

# JANUARY 2025

## Queensbury News

[School Website](#)

Office 604.903.3730

Attendance 1.833.259.7295

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### IMPORTANT NEWS

As we progress through the school year, we want to take a moment to emphasize two critical areas that significantly influence our students' success, well-being, and overall development: **sleep** and **screen time**. These factors play a pivotal role in helping children thrive both academically and personally.

**The Importance of Sleep:** A good night's sleep is essential for children to learn, grow, and fully engage in the exciting opportunities each day offers. According to experts, school-aged children should ideally get **9-11 hours of sleep** each night to support their physical and mental development. Proper rest contributes to:

- **Improved focus and concentration** in the classroom.
- **Better memory retention**, helping students absorb and apply new concepts.
- **Enhanced emotional well-being**, fostering a positive school experience.

We understand that busy family schedules and extracurricular activities can make consistent sleep routines challenging, but prioritizing adequate rest can make a world of difference in your child's day-to-day life.

**Mindful Screen Time Management:** Another crucial aspect to consider is the **impact of screen time**, particularly during evening hours. Excessive screen exposure, especially close to bedtime, can disrupt the body's natural production of melatonin—a hormone critical for sleep regulation. This can make it harder for children to fall asleep and maintain restorative sleep patterns.

To support healthier habits:

- Set **clear screen time limits** during school nights.
- Establish **technology-free zones** in bedrooms or family spaces.
- Encourage evening routines that include **calming activities**, such as reading a book or quiet conversations, to help wind down before bed.

By promoting consistent sleep habits and healthy screen use, we can work together to ensure students are equipped to make the most of their school experience.

For further insights and helpful strategies, please refer to the attached resources provided by the North Vancouver School District. Thank you for your continued partnership in supporting our students' success and well-being!

Mr. Johal, Principal

Ms. Chambers, Vice Principal

We would like to thank the Coast Salish people, specifically the Skwxwú7mesh Nation and Səlilwətał Nation, whose unceded traditional territory North Vancouver School District and Queensbury Elementary reside on. We value the opportunity to learn, live and share educational experiences on this traditional territory.



Grade Six Leaders sharing information about Black Excellence Day.

### GUIDING BELIEFS

Education at Queensbury provides all children an equal opportunity to acquire the knowledge, skills, and attributes needed to maximize their potential in intellectual, social, and physical development.

### MISSION

We believe:

- in fostering an environment so that everyone feels welcome and included;
- everyone matters;
- every child should have the opportunity to succeed;
- teaching self-awareness and self-management is important for students, staff, and parents; and
- in collaborating with parents and community partners for the success of all learners.

### SCHOOL PLAN

**Goal #1** – Enhance a sense of belonging.

**Goal #2** – Increase student engagement.

Please review for the complete [School Plan](#).

### CODE OF CONDUCT

Please be mindful that all members of the Queensbury School Community are expected to be *Respectful, Responsible, and Resourceful*.

Click [here](#) for the full Code of Conduct.

## 2025-2026 ELEMENTARY BAND INFORMATION

Our school will continue providing the band program for next school year. Registration for the 2025/26 Elementary Band and Strings program opened on Monday, January 15. For more information, please click [HERE](#). There are two registration options and fees:

1. Registration between January 13 - February 28, 2024 – the fee is \$550 and can be paid through a monthly instalment plan that will be in place until September 1.
2. Registration between March 14 - September 29, 2024 (Late Registration) – the fee will be \$620. No monthly installment plan is available for this option.

Families can withdraw their child from the program and receive a FULL refund up to June 13, 2025. After this date, a \$75 withdrawal fee will be charged. There are no refunds after September 29, 2025.

## POSITIVE BEHAVIOUR INTERVENTION SUPPORTS (PBIS)

Positive Behavioral Interventions and Supports (PBIS) is a proactive approach to creating a safe and supportive school environment. By focusing on teaching and encouraging positive behaviours, PBIS helps students build important social skills, while reducing disruptions and promoting a culture of respect and responsibility. Our staff is actively working on implementing PBIS strategies, and we look forward to sharing more information with staff and families in term three! For more information, please go to the link [here](#).

## TRAFFIC SAFETY

We would like to extend our sincere thanks to all of the drivers who continue to follow the rules of the road and support safe driving habits around our school. Your efforts play a crucial role in keeping our students, staff, and community safe. The RCMP has emphasized the importance of reporting any incidents that could compromise safety, especially in relation to the use of crosswalks. By doing so, we can work together to address any issues and help maintain a safe environment for everyone. The school is committed to continuing its collaboration with the RCMP and the Queensbury PAC to promote traffic safety and raise awareness within our community. Thank you for your ongoing support!

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Ms. Wilson's Grade 1 students sharing their learning about clouds.

## UPCOMING EVENTS

### JANUARY 24

Art Club (gr 5-7) @ lunch in music portable  
PAC Chess club @ lunch in the gym  
PAC Farsi after school program begins

### JANUARY 27

International Holocaust Remembrance Day

### JANUARY 28

PAC meeting 7:00-8:00 pm – Virtual

### JANUARY 30

PAC- Hot Lunch - Sushi

### JANUARY 31

Art Club (Gr 5-7) @ lunch in music portable  
PAC Chess club @ lunch in the gym

### FEBRUARY 1

Gr. 4. Outdoor School Orientation @ Cheakamus see calendar for details

### FEBRUARY 6

Kindergarten Hearing Screenings  
PAC hot lunch – Well Fed  
PAC Love Ball – 6 pm to 8 pm

### FEBRUARY 7

PAC chess club @ lunch in the gym

### FEBRUARY 13

PAC hot lunch – White Spot

### FEBRUARY 14

Pro D Day – students do not attend

### FEBRUARY 17

BC Family Day – School Closed

Please click [here](#) for the full calendar.