

# WE ARE SAFE, KIND, AND RESPONSIBLE

## Queen Elizabeth Elementary JUNE NEWSLETTER

### Dates to Remember

June 5 - New Kindergarten Orientation  
(No school for our current Kindergarten Students)

June 11- Kindergarten Book Launch

June 15/16- Gr 6 Math Assessment

June 17- Gr 6 Magic Mountain Trip

June 18-Kindergarten to Cabot Park

June 18- Gr 4&5 Sandspit,  
Gr 2&3 Shining Waters (rain date 19)

June 23 - Gr 1 Camp Triumph, Report  
Cards go home

June 24- Grade 6 Closing

June 25 - Last day of school for students

We have some staff updates:

With the end of each school year, we always have a few staff changes. We are so thankful for the amazing staff we have and it is always hard to imagine what next year will bring when we have staff moving on to new opportunities.

Here are the staffing changes we know at this time:

- Chrissy Appleby is moving to Vernon River as Principal.
- Amanda Smith is moving to Elm Street School.
- Kara Katmouz is moving to Amherst Cove.
- The following staff have done an amazing job and are finishing term contracts at the end of June:  
Jennifer Youssef, Karen Samples, Karen Muzika, Emily Lawless, Caroline Andrews, Jasmine Frizzell, Candace Jackson-Grady, Amanda Andrews, Tamika MacLellan, Kayla Demarki, Stephanie Cain, and Whitney Cole.
- Best Wishes Everyone!

### Special Thanks from QEES

#### Home & School Committee

Thank you all for the incredible time, care, and energy you have given to our Breakfast Program this year. Your support has made a real difference for the students and families in our community, and we truly could not do this work without you.

We would also like to acknowledge the organizations and individuals whose support helped make the program possible. Our funding comes from President's Choice Children's Charity, the Department of Education, and many wonderful community groups. Their generosity and commitment to supporting children and families have been invaluable.

A special thank you also goes to Mike's Independent, and especially Mike, whose help with delivering groceries was a massive support to our program throughout the year. Thank you again to each and every volunteer for helping make this program such a success. Your kindness and dedication are deeply appreciated!



feeding hungry minds

## Recognizing Students Each Month

This year we are recognizing students each month who model the values of the Mi'kmaq 7 Sacred Teachings. In May we focused on **COURAGE**.

To have the strength and ability to overcome challenges. Will protect others. Courage is being brave in the face of life's situations and daily challenges that require courage to overcome. Never give in and never give up.

## Winners of the 7 Sacred Teaching Award for Courage in May

- |                                 |                                    |
|---------------------------------|------------------------------------|
| KA- Easton                      | 4A- Leyanna, Jasper, Ellie         |
| KB- Meabh, Declan               | 4B- Kinzlea, George, Asad          |
| KC- William, Auston             | 4C- Keyan, Caprice, Shaun          |
| 1A- Bria, Oliver                | 5A- Stuart, Lily, Lucas, Farhan    |
| 1B- Lainey, Carter              | 5B- Sawyer, Sophia, Nolan, Burdena |
| 1C- Bella, Scarlett, Amelia     | 6A- Riley, Simone, Ben, Annebelle  |
| 2A- Remi, Brodie                | 6B- Calvin, Cruz, Zach, Lyla       |
| 2B- Ezra, Benjamin              |                                    |
| 2C- Sadie, Xander, Oliver       |                                    |
| 3A- Oaklyn, Sam, Atlas, Madison |                                    |
| 3B- Zachary, Dean               |                                    |
| 3C- Chase, Harley, Bo           |                                    |



## Message to Parents from Ms. Amanda

If you haven't heard already, I have accepted a position at a different school beginning the next school year.

I want you all to know that getting to know your children has been one of the greatest joys of my career. I have been so lucky to watch them learn, grow, laugh, and shine each day.

The kindness, support, and sense of community at QEES is something I will always cherish.

I'm mostly going to miss seeing their cute little faces come see me for a band-aid, ice, photo copies, etc. The little moments with them are what made my day.

