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Principal: Mr. Darren Freeman

Vice Principal: Ms. Pat Hoy

<http://portal.sd69.bc.ca>

“Learning and growing together”

September 18, 2009

#### PRINCIPAL'S MESSAGE—DARREN FREEMAN

The dust has settled! Between August 24th and today, we have either admitted or withdrawn 52 students. Now, we can focus more attention on the learning process. I would like to offer you these tips on student success to help set up the year for you and your student:

Developing good study habits early is a positive factor in student achievement. Parents can help their children study by:

- Letting your children see you read and setting aside time each day for family reading.
- Setting up a homework area away from the TV with adequate supplies and lighting.
- Keeping an assignment calendar on the fridge for quick reference to due dates, exams and how they fit in with other activities.
- Being a role model—while your children do their homework, take some time to do jobs like balancing your cheque book.
- Give your children's minds the fuel they need—make sure they eat breakfast.
- Make it easy. Keep nutritional snacks, such as cut-up fruits and vegetables, cheese sticks, low-fat yogurt and butter-free popcorn, on hand.
- Schedule regular medical and dental checkups (but please avoid school time if possible)
- Ensure that backpacks are no more than 10 to 20 percent of the student's bodyweight and that students use both shoulder straps.

Related to these tips to promote student success is the book that I had the opportunity to read, entitled “The Brain that Changes Itself” by Norman Doidge. I highly recommend you taking the time to read it. It gives great insight into recent discoveries about the brain and its development.

We look forward to many great things at QBMS this year; please share these with us.

#### EMERGENCY RELEASE/MEDICAL FORMS

Your child was sent home with an Emergency Release and Medical Form. Please complete these forms and return to the school, even if there is no change to be made on the form. Thank-you!

#### SCHOOL START-UP COLLECTIONS

QBMS will be collecting the following fees:

A **textbook deposit** fee of \$50.00 is collected from each student at the beginning of each school year. Cheques are payable to QBMS and are to be post dated to June 15th, 2010. (mandatory). If textbooks are returned in good condition in June, the deposit is returned to you as well.

An **emergency preparedness fee** of \$3.00 is collected. (mandatory)

A student planner for \$8.00. (mandatory)

**Locks** are \$6.00.

Please be sure to keep your **post dated cheque** for the textbook deposit *separate* from all other payments, which may be combined.



#### PIZZA DAY

QBMS will be having our first Pizza Day on Monday, September 21st. Pizza will be sold for \$2.00/slice at lunchtime.



#### SCHOOL STORE

Students who need to purchase supplies such as pencils, erasers, rulers, paper, etc., may do so in the Library. The best time to purchase items is first thing in the morning before class Tuesday to Friday.

#### ART CLUB

**Welcome Back Grade 6, 7 and 8 Artists!!**

The **QBMS ART CLUB** will be starting up again this year *every Wednesday from 3:00 to 4:30PM*

Join us in the **ART ROOM 159** for **FABULOUS FUN, CREATIVE EXPRESSION WITH MULTI-MEDIA, AND DELICIOUS AFTER SCHOOL SNACKS PROVIDED.** **Start up date: Wednesday October 7th, 2009 End date: Wednesday, June 2nd, 2010**

**To SIGN UP FOR ART CLUB, please visit Ms. Dempster in the art room 159 next week, Sept 21-25th, at recess and lunch.**

Contact Ms. Dempster at school 250 752-9212 or email [cdempster@sd69.bc.ca](mailto:cdempster@sd69.bc.ca)

#### CHESS CLUB

Chess club starts on Monday September 21st in Room 222 during lunch. Many thanks to Mr. Wilson for volunteering his time to make this club a success.



#### SEWING CLUB

Ms. Bogle will be starting a Sewing Club beginning the first week of October. This will be an opportunity for students interested in sewing to build on their skill and knowledge about sewing, while creating some fun and unique projects.

Please note this will not be a time for students enrolled in sewing classes to receive extra time to work on their class projects as Ms. Bogle has set aside additional time at lunch and after school for this to happen. Sewing Club will take place on Mondays after school from 3:15 - 4:45. Students who are interested should see Ms. Bogle for an information letter to take home - announcements for the club will be made next week.



#### TERRY FOX RUN 2009-10

Our school's Terry Fox Run will take place this coming Monday (September 21st) at approximately 10:00am. Pledge sheets have been sent home with your children and will be accepted until Monday. Our school fundraising goal is \$500.00 - thank you to those who have already brought in their pledge forms or who have donated to our school's "Twoonies for Terry" jar - we appreciate your support of this important cause! Please feel free to come in and join in on the run on Monday!

