

PORT MOODY SECONDARY



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Message from Administration



School District 43

August 2011

To Students and Parents,

Happy Holidays! We hope that everyone is having a wonderful summer break and enjoying your well deserved holiday. Although we have a few more weeks of holidays, this newsletter includes information for students and parents with some back to school information. We hope the information in the August 2011 Newsletter will be helpful while you prepare for September. Please register on-line at pmssblues.net to obtain the monthly newsletters, news information or other important information that is grade specific by email.

The Port Moody Staff are preparing for the return of our students. Although some staff are still on holidays, several members are busy getting the school polished and organized for *Tuesday, September 6th, our first day of school*. We are looking forward to hearing all about our students' adventures and summer activities.

We are welcoming our new grade 9 students to Port Moody Secondary with a Grade 9 Orientation Day on Thursday, September 1st from 10-12 pm in the main gym. This two hour session is very helpful for new students so they can again familiarize themselves with the school setting before our school opens. Touring the school, locating your Phoenix Class (homeroom), receiving your locker and lock, reviewing your class schedule and classroom locations, and understanding the bell schedules are very helpful for new students. Our Grade 10-12 SOAR Student Leaders will be assisting our students during this visit, as well as the first day of school. We are looking forward to seeing our Grade 9 students this day and we hope this activity will be helpful and reduce some of the first day jitters. Any Grade 9 students who are unable to attend will be assisted on the first day of school by our staff and the SOAR Student Leaders.

The first day of school for all students is Tuesday, September 6th. We will be expecting our Grade 9 and 10 students for one hour in the Phoenix Class from 10-11 am. The Grade 11-12 students will attend their Phoenix Class as from 1-2pm. All students please check posted lists in the school foyer for your Phoenix Class number, room number and teacher as they may have been some slight variations from last year. **If students will not be at school until later in the week due to a late return from holidays, please contact the office (604 939 6656) and let us know so we hold your registration and class schedule.**

In your last few weeks of summer, everyone is busy preparing for school in many ways. Besides the regular organization of school supplies, clothing and other items, we are hoping you are taking some time to plan out your school goals for this year. Students should be considering how you are going to be planning your daily homework schedule in order to meet your academic goals and work habit practices. Setting up regular routines and homework times, in balance with your community activities and family times, are also the key to success. This is a great time for families to discuss academic and personal goals, study skills and personal study habits for this school year.

Using the student planner and calendar helps students manage their time and assignment completion. Students should be prepared to spend one to two hours on their daily homework each day. Studying and reviewing classroom work should be a planned weekly activity. Organizing notes and assignments also helps students be ready for the next day or studying for upcoming quizzes or tests. Each student will receive a planner in the first week of school to assist with managing their time, activities and homework. Preparation and mastery of learning are hard work, and they are definitely connected to student achievement and pride in one's work.



Parents along with the students usually know what their limitations are but sometimes, we get ourselves out of balance because we are struggling with lots of pressures. Talking together about personal balance of school, home and personal commitments will also help students with the educational journey at school. Besides talking to parents, students who require assistance or someone to talk with regarding academic achievement, personal balance and peer relationships are welcome to see their counsellor. Counsellors are designated by alpha.

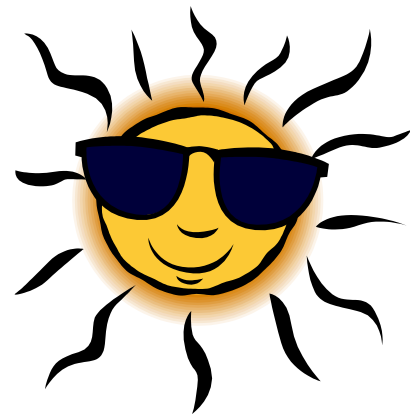
Mr. Warren Chang	Grades 9-12	*last names "A to Ha"
Ms. Gina Duarte	Grades 9-12	*last names "Hb to L"
Mr. Paul Gangnes	Grades 9-12	*last names "M to Z"

We would like to welcome all of our parents and guardians to Port Moody Secondary. Parents and guardians are part of our learning community as well. Many times I hear from parents that their children do not want them at school. This may be your child's thoughts, but it is not the case at Port Moody. Parents are members of our school community and our parents do attend our events. If you are a parent new to Port Moody Secondary, the day to day activities may vary slightly from middle school or your last school so the best way to find out more about our school is to sign-up for our monthly on-line newsletters, or drop in to our parent and the different school events. You are encouraged to visit the Parent Advisory Council meetings held each month beginning in October. This is a great time to meet with other parents and staff. There are lots of school topics to discuss and questions are welcome. We hope to see you!

Enjoy the summer and see you on September 6th. There is more information regarding the first day and the first week in this newsletter. Please see the index on the following page.

Yours truly,
Ms. Karen Jensen, Principal

Ms K. Jensen, Principal
Mr. J. Bradburry, Vice Principal
Mr. D. Fridge, Vice Principal



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IMPORTANT DATES

August 2011

Sept 6	Opening Day	Nov 11	Remembrance Day Holiday	Mar 5	Blues Bell Schedule
Sept 7	Phoenix Bell Schedule	Nov 14	School Not In Session	Mar 6	PAC Meeting 7pm Library
Sept 8	Phoenix Bell Schedule	Nov 17	Report Cards (formal)	Mar 12-16	District School Closure
Sept 8	School Photos	Nov 21	Phoenix Bell Schedule	Mar 19-23	Spring Break
Sept 9	Regular Bell/Grade Assemblies	Nov 22-27	Grad Photos	Mar 26	School Re-Opens
Sept 12	Blues Bell Schedule	Nov 24	Parent-Teacher Interviews	Apr 2	Blues Bell Schedule
Sept 15	IB CAS 11/12 Parent Mtg 7-8pm	Nov 25	Pro D Day	Apr 3	PAC Meeting 7pm Library
Sept 16	Course Change Deadline	Nov 28	Blues Bell Schedule	Apr 6	Good Friday
Sept 19	Phoenix Bell Schedule	Dec 5	Blues Bell Schedule	Apr 9	Easter Monday
Sept 22	Parent/Teacher Mtg -'Building Connections Together' 6-8pm	Dec 6	PAC Meeting 7pm Library	Apr 18	Gr 12 Assembly
Sept 23	District Pro D Day	Dec 6	Winter Music Concert 7pm	Apr 21	Pro D day
Sept 26	Blues Bell Schedule	Dec 12	Phoenix Bell Schedule	Apr 23	Phoenix Bell Schedule
Sept 27	Club Day (during lunch)	Dec 16	Last day before Winter break	Apr 23	Report Cards (informal)
Sept 28	Terry Fox Run—Block 2	Dec 17- Jan 2	Winter Break	Apr 26	Parent-Teacher Interviews
Sept 30 - Oct 1	SOAR Camp	Jan 3	School Re-Opens	Apr 27	Gd. 9-11 Assemblies (am)
Oct 3	Blues Bell Schedule	Jan 3	Regular Bell Schedule	Apr 27	Gr 12 Exit Interviews
Oct 4	PAC Meeting 7pm Library	Jan 9	Blues Bell Schedule	Apr 30	Blues Bell Schedule
Oct 5	School Photo Re-takes	Jan 10	PAC Mtg 7pm Library	May 1	PAC Meeting 7pm Library
Oct 7	Senior Sail—Gr 11 & 12's	Jan 16	Phoenix Bell Schedule	May 7	Blues Bell Schedule
Oct 10	Thanksgiving Day	Jan 20	Semester 1 Ends	May 11	School Pro D Day
Oct 13	Me to We at Roger's Stadium	Jan 23-27	School/Provincial Exams	May 14	Phoenix Bell Schedule
Oct 17	Phoenix Bell Schedule	Jan 30	Semester 2 Begins	May 16	Athletic Banquet 5pm
Oct 17	Report Cards (informal)	Jan 31	Phoenix Bell Schedule	May 21	Victoria Day
Oct 21	Provincial Pro D Day	Jan 31	Report Cards (formal)	May 25	Spring Fling
Oct 24	Blues Bell Schedule	Jan 31	PAC Meeting 7pm Library	May 28	Blues Bell Schedule
Oct 25	Gr 12 Assembly Blk 4 —Grad Class Photo	Feb 1	Gr 9-12 Course Selection Assembly	Jun 2	Grad Dinner & After Grad
Oct 25	Concert Band Music Night 7pm	Feb 2	Parent Course Selection Infor Night 7pm	Jun 3	Blues Bell Schedule
Oct 26	Gr 12 Parent Info Night 7pm	Feb 6	Blues Bell Schedule	Jun 4	PAC Meeting 7pm Library
Oct 26/27	Dare to Care Presentation	Feb 7	PAC Mtg 7pm Library	Jun 5	Awards Night
Oct 31	Halloween Day Activities	Feb 17	District Pro D Day	Jun 6	Phoenix Bell Schedule
Nov 1	Blues Bell Schedule	Feb 20	Phoenix Bell Schedule	Jun 11	Last day of classes—special bell schedule
Nov 1	PAC Meeting 7pm Library	Feb 21	Phoenix "Walk Through"	Jun 15	School/Provincial Exam 28
Nov 2	PMSS Career Day: —9's Take Your Kids To Work —10's Economics of Staying in School & workshops —11's/12's Career Assembly & workshops	Feb 27	Blues Bell Schedule	Jun 18-28	Report Card Pick-Up
Nov 7	Blues Bell Schedule	Feb 28	Jazz Band Concert	Jun 29	No Classes in Session
Nov 10	Remembrance Day Assembly	Mar 1	Semester 2 Begins	Jun 30	Administrative Day
				Jun 30	PMSS Commencement at the Orpheum June date TBA