Thank you for your support, encouragement, and for sharing your wonderful children with me. I will miss everyone so much and will never forget my time at Queen Elizabeth Elementary.

Sincerely,  
Ms. Amanda

## Kindergarten Book Launch

Families of our Kindergarten students are welcome!



## Congratulations to Theo and Mason

on winning first prize at this year's Heritage Fair! That's an impressive achievement and a testament to all the hard work, creativity, and dedication you both put into your project. You should be very proud of yourselves—well done!



## COUNSELLORS CORNER

With summer vacation just around the corner, I wanted to make note of a few helpful resources in the event that challenges or concerns arise during the summer months and families are looking for some guidance and direction.

As a parent you know your child best and what is typical of them in terms of behavior and emotions. If your child is displaying changes in daily behavior or emotional outbursts that are not typical for them, and you are concerned, trust your instincts. It can't hurt to run it by a professional such as your physician, pediatrician or one of the services below.

The Student Well Being team is in the process of finalizing programming for the summer months which will be posted on the Facebook page once we have it. Stay tuned!

Referrals to the Student Well Being team can also be completed by parents at the following website:

<https://services.princeedwardisland.ca/en/service/student-well-being-team-referral-form/#/service/GenericWebformSubmission/GenericWebformGenerateTransactionID>

We are also very fortunate to have the Open Access Mental Health Clinic at the Prince County Hospital that operates Monday, Wednesday and Friday from 8am to 4pm and Tuesday and Thursday from 8am to 8 pm (please arrive by 7pm). You can walk in without an appointment and meet with a counsellor. If you have any questions about this service you can call (902) 888-8180. The clinic is located at the back of the PCH at the Mental Health and Addictions entrance.

Another resource is the Mental Health and Addictions Access toll free Line: 1-833-553-6983 where a mental health professional (registered nurse or social worker) will answer the call, assess the situation, and connect you to the appropriate care as needed. This line operates from 10 am to 10 pm daily.

An excellent FREE webinar titled Battling Anxiety in Children and Teens, from the Institute of Child Psychology can be found at this website: <https://icpwebinars.com/registration-2>. This webinar was highly recommended by a Child Psychologist with whom I worked in the past at the hospital. Check it out for some helpful suggestions!

A wonderful resource for parents with children with ADHD is ADDitude website <https://www.additudemag.com/> which offers many resources including free webinars.

I truly hope that everyone has a safe and joyful summer!

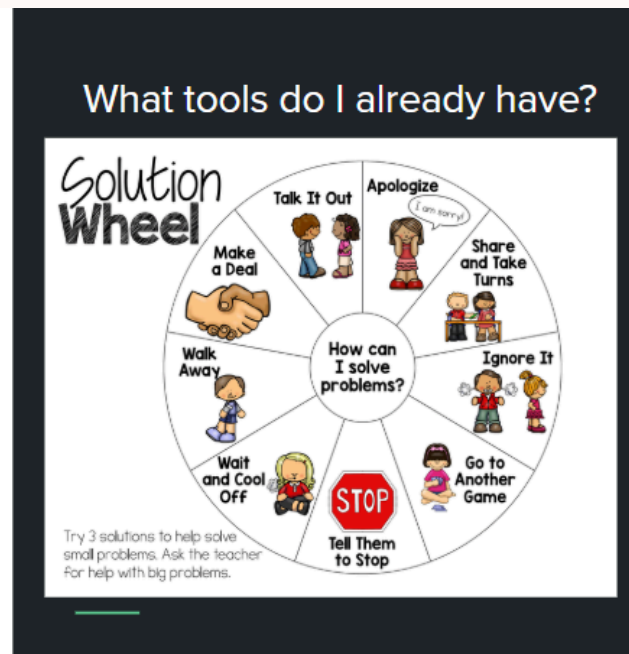
Ms. Kara

## MESSAGE FROM PBIS

- As we advance into the 2026/2027 school year our priority at QEES will continue to be student social and emotional well-being. Through a balanced approach, using clearly developed school expectations and positive re-enforcement strategies we want to advance our safe and welcoming learning environment. Another focus into next school year will be the development of student self-regulation skills through small group work and whole class teacher led activities with the support of the PBIS lead. Each year PBIS is becoming more engrained throughout the hallways and classrooms and as we push forward into next year we will continue to see even more measurable benefits throughout the student population.
- Students continue to develop their problem-solving skills, and these are skills that will stick with them throughout their lives. We encourage students to assess the size of the problem when dealing with situations.

