

The Current - Monty Middle Newsletter

Monday, February 4th, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Beginner Concert Band: Full rehearsal @ 7:50</p> <p>Gr 7 Boys BB 8am Gr 8 Girls BB 3pm Gr 8 Boys BB 4pm Sewing club with Mrs. Rains in the home ec room @ lunch</p> <p>Wrestling practice 2 Mondays per month Feb 11, 18, 25 3-4:30pm</p>	<p>Advanced Concert Band: Full Rehearsal @ 7:50</p> <p>Gr 8 Boys BB 8am Gr 6 practice lunch Gr 7 BB Games 3pm</p> <p>Homework Support 3:00-3:45 Welcome Rm</p>	<p>Beginner Concert Band: Full rehearsal @ 7:50</p> <p>Gr 7 Girls BB 8am Gr 8 BB Games 3pm</p> <p>Homework Support 3:00-3:45 Welcome Rm</p> <p>Me to We Club @ lunch with Ms. Redlich</p> <p>Debate club 3pm</p>	<p>Advanced Concert Band: Full Rehearsal @ 7:50</p> <p>Gr 6 BB 8am Gr 7 Boys BB 3pm</p> <p>Homework Support 3:00-3:45 Welcome Rm</p> <p>Wrestling Practice 3-4:30pm</p> <p>Book Club or Karaoke club 3pm some Thursdays with Mrs. Bertoia listen for announcements</p>	<p>Gr 8 Girls BB 8am Gr 7 Girls BB 3pm-415</p> <p>Open Gym @ Lunch</p>

February Monthly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7 Blue Team Field Trip	8 Multicultural Lunch
11 Crime Stopper Presentations gr 8 see something say something	12 Ski and Snowboard Club see school website for details	13	14 Hot lunch	15 School not in session
18 Family Day No school	19 Ski and Snowboard Club	20	21	22 District wide pro d No school
25	26 Ski and Snowboard Club Gr 7 District BB Playoffs	27	28	1 Gr 6 BB Tournament

Volunteer Opportunities

Event	Date	Needs	Contact
Lunch program- we need your help	Fridays only	45 minutes once per week at lunch to help our youth worker with our lunch program	shusband@sd43.bc.ca
Multicultural Lunch	February 8th	<ul style="list-style-type: none"> • Parents to collect and organize donations • Parent to set up the lunch • Parents to serve and clean up 	shusband@sd43.bc.ca

Mrs. Husband's For Your Consideration- The Power of Food



Each year we come together through our annual Multicultural Lunch to celebrate the many and varied cultures that our students come from. Students are encouraged to bring a favourite dish that represents one part of their family culture or is one they simply enjoy.

As parents we are always looking for ways to connect with our kids. This special lunch is a wonderful opportunity for parents to talk with and celebrate your family origins by sharing your family history. Teaching our children how we prepare a favourite family dish gives parents a tool to make a connection with your child. It helps your child appreciate who they are and where they come from. If your family is like mine and is sometimes pressed for time, please make an online donation so that can purchase food on your behalf.

All families are asked to participate by either;

- Sending food to share on Feb 8th
- OR**
- Making an online donation (\$10 recommended), the school will purchase food to share with all students.
- Having your child bring a plate, fork/knife and cup on Feb 8th

To make this event a success we rely on the generosity of parents who volunteer their time to organize and serve the food. This event is a great chance for parents to meet the children your child connects with. Last year we had nearly 40 parent helpers, please consider donating some amount of time. Please email shusband@sd43.bc.ca if you have not already provided your name and are able to help on Feb 8th for some amount of time.

On Friday, Feb 8th students who have food to donate should bring their food item;

- Before school to the Welcome Room
 - Label their dish with their name and advisory #
 - Complete the ingredients form that was sent and emailed last week.
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PARENT EDUCATION

What is LEAN?

LEAN is a drink that it made from,

- Cough syrup with codeine
- A can of Sprite
- Jolly Ranchers

I have attached a short video on what LEAN is and more importantly what codeine is,

<https://www.youtube.com/watch?v=xyKmq2-2-8o> This drink is commonly referred to in Rap music and some Netflix series/ TV shows, so kids think that it's no big deal. They do not understand that **codeine is a narcotic** in the same family of drugs as morphine and fentanyl. Please preview the link and if you feel it's worth while please share it with your child. Please include LEAN in your conversations at home with your child.

What Is Juul? <https://www.thestreet.com/lifestyle/health/what-is-juul-14732885>



Juul is a popular, vaporized e-cigarette that uses changeable, nicotine salt-based liquid cartridges and temperature regulation to produce a vapor as an alternative to traditional cigarettes. The body of the Juul is small and slim and has a battery-powered light that indicates its charge level and when you are vaping. These devices are commonly used by many teenagers. It is important to talk with your child about these devices well before they consider experimenting with them.

The device uses what are called 'JuulPods,' which are plugged into the e-cigarette and provide the nicotine liquid for vaping. The company claims the liquid has "cigarette-like strength nicotine levels via JUULsalts™, our proprietary nicotine salts formula, in order to meet the satisfaction standards of cigarette smokers," [according to their site.](#)

The device uses plug-in pods that contain varying percentages of nicotine content (most commonly 5%), and, famously, different exotic flavors. Juuls are also rechargeable using an actual USB port, making them easy to plug in anywhere. Children will often report to adults that their pods are nic free and therefore there is not harm. Very few teens resist the pods with nicotine and those are highly addictive and expensive long term.

