



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 6

January 22, 2010

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: Sussan Clyde
Secretary: Colleen Frampton
D-PAC Rep:



Dear Parents,

It's 'Drive Safe Month' at Queen Mary ! We are asking our parent and community members who drive to the school to PLEASE NOT drive into or drop off children in the staff parking lot. With a very large staff arriving continuously from 7:45, the lot fills quickly and students being dropped off creates parking and safety issues. Please take heed of our new No Student Drop-Off signs that you will see across the road, at the entrance to the staff parking lot.

There are several options to dropping children off at the rear of the school, near or in the staff parking lot. Keith Road, in front of the school, is easily accessible, and much more drop-off friendly than the rear of the school. It is well lit, on those dark mornings, and students can be dropped off right on the curb side.

Another option, particularly for our older students is a drop-off location down the street, or a block or two away from the school. The fresh air and exercise of a walk to school can do wonders for shaking off that sleep and getting the alertness level up and the brain ready for the day at school.

Sincerely,

Bill Reid, Principal

Debora Benedict, Vice Principal

STAFF PARKING ONLY

**NO STUDENT DROP - OFF
OR PICK - UP**

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.

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. لطفا 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.

OLYMPIC UPDATE

A reminder to all our families and community members that the torch passes through the intersection of 13th and Lonsdale between 2:45 and 3:15 on Wednesday, February 10th. This is an opportunity to get out and cheer on the local Olympic torch bearer, making lots of noise with the wonderful Spirit of Olympics Bear Bells donated to each of our students at Queen Mary by the **Washington Marine Group**.



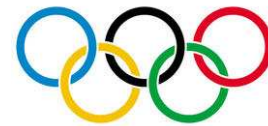
With the torch coming through the intersection at the end of the school day however, we will still be dismissing all students at 2:45, but encouraging all our students and the rest of the Queen Mary Community to join many of the Queen Mary staff up at 13th and Lonsdale to cheer on the torch.

We will also be having a couple of official torch bearers visiting most of our classes to share their experience of carrying the torch, and show off their official uniforms and torches. One of our visitors is a parent at Queen Mary, while the other is a grade nine student.

CALENDAR UPDATE

Many parents and students have been asking for a calendar update to clarify Queen Mary's 'in session' dates over the next month, that includes Spring Break and the Olympics. You can see that Queen Mary and the rest of the schools in North Vancouver have one week, March 8 – 12, as the holiday at Spring Break, and NO school closures during the Olympic Games.

February	10	Olympic Torch Runs into North Vancouver and through the Intersection of 13 th and Lonsdale between 2:45 and 3:15. Several classes to Lonsdale Quay to greet the torchbearer for the 8:00 am arrival by Seabus on the North Shore.
	11	PAC Sponsored Cake BINGO evening
	12	Olympic Games begin. School is in session
	15	Recognition Assembly in Gym Parent Coffee Morning - Library
	17	PAC Parent Luncheon
	22	District Wide Professional Day – School Closed



PLEASE NOTE the changes to Queen Mary's Second Report Card Schedule below:

March	1	Parent Teacher Conference Request Forms Home
	6	Last Day of school before Spring Break
	15	Schools Reopen after Spring Break
	19	Second Report Card Home
	22	Parent Teacher Interviews 1:45 Dismissal
	24	Parent Teacher Interviews 1:45 Dismissal



PARENTS SUPPORTING POSITIVE STUDENT BEHAVIOUR

At Queen Mary school, the staff make every effort and take every precaution to ensure that student behave in ways that promote a safe, secure, and non-threatening environment for all students through the school day. Occasionally we are made aware of student behaviours that occur after school or out of the school that are disappointing, to say the least. We would like to ask parents, in the spirit of consistent expectations for students, to assist us by supporting and encouraging positive behaviours and identifying and correcting inappropriate behaviours if you see them. It is okay to intervene if you see a child being mistreated after school. It would be appropriate to speak to children if their behaviour contravenes our school's code of conduct, which clearly prohibits harassing, bullying, and threatening behaviours. A hallmark of our behaviour intervention plan is a consistent approach to these issues, and we hope we can count on our parents to support us in reinforcing positive behaviour wherever it may occur.

