



# 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](http://www.queenmary.ca)

Newsletter Number 8

June 19, 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,

The school year is now at an end. By all measures it was a wonderful year, with fantastic special events run by the school and the PAC, and many memorable classroom activities in addition to the very high standard of instruction provided by all our staff members. Our students' achievements this year were impressive.

Congratulations to all our students on helping to make this year at Queen Mary so successful, and Queen Mary such a great school community, and we all look forward to another productive and positive year ahead, with the help of our new grade seven group coming up. It is a great group entering grade seven, and we can't wait to work with them as the new leaders of our student body.

Also a final farewell to our leaving grade sevens. The wonderful year at Queen Mary was due in no small part to their (and their teacher's) commitments and leadership. They could always be counted on to pitch in and help the school and each other when needed. They will be missed, but always welcome to return and visit, as are all our graduated students. They are:

Lorenzo Alpuerto

Arman Arjmand

Caitlin Bilesky

Sarvenaz Nassimnasseri

Chris Pantazis

Malcolm Paull

Manuela Cruz

Kimia Dahpahlevan

Tamana Ebrahim-Kheil

Anna Angela Shishmanov

Jafet Sorrosa-Cruz

Alina Vasilchikova

Marvin Matanguihan

Avisa Mohammad-Hassani

Shahla MostafaZadeh

Ashley Biraquit

Adrienne Calpito

Jonald Chan

Adam Rashid

Ramyar Saeedi Saghez

Amin Shahali Ramsheh

Courtney Faulkner

Melika Garibpour

Gerry Lyn Langbis

Taylor An

Neda Bahrami

Geoffrey Wong

Jack Newman

David Park

Heather Baker

JR Dacanay

Kim Daligdig

Jeffrey Eum

Cheney Song

Selina Thorberg

Nicholas Wheeler

Mahsa Mohammad

Seyed-Mohammad Mohseni

Arbe Biraquit

Jhunathan Bonzo

Summer Campbell

Sarah Perks

AJ Rock

Elijah Sampson

Keith Lee

Katya Galinato

Ji Won Kang

Holly Laslo

On behalf of the entire staff we would like to wish all of our students and their families a restful, fun, and exciting summer holiday. See you all in September !

Bill Reid, Principal

Debora Benedict, Vice Principal

**THIS IS AN IMPORTANT NOTICE. PLEASE HAVE IT TRANSLATED.**

這是重要通知，請找人翻譯。

Ceci est un avis important. Veuillez vous le faire traduire.

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.

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

## **IMPORTANT CALENDAR DATES**

- June 24 Final Dismissal @ 11 am after the Farewell Assembly
- September 8 Tuesday. School Reopens @ 8:55 am and dismisses @ 9:45 am  
All RETURNING students report to LAST YEAR'S CLASSROOM  
NEW students please report to Library
- September 9 Wednesday. First Full Day for grades 1-7 (K's on staggered start)  
RETURNING students report to last year's classroom  
NEW students report to Library  
ONE'S (last year's K's) report to Music Room  
9:15 all students are sent to new classes  
2:45 Dismissal
- 13 PAC First Meeting @ 6:30 pm
- 14 Hot Lunch Program First Day
- 18 Hot Lunch October Envelopes go home
- October 1 Photo Day – Individual Student and Classes
- 2 Pro-D - School Not in Session



## **COAST SALISH STORYBOARD**

Our Aboriginal Day celebration saw the unveiling of our magnificent welcome carving, at the south-west corner of the school. At the ceremony this past Wednesday, hundreds of students, parents, community

members, and Squamish Nation members bore witness to the dedication of the storyboard. Our intermediate students have taken great pride and a sense of accomplishment, working under the direction of lead carver Latash, as the figure has taken shape with their careful participation, over the past 10 months in the outdoor carving location at Carson Graham Secondary.

The carving faces the land of its birth, as the cedar log it was carved from, was donated to the school district by the Vancouver Parks Board, after it was blown down in the big windstorm in Stanley Park in December 2006.

Please come and visit and take a closer look if you have an opportunity. It is a testament to the dedication of our students and the culture and commitment of our community.

Special thanks to Brad Baker, who acquired the logs from Stanley Park and coordinated much of the carving, Jeanette Baker, who supervised almost all of our student carvers, and of course Latash (Maurice Nahanee) the lead artist and carver. And to all of our Queen Mary student carvers !

### LOST AND FOUND

Be sure to check our Lost and Found items which are on display outside the office on tables if your child has clothing which has been lost. Anything not claimed by the end of next week, June 25th, 2009 will be given to the Salvation Army.

### ARE YOU AN 'ASKABLE PARENT' ?



Talking to your children about certain subjects, such as sexuality and reproduction may be challenging for parents. Yet parents are the primary educators on these topics, whether they intend to be or not, by the behaviors modeled, and by the things said or not said.

From the moment of birth, children learn about love, touch and relationships.

The child will learn most from the people who take care of him/her. Parents may be surprised to know that the majority of children say they would rather get answers from parents than from any other source.

#### ***Having a conversation with your child....***

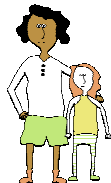
It can be helpful for parents to think about the main issues ahead of time to be clear in their own minds about what they want to say to their children. Children will often be thinking about these issues, even if they may be reluctant to start the conversations.