SCHOOL NEWS

Get ready for grade 9

Mrs. Diep is collecting the course selection forms for all grade 8 students. **They are now late.** Incomplete forms or forms that are not returned will mean that the high school counsellors will select elective course options for your child based on which ones are available... these are always the least popular courses. High school timetables are now very very tight and grade 9 course changes are not permitted in the fall unless a student has an incomplete timetable (has 7 instead of 8 courses).

Band Concert

Thank you to both the beginner and advanced bands for your wonderful performance last week during your first Winter Performance.

Basketball

The basketball season has begun. Updated schedules have been posted on the school website and includes the game schedule.

Thank you to the following school and community coaches:

Grade 6 Boys and Girls	Mr. Piper
Grade 7 Boys	Mrs. Diep
Grade 7 Girls	Mrs. Husband and Mr. Pledge (community coach)
Grade 8 Girls	Mrs. Diep and Mrs. Tuan
Grade 8 Boys	Brent McLean and Bob Steeves (school sponsor Mrs. Jette)



Wrestling- Coach Mrs. Perry

Practises are every Thursday after school and two Mondays per month. Wrestling meets are on Wednesdays please visit the school website for updated information.

Community/ Multicultural Lunch

On Friday, February 8th we will be hosting our annual multicultural/ community lunch. This year we are focusing on community. This is a chance for students to connect with their family (or one part of their heritage). We have included a link to a video produced by President's Choice that focuses on the positives of sharing a meal with others. Social isolation is one of the biggest health concerns of this decade. It has more impact than smoking or being overweight on our long term health. Eating together is one way to connect. [Click here](#) to access the link.



Red Cross Babysitting!



60 students participated in this programming on Jan 28th. Student participation was excellent and we now have many new babysitters available in our community.

School Drop Off/ Pick Up and Student Safety

Student Pick Up/ Drop Off

If possible, please arrive after 3:10pm so that your child is ready for pick up in the round about

Parking Lots

The lots are **not** for drop off or pick up unless a parent is parking and entering the school.

Neighbours

Please be sure to be a good school neighbour by not blocking a drive way or doing a u turn on Kugler Ave.

Supervision

We make every effort to be outside to assist with pick up and drop off, Coaching, district meetings etc...sometimes interfere with this. Please call the school if you see a safety concern.

Attendance and Early Dismissal and Students Calling Home



We just want to go over our attendance practices.

- Please include the office in emails/letters montgomery@sd43.bc.ca telling us of vacations or extended absences.
- The teacher can mark the student absent knowing the reason they are away but the office staff think it's an unexcused absence and phone to confirm your child's whereabouts.
- When your child has an appointment or early dismissal for any reason, please let the office and teacher know, and remind your child they can come

up to the office at the appointed time and sign themselves out, this helps our classes have the least amount of disruption as possible.

We do realize some things come up without notice but phoning us as early as possible makes it easier for us to get a message to your child that they need to be excused.

- Please remind your child when phoning you because they feel sick or need you to bring something to the school, that they should leave a message if possible and let the office staff what they are calling for.
- Students should be making calls from our office phone as cell phones should not be used during the school day and it helps us keep track of everybody.



All students need parental permission to leave the school for any reason, whether it's by phone call, email or note.

With thanks and appreciation
The Office Staff

Homework Support Time

Tuesday, Wednesday and Thursday 3:00–3:45pm

The Welcome Room is open for any student who is wanting a place for homework after school because they would:

- Rather complete the work at school and not bring it home
- Rather work with a partner or in partnership with others to better improve their skills
- Rather use their time waiting for rides and pick up in a more productive manner
- Like to use the school computers to complete and print work on their own time



Need Homework Help?

PAC News and Events

Next Meeting: TBA -

Review from Last Meeting: Discussions and decisions were made on PAC;

- Budget priorities/ decisions for the 18/19 school year
- Staff appreciation in the spring

President – Nicole Darling (on leave)

Treasurer – Gloria Uribe

Secretary – Candice Locke

Please come out and join us as often as you are able. Your gift of time is valued and appreciated and a great way to stay connected with what's happening for your child at school.

DISTRICT NEWS

Registration Information 2019 – 2020 Cross Catchment

CROSS CATCHMENT (K-12)

Cross Catchment begins on Thursday, February 7th at 9am and closes on Wednesday, February 13th, at 4pm. Cross catchments are based on first come first serve, so apply early.

Application Process

Application forms will be available on-line at SD43.bc.ca and paper at 9am on Thursday, February 7th

Winter Weather and School Closures

Schools are not usually closed because of snow or other weather conditions. All schools in the Coquitlam School District will remain open, if possible, during winter weather, including snowfall.

Our schools are in very different climate zones from one another and there may be the need for **some** schools to be closed within SD43 while others remain open. If there is a partial closure of schools within the school district, these individual schools will be named. Full or partial school closures are rare.

Extreme weather can also change the transit bussing. Bus schedules may have changes or cancellations due to the weather conditions. Parents looking for information on public bus schedules need to consult the Translink website:

<http://www.translink.ca/>

Coquitlam School District school closures will be decided by 6:30 a.m. or earlier and will be announced on:

1. School District 43 website www.sd43.bc.ca and school website

2. Radio

CKNW	980am radio
CKWX	1130am radio
CBC	690am radio



Please do not call the school.