### When small problems pop up!

- Talk it out
- Apologize
- Share and Take Turns
- Ignore
- Play somewhere else
- Ask them to stop
- Cool down
- Walk away
- Come to an agreement



## STAYING SUN SAFE AS THE WEATHER WARMS UP!

WITH THE SUN FINALLY MAKING A REGULAR APPEARANCE, WE ARE ALL EXCITED TO GET OUTSIDE AND ENJOY THE BEAUTIFUL WEATHER. HOWEVER, STRONGER RAYS MEAN WE NEED TO BE EXTRA DILIGENT ABOUT PROTECTING OUR SKIN. TO ENSURE EVERY STUDENT STAYS SAFE AND COMFORTABLE DURING RECESS AND OUTDOOR LEARNING, PLEASE KEEP THE FOLLOWING GUIDELINES IN MIND:

### THE LOWDOWN ON SUNSCREEN

THE BEST WAY TO ENSURE YOUR CHILD IS PROTECTED IS TO APPLY A HIGH-SPF SUNSCREEN AT HOME BEFORE THE SCHOOL DAY BEGINS. THIS PROVIDES A SOLID BASE OF PROTECTION THAT LASTS THROUGH THE MORNING.

IF YOU FEEL YOUR CHILD NEEDS A REAPPLICATION DURING THE DAY, PLEASE NOTE OUR SCHOOL POLICIES:

- **LOTION OR ROLL-ON ONLY:** FOR THE HEALTH AND SAFETY OF ALL STUDENTS (INCLUDING THOSE WITH RESPIRATORY SENSITIVITIES), SPRAY SUNSCREENS ARE NOT PERMITTED ON SCHOOL GROUNDS.
- **INDEPENDENCE IS KEY:** OUR SCHEDULE IS PACKED, AND TRANSITION TIMES FOR OUTDOOR PLAY ARE VERY SHORT. STUDENTS MUST BE ABLE TO APPLY THEIR OWN SUNSCREEN QUICKLY AND INDEPENDENTLY.
- **NO ADULT ASSISTANCE:** PLEASE BE AWARE THAT STAFF MEMBERS ARE NOT PERMITTED TO APPLY SUNSCREEN TO STUDENTS.

### DRESS FOR SUCCESS

SUNSCREEN IS ONLY ONE PART OF THE PUZZLE! WE STRONGLY ENCOURAGE STUDENTS TO USE "PHYSICAL" BARRIERS AGAINST THE SUN:

- **HATS:** A HAT IS THE BEST DEFENSE FOR FACES, EARS, AND NECKS.
- **PROTECTIVE CLOTHING:** LIGHTWEIGHT, LONG-SLEEVED SHIRTS OR LONGER SHORTS CAN BLOCK UV RAYS MUCH MORE EFFECTIVELY THAN CREAM ALONE.
- **SEEK THE SHADE:** WE ENCOURAGE STUDENTS TO UTILIZE SHADED AREAS UNDER TREES OR STRUCTURES DURING THE PEAK HEAT OF THE DAY.

**QUICK TIP:** LABEL YOUR CHILD'S SUNSCREEN BOTTLE AND HAT WITH THEIR NAME TO ENSURE THEY DON'T GET LOST IN THE SHUFFLE!

THANK YOU FOR HELPING US KEEP OUR SCHOOL COMMUNITY HEALTHY, HAPPY, AND SUNBURN-FREE THIS SEASON!