What's Happening at PMSS

Our school's directions, planning and decisions are all guided by the school vision-common purpose. Thanks to our parents as partners, students and staff in 2008 whom provided valuable input and insight of our strengths, student needs and future opportunities. Due to this collaborative effort, the learning community designed a new five year vision-common purpose for Port Moody Secondary. The vision-common purpose "lens" is all about helping all members of the Learning Community to strive towards a sense of "BALANCE" as we pursue our theme directions. Below are the four themes and the focus groups for each theme. In this newsletter, we shall present our school information and directions under these four themes.

Our PMSS Vision-Common Purpose

Personal Wellness –Focus Area:

- Developing Physical Wellness (health plan)
- Developing Emotional Wellness (stress and time management)
- Developing Healthy Eating (healthy foods and plan)
- Building Self-Concept (developing confidence and awareness of strengths)

Inclusive Programs of Excellence – Focus Area:

- Enhancing Programs of Choice (communicating school and district programs)
- Improving Student Body Perception (MOE/IB/Multiculturalism, etc.)
- Developing Career Education (employability skills, career opportunities, etc.)
- Building Leadership Capacity (opportunities for students, staff and parents)
- Enriching Extra-Curricular Opportunities (club, presentations and sports)
- Building Success for all Learners (struggling and at-risk learners and gifted)

Structures of Learning –Focus Area:

- Building a School Timetable (balance for all learners)
- Developing Technology Capacity (basic skills for research and project work)
- Building School Enhancements (improving the appearance of the school)
- Creating Systems for Safety and Prevention (attendance/late procedures)
- Developing School Spirit (activities, assemblies, student based presentations)

Socially Responsible Behaviour – Focus Area:

- Developing Social Responsibility (Me to We, Dare to Care: Blue Force, SOAR, Athletic Leadership)
- Developing Environmental Stewardship (education of recycle, reuse, reduce and global awareness)



Personal Wellness

Student Medical Alerts

Students at this age are usually responsible for their medication through parent supervision. As a parent, if you would like the school to have medical information in case of an emergency, please collect a Medical Alert Form from the office and return to the receptionist. Also, please feel free to contact your child's counsellor regarding any medical concerns should you feel this necessary.

Daily Physical Activity (DPA)

All students in grades 9 to 12 will participate as follows:

Grade 9's—30 minutes a day

Grades 10-12's—150 minutes per week

See the Graduation Transition Program pamphlet in the August Mailout for more information on DPA.

School Sports –Join Up and be part of the PMSS BLUES!

Port Moody Secondary has a variety of school teams for grades 9-12 students to join. Our sports are organized by seasons. Our Athletic Director is Mr. Jeff Stromgren who can be found in the gym/PE office or you can email him at jstromgren@sd43.bc.ca. Please consider joining our athletic teams so you are able to connect with likeminded students that enjoy healthy competition and daily fitness. We know that when students join sports teams, clubs and school activities that their sense of belonging is enhanced which leads to leadership and service contributions to Port Moody. Please see what you could consider for a sports team each season.

Fall Sports

- Cross Country –for girls and boys grades 9-12
- Cheer Team –for girls and boys grades 9-12; a yearlong sport
- Volleyball –for girls and boys grades 9-12
- Girls Field Hockey –grades 9-12
- Boys Soccer –grades 9-12
- Swimming (district team) –girls and boys grades 9-12
- Gymnastics (district team) –girls and boys grades 9-12

Winter Sports

- Basketball –for girls and boys grades 9-12
- Wrestling –for girls and boys grades 9-12

Spring Sports

- Golf –for boys and girls grades 9-12
- Girls Soccer –grades 9-12
- Track and Field –girls and boys grades 9-12
- Water polo –for boys and girls grades 9-12

Cross Country Team

Any student interested in building their fitness, exploring beautiful trails in Port Moody and meeting other students are encouraged to join the Cross Country team. Practices are held Tuesdays and Thursdays, with Wednesday meets in Mundy Park. Meet in the gym at 3:30 for all practices. See Ms. Sayers in the gym for the date of the first practice.

We encourage those interested to do some running during the summer, and be ready to start training with the team. We recommend that you train three times per week—one longer run, a harder short run and one interval workout (hill repeats, spring with recovery) would be ideal. You can get training information by going to www.phoenixrunningclub.com. If you haven't been doing much running this summer, remember it's never too late to start

Athletic Costs for Team Sports

At Port Moody Secondary we have Fall, Winter and Spring sports. This Fall we begin with girls field hockey, swimming, cross country, volleyball and boys soccer. The Athletic Department charges a fee for the extracurricular activity to cover district and BC Sport Athletic registration, tournament entry costs, minor official costs, referee costs and transportation. The yearly Athletic Banquet celebrates accomplishments of the athletes. Further information will be provided by the coaches and Mr. Jeff Stromgren, our Athletic Director. Coaches will be collecting the Athletic Fees.

Structures for Learning

General InformationSummer Office Hours

Our school office will be open Monday through Friday throughout the summer months. The office hours are 7:00am to 3:30pm. You can call the school at 604-939-6656 or drop in during office hours and we can assist you with whatever questions you may have.

