



THE QUEENSVILLE QUILL

20317 Leslie Street, Queensville ON L0G 1R0

Phone: 905-478-4191 Fax: 905-478-4047

www.queensville.ps.yrdsb.ca

Principal: Stephanie Gilbert Superintendent: Erik Khilji

Vice Principal: Nina Keosongseng Trustee: Elizabeth Terrell-Tracey

Elementary Office Administrative Assistant: Lisa Mammone

Character
Matters!

March 2019



Grandfather Teaching: BRAVERY

To be brave is to do something right even if you know it's going to hurt you.

Character Trait: PERSEVERANCE

We stick to a goal and work hard even in the face of obstacles and challenges.

We complete all tasks and assignments.



Kindergarten
Registration

Children who turn four or five years old during 2019, live within the school boundary and whose parents are public school tax supporters will be eligible to register for kindergarten. For more information and registration forms please click on the [YRDSB website](http://www.yrdsb.ca).

A Note from Mrs. Keosongseng

Thank you so much for the wonderful experience here at QPS! I have enjoyed getting to know the amazing students, staff and families that make this school so very special. I welcome Mr. Arnott to this great team to continue the incredible work that happens at our school!

March Calendar

1	Sibbald Point Gr. 4
5	Winter Walk Day
6	Skating, EG Complex 1:30-2:30
11-15	March Break
18	Best Wishes to Mrs. Keosongseng and Welcome to QPS, Mr. Arnott!
25	Science Evening at QPS! 6-8pm
28	Big Crunch
29	Crazy Hair Day, Earth Hour
29	Soccer Intramural Begins at Lunch

Save the Dates!



Spring Math-Math is Outside Too!

Spring and nice weather make for a great time to get outdoors and connect with math. Whether you are taking a walk, filling compost bags with leaves or starting to build that garden shed, there are many opportunities to engage in rich mathematical discussions with your child.

Here are some questions you can pose to your child as you engage with nature:

- What shapes do you see in that house?
- How tall do you think that tree is?
- How far do you think we walked today?
- How many piles of leaves do you think will fit into this bag?
- How many ____ did you see on our walk?
- How many windows do you think are in that building?
- How long do you think it will take us to walk one kilometer?
- If we double our pace how long do you think it will take us to get home?

So the next time you spend some time outdoors with your child, take some time to engage in some math talk!

You may also be interested in reading a new article for parents written by Jo Boaler, Professor of Mathematics Education at Stanford University.

[Developing Mathematical Mindsets, The Need to Interact with Numbers Flexibly and Conceptually](#)

To find out what your child will learn in math this year or to find other fun activities that you can do together as a family, please visit <http://www.yrdsb.ca/Programs/Math/Pages/default.aspx>. Be sure to also try our [Problem of the Month](#)

CHARACTER MATTERS @ QPS!

We ended February with our Character Assembly. At QPS, we celebrate, promote and practice acts of good character. We recognized students who demonstrated fairness and initiative consistently.

Fairness Award Recipients: Chloe S., Logan, Kohen, Chloe D., Abderrahman, Jaryn, Jumana, Gordon, Zach

Initiative Award Recipients: Colton, Theo, Henry, Rayhana, Gordon, Tai, Lexi, Agam, Isaac, Ariel, Alex

*Character
Matters!*

Congratulations, Students!





New Canada's Food Guide

Canada has a new food guide –
out with the rainbow, in with the plate!



In January, Health Canada released a new [Canada's Food Guide](https://Canada.ca/FoodGuide). This guide acknowledges that healthy eating is more than the foods you eat. It is also about where, when, why and how you eat. The food guide also encourages us to eat foods that are not only better for us, but also for our planet, by focusing on vegetables and fruit, whole grains and plant-based protein foods.

Here are the Healthy Eating Recommendations from Canada's Food Guide, to keep in mind when planning meals for yourself and your family:

- [Be mindful of your eating habits](#)
- [Cook more often](#)
- [Enjoy your food](#)
- [Eat meals with others](#)

In addition, try to make it a habit to eat a variety of healthy foods each day:

- [Eat plenty of vegetables and fruits, whole grain foods and protein foods.](#) Choose protein foods that come from plants more often
- [Limit highly processed foods.](#) If you choose these foods, eat them less often and in small amounts
- [Make water your drink of choice](#)
- [Use food labels](#)
- [Be aware that food marketing can influence your choices](#)

Visit Canada.ca/Foodguide to access supporting resources such as recipes.