## Q.B.M.S. Staff Members 2009-10

<u>Grade 6</u>	<u>Teacher</u>	<u>Room</u>
6-1	Mr. B. Worthen	216
6-2	Mr. H. Indriksons	219
6-3	Ms. C. Frampton	218
<u>Grade 7</u>		
7-1	Ms. M. Cutler	209
7-2	Ms. C. Dempster	159
7-3	Mr. C. Johnson	220
7-4	Ms. S. Verheyen	223
<u>Grade 8</u>		
8-1	Mr. B. Kellas	214
8-2	Ms. J. Olson	134
8-3	Mr. G. Dodd	138
8-4	Ms. L. Sprague	136

### **Mr. D. Freeman, Principal**

Ms. C. Cameron, Librarian  
 Ms. T. Bogle, Home Economics  
 Mr. B. Kellas, Band  
 Mr. B. Worthen, Student Services coordinator  
 Mr. J. Smith, Drama, Computers  
 Ms. S. Verheyen, Student Services Coordinator

### **Ms. P. Hoy, Vice-Principal**

Ms. M. Shell, LD/LA Programs  
 Ms. D. Dalgaard, Counselor  
 Mr. D. Haynes, Industrial Education  
 Ms. T. Kent, Boost/Special Needs Program  
 Ms. P. Hoy, Student Support Services

### **SUPPORT STAFF**

Ms. L. Burton, Youth & Childcare Worker  
 Ms. F. Gallagher, EA  
 Ms. C. Macrae, Library Assistant  
 Ms. S. Hamlyn, EA  
 Ms. S. Klobchar, EA  
 Mr. M. Sickles, EA  
 Ms. P. DesMueles, Custodian

Ms. A. Vallor, Secretary  
 Ms. C. Hardy, Secretary  
 Ms. J. McIlveen, EA  
 Ms. R. Richardson, EA  
 Ms. C. Forrest, First Nations Liaison  
 Ms. E. Olson, Custodian

### **UPDATED BUSSING INFORMATION**

Thank you to all the parents who have made application for bus passes for their children. The goal was to have all applications in by September 11, 2009 and to first assign seats for all the eligible riders. Once that was done, remaining available seats would be assigned to courtesy riders and those parents/guardians would be contacted, informing them of their eligibility. The intent was to have this process completed by September 18<sup>th</sup>. As most applications have been made in the last week and to ensure the information is correct and children are properly accommodated, the process should now be completed by September 25<sup>th</sup>.

**PARENTS/GUARDIANS WILL BE CONTACTED DURING THE WEEK OF SEPTEMBER 21 – 25, 2009 IF THERE IS A COURTESY PASS AVAILABLE FOR THEIR CHILD. PASSES WILL BE ISSUED UPON PAYMENT.**

**ALL STUDENTS WILL BE REQUIRED TO SHOW THEIR PASS TO THE DRIVER, STARTING SEPTEMBER 28, 2009.**

### **IMPORTANT DATES**

#### **SEPTEMBER**

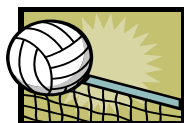
Monday, September 21 - Terry Fox Run  
 Wednesday, September 23 - Instrumental Rental Night for band students  
 Thursday, September 24 - Meet the Parent Night 7:00 – 8:00  
 Friday, September 25 - School Planning Day (no students in session)  
 Thursday, October 8 - Grade 6 Immunizations (9:00am-12:00pm)



### **COMMUNITY NEWS**

**Check the Community News and Events link (second tab on the left side) of the School District website.** [www.sd69.bc.ca](http://www.sd69.bc.ca)

Please note that Community News and Events will no longer be included in our weekly newsletter. Instead, they will be posted on the website. You can also view Community News from the QBMS website.



### **VOLLEYBALL PRACTICE SCHEDULE (SEPTEMBER-OCTOBER)**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Morning Practice 7:45-8:30am	Gr. 6 Girls Ms. Bogle	Gr. 6 Boys Mr. Worthen	Gr. 8 Girls Ms. Frampton	Gr. 7 Boys Mr. Dodd	
After School #1 3:00-4:00pm	Gr. 7 Girls Ms. Sprague	Game Day Gr. 8 Boys and Girls Gr. 6 Boys	Gr. 8 Boys Mr. Johnsen	Game Day Gr. 7 Boys and Girls Gr. 6 Girls	Gr. 8 Boys Mr. Johnsen
After School #2 4:00-5:00pm	Gr. 8 Girls Ms. Frampton				