# QUEEN MARY PUBLIC SCHOOL

1010 15th Street West
Prince Albert, SK
S6V 3S2
www.srsd119.ca
306-763-7672
FAX: 306-763-4070

**QMPS BELIEVES THAT STUDENTS WILL ACHIEVE SUCCESS THROUGH MEANINGFUL RELATIONSHIPS, CULTURAL AFFIRMATION & HIGH STANDARDS**

# November 2026

| MON | TUE | WED | THU | FRI |
|---|---|---|---|---|
| 2 | 3<br>Tipi Teachings - Humility | 4<br>Drama Club<br>3:30 pm - 4:30 pm<br>7/8 Volleyball<br>QM v.s MUSKODAY<br>3:55 PM @ QM | 5<br>Family Conferences (Student/Parent/Teacher Conferences)<br>3:30 pm - 8:30 pm<br>Flu Clinic - School Gym<br>3:30 pm - 6:30 pm<br>SEC Event<br>1:30 pm - 3:30 pm | 6 |
| 9 | 10<br>Remembrance Day Service<br>11:00 am | 11<br>Remembrance Day<br>NO CLASSES | 12 | 13<br>Rock Your Mocs<br>Wear your moccasins |
| 16<br>Louis Riel Day<br>Muffin Morning<br>8:15 am - 9:00 am<br>Library | 17<br>Tipi Teachings - Happiness<br>SCC Meeting<br>5:30 pm | 18<br>Drama Club<br>3:30 pm - 4:30 pm | 19 | 20 |
| 23<br>Prek michif & Prek Family Engagement<br>9:45am | 24 | 25<br>Drama Club<br>3:30 pm - 4:30 pm | 26 | 27 |
| 30 | | | | |

**Bell Schedule**
8:50 am -Classes Begin
12:10-12:50 pm - Lunch Hour
3:20 pm - Dismissal

**Report an Absence**
Call 306-763-7672 Or Use Edsby

Please call before 3 pm for changes to end of day travel arrangements.
Students must use their assigned doors for dismissal.
Please wait until 3:20 pm to pick up students if possible.

# NOVEMBER NEWSLETTER
# QUEEN MARY PUBLIC SCHOOL

*"The more that you read, the more things you will know. The more that you learn, the more places you'll go." – Dr. Seuss*

## MONTHLY REMINDERS

### QMPS Athletes

**7/8 VOLLEYBALL**

**Extravaganza**
Wednesday, November 4th, 2026
3: 55 pm
Muskoday vs. Queen Mary
@ Queen Mary



### SCHOOL INFORMATION

**Progress Conferences**
Thursday, November 5, 2026
Drop in between 3:30 pm - 8:30 pm
Soup & a bun provided after families meet the teacher

**Flu Clinic**
Thursday, November 5, 2026
Drop in between 3:30 pm - 6:30 pm

**Student Engagement Centre Event**
Thursday, November 5, 2026
1:30 pm - 3:30 pm
Parents/Guardians & family members welcome

**2 B BOYS**
Tuesdays
3:00 pm - 4:00 pm

**Beading Club** (full)
Tuesdays
3:30 pm - 4:20 pm

**Drama Club**
Wednesdays
3:30 pm - 4:30 pm

**REMEMBRANCE DAY ASSEMBLY**
Tuesday, November 10, 2026
11:00 AM - Large Gym
All Community Members
Welcome to Attend



**LOUIS RIEL DAY**
Muffin Morning - November 16, 2026
8:15 am - 9:00 am
Library
Everyone Welcome



**School Community Council**
November 17, 2026
All parents welcome to discuss school goals.

Regular attendance is the key to success in school. When students are present every day, they build strong learning habits, stay connected with their classmates, and keep up with important lessons. Every day counts—missing even a day can mean missing valuable learning opportunities. Let's work together to ensure our students are here, on time, and ready to learn!
Our school is a better place when all our wonderful students are here!

***Student supervision begins at 8:35 a.m. We kindly ask that students remain on the playground until the bell, and then enter through their usual doors.***

REMINDER

**NO CLASSES - November 11th**




## CONTACT US

306-763-7672 | 1010-15 th St W, Prince Albert | www.qm.srsd119.ca

Follow us on Facebook @ Queen Mary Public School

Rock Your Mocs Day – Friday, November 13th
Join the worldwide movement on November 13th to celebrate our cultures, identities, and pride by wearing our moccasins and sharing them with others!




