



Port Moody Times

Tuesday
December 8, 2020

PMSS WOULD LIKE TO WELCOME THE FOLLOWING STAFF TO THE SCHOOL TODAY:
A. Gimpel, S. Nelmes, C. Zhao, D. Mackenzie-Pearce, L. Byrne, B. Digiovanni, A. Verga

DAILY HEALTH CHECK

Please complete this daily, prior to coming to school.

If you have not already signed this health check and submitted this to the school, either online or on paper, please complete this as soon as possible. This only needs to be submitted once per student.

NEW NEWS

| Calendar | |
|---|--|
| Monday December 14 | Food Hamper Last Day: Last day for students to bring in non-perishable food items to their first period class. |
| Monday December 14 | Spirit Week Starts: Monday – Accessory Day / Tuesday – Tropical Tuesday / Wednesday – Ugly Sweater Day / Thursday – Christmas Character Thursday / Friday – Pajama Day |
| Thursday December 17 | Mid-Quarter Report Cards: Available on the Student and Family MyEd portals at 2pm. |
| Friday December 18 <i>(Last Day of Classes prior to Winter Break)</i> | Talent Show: PMSS students will show off their talents in a pre-recorded show to be shared during first period. |
| Monday January 4 | Second Quarter Flip Date: On this date second quarter classes will flip, with the second (hybrid) class of the day becoming the first (learning group) class and the first (learning group) class becoming the second (hybrid) class. |

ACTIVE LIVING: PMSS students, are you engaged in physical activity outside of school? Are you participating in volleyball, kick boxing, dance, hockey, soccer, basketball, mountain biking, archery...? It doesn't matter what it is, are you living an active life? If so, send us what you are doing, include a picture with a brief 1-2 sentence description, don't forget to include your name. We are planning an active living section for this year's yearbook. Send pic and info to Mr. Straumford (dstraumford@sd43.bc.ca). "Exercise not only changes your body, it changes your mind, your attitude and your mood."

DECEMBER DECATHLON: We are halfway through our Decathlon and at the moment Ms. Kukulowicz' class and Ms. Sarte's class are tied for first, followed closely by Ms. Hadden. Remember to keep bringing in your food donations for SHARE as those donations might be what decides the winner of the December Decathlon. **Tomorrow's** event is going to be 'Guess how many Jellybeans are in the Jar'. Look at the photo attached, then visit the trophy case in the MPR to see the jar in person. On Wednesday, guess how many jellybeans are in the jar and the closest guess gets points for their class!



PMSS UNICEF IS HAVING A TRIVIA NIGHT! Come join us next week on **Wednesday, December 16th at 4:30pm** to learn about violence against women and children. It's a great opportunity to learn and win prizes and points! Look for our blue poster around the school and scan the QR code with just the camera on your phone or visit <https://tinyurl.com/y5jmvrmq>. See you there!

PMSS' FIRST FRENCH WRITING CONTEST!: Parles-tu francais? Submit your best piece of French writing for consideration in PMSS' first ever French Writing Contest. Texts could include essays, poetry, or short stories with categories for Grade 9, Grade 10, Senior. There will be prizes! Maximum length one page, double spaced or 400 words. Upload submissions to <https://bit.ly/2JxCxqF> by **January 15, 2021**.

RYERSON UNIVERSITY FUTURE STUDENT INFORMATION SESSION - WESTERN CANADA:

When: Thursday, December 10th, 2020 @ 4:00pm – 5:00pm

Please check-out PMSS Career Centre Teams page or PMSS Career Centre website for more info & links!

WORLDWIDE COLLEGE TOURS (ONLINE):

When: December 7th @ 9:00am - December 11th @3:00pm

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

ONGOING NEWS

WANT A PERSONALIZED DECORATION ON OUR HOLIDAY TREE? WANT TO WIN A PRIZE? Follow the PMSS Library Learning Commons on Instagram: https://www.instagram.com/p/CITwWf9hAYT/?utm_source=ig_web_copy_link Comment with your favourite book/movie of the year. Not on Instagram? No problem. Just visit <https://sd43bcc.sharepoint.com/sites/PMSSlibrary> and fill in the form. We'll turn it into a tree decoration and enter your name in our draw. Draw open only to members of the PMSS student community. One entry per student. On display until **Friday, December 18th** in the Learning Commons.

BLUEPRINT MEDIA: The Blueprint is a current events newsletter reporting on Canadian, world and ongoing issues. We're looking for writers who are passionate global citizens. If interested, contact 088-ahemo@sd43.bc.ca.

