



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 3

October 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



Dear Parents,

It is hard to believe we are finishing up our second month of school. Time does fly by at the beginning of the year!

With just three weeks to go before our first report cards go home, we would like to remind our students and their families that the push to report cards is an excellent time to really put in that little bit of extra effort to wrap the term up on a positive note. We would like to provide our students and their families with a few helpful hints as we head into the November reporting period.

Ways to support a child's schoolwork at home :

1. Designate a nightly study time.
2. Provide the proper tools for homework: a quiet place, good lighting, a flat surface to work on, and a minimum of distractions.
3. Be available, but do not intrude.
4. Talk about what they have to do, and how they will accomplish their goals.
5. Have children explain the assignment to you.
6. Help break the assignment down into manageable tasks.

Focus on success not failure. Offer encouragement. Do not point out how you could make it better, rather ask the child how they could improve their work.

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.

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.

TERRY FOX RUN UPDATE

What a great year for the Queen Mary Terry Fox Run ! Under Mr. Chan's leadership, the entire school was involved and there was fun (and fundraising) for everyone. The run certainly did raise awareness of the Terry Fox mission, and as a school we will contribute over \$1905 to the Terry Fox Foundation. Wow !

Of special note is the amount raised by our leading class in the drive, Mr. Gale's division 5 group, at over \$536. Congratulations to the grade fives. And a special thank you to Nell S. in division 5, who on her own raised over \$406. Way to go and congratulations to Nell, as the school's outstanding contributor to this year's campaign.



CHANGE OF DATE

Kindergarten registration for 2010/2011 to begin on January 25th, 2010

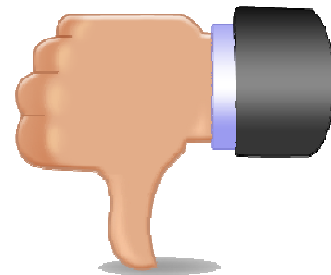
Please note that the start date for priority Kindergarten registration for the 2010/2011 school year has been changed to January 25th, 2010. The previously advertised date of November 2, 2009 was postponed until January while the School District awaits further direction from the Ministry of Education on the provision of Full Day Kindergarten in our schools next fall.

As with registration for all other grade levels, the deadline for priority placement consideration is March 5, 2009. For details, visit the school district's registration page.

FYI: WHEN FUN GOES TOO FAR

Over the past few weekends, several schools in the North Vancouver School District have experienced vandalism requiring costly clean-ups and repairs. Broken windows have been a particular problem, creating a disruptive hazard and straining our maintenance budget. Law enforcement has been successful in apprehending vandals in our neighbourhoods, sadly, some of these individuals are students in the School District. When this is the case, we can ask the families of these individuals to cover repair costs. But in many instances, it is the School District that funds the repairs, which strains our resources and reduces funds for valuable programs and services. With Halloween on the horizon, we're asking families to talk to their children about having fun without causing harm.

VANDALISM



HALLOWEEN



A few helpful hints from the local RCMP regarding Halloween

Costumes: Children should wear bright and reflective costumes to be easily seen at night. (Reflective tape and or glow lights can be added to any costume). The costumes should fit the children and be short enough they will not trip. (No longer than the child's ankles). All costume accessories such as swords or knives should be made of soft flexible material. When buying a costume, make sure it is labeled "flame resistant".

Children should wear masks that do not interfere with vision. Better yet, they can avoid masks by wearing makeup.

Safety tips: Young children should be accompanied by an adult. Street safety is paramount when crossing streets! Remember to Stop, Look, Listen & Walk. Children should stay in well lit areas and should only visit homes that have some form of outside lights turned on. All candies should be inspected to make sure that no one has tampered with it. Discard anything that looks suspicious. Children should trick or treat in one well known area and not wander into unknown neighborhoods.

POINSETTIAS FUNDRAISER

*This year the Queen Mary Parent Advisory Council (PAC) are selling Poinsettias as a fundraiser for the Christmas Holiday Season. With your orders we hope to make this a great success. These beautiful Poinsettias are from DeVry Greenhouses in Chilliwack, and will be sold for **\$12.00 a plant**. They will be delivered right to the school for you to pick up. In order to get delivery on time for the Holiday season, we need to **ORDER NOW!***



HEALTH MATTERS

Low or No Cost Ways To Be Active

You can be active and have fun at the same time....on a shoestring budget!