Regular Office Hours and Information

Port Moody Secondary regular office hours from August 29th through to June 30th are 7:30am to 4:00pm. Ms. Diane Bunkowski is our receptionist who will be pleased to assist you with your calls. Other key staff are Mrs. Myrtle Fuellbrandt, exams and office support, Mrs. Penny Boehmer, records clerk/transcripts/attendance, Mrs. Sophia Ng, accounting clerk; and Ms. Megan Hart, Head Secretary.

Communication: Newsletter and Web

The PMSS Newsletters are published each month with helpful information regarding our school, new events, programs, services and calendar updates. Students can access the newsletter on their internal school site at any time. **Parents and guardians wishing to have the monthly newsletter and other relevant school information emailed home, please sign up using your email address at www.pmsdblues.net. Click on the rolling marquee "Click here to received electronic Newsletters and Announcements" and follow the steps.**

Student Absence and Teacher Contact

Parents are asked to call the office to report absences, late arrivals and early dismissals. Have your child's student number handy! Students arriving late or leaving early are to report to the office and sign in or sign out with the receptionist. All absences are recorded. If a student is absent from school or class, without your consent, our Automatic Attendance System will call you at home to inform you of the missed classes.

Parents wanting to contact teachers can do so by calling the school office and the receptionist will connect you with the teacher's office. A message can be left on the voicemail system. Parents can also contact teachers on their district email. Since parents and teachers communicate in a variety of methods, please call the teacher first to set up the best communication system for both of you.

Student Drop Off

The access to PMSS is very limited. We have a student parking lot off Albert Street with a small drop off area. This becomes very congested from 8:00-8:30am. The upper drop off area is out of bounds due to pedestrian traffic. This is done explicitly for student safety and we request your cooperation. Staff only has access to this area. Thank you for your support.

Student Parking and Passes

Students must have a parking pass in order to park in the designated 'Student Parking Area'. The lower parking lot, just off of Albert Street prior to entering the school entrance, is designated as student parking. The upper parking lot and the road around the school and portables are staff access only. Please obey the City of Port Moody parking signs along Albert Street and Hope Street. Students are asked to respect the parking sites.

Action Plan for Learning

Our School Planning Council and staff are working on two goals to improve student achievement in 2010-2011

- Safety and Sense of Belonging
- Graduation Rates

Information will be provided in the newsletters over the year regarding our progress. In addition, updates are communicated at the PAC meetings. We welcome you to attend. Our first PAC meeting is on Tuesday October 4th at 7pm in our school Library.

PMSS Report Cards

Our courses are both semester and full year courses. All semester courses will be reported on three times per year with an informal report card early in the semester that addresses the student's strengths and areas of needed improvement in regards to the work habits. There will be two formal report cards (a midterm and a final) that will include letter grade/percentage, work habit and teacher comments regarding the academic progress. Student academic progress in a full year course is communicated four times over the year. At all times, students and parents are welcome to contact the teacher or set up a meeting to discuss academic progress.

Report Card Dates

Semester One: October 17, 2011; November 17, 2011 and
January 31, 2012

Semester Two: March 8, 2012; April 23, 2012 and June 28, 2012

2010-2011 Pro D Days

Friday September 23, 2010—District Day

Friday October 21, 2010—Provincial Day

Friday November 25, 2010—School Day

Friday February 17, 2011—District Day

Thursday April 20, 2011— District Pro D Day

Friday May 11, 2011—School Day

Special School Day Closures

This year, the Board of Education in Coquitlam has altered our school year by closing schools on six additional days throughout the year to meet budget requirements for the 2011-2012 school year. The following days are closed:

- Monday, November 14th –the Monday after Remembrance Day (Nov. 11th)
- The week of March 12th to 16th is added to the 5 day Spring Break –this year's Spring Break begins on March 19th and ends on March 23rd. School reopens on March 26,2012.

Please note that due to the district's decision to close the six school days for budget savings that we have been asked to add time onto our "Regular Bell Schedule", so all classes have two additional minutes. Please see the bell schedules in this newsletter.

Special Overnight School Trips

Occasionally our school has special opportunities for students to travel with a school group, program or athletic team in BC, in other Canadian provinces, the United States or Europe. These programs usually occur around spring break or second semester. These trips are voluntary and the trip's expenses are incurred by the student and their parents or guardians. Special permission for students and staff to travel as a school must be granted by the school principal as well as the Superintendent's Office. All travel plans must meet the criteria of the district's policies and procedures.

Fieldtrip Costs

Some of our teachers extend the course curriculum outside the classroom. These fieldtrips are viewed as enrichment and extensions to the course. We would hope that students will participate in these activities, but as always, fieldtrips are voluntary. The costs for admission to the event and transportation for each fieldtrip will be communicated by the teacher. Students who choose not to participate in the fieldtrip will be supervised at school.

The Week Before School Starts....Not Registered Yet? – Aug. 30th, 31st and Sept. 1st and 2nd

Our counsellors will be taking appointments to register *new students to our school* who live within the Port Moody Secondary School boundaries. Appointments can be made for Tuesday, August 30th to Friday, September 2nd, 9 am to 2:30 pm. Call the school ahead of time or during this week at 604 939-6656 to make an appointment. Please bring the following documents:

- house rental agreement, purchase agreement or property taxes or two of the following; hydro bill, phone bill, utility bill with parent/guardian name and current address
- parents' landed immigrant papers, birth certificates, passports or care card **and** drivers license. Child's birth certificate or passport
- report card from your child's last school
- information from Student Services or programs that assists your child's learning, i.e. ESL, Learning Center, IEP (Individual Education Plan), etc.
- general demographic information: address, phone numbers, emergency contacts, doctor, medical concerns, etc.

ESL Testing

Registration and ESL testing for NEW students will be held on two days: August 30th and 31st at 9am. Please contact the office at 604-939-6656 to book an appointment for registration and for testing.

Grade 9 Orientation Day Thursday, Sept. 1st 10 am to 12 pm in gym

We welcome all of our Grade 9 students to an orientation prior to school start up. Students will have an opportunity to meet with the SOAR student leaders and staff to ask questions, receive some useful information, tour the school and locate their Phoenix classroom.

Students are asked to bring a pen and the photo package/money.

Students will receive:

- * class schedule
- * bell schedules
- * school information
- * important dates and events
- * school tour with a SOAR student leader
- * a photo sitting for school Go Card, school ID and Yearbook picture

New Student Orientation

New students, grades 9 to 12, interested in a tour of the building and a short orientation are invited to join one of our counselors on Thursday, September 1st at 1 pm. Please meet in the main office.

International Educational Students

There will be an orientation session and school tour for international students on Thursday September 1st at 1:00pm. New international students are encouraged to attend and returning international students are welcome!

A New Year Begins....

Moving

If your family is moving and your son or daughter will not be attending Port Moody Secondary in September, please contact the school office as soon as possible by calling 604-939-6656, letter or email Ms. Hart at mhart@sd43.bc.ca. This will allow us to free up classroom seats for other students enrolling. We will also be able to assist you and your child with school information helpful for enrolling in the new school.

Not Back From Holidays by September 6th

If your child will not be back from holidays to attend school on Tuesday, Sept. 6th, please contact the office by phone or send a letter or email Ms. Hart at mhart@sd43.bc.ca. It is important that we know that your child is attending Port Moody Secondary and will be returning on a certain date. Otherwise, if we have no contact from the parent or guardian and your child is not in attendance, their courses may be deleted from our system. Please help us reserve your child's space in our school.

