



THUNDERBIRD NEWS

November 17, 2023

MESSAGE FROM THE ADMIN

The short days of the Fall season are well upon us and so is the end of the first term for Explorations. The first term for core subjects will come to an end later this month. This time of the school year affords all of us an opportunity to reflect on the successes that the students have had since the beginning of the school year. For one, Grade 6 students have made a big step in their academic lives by adjusting to the new routines and expectations of middle school. It is great to have these new students at our school as they provide an energy that is always refreshing. The Grade 7 students know the ropes and are growing physically, emotionally, and intellectually as they enter their teen years. They are to be congratulated for providing support with the transition of our Grade 6 students. The Grade 8 students are experiencing their final year at Eagle Mountain Middle and are beginning to look and act like they are ready for the next step: secondary school. The academic expectations for Grade 8 students are to synthesize their learning from the past and extend their knowledge by applying previously learned concepts to more complex learning experiences. Our Grade 8 students are providing the leadership and role modeling that we would expect from them. Bravo!!

From time to time, parents ask me (Mr. Graham) for advice on how to deal with their pre-teen and teenage children. Most often I am at a loss as to what to say because as a parent of two children who are now adults, I find parenting to be the toughest job of all. My work as a school principal is far easier compared to my role as a parent when my kids were middle school students. I believe this is because of the enormous responsibility we have as parents in shaping our children into respectful and responsible young people. For myself, I always feel that I fall short as a parent, but my two wonderful grown-up daughters teach me many valuable lessons about care, respect, and love. Your role as parents far outweighs the influence we have over your children. We do make a big difference, but the reality is that our staff's impact on your children only lasts for 6 hours a day, 5 days a week for 10 months of the year and for three years. In contrast, a parent's influence begins from birth and lasts for many years thereafter, including into their adult years. You are their role models and their first educators. We are committed to working in partnership with you and know that we can't address the challenges that your children face at school alone. We all need to work together to help our children and students grow as they learn from their experiences, their successes, and their mistakes. We are always grateful to receive information and feedback that helps us support your children while at school. We appreciate your respectful communication with us to support your children that will result in a positive outcome for your child's experience at Middle School.

It is a great privilege for all of us here at EMM to work with your children. It is a job that we take very seriously and one that provides us with much joy and satisfaction.... and it is complex and hard work! We appreciate the efforts that you make at home to support, help and encourage your children with their education as it benefits us in the work we do with them during the week.

Wishing you all many rewarding and memorable experiences with your children throughout their middle school years and beyond.

Mr. A. Graham
Principal
agraham@sd43.bc.ca

Ms. K. Paterson
Vice Principal
kpaterson@sd43.bc.ca



PAC NEWS

EMM's LEGENDARY WINTER MARKET

It's that time of year again, and we can't pull off the winter market without you! We currently have 25 parent volunteers and need 50, ask a friend and sign up together. We need volunteers for the market days on Dec. 13-14th, with setup support needed on Dec. 12th and take down on the 14th. Please email 110-pac@sd43.bc.ca with details on how you can help.

The \$25 fee will include snacks (chips, candy, etc.) and hot chocolate, in addition to six incredible crafts the students will make. Details on SchoolCashOnline coming soon.



Thanks to Jessica and Jane for stepping up in a big way to lead this memorable community building event for our kids!

HOT LUNCH

We are still in search of a team to support hot lunch. Please let us know if you can help to make this happen for the students, we all know how much they (and lunch-making parents;) love this day! While we have one volunteer Munch-a-Lunch admin (thanks Oscar!), we still need 2-3 more to help coordinate vendors, communication and volunteers. This is not a job someone can do on their own, so please reach out if you can help (day-of volunteers will also be needed, but that will come once we have the back-end team covered). Please email 110-pac@sd43.bc.ca.

HOLIDAY FUNDRAISING OPPORTUNITY - GREAT GIFT IDEA!