- Walk or bike to school or a park a few blocks away from your house
- Organize a walking group in your neighbourhood, bring the whole family
- Set up a group from your neighbourhood to go swimming or skating
- Go to the SPCA and take a dog for a walk
- Take the bus to a park or trail you have never been to before
- Be tourists in your own community
- Count fish at the Capilano Fish Hatchery and then wander the trails at Cleveland Dam
- Check out free or low cost programs at your local recreation centre
- Organize a soccer, ball hockey or ultimate game at your school on the weekend
- Start a parent group or neighbourhood group that is focused on physical activity
- Discover Rice Lake in the Seymour Demonstration Forest or walk, cycle or rollerblade on the Seymour Valley Trailway paved road
- Visit the Lynn Valley Ecology Centre and then go for a walk on the suspension bridge and in the trails
- Play kick the can, hide-and-see, tag, or capture the flag with neighbours
- On indoor days, have a dance party, play twister or other movement games
- Visit your local government website and find out what is happening in local parks and playgrounds (District of North Vancouver, City of North Vancouver, District of West Vancouver)
- Call the **Physical Activity Line**, for free guidance to help you become more physically active, overcome your barriers and stay motivated! **604-241-2266**



Playing sports teaches children valuable life lessons and skills including developing healthy lifestyles, leadership, practice, hard work, dedication and self confidence. Consider offering rides to your neighbours who need help getting their children to games or practices.

Financial assistance programs:

North Vancouver Recreation Commission: If you have a limited budget for recreation and you are a resident of North Vancouver, call 604-987-PLAY (7529) to ask for an Access appointment at your local community recreation centre.

QUEEN MARY CODE OF CONDUCT (a timely review)

Working together to support Social Responsibility in our students!

This *Code of Conduct* has been established to ensure a safe, caring and healthy learning environment for all students, staff and visitors at Queen Mary Community School.

We believe that all schools should be free of inappropriate behaviours such as:

- Interfering with the learning of others
- Engaging in acts of bullying, harassment, intimidation and/or violence
- Using threatening language or behaviours (including Internet communication)
- Bringing weapons, including toys and replicas, to school
- Participating in unsafe and/or illegal acts.

Our Code of Conduct is part of daily life at Queen Mary, and helps students and staff to find common language and understanding of how to get along safely and respectfully with each other. All school staff intervene daily to teach, re-teach and reinforce the appropriate conduct of our students through discussions:

- in classroom meetings,
- during school assemblies,
- on the playing fields,
- in the hallways and washrooms.

THE QUEEN MARY CODE OF CONDUCT emphasizes :

- Respect for myself and others
- Safety for myself and others
- Responsibility for my learning and actions

HOW DO WE TALK WITH STUDENTS ABOUT THEIR CONDUCT (BEHAVIOUR) AT QUEEN MARY ?

Student behaviour *is always* considered in the context in which it occurs. The age of the child, frequency of the behaviour and the circumstances surrounding the incident are all taken into account.

All school personnel at Queen Mary can respond to the behaviour of students that they observe or witness.

- If the student's behaviour supports or demonstrates our Code of Conduct a student may receive a **Gotcha!**
- If the student's behaviour does not support the Code of Conduct they may:
 - Be asked to stop and talk about their behaviour,
 - Be warned about their behaviour,
 - Receive a BEHAVIOUR REPORT from a staff member

WHAT HAPPENS WHEN A STUDENT RECEIVES A 'GOTCHA' ?

A student takes their Gotcha to their classroom teacher. Gotcha's are collected in each classroom and once the Gotcha target has been reached the entire class celebrates their appropriate behaviour by having a Gotcha Party!

WHAT HAPPENS WHEN A STUDENT RECEIVES A BEHAVIOUR REPORT ?

The staff member and student meet and complete the Behaviour Report together, and:

- The student learns about how their observed behavior does not support the Code of Conduct
- The student signs the Behaviour Reports to acknowledge they understand how their behaviour did not support the Code of Conduct
- The Behaviour Report is given to the student's classroom teacher
- The classroom teacher monitors student Behaviour Reports and determines an appropriate action including;
 - Discussion with the student,
 - Contacting the home (parent/guardian)
 - Entry in to the L.O.F.T. program at Queen Mary
 - Meeting with the Principal regarding the student's behaviour

EXPECTATIONS OF STUDENTS

At Queen Mary, we believe all students and staff members should contribute to our positive school environment by:

- Providing and respecting a purposeful learning environment
- Promoting and demonstrating self-discipline
- Modeling cooperation and consideration of others
- Modeling safety and responsibility.