First and Second Week of Classes

The week of September 6th to 9th is busy for students and can be overwhelming. Getting back into a routine and the learning environment with four to five new teachers each semester can seem daunting to most of us. Our suggestion is to take it slow, prepare for each day so you are organized and ask for assistance. Teachers and student leaders will be in the hallways and multipurpose room (cafeteria area and entrance) to help students find their Phoenix Class and their classes. **Remember if you need help or feel overwhelmed....ask for assistance.** We are here to help. The secretaries, counselors and administrators in the office will gladly help you get to class. Tuesday, September 6th is a one hour Phoenix Class for students.

Most Port Moody students take a four block schedule with blocks 1 and 2 in the morning, than a lunch break of 55 minutes, then blocks 4 and 5. In addition, some of our music, dance and Grade 11 and 12 IB programmed students have courses that run in the early morning, block 0, or in block 3/lunch or after school in block 6 in order to accommodate some students' extensive academic or elective program, or the IB Program of Choice.

This bell schedule provides students an opportunity to hook up with their friends at lunch, go to intramurals in the gym or attend lunchtime clubs or events. Listen to the announcements read by your teacher regarding these activities in your block 2 class. Intramurals are in the gym at lunchtime (block 3) and are scheduled by grades or "open gym for all grades". Please talk to your PE teacher or see the bulletin board outside the main gym entrance for more information.

Grade 11 and 12 students who have a block off in their schedule to complete their Grad Transitions 12 course or IB CAS 12 are reminded that you require an **"Off Block Sticker"** for your GoCard. This is your pass to be on an "off block". These students are required to be in one of the three study areas; Library, Multipurpose Room or Career Resource Room. Staff will be requesting to see the GoCard with the sticker on the back so please come to the office with your Timetable and GoCard to get your sticker. No students are to be in wandering or sitting in the hallways during class time. Off Block stickers will be available after the second week of school.

Attendance is a key component of student success and reflects our school expectations and school vision of Social Responsibility. Arriving earlier to school in order to get organized, be in class on time and have your supplies and homework ready are important work habits that we value and these are also necessary skills to master for success in the work force. Parents are asked to help your son or daughter arrive 15 minutes earlier so they can set up a routine. Our public bus schedules and car traffic are always a problem is poor weather, so it is best to set up routine that has students here earlier than later. Also, traffic on Clarke Ave/St. John's turning up Albert Street is always congested. There is very little traffic from 7:50 am to 8:10 am. Parents may wish to drop off their children a few blocks away so students can walk to school and decrease the congestion on Albert Street. Please use the lower loop to drop off students. We appreciate your assistance.

The cafeteria menu is provided on the large boards above the cafeteria entrance or written in the daily PMSS Times. We recommend that students stay on school property for lunch, especially our grade 9 students or new students. Students are free to eat their "bagged" lunch in open classrooms, hallways, the cafeteria, and outside on school property. Students are reminded of their responsibility to recycle and use garbage receptacles.

Students can also walk in the community as long as they are behaving responsibly, demonstrating Port Moody Ambassadorship qualities and are students return to their block 4 class on time. Please use the cross walks with the "walk signal" and the sidewalks.

First Day of Classes - September 6th

Students will arrive at staggered times depending on their assigned grade. **Grade 9 and 10 students will arrive at 10 am** and go to their Phoenix class. The Grade 9 students will then work with SOAR Student Leaders and the Phoenix teacher during the Phoenix class. Grade 9 and 10 students will complete the registration activities at 11 am. **Grade 11 and 12 students will arrive at 1 pm** and go to their Phoenix class for one hour.

Phoenix class lists will be posted in the multipurpose room. Students should arrive 10 minutes early to find their Phoenix classroom and teacher. Any student whose name is not on the list needs to go to the student help desk located in the multipurpose room.

On the first day students should bring:

- School Fee envelope (included in summer mail out) with cash or cheque. Please complete the outside of the envelope before returning it with your fees money. Seal the envelope.
- emergency contact form
- school supplies – general materials
- a pen to write with

When the students arrive at school, they will be:

- able to locate their Phoenix class and teacher
- in their Phoenix class for an hour
- able to hand in their school fees envelope
- given their own timetable, an agenda book, a locker and lock, bell schedule and other school information for the first week of school

All day classes begin on Wednesday, September 7th and Thursday, September 8th with a Phoenix Bell Schedule. Student will have an adjusted bell schedule that includes their scheduled classes and a Phoenix Class after block 1 for both days. **Friday, September 9th is a Regular Bell Schedule.** Students will attend assemblies in the gym by grade. Teachers will bring students to the main gym (gd. 12s in block 1; gd. 11s in block 2; gd. 10s in block 4; and gd. 9s in block 5). Students will meet with staff and review school expectations and opportunities for sports, leadership, service activities and school Vision-Common Purpose.

The week of September 12th to 16th begins with Monday the 12th on a "Blues Bell Schedule" with dismissal being at 2:15pm. Students taking courses in block 6 are to attend this class and they will receive direction from their teacher regarding the class time and organization for Blues Mondays. **The remainder of this week will be a "Regular Bell Schedule"**. Students should be falling into a routine and moving around more comfortably. **The deadline to add or drop a class is Friday, September 16th.**

School Fees

The **activity fee** is \$45.00 and provides funds for the student agenda, school calendar magnet, school and cultural presentations, clubs, sports, extra-curricular events, a wide selection of student and school-wide events (i.e. Terry Fox Run, Clubs Day, Multicultural Days, Spirit Assembly, Spring Fling Carnival etc.). Students pay for a school **yearbook** in September, \$45 (optional). Grade 12 students pay for their **Cap and Gown** rental, \$40. International Baccalaureate fees for grades 9-12 are indicated on the enclosed list.

For 2011-2012 our school fees, IB costs and other costs for specialty items are included on a fee envelope in the August mail out. Also see the below paragraphs for more information. Please use the envelope that has a label for parents to fill out the students' name, grade, and student number if you know it. Do not fill out the Phoenix number at this time. Next, check off (✓) the fees (Activity, Grad 12 Cap and Gown, IB, Yearbook) on the label. Enclose your cheque or cash. If sending a cheque, please make payable to Port Moody Secondary School and put the child's name and student number in the "memo" line of the cheque.

School fees will be collected in the Phoenix class from Tuesday, Sept. 6th to Thursday, Sept. 8th. *If any family has difficulties with some or all fees payable, please contact the school administration and the fees will be delayed or waived. Parents or guardians who would prefer a two payment plan or adjusted payment plan, please contact your child's vice principal to make these arrangements.*

Mr. Bradbury, Vice Principal A—K
Mr. Fridge, Vice Principal L—Z



Student Photos

Grade 10, 11 and 12 students will receive a photo package and price list in the summer mail out. Student photos will be taken from 8:30 to 12:30 on Thursday, September 8th. Grade 9 students, please bring your photo form (included in the August mail out) and cheque to the Grade 9 Orientation on September 1st. **All students are to have their pictures taken as the school generates their school student identification card, Go Card, and yearbook pictures.** This is essential for access to the library resources and computer labs, as well as student admission to transit services, identification for provincial exams, school dance admission ID, and other student activities in our community. Students wishing to have photos from the photo package are to bring a cheque written out to The Artona Group Inc. If grade 9 students are unable to have pictures taken on September 1st, they will have another picture opportunity on September 8th.



