



Queen Mary Community School

230 West Keith Road, North Vancouver, B.C.
V7M 1L8 Ph.(604)903-3720 Fax.(604)903-3721
www.queenmary.ca

Newsletter Number 4

January 30, 2009

MISSION:

In the Queen Mary community we seek to create a RESPECTFUL, SAFE, ENJOYABLE learning environment where adults and children are empowered to maximize their strengths in the PERSONAL, SOCIAL, and ACADEMIC areas..

REMINDERS

CALLBACK

Please call the school on our 24-hour call-back line at **604-903-3720** if your child will be late or absent from school.

SCHOOL HOURS

Office Hours:
8:30am-4:00pm

Grades 1-7:

9:00 am - 2:45pm
recess 10:30-10:45
lunch 12:00-12:40
Half-Day Kindergarten
9:00 am -11:30am
Full-Day Kindergarten
9:00 am - 2:45 p.m.
lunch: 12:00 - 12:40

There is **NO** supervision before or after school. Please have your children arrive at the school about 8:45 am and leave the school grounds promptly when dismissed after school.

Home of.....

QM Preschool/ Daycare:
Karen Feaver 604-985-1214

QM Out of School Care:
Karen Feaver 604-987-7073

QM Community Services:

Doug Feaver,
Executive Director
604-987-7073

QM Community Project Coordinator
Debbie Mahal
604-987-7702

PAC Executive:

Chair: Desiree Young
Vice-Chair: Kim Skeath
Treasurer: Annie Li
Secretary: Colleen Frampton
D-PAC Rep: Verna Dyck



Dear Parents,

This past Tuesday, January 26th saw Queen Mary send a delegation to the School District's monthly board meeting to make a presentation on behalf of the school with regard to the planned renovation to the school scheduled to begin in September, 2011.

As you may be aware from the recent North Shore News stories, the district recently received a capital grant from the Ministry of Education to completely upgrade Queen Mary and Ridgeway Elementary schools, as well as funding to replace Carson Graham Secondary.

The current plan presented by the Board will see the Ridgeway School project begin this September, with the Queen Mary project beginning two years later. The plan involves a complete rebuilding of Queen Mary School, with only the existing exterior walls remaining of the current building. This would make the school unusable for a two year period. The plan would see Queen Mary students and staff moved to an alternate location for the two year period. The proposed location for housing the students and staff for this period is the Cloverly school site, located approximately two kilometres east of the Queen Mary site. The school district is committed to providing transportation to the new location during the construction phase.

In addition the Queen Mary renovation, the Carson Graham project is planned to begin next January, with the first phase involving the demolition of approximately half the school. This may have an effect on Carson Graham's capacity to accommodate our grade seven students.

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THIS IS AN IMPORTANT NOTICE. PLEASE HAVE IT TRANSLATED.

這是重要通知，請找人翻譯。

Dies ist eine wichtige Nachricht. Bitte lassen Sie sich die folgenden Seiten übersetzen.

これは重要なお知らせです。どなたかに翻訳してもらいましょう。

중요한 공지사항입니다. 이 내용을 번역해 주십시오.

این اطلاعیه مهمی است. لطفاً از کسی بخواهید این اطلاعیه را برای شما ترجمه کند.

Este aviso es muy importante. Pida que alguien se lo traduzca.

Ito ay mahalagang patalastas. Mangyaring ipasalin ito sa inyong wika.

Đây là thông báo quan trọng. Xin nhờ người phiên dịch.

The purpose of our delegation attending the Board meeting this past Tuesday was to voice our concerns related to these important improvements and the accompanying interference they will cause to the normal school operation of the Queen Mary school community. The delegation: Bill Reid, principal; Susan Cummins, teacher representative; Gail Lawson, support staff; Desiree Young, PAC president; and Sarah Perks, student council president spoke about our concerns related to the complexity of this monumental upgrade.

While we heard about the benefits of a brand new Queen Mary and Carson Graham schools, we spoke on issues related to transportation of students, communication to our community of all details of the plan, student supervision, timelines for construction and student movement, involvement of all our community groups and student support groups in the consultation process, the effects on our 'community' school personality, and the overall logistics of such a large scale relocation and construction.