## Safety Reminder: Drop-Off and Pick-Up Procedures

Dear Parents and Guardians,

With a high volume of traffic during morning drop-off and afternoon pick-up, we need your help to keep our students safe. Please follow these essential guidelines:

- **Walk With Your Child:** If you park across the street, you must walk your student across the road. Please do not let children cross alone.
- **Look Both Ways:** Always check both directions before stepping into the street.
- **Drive Slowly:** Stay alert and reduce your speed in the school zone.

Update: We are actively working with local officials to get a designated crosswalk painted in front of the school to improve safety.

Thank you for your cooperation in keeping our kids safe!

# HIGHLIGHTS FROM MAY!

GRADE 2 HAD AN AMAZING FIELD TRIP TO THE KENSINGTON VET CLINIC, GRADE 6 TOOK ON A \*\*7-DAY SCREEN-FREE CHALLENGE\*\*, AND CAPE ROAD FARM VISITED KINDERGARTEN!



## TRACK AND FIELD

**The results are in and we have a lot to be proud of!**

**Our Track and Field Team finished in 1<sup>st</sup> place with 54 points, 20 points ahead of second place!**

### Relay Team Results:

Girls 1<sup>st</sup> Place- Anna , Gentry, Dynlee, Meone

Boys 2<sup>nd</sup> Place- Zach, Cruz, Calvin, Simone

Mixed 6<sup>th</sup> Place - Kash, Carrlee, Beckham, Wavie

### Individual Girl Results:

Anna 2<sup>nd</sup> shot put, 3<sup>rd</sup> 60m, 4<sup>th</sup> high jump

Dynlee 1<sup>st</sup> 150m, 2<sup>nd</sup> 600m, 3<sup>rd</sup> shot put

Gentry 1<sup>st</sup> 600m, 2<sup>nd</sup> 1000m, 6<sup>th</sup> long jump

Meone 2<sup>nd</sup> high jump, 3<sup>rd</sup> 150m, 5<sup>th</sup> 60m

Carrlee 4<sup>th</sup> 1000m, 6<sup>th</sup> relay

Wavie 8<sup>th</sup> long jump

### Individual Boy Results:

Fred 3<sup>rd</sup> 60m, 4<sup>th</sup> long jump, 8<sup>th</sup> shotput

Simone 1<sup>st</sup> high jump, 4<sup>th</sup> 60m, 10<sup>th</sup> long jump

Zach 4<sup>th</sup> 150m, 5<sup>th</sup> long jump

Calvin 2<sup>nd</sup> 1000m, 4<sup>th</sup> 600m, 5<sup>th</sup> high jump

Cruz 7<sup>th</sup> 150m

Beckham 9<sup>th</sup> 1000m, 12<sup>th</sup> 600m

Cameron 1<sup>st</sup> shot put

Jase 7<sup>th</sup> shot put

**Congratulations to you all! Your hard work and training really showed!**



### **NEW PLANTER BOXES AND PICNIC TABLES**

We have such wonderful former students who are now at KISH and able to help us add to our outdoor learning. We have some new planters that are starting to sprout and new picnic tables. Thanks to the hardworking students and staff at KISH!



# PEI HOME AND SCHOOL FEDERATION NEWSLETTER, JUNE 2026

## 🍎 COMPASS Results 2025-26

NEW COMPASS survey shows improvements in the health and well-being of Island youth.

[https://www.livewellpei.ca/sites/test.livewellpei.ca/files/2026-04/2025-26\\_Provincial%20Report\\_ENG\\_0.pdf](https://www.livewellpei.ca/sites/test.livewellpei.ca/files/2026-04/2025-26_Provincial%20Report_ENG_0.pdf)

## 🍎 Heritage Fair Winners

Congratulations to PEI Home and School Federation's Heritage Fair Specialty Prize Winners.

1. Liz Lykow, "The History of the Tuplins", Queen Elizabeth Elementary School
2. Nicky Hansen, "Ledwell Legacy", Morell Consolidated School

More at: <https://www.princeedwardisland.ca/en/news/provincial-heritage-fair-celebrates-student-achievement>

## 🍎 Home & School Executive/Board changes

Do you have executive members who will be transitioning to the next school level with their children?