Student Timetable & Course Changes

Each student will receive a school timetable on Tuesday, Sept. 6th, the first day of school, in their Phoenix class. The timetable is reflective of the student's programming choices (including elective alternatives) completed the previous March. The staffing of these courses and school timetable are built based on your son or daughter's earlier choices. There is minimal movement of classes at this time, and therefore the timetable given to your child in Phoenix will be their student course schedule for the year. Students in grades 9, 10, and 11 carry eight courses on their course schedule and grade 12 students carry seven courses plus Grad Transition 12 that makes up their eighth course. Some students may carry additional classes in music or IB Grade 11 and 12.

Counsellors will be pleased to speak to students who:

- do not have a complete timetable due to a course conflict or a missing course (this will be displayed on the timetable);
- unbalanced course loads (all academics in one semester)
- summer school students who have upgraded their course work and require the next level course or have completed distance ed/online coursework and must select a new course as a result; or
- returning grade 12 students who require specific courses to graduate

Please understand that we do not have the flexibility to adjust students' timetables so they can be dismissed earlier for work, arrive earlier, change teachers, move classes to be with friends, select a new elective or add additional courses.

Friday, September 16th is the course 'Add' and/or 'Drop' deadline for all students.

Data Verification forms in Summer Mail Out

Please review the Data Verification information included in the summer mail out. If there are any changes in your address, phone number (including work, cell, etc.), email address or emergency contacts. We appreciate your help in keeping our records accurate. Please indicate any changes as well, if there are no changes to be made please indicate all information is accurate and return to the school office as soon as possible.

Inclusive Programs For LearningPhoenix Classes –part of curriculum and graduation

Phoenix class is a recognized class and instructional time for all students and staff. This class occurs once a month usually on the second Monday of each month but can occur on other days depending on holidays or report card distribution. So yes, this is an important class too! Attendance, participation, completion of assignments and fulfilling the on-line Grad Transition/IB CAS Program is required. In Phoenix classes, students are organized by grades and by alpha groups. We try to keep the students together with the same teacher for the four years so we help build connections. The Phoenix teacher will assist students with the Health and Careers 9 curriculum and the Grad Transition 9-12 program or the IB CAS 11-12 program (work experience/volunteer hours/service, Daily Physical Activity, Health and Nutrition plan, resumes in grades 10 and 12, Transition Plan after grade 12s and Grade 12 Exit Interviews). Students over the four years must meet course work requirements necessary to fulfill Graduate requirements. Assembly topics dovetail with the Phoenix class curriculum in order to fulfill the requirements. So “attendance” is required at all assemblies as well.

Counselling Allocation for 2011-2012

Mr. Warren Chang	A—Ha
Ms. Gina Duarte	Hb—M
Mr. Paul Gangnes	N—Z

Program Coordinators

International Baccalaureate ~ Mr. Sean Lenihan
 International Education ~ Mr. Troy Cunningham
 ESL ~ Mr. Troy Cunningham
 Career Preparation ~ Mr. Geoff Manson
 Career Resource Coordinator ~ Mrs. Fern Truax
 SOAR Leader (Grade 9) ~ Mrs. Joni Tsui
 Youth Worker ~ Ms Flora Salas
 Learning Assistance ~ Ms Penny Morgan, Ms. Darlene Grieve
 Skill Development ~ TBA
 BC Graduation Transition Program ~ Mr. Dino Bolognese
 IB CAS Program ~ Mr. Dino Bolognese & Mrs. Aliisa Sarte
 During the school year, counsellors and coordinators are available from 8 am to 4 pm each day (these times may vary) to discuss student programs, areas of study, course selection for university entrance and personal counselling.

During the school year, counsellors and coordinators are available from 8 am to 4 pm each day (these times may vary) to discuss student programs, areas of study, course selection for university entrance and personal counselling.

Student Involvement

We encourage students to participate in the activities, clubs, leadership programs and athletics offered. Students who are actively involved in one or two programs each year quickly get to know the school staff and other students. There is a sense of ownership and attachment to their school. We hope that students will work hard in their academics and take time to play hard in our school events. It is all about balance and maintaining good mental and physical health. Information about our clubs and sports will begin in September. On the 27th, Clubs Day will advertise the variety of activities students can join. The PMSS Times is read each day in block 2 class by the teacher announcing new activities, as well as posted on the student bulletin board by the office and on the school website.

Parent Advisory Council

The 2011/2012 PAC (**Parent Advisory Council**) Executive would like to take this opportunity to welcome you. Email them at pmss-pac@sd43.bc.ca or check out the PAC on the website at www.pmssblues.net. They would also like to emphasize that **all** parents and guardians of students attending PMSS **are already** members of the PAC and are encouraged to attend the monthly meetings and be involved in the various activities supported by the PAC.

These monthly meetings are held in the library the first Tuesday of each month at 7pm (2nd Tuesday in January). This provides an excellent forum for parents to meet the principal and vice principals and also to be updated on what is happening in the school. The principal's report is very informative and many parents find it a great way to feel involved. The **first meeting** for the 2011/2012 school year, will be: **Tuesday, October 4th at 7pm in the library.**

The Student Council will also ask for parent volunteers to help out at dances. It is a great way to see and feel the Port Moody spirit in action. Without parent and teacher involvement these dances would not take place.

At the beginning of each year the PAC builds a database of parent email addresses. Each month they will send updates to those on the database.

The following are dates that PAC will hold their monthly meetings for the 2010/2011 school year. All meetings are on Tuesdays at 7pm in the school library;

October 4th
 November 1st
 December 6th
 January 10th
 February 7st
 March 6st
 April 3th
 May 1rd
 June 5th

Also, at the “Building Connections Together Evening” (Parent-Teacher Orientation Meeting) on Thursday September 22nd from 6-8pm the PAC Executives will be presenting as well as gather names and emails to aid with communication from PAC to home. Please come out for this event and connect with our learning community.

Port Moody Secondary After Grad 2011

The parents and teachers of Port Moody Secondary School would like to thank these individuals and businesses for their generous donations in support of a safe and fun-filled graduation.

Bart Aldrich, Notary	Monte Cristo Bakery
Angelo's Salon, St. Johns	Mount Athos Pizza
Apollo Muffler Centre	Nafco Manufacturing
Aramark Refreshments	North Burnaby Dental
Aviara Foods	Open Road Lexus
Barry Signs	Original Cakerie
Basic Eyewear on Austin	Pacific Coast Terminals
Basil's Pizzeria, St. Johns	Pajo's Fish and Chips
Below the Belt	Paros Taverna, Burquitlam
Bestway Driver Training Centres	Pinup Hair
Dr Dolly Bharwani, Orthodontist	Popeye's Supplements
BC Safety Authority	Reid Point Marina
BC Lions Football Club	Rockwell's Bar & Grill
Brunette Insurance, Burquitlam	Rosa's Restaurant
Dr Jack Chu, Orthodontist	RBC, Newport
City of Coquitlam	Safeway, Burquitlam
City of Port Moody	Scotia Bank, St. Johns
Coca Cola	Shoppers Drug Mart, Highgate
Coquitlam Alliance Church	Silpada Jewelry, Stacey Hemmerling
Coquitlam Centre Mall	Soccer Express
Crown & Jewels	O Soleil Soleil Tanning Salon, Newport Village
CUPE Local #561	Sony
Dairy Queen, Burquitlam	Sun Rich Fresh Foods
Dairy Queen, St Johns	Suncor Energy
Douglas College	Tan de Soleil, St Johns
Elderberry Floral & Gift	Thrifty Foods Smile Program
Façade West Salon	Tri-City News
Betty Fricker, One Percent Realty	Tru-Line Technologies
Glenayre Community Association	Ultimate Limo
Heads Up Hair & Body Spa	Vancouver Canucks
ICBC	WestRimConstruction.com
Japolo Sushi	Westwood Cycle
Liquor Control Board	Walmart Canada
Lougheed Mall	Y Yoga, Highgate
Dr Douglas Macadam, Orthodontist	

The Parents and Grads of 2011 also want to thank all the staff:

Ms. Karen Jensen, Principal	Howard, Dan and crew—custodians
Mr. Jesse Bradbury, Vice Principal	Megan Hart and all staff
Ms. Lisa Rinke, Vice Principal	

And a special thanks to all the volunteers who came out and supported the grads and our event!