Louis Riel Muffin Morning - Monday, November 16th
8:15 am - 9:00 am
Come read a book in the library



# The Parent Corner

## 5 Things to say Instead of Calm Down

Often hearing "calm down" asks the feelings to leave. In order to co-regulate we need to acknowledge what is happening with simple language, supportive actions and firm boundaries.

- "You are safe and I am right here with you." This provides immediate comfort and lowers their physiological stress response
- "Let's take a deep breath together." This invites them into co-regulation by modeling it instead of ordering them to do it.
- "I want to listen, but it is hard when you are shouting. Let;s try again in a moment." This sets a gentle boundary and gives them a safe place to pause until they are ready to communicate.
- "It is okay to feel angry but not okay to hurt someone." This validates the emotion while setting a firm boundary around the behavior.
- "I'm right here. I am not going anywhere.": Before a child can think, they need to know they are not alone.

## Connect, Create, Play

Join us for a fun afternoon of connection, creativity, and learning at Queen Mary School on Thursday, November 5th, 1:30–3:30.

This event is for students who attend the Student Engagement Centre (SEC). We encourage parents, guardians, and family members to join us for an afternoon of fun and connection!

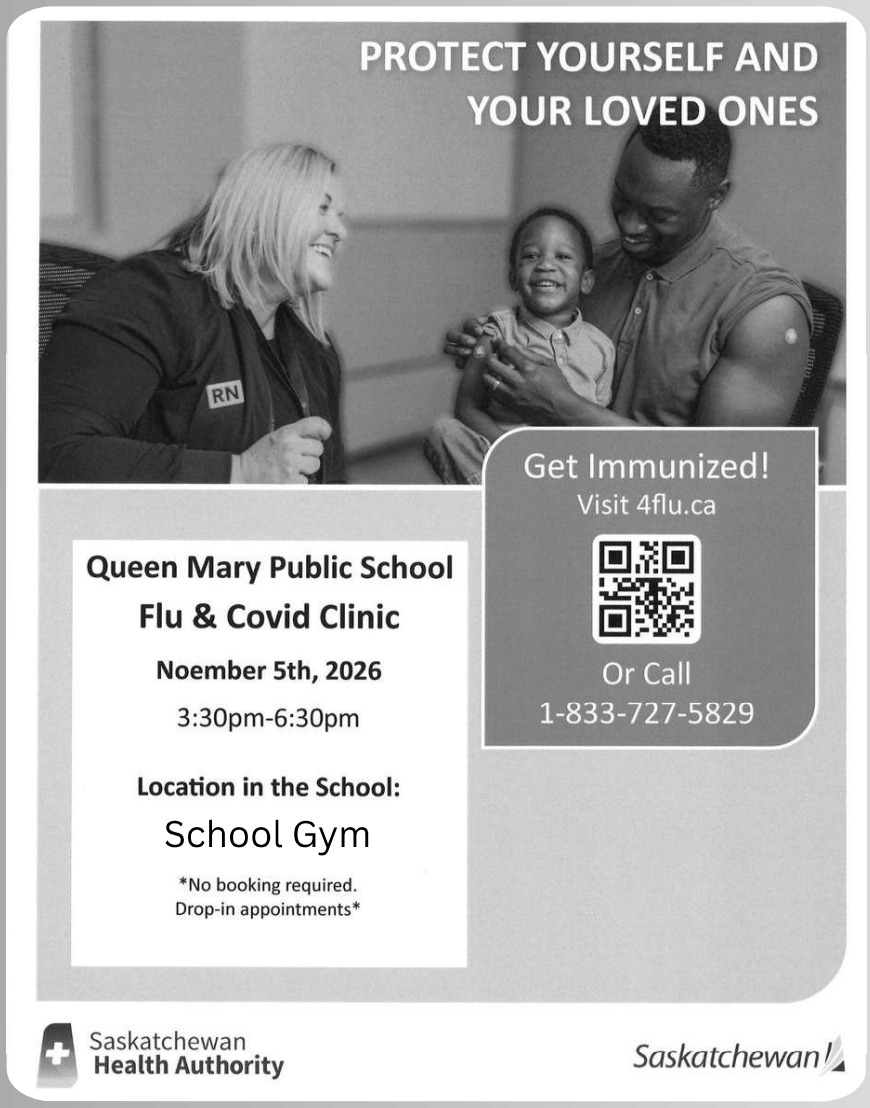
- 🎯 Fun games and team challenges
- 🎨 Creative art activities
- 💚 Activities that build emotional regulation and flexibility
- 🍎 Snacks and time to connect!