We expect all students to follow our Code of Conduct both on and off the school grounds so that their behaviour brings pride to themselves, their home and to their school at all times.

By following our Code of Conduct, we believe students, visitors and staff members are able to establish a safe, respectful and responsible environment in which there is an appropriate balance between the rights of the individual and the rights of others.

RISING EXPECTATIONS

While we expect all Queen Mary students and visitors to support our Code of Conduct to the best of their ability, it is understood that we do have higher expectations of students and visitors as their time as a member of the Queen Mary Community grows.

Older students are, and will continue to be, given more responsibility and maintain a clear ability to model the appropriate behaviour that supports and teaches our Code of Conduct to both new and younger students at Queen Mary. In this respect, inappropriate behaviours from established and older students at Queen Mary will be dealt with greater consequence than for younger students or those new to our school.

However, serious breaches of the Code of Conduct (acts of violence; weapons/drugs; or other unsafe or illegal acts); depending on circumstances, could result in serious disciplinary actions.

HOW CAN PEOPLE IN THE STUDENTS' HOME, SCHOOL, AND COMMUNITY CONTINUE TO WORK TOGETHER TO BUILD A STRONG SENSE OF SOCIAL RESPONSIBILITY IN THESE CHILDREN WE SHARE?

We can support our children in building social responsibility by:

- teaching and re-teaching safety and safe behaviours in many settings (roadways to and from school, gymnasium, playgrounds, in the community)
- continuing to model socially appropriate behaviour while we are with our children
- helping to teach our children to find safe ways to express anger or frustration
- listening to our children's concerns and feelings and help teach (and re-teach) ways to solve problems appropriately
- seeking help from each other when we are challenged by the behaviours and actions of our children.

ALL OF US (PARENTS/GUARDIANS/TEACHERS) WORKING CLOSELY TOGETHER CAN HELP STUDENTS GROW AS MEMBERS OF OUR COMMUNITY. TOGETHER, WE CAN GUIDE THEM IN THE CHALLENGING AND COMPLEX PROCESS WE LIKE TO CALL . . . GROWING UP!

WHEN TO KEEP SICK CHILDREN HOME

Keep your child at home if he/she has any of the following symptoms:



- ✓ Fever
- ✓ Cough, sore throat
- ✓ Body aches
- ✓ Headaches
- ✓ Chills and fatigue
- ✓ Vomiting or diarrhea
- ✓ Constant runny nose
- ✓ A suspected or known communicable disease

Consider the following: The illness can spread to other children, their families and school staff. Recovery can be delayed without adequate rest.

For more info call Public Health at 604-983-6700, your family Doctor or Health link BC, 24 hours a Day at 811.

October 16, 2009

To Parents and Staff of Schools in North & West Vancouver

An update on H1N1 influenza virus (human swine flu)

Several North Vancouver schools have had many students away with flu caused by H1N1 influenza virus. The H1N1 virus is circulating widely in the Lower Mainland.

Almost all children have had illness that, while unpleasant, has not lasted long and has not been severe. If your child, other family members, friends or co-workers fall ill with cough, fever, and muscle aches it is certainly due to H1N1 flu virus at this time.

A safe and effective vaccine against H1N1 will be available at the beginning of November. I will send you details of when and where you can get the vaccine. The vaccine is free and there will be enough for everyone.

- If you or your child has a chronic condition like asthma, diabetes, heart or lung disease, or a problem with the immune system, **consult your doctor now to make a flu plan** so you can get a prescription for an anti-viral drug **quickly** if the flu strikes. Anti-viral drugs work best when started **as soon as possible after symptoms start**. Pregnant women also need a flu plan for quick treatment.
- If your child gets flu symptoms, he (or she) should stay at home until symptoms get better and he (or she) is well enough to return to normal activities.
- You can find helpful information about the H1N1 flu virus and how to look after those sick with it at: <http://www.gov.bc.ca/h1n1/backtoschool/>, or call 8-1-1.

Remember, to keep flu from spreading, wash hands often, cough or sneeze into your sleeve (not your hands), and stay home if you are sick. The vaccine will be the best protection against this flu.

Yours sincerely,



Brian A. O'Connor, MD, MHSc
Medical Health Officer
Vancouver Coastal Health, North Shore