Socially Responsible Behaviour

Code of Conduct

Our district and school reviews our code of conduct every year and can be found in your child's agenda book and on our website. The document reviews expectations, behaviours and actions taken by school staff in regards to dangerous or unsafe behaviours of students. Parents will be asked to review the document and sign with your child that this has been reviewed. Students are to bring this form to Phoenix class to be collected. This form is found in the Student Agenda. The staff will review this in the Phoenix class and the assemblies in September and throughout the school year. Please go to our school website, pmsdblues.net.

Agenda Book with District Policies and School Expectations

Every student will receive a student agenda to use to assist with personal planning and time management. There is useful information in the agenda regarding our history, vision/common purpose, code of conduct, district policies, school procedures and expectations, awards, calendar and the "Works Consultative" process document. The district policies especially around safe places to learn and work, computer use etiquette, district suspension policy Levels I to IV etc. Please take a look at the whole agenda so you can use the information as a resource. For further information please contact the secretary in the office or administrator or counsellor.

Internet and computer use

The district has a school policy on Computer Use at School and the Code of Conduct also follows up with expected behaviours regarding proper use and harassment. Unfortunately each year we have students who are misusing our school computers and loose privileges to use school computer or wireless access at our school. Also students who harass others from home or at school through technology are seriously dealt with as well. We have last year and in the past had special assemblies with presenters to talk about Cyber bullying and Social Networking or appropriate use. This was very revealing to most of our students of their "innocent" divulging of personal information and how quickly the personal information could be found by strangers. We were told by many students that they were changing their practices and particularly their Facebook information and contacts. We will continue to educate students on appropriate use of all technology at school or home, as well as, their required Social Responsibility to behave while social networking. The school cannot do this alone and we require students and parents to dialogue about social networking in regards to their responsibility and safe use. Most of the cyber bullying happens at home or out of school, as well as during the school day. Students know that regardless of when or where this occurs that any harassment that impacts the learning environment will involve the school and/or district staff through the Code of Conduct. In addition, the Port Moody Police and the RCMP assist our school with social networking that is "cyber bullying" or harassment.

Wireless Access for PMSS Students

Students interested in using our school's wireless must register your laptop, tablet or other handheld technology with the school. There are documents to be completed and signed by parent or guardian as well as the student. Once the document is registered by our IT Coordinator, a "Wireless sticker" will be provided for the students' Go-Card. Application forms are at the office.

Smoking

Smoking on school property by students, staff, parents or visitors is prohibited by school board policy. The Smoke Free Environment Policy ensures that we have a suitable air quality for teaching and learning. Students who are found smoking or with cigarettes, lighters or other smoking items will be dealt with under the Code of Conduct and parents contacted.

Respectful School Clothing

Port Moody Secondary is an institute of learning which brings together many different families with varying values and cultural beliefs. The tone in the school is to be one of decency and respect for all students, staff, parents and visitors. We ask that common sense is the guide and that we are sensitive to others when wearing school clothing for learning. At Port Moody Secondary, we do not have uniforms but we do use guidelines that link to our school code of conduct that assist parents and students to select and wear respectful, appropriate clothing at school. We appreciate your understanding and cooperation .

Students are expected to refrain from wearing clothing or jewelry that:

- advertise drugs, liquor, or other inappropriate items;
- displays written words or pictures that are derogatory, insulting, racist, sexist, threatening, violent, etc.;
- shows underwear or does not cover body parts
- Clothing that distracts other from learning



Bell Schedule

Regular Bell Schedule:

Block 0	7:08 to 8:25
1	8:30 to 9:47
2	9:52 to 11:15
3/Lunch	11:15 to 12:10
4	12:15 to 1:37
5	1:42 to 2:59
6	3:04 to 4:21



Phoenix Bell Schedule:

Block 0	7:15 to 8:25
1	8:30 to 9:40
Phoenix	9:45 to 10:10
2	10:15 to 11:25
3/Lunch	11:25 to 12:20
4	12:25 to 1:35
5	1:40 to 2:50
6	2:55 to 4:05

Blues Bell Schedule:

Block 0	7:20 to 8:25
1	8:30 to 9:35
2	9:40 to 10:50
3/Lunch	10:50 to 11:45
4	11:50 to 12:55
5	1:00 to 2:05
6	2:10 to 3:15

Assembly Bell Schedule:

Block 0	7:25 to 8:25
1	8:30 to 9:30
2	9:35 to 10:40 (assembly 1)
2	10:45 to 11:45 (assembly 2)
3/Lunch	11:45 to 12:40
4	12:45 to 1:45
5	1:50 to 2:50



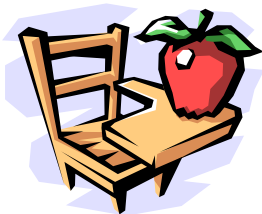
General School Supplies List Grades 9, 10, 11, and 12

Due to the cost of school supplies, we are suggesting that students recycle and use any supplies they have kept from previous years. This list is only a suggested general school supply list. Teachers in September may ask for some specific supplies reflective of the nature of the course.

- HB pencils (2)
- pink eraser (1)
- pens - blue (2), black (2), red (1)
- ruler (1)
- pair of scissors (1)
- school supply case / pencil case
- lined paper (2 packages)
- plain paper (1 package)
- graph paper (1 package)
- dividers (2-4)
- highlighters, variety of colours (3)
- pencil crayons (1 package)
- pencil sharpener (1)
- large glue stick (1)
- large felt pens for projects (2-3)
- clear tape
- large 3-Ring binders (4)
- PE strip for grade 9/10 and PE electives - shorts/sweatpants, t-shirt, non-marking runners, socks and PE combo lock (you may bring your own lock or rent one from the PE department in September)

Other items students find useful:

English pocket dictionary	stapler	duo-tangs
Thesaurus	staple remover	geometry set
Scientific Calculator(math 9 & 10)		
Graphing Calculator (Math 11 & 12)		



Port Moody Secondary School *Summer Mailout Information*

Dear Parents, Guardians and Students

August 2011

Welcome back to Port Moody Secondary! The staff would like to welcome students and their families who are new to our school. We start the year with an August Newsletter and school package mailed to everyone registered at Port Moody Secondary. We hope the information sent to you ahead of time will help you with your family planning and preparation. Enclosed are several documents and information for your family to start the 2011-2012 school year. The package mailed home will include different information depending on the grade level. Also the items in "**bold**" will require parents to complete and return to the school during the first week of school in the Phoenix Class (homeroom).