#### **Questions to ponder:**

- ❖ **What are the normal stages of sexual development for children and teens?**
- ❖ **How did I learn about sex (sexuality) growing up and was it helpful or not?**
- ❖ **What values and beliefs about sexuality do I want to share with my child?**

#### **Remember characteristics of an 'Askable Parent' are someone who:**

- ❖ **Listens: seeks to understand**
- ❖ **Is approachable and respects the sensitive nature of the topic**
- ❖ **Is confidential**



**Did you know – there is a new '811' phone line for non-emergency health issues and advice?**

#### **The line provides quick access to:**

- **Dial-A-Dietitian**
- **The BC Nurseline**
- **A Pharmacist 5pm-9am**
- **BC Health Guide**

**There is also a website, HealthLinkBC, which has a comprehensive list of over 2500 health care resources in the province.**

- ❖ **Has a sense of humour**
- ❖ **Shares their own feelings**
- ❖ **Is encouraging**
- ❖ **Is clear about facts and opinions**
- ❖ **Is willing to look for accurate information**

Feeling comfortable and knowledgeable as a parent ensures that the information from the school health curriculum is not the only credible source of health information for your child. It also helps to balance the information and influences coming from other sources such as advertising, music, videos, peers etc. (Reference: The "Askable" Parent Program, Options for Sexual Health, British Columbia)

**Some resources that offer reliable information are:**

- **[www.sexualityandu.ca](http://www.sexualityandu.ca) - Canadian website that offers sexual advice for teens, adults, parents, teachers and health care professionals.**
- **[www.talkingwithkids.org](http://www.talkingwithkids.org) - Practical, concrete tips for talking openly with children about sex, relationships, alcohol, drugs, and other topics.**
- **Hickling, Meg: The New Speaking of Sex: What Your Children Need to Know and When They Need to Know It, 2005.**
- **Neufeld, Gordon & Mate, Gabor: Hold on to Your Kids: Why Parents Matter, 2004.**
- **Professional support i.e. Public Health Nurses, counselors, and family doctors.**

## June 2009 HEALTH MATTERS

### Home Grown Food

Is your child a picky eater or just not interested in vegetables? One way to get your kids interested in vegetables is to plant a garden, watch it grow and enjoy eating it. This an educational experience where kids can learn about where their food really comes from.

Benefits of growing your own food:

- Healthy and Tasty - Inexpensive and organic
- Educational - biology, lifecycle, patience and responsibility
- Reduces stress
- Provides an opportunity to connect with your child
- Fresh air and exercise



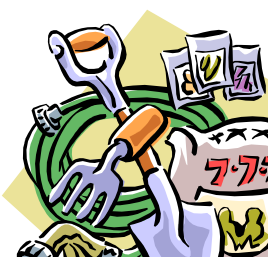
Gardens come in all shapes and sizes. Allow children to choose the vegetables they want to grow. Try starting plants indoors. Once you have harvested the food, plan and cook a meal with your child that uses the "fruits of their labour."

Growing your own food doesn't have to be expensive or time-consuming. Start with a few packets of seeds and some basic tools (a small shovel, trowel, and watering can). If you don't have the space for a garden, start with a large planter pot or find out if there is a community garden in your neighbourhood. For a partial list of community gardens, visit <http://cityfarmer.org/vanccomgard83.html#vanccomgard>



Ideas for easy plants to grow:

- Beans
- Peas
- Tomatoes
- Squash
- Lettuce
- Herbs



***If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or [Kathy.Romses@vch.ca](mailto:Kathy.Romses@vch.ca).***  
***If you have general nutrition questions, call Health Link at 811 and ask to speak to a dietitian or visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca).***



# North Vancouver Youth Band

## SUMMER PROGRAM July 7 to August 25, 2009

A fun, exciting, 8-week program for ages 9 and up with professional instruction, theme nights, concert and wrap up party.

A great start or enhancement to your child's music education!

**BEGINNER: *No experience required***

5:30 - 6:30PM Tuesdays & Thursdays

**ELEMENTARY: *(1-2 years experience)***

6:30 - 8:00PM Tuesdays

**SECONDARY: *(3+ years experience)***

6:30 - 8:00PM Thursdays

Wrap up Concert & Party for all participants 5:30-7:00 PM, Tuesday, August 25

**Eight Weeks Only \$100!**

Instrument rental and band book are extra.

Rentals available on-site July 7 at 4:30 PM.

**The North Vancouver Youth Band (ages 9-21)  
is the Official Band of the City and District of North Vancouver.  
Parades, Community Events, Tours and Quality Instruction**

**REGISTRATION** information: [www.nvyb.ca](http://www.nvyb.ca)

To Register: e-mail: [info@nyvb.ca](mailto:info@nyvb.ca) or call 604-980-5823

Or Register-in-person at Highlands Community School,  
3150 Colwood Ave. (in Edgemont Village – one block north of Queens).

**Wednesday, June 17 6:30-7:30PM**

or by mail received no later than July 3.

**North Vancouver Youth Band**

PO Box 37103 Lonsdale RPO, North Vancouver, BC, V7N 4M4

Late Registration (additional \$10): **July 7 4:30-5:30PM**

All classes will be held at École André-Piolat

380 Kings Road West (one block north of Queens at Mahon).

We gratefully acknowledge the assistance of the Arts & Culture Commission of North Vancouver and the financial support of the City and District of North Vancouver and the Province of B.C.