The presentation was very well received by the board, and a commitment was received from the board to fully consult and communicate with all our community members as the project gets going and on an ongoing basis over the timeframe of the projects.

We will make every attempt to keep our entire community informed and up to date on any development as we move ahead with this very exciting, yet daunting project,

Sincerely,

Bill Reid, Principal

Debora Benedict (nee Rolandi), Vice Principal

RED AND WHITE VALENTINE'S DANCE

Please join us on February 12th for the

Queen Mary Valentine's Dance, in the gym, THURSDAY, FEBRUARY 12th, from 6:30 to 8:00 pm. Join us for an evening of fun and dancing. Our theme for the night is to wear **RED, WHITE, or PINK**.

Admission is \$2 per person, or \$5 for a family of four, with all proceeds going to the School Bus.

Pizza and drinks will be available for purchase. All children must be accompanied by a parent or guardian.

Organized by the Queen Mary Parent Advisory Council, the Queen Mary Community Project, and Queen Mary staff.

Hope to see you all there !

QUEEN MARY WEBSITE

We invite you to take a look at our new Website. Officially launched last month, the website offers you the opportunity to find out just about anything you want or need to know about Queen Mary School, from registration information, through to services and programs available, to community supports. You can even take a virtual tour ! Visit us at www.queenmary.ca and have a look !



January 2009

Ways to Encourage Your Children to Make a Difference

1. **Disordered Eating Awareness Week Poster Contest.** Students from North and West Vancouver schools are invited to participate in the contest. The posters should deliver a clear message and focus on



achieving positive self-esteem and body image. Posters should be handed into your school's main office

by February 6th. For more information please contact Roze Siska at rose.siska@vch.ca or call 604-904-6275

2. **You Tube Contest** hosted by Jessie's Hope Society. Youth between 13-25 years can enter by creating a 3 minutes video that answers the question, "What makes you beautiful?" To enter go to www.youtube.com/group/jessieshope and upload your video by January 20th.



Disordered Eating Awareness Week
February 1-7, 2009



8 Things Parents Can Do to Help Prevent Disordered Eating

1. **Examine your own beliefs and attitudes towards food, weight and shape as well as those of others.** Pay attention to what you say about your body.
2. **Look at your dreams and goals for your children.** How much are they based on beauty and body shape for girls and strength for boys?
3. **Get off your diet!** Mothers who diet are more likely to have daughters who have learned to deal with life stressors by dieting.
4. **Get out the family photographs and help your children identify who they look like.** Teach them that their body size is dependent on their genes.
5. **Help put an end to teasing and bullying about body, shape and size by giving your child the skills with which to fight back.**
6. **Exercise for the joy of feeling your body move** and encourage your children to be active for the same reasons.

7. **Help your children identify when they are hungry and when they are satisfied.**
8. **Give your children positive feed back every day** about their skills, abilities and talents so their self-esteem is not just based on the size and shape of their bodies.



How to Get Help – If your adolescent (age 11-19) struggles with disordered eating, you can contact the **Be Real Clinic** for eating disorders at **604-983-6847** to

book an appointment with a counsellor, paediatrician and dietitian.

Websites:

www.jessieshope.org www.dialadietian.org
www.bullying.org www.campaignforrealbeauty.ca
www.bcmhas.ca/keltyresourcecentre

SANTA GAVE YOU A NEW VIDEO CAMERA?

A reminder about respecting student privacy with film and photography

With the season of holiday school concerts just passed, and a busy spring of school activities ahead, we offer this consideration around the exchange of student photographs and videotapes of student events.

Parents are welcome to photograph and videotape school events. However, the potential promotion and exchange of student images raises privacy issues that are important to be aware of.



We recommend that a parent wishing to film or photograph students and then post these images to a website *should have the signed permission of the students before posting their photos*. To do so without signed permission may be a violation of student privacy.

We feel it's important to remind all parents to respect the privacy of other students and their families. While it's understandable that many families would appreciate being able to exchange photographs or videotapes of school events, privacy concerns must take precedence.

Thank you for your understanding.

NEW COMMUNICATION PROTOCOLS

(see Jennifer Campbell)

