



Queen Alexandra F.A.M.I.L.Y. School

A Fine Arts Multicultural Integrated Learning for Youth School

May 2nd, 2017 (Newsletter #7)

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Important Information – Please Translate

這是一份重要資訊 — 請找人為您翻譯

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Mahalagang Impormasyon - Paki sali sa sariling wika

Thông tin quan trọng - Xin phiên dịch

Información importante - Por favor traducir

Emergency Preparedness at QA

On May 4th, every school in the Vancouver School District will participate in a district-wide Earthquake Drill called The Big One at Two. The drill helps all students and staff practice the procedures taken during an earthquake. This year, we will practice counting aloud to 60 while in a safe place and position inside the school, evacuate the school and assemble at China Creek Park South, set up our First Aid and Student Reunification stations, communicate with the School Board via radio to identify our school's status and needs and carry out reunification procedures with ~30 pre-determined QA families.

We also encourage families to consider earthquake preparedness at home! Information about preparing for an earthquake is available online at embc.gov.bc.ca.



Here are some tips to prepare for an earthquake:

- Look for ways to minimize damage to your home
- Be prepared to survive afterwards for at least 72 hours without help
- Plan your needs, delegate tasks, and write down and practise your plan
- Sign up now for a first-aid course

Here are some items to include in an Emergency Kit:

- First aid kit and instruction booklet
- Shelter (plastic tarp, small tent, emergency blankets, large garbage bags)
- At least 4 litres of water per person, per day in tight lidded non-breakable containers
- Non-perishable food items, a manual can opener and cooking utensils
- Flashlight and spare batteries
- Battery AM/FM radio and spare batteries, stored separately in waterproof bags
- Essential prescription medication
- Personal toiletry items
- Class ABC fire extinguisher
- Tools, especially the wrench required to turn off natural gas
- Shoes that are heavy enough to protect feet from broken glass and other debris
- Money
- Candles and waterproof matches

We hope these tips and ideas help you to take action and prepare for any emergency!



VSBC Messaging on the 13 Reasons Why Netflix Series

In light of the popularity of the Netflix series *13 Reasons Why* and its depiction of suicide, bullying & drunk driving we want to bring to your attention the following information. The B.C. Ministry of Education and many mental health organizations are highlighting concerns and providing guidance to school communities and parents to be aware of the dangers and risks associated with children and young people who have been exposed to the series (rated Mature Audience). It is important for parents to know what children are watching and if necessary, engage them in reflective conversations to make sense of what they are seeing on TV or social media. The following online article was created by the Suicide Awareness Voices for Education Society (SAVE) as a guideline for talking to children about the TV series. It explains much of the show's content, and the reasons why some mental health associations are urging caution in allowing children/teens to watch the show unsupported:

www.save.org/blog/tips-watching-new-netflix-series-13-reasons/

School counselors can assist school staff and families to engage in supportive conversations with students as well as provide resources and offer expertise in preventing harmful behaviors.

If you need support, please call the school, email Queen Alexandra's School Counselor Ms. Joshi (ajoshi@vsb.bc.ca) or access the following:

- HealthLink BC- Call 811 or visit www.healthlinkbc.ca
- BC Mental Health Support Line- 310-6789
- Kids Help Line 310-1234
- Kids Help Phone 1-800-668-6868
- www.youthinbc.com

Call 9-1-1 if you believe that someone's life is in danger.



2017 – 2018 Proposed School Fees

The QA PAC approved the following school fees for 2017-18: \$25.00 General School Supply Fee & \$5.00 School Agenda/Planner Fee

As a reminder, the Vancouver School Board will not deny a child access to the school supplies required for his or her educational program because of financial hardship. Nor will any child be excluded from activities where a fee is charged. **If at any time there is a financial challenge, please contact the school Principal.** All requests will be treated confidentially.

Acknowledgement



We live, work and learn on the traditional and unceded territories of the Musqueam, Squamish and Tsleil-Waututh Coast Salish people. Queen Alexandra F.A.M.I.L.Y. School wishes to acknowledge the history of our community & neighbourhood.

Important Upcoming Dates

- May 4 Big One at Two Earthquake Drill
- May 5 **No School** - Curriculum Implementation Day
- May 8-10 Grade 7 Students at Camp
- May 17 Welcome to Kindergarten (1:30-2:30)
- May 18 VSB Aboriginal Grade 7 Moving Forward Celebration
- May 19 Sports Day
- May 22 **No school** - Victoria Day
- May 31 Fine Arts Celebration
- June 2 QA Walk-a-Thon





Welcome to Kindergarten – Wednesday May 17th

We are hosting Welcome to Kindergarten on Wednesday May 17th from 1:30pm – 2:30pm for our 2017-2018 Kindergarten students and families. The Welcome to Kindergarten program (WTK) offers resources and strategies for families in support of children and early learning. It is a wonderful opportunity for families to engage with their new school and celebrate active play based learning that is the foundation for children's healthy, optimal growth and development. WTK starts a relationship between families and our school that supports children throughout their school experience. Dr. Michelann Parr, from Nipissing University's Schulich School of Education, shares anecdotes, experiences, and practices related to family and school engagement in her most informative blog: "[engaging families, engaging schools](#)". Also, [Learning to Play and Playing to Learn: Getting Ready for School](#) is a wonderful booklet for families in helping their child prepare for a successful transition to kindergarten.

