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“Learning and growing together”

November 19th, 2009

PRINCIPAL’S MESSAGE – DARREN FREEMAN

As we come to the end of Term One...yes, we are almost one-third of the way into the year..., parents often ask how they can help their students do better in school. This is such a complex question because there are so many issues at play with students of this age. We can offer you some suggestions based on brain-based research, authentic assessment and best practice. These are not difficult; they just require a structured commitment to see them through.

1. Check with your child to see what they did in class. **Dig deep!**
 - a. Ask for specific examples.
 - b. Get them to teach you something they learned.
 - c. Set time aside (schedule it if that helps) to do this as often as possible.
2. A recent study concluded that one of the biggest contributions parents can make to their children's academic success is to set a consistent family schedule. Parents set the pace for family routines. If you maintain a fairly consistent routine that includes study time, you will help your student build strong work habits. This should be as consistent as possible.
3. Your child’s brain may be starving. A recent research article notes that "serving breakfast" is one of the eight most important things parents can do to promote their children's school success. For example, orange juice is rich in glucose. Glucose is what the brain uses when it is thinking. A glass of orange juice in the morning is a great breakfast supplement. Here is a link to Health Canada’s food guide. It is full of great thoughts and ideas around healthy eating choices.
http://www.bced.gov.bc.ca/health/healthy_eating/physical_activity_learning.htm
4. Every student, whenever possible, should have his or her own work space in the home. A regular place to study provides a stronger "mental set" for studying. It also makes the task of keeping study materials organized and accessibility is easier. Students who set up in this way do not lose valuable time "rounding up" needed materials. Parents can help greatly by providing the right equipment. The right desk, lamp, and supplies (pens, pencils, paper, scissors, etc.) will pay-off continually by providing your student a comfortable, effective place to work.
 - ❖ Activate their *Prior Knowledge* (connect what they are doing to what they might already know)
 - ❖ Provide opportunities for your child to personalize and transform (synthesize) their learning in reference to key concepts and essential questions
 - ❖ Ensure your child self-assesses, sets goals and takes actions to manage and improve their learning

Heritage Country Fair Night, Divisions 6-1 and 6-3

As part of Social Studies this term, we are planning to hold our Heritage Fair Thursday, December 3rd, 6:30-8:00 in the Multi-Purpose Room at QBMS. It is really important that families try to rearrange their busy schedules to fit in this important event in your child’s education. All family members are invited to come, including siblings and grandparents! More information will be coming home with the students. See you there!

HEAD LICE

A case of head lice has been reported in the school and although they can be a time-consuming nuisance to treat, they **DO NOT** cause any disease or health problems. Head lice are spread by head-to-head contact and the sharing of personal items such as combs, brushes and hats. They quite commonly occur in schools and places where kids play and work closely together. If you have any questions about detecting and treating head lice, please contact the Parksville Health Unit at 248-2044.

IMPORTANT DATES

November 23-26 - Scholastic Book Fair (library)
 Friday, November 27 - School Based Pro-D Day (no students in session)

QBMS PHYSICAL EDUCATION SCHEDULE

DATE	BOYS	GIRLS
Sept 8-Dec 6	TERM 1	TERM 1
Sept 8-Oct 7 (4 rotations)	Volleyball	Soccer
Oct 8-Nov 9 (4 rotations)	Soccer	Volleyball
Nov 10-Dec 9 (4 rotations)	Basketball	Football
Dec 7-March 26	TERM 2	TERM 2
Dec 10-Jan 13 (3 rotations)	Dance	Dance
Jan 14-Feb 10 (4 rotations)	Football	Basketball
Feb 11-Feb 25 (2 rotations)	Fitness/Gym/Wrestling/Lacrosse/Field Hockey	Indoor Minor Games
Feb 26-March 25 (2 rotations)	Indoor Minor Games	Fitness/Gym/Wrestling/Lacrosse/Field Hockey
March 26-June 28	TERM 3	TERM 3
March 26-April 27 (4 rotations)	Badminton	Track and Field
April 28-May 27 (4 rotations)	Track and Field	Badminton
May 28-June 10 (2 rotations)	Outdoor Minor Games	Outdoor Minor Games
June 11-June 24 (2 rotations)	Softball	Softball

SD 69 Transportation Committee participants needed!!

District 69 School Board is seeking parents to participate in a **Transportation Committee** comprised of staff from the Transportation Dept., Board staff, parents, and principals for discussion and inquiry on transportation of students in cases of emergency - especially during inclement weather when buses cannot complete their runs and are unable to return students home such as happened last winter. This is a very important issue for our District during the winter months and parents are needed to share their concerns and suggestions with us. Please contact Leona Matte (QBMS D-Pac rep) at lmatte@shaw.ca or phone her 752-7404 if you would like to participate.

POINSETTIA FUNDRAISER

Order yours before November 27th!**

We are selling poinsettias until November 27, 2009. You have your choice of Red, White, or Pink. The poinsettias are only \$12 each, with the proceeds going to QBMS. You can also order a snowman poinsettia pick for only \$2, and \$1 of that goes directly to QBMS! The plants can be viewed at <http://qbms.plants4nonprofit.com>. We have included a tear off order form at the end of this newsletter, and cheques are payable to Qualicum Beach Middle School (cash is accepted as well). Once we have placed our final order, delivery is anticipated to be the first week of December. Plants will be delivered to the school and can either be sent home with your child, or picked up from the office. Our goal is to sell 200 plants, and we have sold 63 to date...only 137 to go and we have 1 week to do it! Thank-you for your support.



QBMS SPIRIT WEAR



Mr. Worthen

There is still some QBMS spirit wear clothes left for those parents who wish to purchase it as a Christmas gift. Garments will include adult size sweat pants, blue or white running shirts, golf shirts, shorts and the popular hoodie. All clothes are navy in colour and will have QBMS or the QBMS logo on them. Prices range from \$23 to \$30.

Please contact Mr. Worthen at bworthen@sd69.bc.ca if you are interested.

Congratulations to this week's Gotcha Winner....*Theo* of division 6-2!!!



EMAIL ADDRESS FOR QBMS NEWSLETTER

NAME: _____

EMAIL ADDRESS: _____

Student Name: _____

Division: _____

Thank-you for your support!



POINSETTIA ORDER FORM

Name/Telephone	# of Red (\$12)	# of White (\$12)	# of Pink (\$12)	Poinsettia Pick (\$2)	Total Amount Due

To view the poinsettia's you can visit <http://qbms.plants4nonprofit.com>. If paying with a cheque, please pay to Qualicum Beach Middle School. Thank-you for supporting QBMS!