If so, consider establishing a nomination committee and working with your principal to identify and recruit new volunteers for your local Home and School board.

Tip #1: Executive roles can be structured as co-chair positions to encourage shared leadership, strengthen collaboration, and support continuity.

Tip #2: Make a point of inviting new families to get involved. Early engagement helps them feel welcomed and fosters a sense of belonging within the school community.

## 🍎 Home and School Monthly Column

Federation president Tom Deelstra writes a monthly column for The Guardian. It is published on the first Saturday of the month during the school year and is available online. Read the next column on June 6. News - PEI Home and School Federation (peihsf.ca)

## 🍎 School Calendar 2026-2027

The first day of school for students for 2026-2027 will be Tuesday, September 8, 2026.

<https://www.princeedwardisland.ca/sites/default/files/84f6/School%20Calendar%202026-27%20%28MD%202026%2001%29%202026%20ENG.pdf>

## 🍎 Post-Annual General Meeting 2026

The post-AGM 2026 summaries are available online at: <https://peihsf.ca/agm/>

## 🍎 Encouraging summer reading...

Keep children/youth of all ages' minds active during the summer by regularly visiting your local library. There are 25 public library locations across Prince Edward Island.

Locations/Hours: <https://www.princeedwardisland.ca/en/information/education-and-early-years/public-libraries-locations-and-hours>

Kids: <https://peipls.overdrive.com/library/kids>

Teens: <https://peipls.overdrive.com/library/teens>

## 🍎 The Walled Garden Education - A Conversation with The Dais at TMU

On best practices, community outreach, and the effects of removing phones from the school day.

The discussion was moderated by Dr. Travis Saunders, professor of applied human sciences at the University of PEI and advocate for reducing screen use in classroom settings. Panelists: Matthew Shapiro, Vice Principal at Westmount High School, Montréal, Québec, and Tim Mushumanski, Principal of Trafalgar Middle School, Nelson, British Columbia. Both Matthew and Tim have been instrumental in advancing successful bell-to-bell phone restrictions in their schools. <https://www.youtube.com/watch?v=TXIKVV7439E>

## 🍎 PSB Trustees' Updates:

Westisle Family of Schools (Zone 1): As the Zone 1 trustee, I want to take this time to congratulate all students who will take part in the Graduation and Closing Ceremonies in June. Take the time to attend one or more of the ceremonies in your communities. Andrew Avery (andrewavery@edu.pe.ca).

Graduation and Closing Ceremony Dates 2026:

June 22 - Tignish Elementary, 6:00 pm / June 22 - Hernewood Intermediate, 7:00 pm

June 23 - Alberton Elementary, 4:00 pm / June 23 - Westisle Composite High, 7:00 pm

June 24 - Ellerslie Elementary, 4:00 pm / June 24 - St. Louis Elementary, 4:30 pm

June 24 - O'Leary Elementary, 4:30 pm / June 24 - M.E. Callaghan Intermediate, 7:00 pm

June 25 - Bloomfield Elementary, 6:00 pm

Bluefield Family of Schools, Zone 4: As the school year end draws near, I want to congratulate students on all their hard work this year. I also want to thank teachers, staff, and volunteers for their dedication and care as they support our students every day. I hope everyone enjoys a well-deserved break this summer. Take care, Karen (kclare@edu.pe.ca).

Charlottetown Family of Schools (Zone 5): As the 2025-2026 school year ends, students, staff, parents, and caregivers across Prince Edward Island celebrate achievements, year-end activities, and milestones. Home and School's June events and planning are underway. In May, we attended Spring Park and Prince Street meetings and were inspired by the volunteer spirit. We will attend the Prince Street Spring Fling Fundraiser on June 5, where Andrew will be in the dunk tank. Please reach out if we can support fall planning. We recognize the conclusion of the PBIS pilot and its valuable insights. Congratulations on a successful year. Happy summer, everyone! Andrew (amacfarlane@edu.pe.ca) & Gaylene (gcarragher@edu.pe.ca).