

**Important:
May 10 Tour
Of Cloverley!**



Queen Mary
Community School

230 West Keith Road, North Vancouver, B.C.
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www.queenmary.ca

Newsletter Number 7

April 29, 2011

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 – 3:00pm
recess 10:30-10:50
lunch 12:00-12:40
Full-Day Kindergarten
9:00 am – 3:00 p.m.
recess: variable times
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: Susan Clyde
Secretary: Dianne Fike
D-PAC Rep: TBA



Dear Queen Mary Families,

We are organizing a Cloverley School visit for parents/guardians !

Adult family members are all invited to join us for a visit to Cloverley School at the regularly scheduled PAC meeting time of 6:30 pm, on Tuesday, May 10.

As you all know, Cloverley will be our temporary home while Queen Mary undergoes its complete renovation, and we would like parents to have an opportunity to look over our new location.

We will meet on May 10 at Queen Mary at 6:30 pm, and will transport all adults in attendance over to the **Cloverley location, at 440 Hendry Avenue**, for a guided tour, and a short meeting, before returning to Queen Mary at approximately 7:45.

This will be an excellent opportunity to get a real feel for our new (but temporary!) setting, and walk through the classrooms, common areas, offices, halls and playground areas of the Cloverley site.

In order to make sure we have enough seats available, we need to know how many parents will be joining us! **Please return this front page, with the box checked off ✓ below with numbers of attendees identified, to the main office by THURSDAY, MAY 5.**

Yes, we will be joining you for the tour of Cloverley, and ___ of us will need a ride from QM.

Yes, ___ of us will be joining you for the tour of Cloverley, and will meet you there at 6:45 pm.

Thank you, and we look forward to seeing you on the tour!

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。

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.

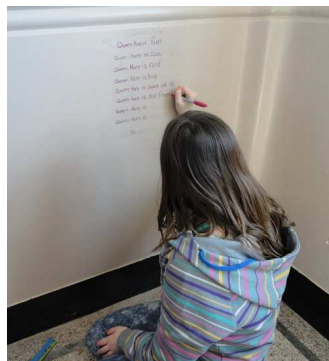
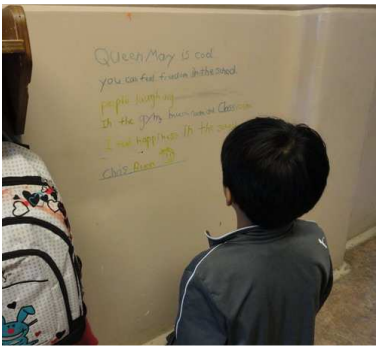
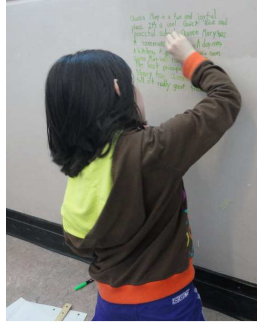
Ito ay mahalagang patalastas. Mangyaring ipasalin ito sa inyong wika.

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

Please return to the Main Office by Thursday, May 5

POETRY WEEK

April was Poetry Month at Queen Mary, and many great activities took place! Among the highlights were the Poetry Café, Poem in your Pocket week, and Poems on the Walls !



Many thanks to Ieke for her creativity and energy in leading the staff through Poetry Month !

Here you can see many of our VERY excited poets leaving their mark (poems) on the walls of Queen Mary before we close the doors at the end of June. Rarely does an opportunity to leave such a lasting impression arise, and our students' inspired words are a testament to their appreciation, love, and connection to their school. Please have a read of their great work !

NOTICES GOING HOME

We hope this newsletter reaches you! PLEASE remind your children to take ALL notices handed out by the school home. It is very important that you get them. We see a surprising number deposited in the recycling bins at school, and this clearly defeats the purpose of this valuable communication tool. There is always important information that we must make sure parents/guardians are aware of, so PLEASE remind your little ones to get these monthly newsletters home to you.



Community & Family Health Program

132 West Esplanade, 5th Floor
North Vancouver, BC V7M 1A2

April 2011

Children's Oral Health: Tips for Parents

Children start losing their baby teeth at around 6 years of age. The last teeth to fall out are usually the baby molars (back teeth) at around 12 years of age. It is important to keep baby teeth healthy because children need them for:



- Speech development
- Chewing food and getting proper nutrition
- Spacing for permanent teeth
- Smiling and self-esteem

Children need your help to keep their teeth healthy. Here's how you can help:

- Brush and floss your children's teeth until they can handwrite their name (around 8 years of age).
- Use a small amount of fluoride toothpaste twice a day. Nighttime brushing is especially important.
- Limit sugary snacks and drinks. Encourage your children to drink water when they are thirsty.
- Provide healthy snacks. (See snacking & sipping tips below).
- Start regular dental check-ups and cleanings by age one (twice yearly).
- Have sealants applied to erupting permanent molars.
- Be a role model for your child and establish good oral hygiene and eating habits for yourself.



Snacking and Sipping Tips:

Snacks are an important part of a child's food intake, and not just a "treat" between meals. Beware that frequent nibbling or sipping on foods and drinks that are high in sugar increases a child's risk for cavities. There are many factors involved in tooth decay, including how often food and sugary drinks are consumed and how long it stays on the teeth. Children who eat healthy snacks and drink fewer sugary drinks have more energy and will learn better. Choose healthy snacks for your children and save "treats" for special occasions after meals.



For a healthy snack, choose foods from at least 2 of the 4 food groups in "Canada's Food Guide to Healthy Eating." Limit the number of snacks to 2 to 3 per day to avoid nibbling and sipping all day. Change the snacks often to provide variety and keep children interested in healthy foods. Offer water to sip on between meals to keep hydrated. Refer to Sip Smart! BC www.bcpeds.ca for sugar content in popular drinks.

Snack Suggestions:

- Pieces of fruit and yogurt for dip.
- Pieces of raw vegetables and hummus dip.
- Cut up pieces of pita bread or whole grain bagel and hummus dip.
- Hard-boiled egg and slices of cheese.

Establishing good oral hygiene habits at an early age will ensure your child has healthier teeth and a healthier body for a lifetime!



COME CELEBRATE OUR 10TH ANNIVERSARY!

Join us for this **FREE** celebration

EXPLORE History, Art, Music
and Community

Over 80 history projects by local students will be presented along with a jam-packed schedule of great activities and performances.

Saturday, May 7th 11am – 3pm

*North Vancouver Museum & Archives
Community History Centre & Lynn Valley Elementary School
at 3203 Institute Road, North Vancouver*



For more information please visit
www.northvanmuseum.ca