After the event, families can head to their child's homeroom teacher for their scheduled interview.

## Honoring the Earth's Rhythm BINGO

| | | |
|---|---|---|
| Bare **branches** | Dried **seeds** ready for winter wind to scatter | Fallen **leaves** |
| A pile of nuts under leaves or bark | Wrinkled **berries** | Mammal with thicker fluffier **fur** |
| **Cones** dropped on the ground | **Ice** on puddles | **Birds** feasting at birdfeeders |

See if you can <u>make a line of 3</u> by *finding the following signs of changing season!*




# Family Resource Centre

PA Early Years Family Resource Centre

www.pafrc.ca

## NOVEMBER 2026

If you need information or support please cal
306-763-0771
or email
eyfamilyresource2@sasktel.net

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 Family drop-in play 9:30am - 4:00pm<br>Child Health Clinic 9:30 - 3:00<br>Little Roots Art Class 10:00<br>Teddy Bear Clinc 11:00 - 3:00 | 4 Family drop-in play 9:30am - 4:00pm<br>Teddy Bear Clinc 11:00 - 3:00<br>Baby Breakthroughs 12:30<br>Baby & Me Yoga 1:45pm<br>Prenatal Yoga 5:30 pm | 5 Family drop-in play 9:30am - 4:00pm<br>Baby Feeding & Weight Clinic 9:30 - 3:00<br>Baby and Me Fitness 10:45am<br>Family & Tot Adventures 1:00 - 2:30<br>SaskRivers SLP Team Meet & Greet 4:30 -7:00pm | 6 Family drop-in play 9:30am - 12:30pm<br>Story Time 10:00am | 7 Family drop-in play 9:30am - 4:00pm<br>PA Public Library Info and Remembrance Day Craft 1:30 - 4:00 |
| 8 Closed | 9 Closed | 10 Family drop-in play 9:30am - 4:00pm<br>Child Health Clinic 9:30 - 3:00<br>Little Roots Art Class 10:00 | 11 Closed<br>Remembrance Day | 12 Family drop-in play 9:30am - 4:00pm<br>Baby Feeding & Weight Clinic 9:30 - 3:00<br>Baby and Me Fitness 10:45am<br>Family & Tot Adventures 1:00 - 2:30 | 13 Family drop-in play 9:30am - 12:30pm<br>Story Time 10:00am | 14 Family drop-in play 9:30am - 4:00pm<br>Dolly Parton Imagination Library PJ Party 10:30 - 1:30 |
| 15 Closed | 16 Closed | 17 Family drop-in play 9:30am - 4:00pm<br>Child Health Clinic 9:30 - 3:00<br>Little Roots Art Class 10:00 | 18 Family drop-in play 9:30am - 4:00pm<br>Dental Check Day 9:30-12:00<br>Understanding Children's Behaviour Workshop 10:30am<br>Baby Breakthroughs 12:30<br>Baby & Me Yoga 1:45pm<br>Prenatal Yoga 5:30 pm | 19 Family drop-in play 9:30am - 4:00pm<br>Baby Feeding & Weight Clinic 9:30 - 3:00<br>Family & Tot Adventures 1:00 - 2:30 | 20 Family drop-in play 9:30am - 12:00pm<br>National Child Day Celebration & Pancake Breakfast 10-12 | 21 Family drop-in play 9:30am - 4:00pm<br>Growing Together:Partners in Parenting 1:00 - 3:00 |
| 22 Closed | 23 Closed | 24 Family drop-in play 9:30am - 4:00pm<br>Child Health Clinic 9:30 - 3:00 | 25 Family drop-in play 9:30am - 4:00pm<br>PA Raiders Visit 10:00am-11:00am<br>Baby Breakthroughs 12:30pm<br>Baby & Me Yoga 1:45pm<br>Prenatal Yoga 5:30 pm | 26 Family drop-in play 9:30am - 4:00pm<br>Baby Feeding & Weight Clinic 9:30 - 3:00<br>Baby and Me Fitness 10:45am<br>Family & Tot Adventures 1:00 - 2:30 | 27 Closed | 28 Family drop-in play 9:30am - 4:00pm |
| 29 Closed | 30 Closed | | | Once upon a time | | Prince Albert Early Years Family Resource Centre |