January 2010

**Smoke Free Bylaws and Businesses
Make the North Shore a Healthier Place for Our Children,
Indoors and Out**

As parents, one of our main concerns is protecting our children from dangers at home and in the community. We know there is no safe level of exposure to second hand smoke and most of us take steps to protect our family members by making our homes and cars smoke free.

Recent research has also shown that second hand smoke does not disappear quickly outdoors. Throughout the world and here in BC, communities are making changes to protect the public in outdoor settings. In 2008, the Canadian Cancer Society found that the majority of BC residents support making outdoor community spaces smoke free. Vancouver, Victoria, Whistler, White Rock, Powell River and Richmond all have smoke free bylaws which include outdoor spaces.



And leading the way on the North Shore, in August 2009, the West Vancouver Council unanimously passed a new bylaw which provides for smoke free municipal recreation centre campuses, transit shelters, sports fields, skate board parks, restaurant and bar patios, playgrounds and beaches. Local residents have joined with Dr. Brian O'Connor, the Medical Health Officer for Vancouver Coastal Health, the Canadian Cancer Society, the BC Cancer Agency and the North Shore Sports Council to urge the North Vancouver City and District Councils to agree on similar bylaws to protect the public.

Local businesses have also recognized the value of offering customers and employees a healthy environment; Grouse Mountain was congratulated by guests and staff after becoming the first Smoke Free Mountain Resort in BC. And the 2010 Olympic Games venues will be smoke free, indoors and out.

January 17-24 is National Non Smoking Week in Canada and you and your children can make your Mayor and Councillors aware of your support for healthier smoke free community spaces.

For further information contact:
Marcia Lewis
marcia.Lewis@vch.ca

quitnow.ca
1-877-455-2233

For help to quit smoking www.quitnow.ca
or call 1-877-455-2233

January 2010

Health Matters

Making the Healthy Choice the Easy Choice in School Cafeterias

North Shore secondary students have tasty, healthy foods and drinks to choose from in their cafeterias. The choices meet the provincial Guidelines for Food & Beverage Sales in BC Schools. Gemini Foods is a local company that operates the public secondary school, Mulgrave and Collingwood cafeterias.

Suppliers have been changing their products to meet the Guidelines and make it easier for the cafeteria staff to order healthy products. Food is prepared using ActNow BC recommendations, such as adding fresh vegetables to sandwiches, using whole grains, offering healthy portion sizes and limiting the addition of products high in salt and or saturated and trans fat. Deep fat fryers have been removed and replaced with convection and combination convection and steam ovens. Extra virgin olive oil is used to provide a healthy source of fat for cooking.



Some of the choices include:

- daily features that often include protein (poultry or beef), whole grains, vegetables or fruits
- 100% fruit juices, spritzers, smoothies, plain and flavoured milks
- baked potato chips
- whole grain breads, pastas, and baked items
- baked chicken strips and fries
- fresh fruits and vegetables
- sauces and soups made at the school



Gemini Foods has also taken steps to protect the environment by using biodegradable packaging and utensils and ensuring that recycling containers are available for students to use. They have also worked with parents and staff to support them in offering healthy choices for school events.

Parents who organize food and drink sales at elementary schools have also been changing the choices offered to support the health and learning of students.

For more information on foods and drinks that meet the Guidelines or for tips on healthy eating at school visit the www.brandnamefoodlist.ca and www.healthyeatingatschool.ca websites or call HealthLink at 811 and ask to speak to a dietitian. A "Lunches to Go" handout is available on the Healthy Eating At School website for students or parents who are looking for ideas for lunches brought from home.

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or 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.

Promoting wellness. Ensuring care. Vancouver Coastal Health Authority