ATTENTION ALL STUDENTS: You can now be a contributor for the **YEARBOOK!** With all of the social distancing this year, we are going to be calling on you, the student body to make our Yearbook great. We need your help getting outstanding photos of your friends and classmates. And don't worry, we've made it easy for you! Just follow these steps to get started:

1. Download the "Friesens ULoadIt" app from the Play Store or Apple Store.
2. Enter the School Code **267346** to be connected to Port Moody Secondary.
3. Start uploading or taking photos from the app. Note: You will need to add a name to each photo before you upload – keep these simple so we can sort the photos better (i.e., Math Class, Grade 10, Halloween, etc...)

The more creative and unique photos we receive the better the Yearbook will be, so get out there and start taking pictures!

STUDENT PARKING PASS: If you will be parking in the lower parking lot please come to the office at lunch to pick up a Parking Registration form.

PMSS TIMES: The PMSS Times will be distributed on **Tuesdays** and **Thursdays**. Announcements will not be read over the PA at this time. The Times will also be posted in the Cafeteria under the clock.

CAREER CENTRE

Post-Secondary Information, Admissions Updates, New Post-Secondary Programs, Scholarships, Volunteering, Employment, Career Programs & Training, Leadership and Enrichment Programs

UNIVERSITY OF ALBERTA VIRTUAL INFO SESSION:

When: Wednesday, December 9, 2020 at 4pm

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

LAST CALL FOR STUDENTS INTERESTED IN PARTICIPATING IN THE FIRE FIGHTING ACADEMY:

Deadline: December 11th

You can earn 4 grade 12 credits towards graduation!

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

SFU BEEDIE SCHOOL OF BUSINESS INFO SESSION FOR SD43:

When: December 10th at 4:00pm - 5:00pm

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

THOMPSON RIVERS UNIVERSITY BACHELOR OF ENGINEERING IN SOFTWARE ENGINEERING INFO SESSION (ONLINE):

When: Tuesday, December 15th at 5:00pm

Check Career Centre Teams page (code: 46n1w80) or PMSS Career Centre calendar for link!

FORKLIFT TRAINING:

When: December 22 & 23

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

SIMBI FOUNDATION: SCHOOL READ-A-THON NARRATORS NEEDED:

Who: All high school students can participate

When: Month of December 2020

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

BC STUDENT TRANSCRIPT SERVICE:

The StudentTranscripts Service (STS) allows you to view and order transcripts or certificates from B.C. secondary schools. All students applying to Post-secondary institution must complete this!

More info on this process is on Career Centre Teams page (code: 46n1w80), PMSS Scholarship Information Team (code: eaca16K) and PMSS Career centre website.

BEEDIE LUMINARIES SCHOLARSHIP PROGRAM:

Applications are open – **Deadline:** Wednesday, January 13th, 2021

Check Career Centre Teams page (code: 46n1w80) or PMSS Career Centre website for more info!

CMOLIK SCHOLARSHIP:

Applications are open - **Deadline for school nomination:** Wednesday, January 13th, 2021

Check Career Centre Teams page (code: 46n1w80) or PMSS Career Centre website for more info!

CANADIAN WOMEN IN MUNICIPAL GOVERNMENT SCHOLARSHIP:

Who can apply: open to female students enrolled in any year of study in secondary school and who are contributing to their school's leadership team or student council

Prize: \$1000.00

Deadline: Friday, January 15th, 2021

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for details!

FIRST AID FOR SD43 STUDENTS:

When: December 11, January 8 & January 23

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

SFU INDIGENOUS PREVIEW DAY 2021:

When: January 14th @ 10am, January 20th @ 1pm & January 26th @ 10am

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

OPTIMIST INTERNATIONAL ESSAY CONTEST:

Who can apply: students under the age of 19 as of October 1st, 2020 who are not enrolled as degree-seeking students of a post-secondary institution

Prize: up to \$2,500 college scholarship

Deadline: Sunday, January 31st, 2021

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for details!

CENTRE FOR ARTS AND TECHNOLOGY - DIGITAL BOOTCAMP:

Who is eligible: Gr. 11s & 12s

Deadline to apply: Sunday, February 28th, 2021

Early application: December 31st - **Early bird application fee:** \$225.00

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

PARENTS

For information regarding PAC, please see <https://www.sd43.bc.ca/school/portmoody/Pages>

NEXT PAC MEETING: Tuesday, January 12th at 7pm

Join Zoom Meeting: The link will be posted at a later date.

Hello PMSS parents. Would you like to help run the PAC by attending once a month meetings and make decisions on what the students need or what the student budget money goes towards? Please join us via Zoom.

GRAD 2021

Grad 2021 needs the support of all families in our Port Moody Secondary School community!

ME-N-ED'S PIZZA FUNDRAISER

Port Moody Grad 2021 Committee is asking for your support with our Me-n-Ed's Pizza Fundraiser. On **Thursday, December 17th** you can dine in, have delivery or take out from the Coquitlam or Port Coquitlam locations of Me-n-Ed's.