<u>Package Information</u>	Grade 9	Grade 10	Grade 11	Grade 12
Letter regarding the PMSS Student Information Verification Form	*	*	*	*
Student Information Verification Form	*	*	*	*
Bell Schedule	*	*	*	*
Student Fees 2011-2012	*	*	*	*
Cross Country Letter	*	*	*	*
PMSS Physical Education Outline and Expectations	*	*	*	*
Terry Fox Pledge Sheet	*	*	*	*
PMSS Parent Advisory Council Welcome Letter	*			
PMSS Parent Advisory Council email information	*	*	*	*
Policy: Appropriate Use Guidelines for the Internet	*	*	*	*
Policy: Appropriate Guidelines for Email	*	*	*	*
Grad Transitions and IB CAS Programs	*	*	*	*
Photo Package – Grade 9 pictures are taken on the Grade 9 Orientation Day (Sept 1st) as well as in September	*	*	*	*

The August Newsletter is not included in this mailed package but can be found on the website: www.sd43.bc.ca/secondary/portmoody or go to www.pmssblues.net. The newsletter contains key information regarding registration for new students, Grade 9 Orientation & Tour, the First Week of School – “A New Year Begins”, as well as “General Information” such as a school photo package and dates, bell schedules, Student Medical Alert Forms, Pro D Days, Holiday dates, school calendar, school expectations, district policies, etc.

Subscribe for our monthly newsletter, school announcements and special events throughout the year. Besides checking our website out regularly, this is the best way to keep in touch with what is going on at Port Moody Secondary. So we encourage you to sign-up now. Please go to our web site at www.sd43.bc.ca/secondary/portmoody and look for the “Newsletters and Announcements” icon. You will need to click on the icon; select “subscribe” then let us know the name of your son or daughter, their grade, your name and your email address. Subscriptions last for the school year and if you’ve subscribed last year you will need to do so again for this upcoming school year. You can subscribe at any time.

We welcome all parents to join us on Thursday September 22ⁿ from 6-8pm at our “Building Connections Together”. This is an informal event where parents and staff have an opportunity to connect with each other. Parents and guardians will be able to meet all of the teachers your child will have in the school year. Our first Parent Advisory Meeting is on Tuesday October 4th in the library (upstairs). Please come out and join us for both events!

Yours truly,

Ms. Karen Jensen, Principal

August 2011

IMPORTANT AND URGENT

Dear Parents/Guardians,

We are in the process of ensuring that all our records show up-to-date contact and emergency information.

In the event of an emergency or unforeseen situation, such as an earthquake, power outage, gas leak, inclement weather, or injury to your child, we need to have information in our files that would allow us to contact you or someone your trust. This information is confidential and will be kept in our student information system for our records only.

We would appreciate you taking the time to confirm that the information on the **Student Information Verification Form** found in the summer mail out is accurate for your child. If you find the information is not correct, please make the change on the form and return it to our office as soon as possible. If the information is correct, please return the form indicating its accuracy.

Please note that a further purpose of this form is to obtain written permission to release your child to someone other than the parent or guardian in the event of an emergency, as well as contacts should be "release person" who can pick up your child in case of an emergency. This "release person" should be an adult.

Thank you for your time and attention to these forms and ensuring their prompt return to the Phoenix class (homeroom) during the first week of school (September 6th, 7th, or 8th). After September 8th please return to the office. Please contact the office if you require assistance- 604-939-6656.

Karen Jensen
Principal
604-939-6656

PMSS Student Information Verification Form 2011-2012 Confirmation
Due September 6th, 7th or 8th in Phoenix Class (Homeroom)

Student Name: _____ **Grade (circle one):** 9 10 11 12 **Student #:** _____

Yes, the information on the Student Information Verification Form is correct.

No, please see changes to the Student Information Verification Form.



300 Albert Street
 Port Moody, B.C., V3H 2M5
 School District 43 (Coquitlam)
 604-939-6656
 Fax: 604-939-5833
 E-mail- pmss@sd43.bc.ca

A Tradition of Excellence

Dear Parents and Guardians,

August, 2011

The British Columbia Ministry of Education has mandated that all students in grade 9 complete **Health and Career Education 9**. Many of the learning outcomes in this course are covered through our Physical Education, Science and SOAR programs, and the November 2011 Take Your Kids To Work Day at Port Moody Secondary. There are 3 additional learning outcomes that will be taught by teachers in a seminar format during the exam break at the end of January, 2012.

Healthy Living

- describe practices that promote healthy sexual decision making
- assess the short-term and long-term consequences of unsafe sexual behaviour (e.g., unplanned pregnancy, sexually transmitted infections including HIV/AIDS, negative impact on future goals)
- describe skills for avoiding or responding to unhealthy, abusive, or exploitative relationships (e.g., assertiveness skills, refusal skills, communication skills, accessing help and support)

Students will be divided by gender into groups of about 30. The teachers leading the seminars will be covering the following material:

- Male and Female anatomy
- The risks of sexually transmitted infections and pregnancy
- Reducing the risks (including abstinence, contraception and correct use of condoms)
- Relationship scenarios: Discussions about common situations adolescents observe and healthy decision making

All Grade 9 students are to participate in the sessions to meet the requirements of the Health and Careers 9 curriculum. If you choose to cover these learning outcomes at home, a package will be provided with material and it must be returned with a parent signature.

If you have any questions or concerns, please feel free to contact Ms. Joni Tsui, Health and Career Coordinator, or Mr. Darren Fridge, Vice Principal, Mr. Jesse Bradbury, Vice Principal or Ms Jensen, Principal, for assistance. Please sign this form and return it to your student's Phoenix teacher on September 7, 2011.

Student name: _____

Student #: _____ Phoenix #: _____

My child will attend the Healthy Living seminar in January

I will be covering the healthy living learning outcomes with my child and will return the completed package in January.

Parent Name: _____

Parent Signature: _____

Date: _____

PMSS

Parent Advisory Council

Welcome Grade 9 Parents,

Your PAC (**Parent Advisory Council**) Executive would like to take this opportunity to welcome you to Port Moody Secondary School (PMSS). We would also like to emphasize that **all** parents and guardians of students attending PMSS **are already** members of the PAC and are encouraged to attend the monthly meetings and be involved in the various activities supported by the PAC.

These monthly meetings are held in the library the first Tuesday of each month at 7pm (3rd Tuesday in January). This provides an excellent forum for parents to meet the Principal and Vice-Principals and also to be updated on what is happening in the school. The Principal's report is very informative and many parents find it a great way to feel involved. The **first meeting** for the 2011/2012 school year, will be:

Tuesday, October 4, 2011 at 7pm in the library

Twice a year, Student Council will also ask for parent volunteers to help out at dances. It is a great way to see and feel the Port Moody spirit in action. Without parent and teacher involvement these dances would not take place.

At the beginning of each year we build a database of parent email addresses. Each month the PAC Executive will send updates to those on the database. To ensure you are on the database please forward the following information to us at pmss-pac@sd43.bc.ca. Or check us out on the website at www.pmssblues.net for more information.

We thank you for your time and support and look forward to meeting you at the next PAC meeting, Tuesday October 4th in the library at 7pm.