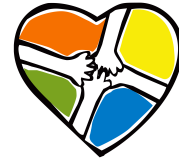
Conflict & Bullying in Schools

While verbal, physical, emotional and/or cyber bullying can be tough topics to bring up with kids, each is a very important conversation! QA staff work diligently and collaboratively to address incidents of conflict and bullying; we work with students and families towards conflict resolution and/or in addressing the power imbalance that is often present or perceived in incidents involving on-going bullying. Here are some basics around bullying & conflict:

Bullying vs Conflict: By clarifying the difference between bullying and conflict, we can appropriately support our children and respond to incidents accordingly. While bullying and conflict may seem similar, there is a distinct difference! Bullying is a persistent, repeated pattern of unwelcome or aggressive behaviour that often involves an imbalance of power and an intent to harm or humiliate. Conflict, however, is an inevitable part of group dynamic and is often the result of a disagreement or difference in opinion between peers who typically have equal power in their relationship.

Bullies: Bullying is often about power. Some kids may use bullying as a way to enhance their social power and protect their prestige with their peers. Some kids actually use bullying to deflect taunting and aggression that is directed toward them – a form of self-protection. There are usually many reasons why a child might engage in bullying behaviour, some of these may include:

- Lack of warmth and true involvement at home;
- Lack of self-confidence;
- Overly-permissive boundaries;
- Harsh, physical discipline at home;
- Peer or adult behaviour modeled at home, in the community or at school;
- Attempt to gain power in reaction to being bullied by others.



Bystanders: Currently most bullying takes place in the presence of youth other than the bully and the victim. There are two types of bystanders – the hurtful and the helpful. **Hurtful Bystanders** support the bullying by laughing, cheering, recording or making comments that encourage the bully. Forwarding cruel photos or texts and visiting websites that are targeting a specific youth also encourage the bully. Bystanders may also join in on the bullying once it begins – or they may simply watch and say or do nothing. Bystanders may give the bully the audience he/she craves, and silently allows the bully to continue with their hurtful behaviour. Even "liking" a cruel comment on a YouTube, Instagram, Facebook or Snapchat is wrong – it's just as bad as writing it. **Helpful Bystanders**, on the other hand, directly intervene by discouraging the bully, defending the victim, or redirecting the situation away from bullying. They may also rally support from their peers to stand up against bullying and report the bullying to adults.

Addressing the signs of bullying before the behaviour gets worse is the key to creating a safe home and/or school and making our children feel safe. Families and school staff play a pivotal role in teaching their children how to be caring, deal with angry feelings, and stand up for themselves without being aggressive.

– erasebullying.ca

Core Competencies

This year, as teachers continue to work with our redesigned BC curriculum, opportunities are being created for students to communicate, think critically and creatively, and act in socially responsible ways ... This includes collaboration and communication skills to solve problems or discuss issues. It also means thinking about culture and personal identity. This spring, students will be reflecting about how they are developing their competencies as they engage in learning (O'Reilly readingpowergear.wordpress.com).

Specifically, the Core Competencies are:

Communication -The communication competency encompasses the set of abilities that students use to impart and exchange information, experiences and ideas, to explore the world around them, and to understand and effectively engage in the use of digital media.

Thinking - The thinking competency encompasses the knowledge, skills and processes we associate with intellectual development. It is through their competency as creative and critical thinkers that students take subject-specific concepts and content and transform them into a new understanding. Thinking competence includes specific thinking skills as well as habits of mind, and metacognitive awareness.

Personal and Social - Personal and social competency is the set of abilities that relate to students' identity in the world, both as individuals and as members of their community and society. Personal and social competency encompasses the abilities students need to thrive as individuals, to understand and care about themselves and others, and to find and achieve their purposes in the world.

Find more here: <https://curriculum.gov.bc.ca/competencies>

QA's Mission Statement: Through the commitment to cooperation and hard work, the students, parents and staff of Queen Alexandra work together so that all students can succeed academically and socially in an emotionally nurturing environment. We care for OURSELVES, EACH OTHER, the ENVIRONMENT and OUR COMMUNITY.

