grade 8 Boys Volleyball vs Burnaby South
May 3	Safer Spaces presentations (Div.12-14)

### Principal's Message:

It was another active week at QMS. Between the Grade 5 field trips, football practices and the ball hockey intramurals, QMS students had a lot going on this past week. Also in other sports, our Grade 8 boys volleyball team showed a spirited effort as they battled the Falcons at FRMS on Monday. The team built upon their efforts as their hard work and playmaking abilities were on display when our Tsunami hosted Cariboo Hill on Thursday. Next week the boys hit the road as they travel to Burnaby Central on Monday before hosting Burnaby Mountain on Thursday. With the support of our dedicated coaches, with each and every practice and game, the team continues to gel, make plays and develop their skills. Keep up the good work!

Meanwhile, coming up this week we would like to remind parents and guardians that our rescheduled PAC meeting will take place on Tuesday at 7:15 p.m. in the Library. Please join us to get involved and participate in upcoming fundraising efforts, including hot lunch days (such as Wednesday's A&W lunch). Finally, a reminder to all families that the school will be closed to students on Friday due to the Professional Development Day.

Enjoy your weekend.

John Lekakis  
QMS Principal



### 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](http://www.ybpay.lifetouch.ca)

ID Code: 13411624

Cost: \$26.50



### QMS PAC A&W Hot Lunch:

Thank you to our PAC for organizing another hot lunch fundraiser for Wednesday, April 24. Orders can be made through School Cash Online. Deadline is Sunday, April 21 (11:59 p.m.).



### Student Learning Survey: **Parent input needed!**

Now that our Grade 7 students have completed the Student Learning Survey, we invite parents to take a few minutes to give their input (no login needed). Please use link below:

[http://www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm)

## Reminders:

### Upcoming QCC Special Events:

Join us on Mon, Wed, and Friday at 3:15pm for Drop-In.  
 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.

For info on all these great programs visit [newwestyouth.ca](http://newwestyouth.ca) or email (Val) [vmckinnon@newwestcity.ca](mailto:vmckinnon@newwestcity.ca)

### Youth Drop-In upcoming Special Activities:

-On Fridays, the Queens Park Sportsplex will be open for youth to use the trampolines from 7:00-9:00 pm. Youth can come for high-flying fun and enjoy all of the equipment for just \$2!

-Youth Week is May 1st – 7th! Middle School Dance at the Youth Centre on Saturday, May 4th from 7:00 – 9:30 pm. Get your tickets [here!](#)

-Youth Basketball Clinic at t̄m̄s̄ēw̄t̄x̄w̄ with renowned professional skills coach with NBA experience. Fridays beginning May 10th from 3:30 – 5:30 p.m.

### QMS PAC Neufeld Farms Fundraiser:

Place your Neufeld Farms order by Monday April 22nd by following the link to place your order.



Pick up date is Wednesday May 1st at 2:30pm.

<https://app.neufeldfarms.ca/fundraising/2024-queensborough-middle-school/ref/em>

### Reporting Student Absences:

Call or email Queensborough Middle School at:

**604-517-6040**

Email: [queensborough@sd40.bc.ca](mailto: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!**



### Leaving QMS at Lunchtime: QMS is a closed campus.

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.

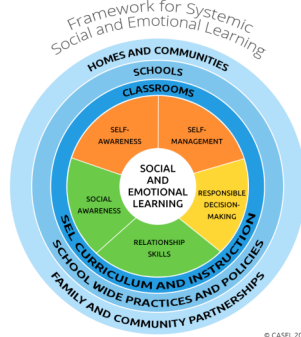


Students may go home for lunch **only** if they have a permission form signed by their parent or guardian.

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.



### 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 ([qmbspac2013@gmail.com](mailto:qmbspac2013@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



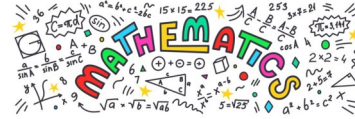
## QMS Vision:

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

## **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.



## **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**

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



## **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 April/May lunches at:

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



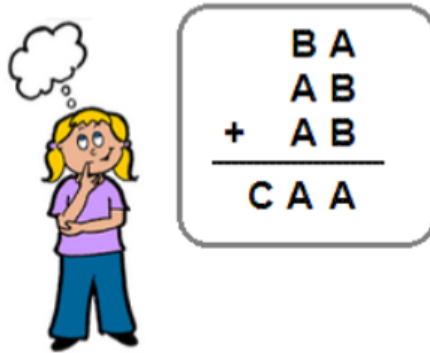
Orders and changes must be made by noon, two days in advance of delivery.

**Parents: Please note that we are not able to provide microwaves or hot water for your child's lunch.**

## QMS Problem of the Week:

### THE PROBLEM:

If the same letters represent the same digit and different letters represent different digits, what digit does the letter A represent?



### THE SOLUTION:

Look at the digits in the ones place, there are 2 possible values for  $A + B + B$ :

$$A + B + B = A \text{ or } A + B + B = 10 + A.$$

If  $A + B + B = A$ ,  $B = 0$ . If  $A + B + B = 10 + A$ ,  $B = 5$ .

Since B is a leading digit of BA, B cannot be a 0. B has to be a 5.

$$\begin{array}{r}
 \overset{1}{5}A \\
 A5 \\
 + A5 \\
 \hline
 CAA
 \end{array}$$

Look at the digits in the tens place, there are 2 possible values for  $5 + A + A + 1$ :

$$5 + A + A + 1 = 10 + A \text{ or } 5 + A + A + 1 = 20 + A$$

If  $5 + A + A + 1 = 10 + A$ ,  $A = 4$ . If  $5 + A + A + 1 = 20 + A$ ,  $A = 14$ . Since A is a single digit number, A has to be 4.



**Lost and Found: Please check out all the missing items outside the office!**





# Community Engagement:

**Building Youth Resilience and a Connected Community :  
*a place where everyone thrives.***



The City of New Westminster is excited to be working with our great community partners to develop a city-wide youth strategy, and needs your input, your expertise, and your care for the young people in this community.  
**There are two upcoming engagement opportunities.**

**Tuesday, April 23**  
9:30 am - 3:00 pm

This workshop will focus on what has been learned to-date and identify priorities moving forward for the strategy.

**Tuesday, June 4**  
9:30 am - 3:00 pm

This workshop will review the final priorities, and provide input into draft actions and recommendations.

Doors open at 9:00 am for coffee and networking.  
Location - Massey Theatre (735 Eighth Avenue, NWM)

Both workshops will be fully participatory - so come ready to contribute. Snacks and lunch provided.



**REGISTER NOW**

For more information, contact [lmathias@newwestcity.ca](mailto:lmathias@newwestcity.ca)

<https://www.surveymonkey.com/r/NWYouth>



## 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 26<sup>th</sup>):**

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](http://www.coachotway.com) under the Middle School Football.**



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



## ‘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**