Student Name(s)
Grade(s)
Parent Name
Phone
Email

Please include your areas of interest:

- Dances Teacher Appreciation Lunch PAC Executive Positions
 Grad Committee Where Needed

August 2011

PMSS Parent Advisory Council

MESSAGE

To receive the Parent Advisory Council updates, agendas and minutes, please email us at

PMSS-PAC@sd43.bc.ca

Please include: your child/ren's names and the grade they will be entering.



Blues

300 Albert Street
Port Moody, B.C., V3H 2M5
School District 43 (Coquitlam)
(604) 939-6656 Fax- 939-5833
E-mail- pmss@sd43.bc.ca
www.pmssblues.net

A Tradition of Excellence

Cross Country is an awesome sport for every fitness level!

Cross Country is a terrific fall sport for all students to try. Practices are held Mondays, Tuesdays and Thursdays 3:30 - 4:45 on local trails around PMSS. The meets are on Wednesdays 3:30 – 5:30 at Mundy Park. Last year, we had 35 keen runners out for Cross Country and Ms. Sayers would love to add many new runners this year. The “not so fit” to the “very fit” and everyone in between, are all welcome to participate. Practices will be tailored to students’ individual fitness, ability, and goals.

PMSS has won the Coquitlam District Championships two out of the past three years. The PMSS team has had runners qualify for the B.C. Championships every year since 1989! Our returnees include a number of high caliber, very competitive runners, many more who continue to vastly improve their running, and we also have a large contingent of returning casual runners!

The first Cross Country meeting will be Thurs. Sept. 8th at 3:30 in the gym. First practice is Tues. Sept. 13th. Meet in the gym at 3:30 for practice. Bring a lock to lock up your belongings in the changeroom while you run. Note: Grade 9’s: this is a great way to get involved in athletics at Port Moody Secondary! Cross country is a great sport for all athletes to cross train and really improve their cardio fitness. Get out for some runs this summer! See you in September!

PORT MOODY SECONDARY SCHOOL
PHYSICAL EDUCATION OUTLINE & EXPECTATIONS - 2011/2012

Dear Parents/Guardians:

The Physical Education Department at Port Moody Secondary are committed to offering a program designed to meet the physical, emotional and social developmental needs of all our students.

GENERAL P.E. OBJECTIVES:

- To develop a positive attitude towards physical activity and a desire for life long participation.
- To experience a wide variety of activities and to develop basic skills and knowledge in these areas.
- To gain an understanding of physical fitness and a positive attitude towards its life long maintenance.
- To develop positive self-esteem, personal and social behaviors through active involvement in a variety of physical activities.

GYM STRIP:

non-marking running shoes, shorts and a T-shirt as well as **appropriate** clothing for the cool or wet days outside.

CHANGE ROOM PROCEDURES:

Absolutely NO VALUABLES are allowed in the PE changerooms.

Students must assume responsibility for protecting their own belongings by **BRINGING A STURDY LOCK** and locking all their clothes/belongings during the class. **Lockers are day use only. Locks and belongings must be removed at the end of each class. Locks left on after the class will be cut off.**

The PE dept is not responsible for belongings left unlocked in the changerooms.

EVALUATION:

A rubric scale will be used for evaluation which is heavily weighted towards students' active participation, leadership and effort on a daily basis.

Mark Distribution:	60%	Daily Participation and Social Responsibility
	30%	Fitness/skill development
	10%	Self reflection/goal setting

10 Point scale for Evaluation:

(9-10) - Excellent: Student shows leadership, initiative and demonstrates an outstanding attitude, participation and effort in ALL activities. Respects classmates, teachers and equipment. All assignments thoroughly completed.

(7-8) - Good: Student shows positive attitude, display of fair play skills, appropriate competitive behaviour, respectful of others, good participation, cooperation and effort. All assignments completed.

(5-6) - Average: Generally on task. Participates at a satisfactory level. Effort and attitude meets acceptable standards. Motivation and initiative low. Most assignments completed.

(3-4) - Poor: Inappropriate competitive behavior, disruption of class, poor etiquette, disrespect of classmates or teacher, poor attitude, effort and cooperation. Participates below acceptable level. Some assignments completed.

(1-2) - Very Poor: Attitude, participation and/or effort DO NOT meet acceptable standards. Inappropriate or no gym strip. Disrespect to teachers and peers. Assignments not completed.

0 - Absence or truancy from P.E. (Field trips and PMSS extra-curricular absences are omitted)

**** Late or no strip :** Subtract 2 from daily total

EXCUSED ABSENCES AND MEDICAL EXCUSES:

Regular attendance is critical for the student to meet the learning outcomes for the course. Parents/guardians must inform the school for excused absences.

Students are expected to change into gym strip every day and participate to the **best** of their ability. **Students are discouraged from sitting out for minor illnesses/injuries. There ARE workouts that the PE dept. can tailor to most injury situations.** It is our desire that students be as active as possible every day. For a longer medical exemption a doctor's certificate is required.

Students who use inhalers should carry the inhaler with them in every PE class. This is mandatory when we leave PMSS for our fitness runs. If students have knee or ankle braces, these should be worn daily as well. Students/parents should speak with and/or email their PE teacher concerning any medical conditions which may require monitoring, or adaptations in PE.

UNEXCUSED ABSENCES/lates: (No phone call from home to verify absence)

Students with unexcused absences will be referred to counsellors/administration

Opportunities for students to make up missed classes are available at the end of the semester.

******Students who are absent for more than 20% of the course, 16+ absences, will not receive credit for their PE course. Two lates equals one absence. If students are 30 + min. late for class, the late will be counted as an absence.**

“ “ “ “ “ “ “ “ “ “ “ “ “ “ “ “

*Thank you for taking the time to read the preceding information.
Please complete the following and return it promptly to your child's P.E. teacher.*

Student name: _____ **Block** _____ **Teacher** _____

Medical problem that would restrict his/her involvement in the P.E.

q I will bring and use my own lock every P.E. class. _____ **(Student signature)**

I have read and understood the Physical Education expectations at Port Moody Secondary.

_____ **(Parent signature)** _____ **(Parent email)**

_____ **(Student signature)**

PE teacher contacts:

Ms. Sayers gsayers@sd43.bc.ca

Ms. Sands ssands@sd43.bc.ca

Mr. Sawchuk wsawchuk@sd43.bc.ca

Mr. Stromgren jstromgren@sd43.bc.ca

Mr. Tam stam@sd43.bc.ca

Mr. Devlin adevlin@sd43.bc.ca

Mr. Quinto squinto@sd43.bc.ca



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A Tradition of Excellence

August 2011

Dear Parents and Students,

The school will hold our annual **Terry Fox Run** on Wednesday September 28th, 2011.

An assembly schedule (see bell schedules on our website) will allow us have two separate runs for our students.

The students will gather in our gym and then see a short presentation before heading out on a short loop through our community marshaled by our leadership students.

Donations are encouraged and should be brought to Blk 2 teachers in the week leading up to the run. Families can also donate on-line at www.terryfoxrun.org

Terry Fox trained for his marathon of hope by running these very streets, and Port Moody Secondary students are proud to memorialize his amazing achievements by participating in this run!

Our school's donation supporting cancer research will directly support the dream that Terry had of a world without cancer.

Please bring the pledge sheet, and all other donations you have collected to your block 2 class on September 30th OR bring your donation to the main office.

**We will also be collecting "toonies" in all block 2 classes on the 30th.