



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 8

March 26, 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 and Guardians,

Our weeks since returning from Spring Break have been filled with the special excitement of reading and writing poetry.

Our students have all been part of the poetry immersion, from poetry writing in class, to carrying a 'poem in their pocket' for special recognition at recess and lunch. Our students also brainstormed ideas, words, and phrases about what poetry meant to them, and the Queen Mary teachers spent a session after school using these pieces to create their own poetry. As you can see, the poems represented the children's ideas, and are all very unique and inspiring . . .

Writing softly
Haiku about a girl
Meaningful
Serious music
Rap !
Emotions !

Put it in my pocket
And never lock it.
Jump to the beat.
Reading it is sweet.

Woof, woof.
Meow,
Neigh.

Put it in my pocket
To the moon we will rocket
Give it as a gift.
And give yourself a lift!

Put it in
your
pocket
And
never
ever lock

Paper thoughts
Originality ie. oompaloompas
Everything from Monkeys to bugs
Telling a story
Rude and/or romantic
Your words

Spicy
Inspiring
A whacked out party of words
A short story that's
Kind of a story

Fun
Sad
Cool
Warm
Crazy !
Excellent. Interesting.
Fun and Silly
Calm moments that can be warm
Or cause you to cry
From horrifying to weird
It's an awesome rhyme . . .

Or not !
That moves a person
Like a short song

Rubic's Cube
Puzzle
Dogs and cats
The Cat in the

Put it in your pocket
Sing, dance, or talk it!
Smile, laugh or play,
Read and write it everyday

Cheerful shape
versus life
Colour lyrics
Expression shapes
Funny shapes
Pattern
Art
Stories

THIS IS AN IMPORTANT NOTICE. PLEASE HAVE IT TRANSLATED.

這是重要通知，請找人翻譯。

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.



PINK SHIRT DAY 2010

April 14th

*Show Your Support Against
Bullying. Wear Pink.*

April 2010

Sports and Energy Drinks and your Dental Health

Sports and energy drinks seem to be the drink of choice with today's youth. This might be because they are often sold as a "health" drink and come in trendy packaging in "cool" colours. With warmer and longer days soon upon us, children and teens like to enjoy more outdoor activities and look for drinks to quench their thirst. There are some important facts you should know about sports and energy drinks before reaching for these to relieve thirst.

- ✓ 500 ml can (2 cups) of "Energy Drink" contains **14 cubes** of sugar
(1 cube of sugar = 1 teaspoon)
- ✓ 700 ml bottle (2 ¾ cups) of "Sports Drink" contains **10 cubes** of sugar



It is important to read the ingredients list on the label of sports and energy drinks as they may also contain caffeine, sodium, artificial colour, flavouring and sweeteners.

Frequent sipping on sugary drinks like sports and energy drinks can cause tooth decay. When the sugar from the drinks mixes with the bacteria in the mouth it forms an acid that attacks the teeth. This acid attack can last up to 20 minutes. The more we sip on these sugary drinks throughout the day, the more acid attacks we get which can cause tooth decay.

Water is the best drink of choice for thirsty children and teens. Water doesn't contain sugar or any other additives that may be unhealthy for the teeth or the body. For activities that last for one hour or less, water is the best choice to put fluids back into the body.



Remember:

- ✓ Brush with fluoride toothpaste twice a day
- ✓ Floss daily to prevent tooth decay and gum disease
- ✓ Follow the Canada's Food Guide to keep your body and teeth healthy!

*Note: Children under 8 years of age should have their teeth brushed and flossed by an adult

Source: Sip Smart! BC www.bcpeds.ca

For more information, please visit www.vch.ca/dentalhealth or call Carole Charbonneau, Community Dental Hygienist for Vancouver Coastal Health, North Shore at 604-904-6200.

Navigating Support Services for Children, Youth and Families

As part of an ongoing initiative to **connect families with local support services**, we invite you to this **free** information-sharing event. This workshop provides an opportunity to hear from multiple North Shore professionals. If you are interested in learning more about community services for your child, this is an event worth attending.

There will be an opportunity for questions and discussion following the presentations.

Presentations by the Following Services

- Vancouver Coastal Health (Mental Health and Addictions, Health Clinics)
- MCFD (Mental Health Counseling, Group Programming)
- Hollyburn Family Services
- Caplano Community Services Society
- North Shore Neighborhood House
- Parkgate Community Services Society
- Community Youth Workers
- North Shore Crisis Services
- Family Services of North Shore (Parent Support Programming, Specialty Programs)
- North Shore Restorative Justice Society
- West Coast Family Support Services
- One-Stop-Career Shop

Date: April 14, 2010
Time: 6:30 – 8:00 PM
Location:
Lucas Centre Cafeteria
2132 Hamilton St, NVan
Register:
Call Jacquie: 604 903 4621





APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Easter Egg Hunt 	2 Good Friday (no school)	3
4 	5 Easter Monday (no school)	6	7	8 Div 3 & 7 to Choral Festival 	9	10
11 Parent Luncheon 12:30 - 2:30	12	13	14 Pink Shirt Day 	15	16 Kindies to Aquarium 	17 Lunch Envelopes go home 
<div style="border: 1px solid black; background-color: #d9ead3; padding: 5px; display: inline-block;"> Grades 5 & 6 at Outdoor School all week </div>						
18 Lunch Envelopes due Track & Field Signup	19 Parent Coffee morning  8:45 - 9:30	20	21 Div 3 to Artists for Kids District Dance Festival	22 Gr 6 3 rd dose immunization (if needed) Earth Day	23 District Pro-D Day (no school)	24 PAC Garage Sale <div style="border: 2px solid yellow; background-color: yellow; padding: 5px; display: inline-block;"> Garage Sale </div>
25	26	27 Div 12 to City Library	28	29 Math Day/Night	30	

2010

Queen Mary Out-of-School Care
 Register for morning & after school care.
Hours: 7:00 am-6:00pm
 Contact: Karen : 604-987-7073

Queen Mary Preschool/Daycare
 has openings for 3 & 4 year olds
 Of particular interest to E.S.L. children
 See Karen downstairs or call 985-1214