We earn 20% from each order but you **MUST** mention that it is an order to support **Port Moody Secondary Grad** for us to earn the 20%. Anyone can order and support this - tell your neighbours and relatives. Thank you for your support! Mark your calendars on the following date: **December 17th!**

PORT MOODY LIQUOR STORE FUNDRAISER

Attention all Parents - Port Moody Grad 2021 Committee is asking for your support with our Liquor Store Fundraiser. Please mention Port Moody Secondary AfterGrad when making a purchase at PoMo Liquor store (by 7-11 on St. John's Street). We earn 4% of sales from every purchase. Anyone can support this fundraising effort, please tell your neighbours and relatives. Thank you for your support!

DPAC43 IS INVITING YOU TO A SCHEDULED ZOOM PARENT EDUCATION NIGHT ON TUESDAY, DECEMBER 8, 2020 STARTING AT 7:00 PM

Please see the attachment for all of the details regarding Mindshift™ CBT (Cognitive Behavioural Therapy) App and the guest speaker for the evening is Mark Antczak.

Mark Antczak is Anxiety Canada's in-house Registered Clinical Counsellor and Clinical Educator. His primary role is facilitating the online Mindshift Anxiety Groups. He brings a decade of experience working with mental health in various environments and populations by providing individual and group counselling, mental health education programming, and conducting research while completing his Bachelor of Arts in Psychology and Master of Arts in Counselling Psychology at the University of British Columbia. He's found great fulfillment providing support and treatment over the years to University students, youth in Vancouver's DTES, first responders, and cancer survivors. Mark's other work that informs his expertise includes his four years of practice as a Behavioural Assistant and Registered Clinical Counsellor in private practice at the Vancouver CBT Centre. He specializes in providing Cognitive Behavioural Therapy (CBT) to adults with anxiety spectrum disorders.

Topic: DPAC43 Parent Education

Time: December 8, 2020 07:00 PM Vancouver

Join Zoom Meeting: <https://ca01web.zoom.us/j/66293700852?pwd=NXc2M2NHYjY1dCtldkp1UHlPR1lQZz09>

Meeting ID: 662 9370 0852

Passcode: 3Pw1^@Bp

One tap mobile

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+12042727920,,66293700852#,,,,,0#,,71315277# Canada

Dial by your location

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+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 647 375 2970 Canada

+1 647 375 2971 Canada

Meeting ID: 662 9370 0852

Passcode: 71315277

Find your local number: <https://ca01web.zoom.us/j/gdXfG14Jlr>



Free Evidence-Based Anxiety Relief

Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on cognitive behavioural therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Get the tools to tackle:

- Worry • Panic • Perfectionism • Social Anxiety • Phobias •

MindShift™ CBT Features:

CBT-BASED TOOLS

Interactive cognitive-based tools to help you re-orient your thinking, and behavioural strategies to help you take action and make lasting positive change.

THOUGHT JOURNAL

Transform your worries into balanced and helpful thoughts by identifying and challenging thinking that keeps you trapped in anxiety.

COPING CARDS

Ease your anxiety in the moment by re-adjusting your thinking with helpful coping statements.

BELIEF EXPERIMENTS

Learn how to set up experiments to test out beliefs that fuel anxiety.

HEALTHY HABITS

Tips to set the stage to better manage anxiety by taking better care of yourself.

CHECK-IN

Keep track of your anxiety and mood over time with graphs and journal entries.

QUICK RELIEF

When you need anxiety help fast, use these quick and easy tools to help you take a breath, ground yourself, shift your thinking, and take steps to cope.

GOAL SETTING

Tools and tips to help you set and accomplish important life goals and keep anxiety in check. Reminders to keep you motivated and on track.

FACING FEARS

Overcome your fears by gradually facing them in small manageable steps.

EXPANDING YOUR COMFORT ZONE

Build your confidence by consistently doing new and challenging things.

CHILL ZONE

Listen to audio recordings of guided relaxation and mindfulness meditations to help you get, and stay, in a more relaxed and mindful headspace.



Scan to download the app!



MindShift® CBT

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604 620 0744

Merry Christmas & Happy New Year!



While we may have to celebrate differently this year, I wish you peace and happiness over the holiday season that carries through the coming new year. I encourage you to reach out to friends and family to maintain connections with those you love and take time to pause and express gratitude. Opportunities for taking part in acts of charity or kindness are plenty and I urge you to fill your heart and make the most of the holiday season. You may wish to rest your mind with a walk in nature, cozy up with a good book, or fill your house with the sweet aroma of holiday baking so that you will feel refreshed for 2021.

On behalf of School District No. 43 (Coquitlam), I would like to wish all of our students, parents, and employees a very Merry Christmas and a Happy New Year!

Sincerely,

A handwritten signature in white ink that reads "Patricia Gartland".

Patricia Gartland
Superintendent and CEO