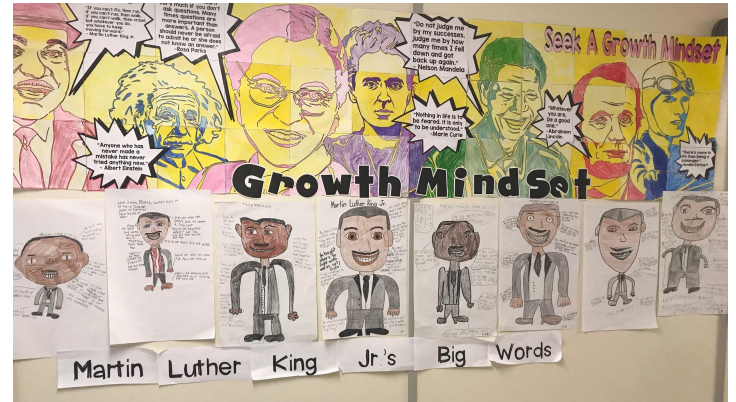
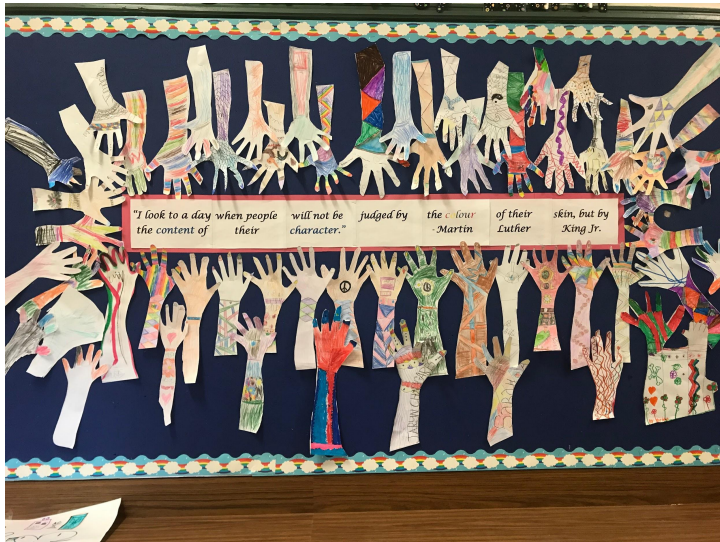
Visit www.york.ca/nutrition or www.unlockfood.ca for more information and additional nutrition resources. To speak to a registered dietitian at no cost, call Telehealth Ontario at 1-866-797-0000.



Around the School...



Our students enjoyed playing on djembe drums and making beautiful music together.



Take a look at the artwork produced by our students in honour of Black History Month. *"I look to a day when people will not be judged by the colour of their skin, but by the content of their character."* Martin Luther King Jr.

Our students were enjoying Virtual Reality Goggles, that were borrowed from our Board, in our Learning Commons. Thanks, School Council, for your support with purchasing new technology to enhance our programming.





SCHOOL COUNCIL CORNER

As a school council member, you can help your council discover new and exciting ways to contribute to the education of students in your school. Education is a partnership involving parents, students, teachers, principals, school boards, government, and the community. Your involvement in the council gives you the opportunity to strengthen that partnership, and to be part of a dedicated team working to ensure a high quality of education and an accountable education system for the children of Ontario. Your participation can make a difference! Our next tentative School Council Meeting will be at 5:30 pm in the Learning Commons on: May 6th. **All are welcome!**



We continue to welcome nut free granola bars, cereal, gift cards, and/or fresh fruit donations for our morning snack program. Thank you for your support! Thank you, parents, for volunteering your time to shop for and then to wash and prepare our fresh fruits so they can be served to our students in the mornings.



SCIENTISTS IN SCHOOL


Save the Date!

**Mon., March 25
from 6-8 pm at QPS!**

School Council is hosting a science evening for our students and their families. Families will have the opportunity to become scientists and participate in hands-on, engaging workshops. Come join us in the fun! Please return the form to indicate your interest in workshops.



LOOKING AHEAD AT MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
				Day 2 1   Sibbald Point Gr.4
Day 3 4 	Day 4 5 Winter Walk Day 	Day 5 6  Skating EG Complex 1:30-2:30 Chess Tournament 	Day 1 7 Games Club 	Day 2 8  
11 M B	12 A R	13 R E	14 C A	15 H K
Day 3 18 Welcome, Mr.Arnott!	Day 4 19	Day 5 20  Gr. 6 VIP	Day 1 21  Games Club	Day 2 22  
Day 3 25 Science Night 6-8  SCIENTISTS IN SCHOOL	Day 4 26	Day 5 27  Gr. 6 VIP	Day 1 28 Great Big Crunch   Games Club	Day 2 29 Crazy Hair Day, Earth Hour, Soccer Begins 