We also have a special holiday offer for the next 6 weeks only! [Sabai Thai Spa](#) has kindly offered to contribute \$20 to our school per service booked, as well as an additional 5% off the cost (even on top of an existing promotion). There's a location in Poco. Pamper yourself or your spouse ;) while also supporting our school! Use discount code EAGLEMM at checkout.



Driving and Keeping our Kids Safe

Have you noticed our speed limit signs and speed bumps in our upper driveway leading to our school?
 Do you know the speed limit leading to our school from East Rd is 30 km/hr?
 Do you know the speed limit once you enter our school property is 20 km/hr?
 If needed, have you adjusted your driving habits once you have entered our school zone?

Did you know that it is the law to drive within the speed limits in school zones and on school property?

Thanks to those who are adhering to our school zone traffic speed limits and if you aren't, please adjust and keep help our kids and other rivers safe.

Winter Weather Ahead!

Schools are not routinely closed due to snow or other inclement weather conditions. All schools in School District 43 (Coquitlam) will remain OPEN, if possible, during winter weather, including snowfall.

However, on occasion, a district-wide or partial-district closure is required due to extreme weather. Partial-district closures affecting individual schools may occur due to the very different geography within our school district. If there is a partial-district closure affected schools will be identified.

The decision on schools remaining open or needing to be closed, because of extreme weather, occurs **before 6:30 a.m.** so that families can plan and make alternate arrangements.



Any district-wide or partial-district closure will be decided and communicated by 6:30 a.m. via the School District 43 website www.sd43.bc.ca and CKNW AM 980 radio, CKWX 1130 radio and CBC (690) radio.

While the District tries to make the best decision with the information available, the weather does change quickly. Therefore, when schools remain open, decisions to stay at home during challenging weather conditions should be made by each family.

Extreme weather can also impact transit. Transit schedules may face significant changes or cancellations due to the weather conditions. Parents seeking information on transit schedules need to consult the Translink website: <http://www.translink.ca/>

We encourage families to continuously check the School District 43 website for updates and changes: www.sd43.bc.ca

Learn more about SD43's process for emergency and inclement weather status updates at: <http://www.sd43.bc.ca/NewsEvents/Pages/EmergencyInformation.aspx>



Hello parents and guardians! As report cards are fast approaching, we have noticed that students' stress levels have been increasing. Having a variety of tools in our tool kits to manage stress is beneficial not only to our children but to adults as well. There are a variety of apps today that can teach mindfulness strategies as well as how to combat negative thinking. Some of those apps are: Calm, Mindshift, Breathr, and Headspace. Also, if you notice that your child is feeling overly stressed, please communicate with your child's teacher as they may be able to help decrease some of their worries.

Please don't hesitate to email me at sbalnave@sd43.bc.ca if you would like to connect, or if you have any questions for me.

Steve Balnave -Your School Counsellor



Borrowing Books from the Library (see next page) Mr. Kwok – Teacher Librarian

It was so great to see so many of our students coming to the library to sign out books after receiving their Library/Learning Commons orientation in September! Students are allowed to check out a maximum of two books at a time for two weeks, after which they can choose to renew the book either by email or in person, unless the book is held by another student. Every Sunday evening, the computer system will send an automated email to families if students have overdue items. Please note that this is just a reminder for the student to bring the books back in – there are no late fees. The price listed next to an overdue item is the cost for replacing it if it is lost.



Grade 6 families – if you received an overdue/fine email listing an item from your child’s elementary school, I’m happy to return them to the school for you. If the item is lost, please contact the Librarian at the elementary school so they can mark the book in their system as “lost”.

Tabletop Games Club

Mr. Balnave and Mr. Kwok are happy to be running a Tabletop Games Club after school on Wednesdays from 2:30-3:30 in the Library/Learning Commons! This is a great opportunity for students to come and connect with others over boardgames, card games, or even role-playing games like Dungeons and Dragons! This is a casual drop-in club where everyone is welcome to join whenever they can. Since no attendance is taken, we ask families to please communicate with their children a plan for going home.



EMM Staff Book Picks

Every month we will feature some EMM staff members and what their favourite books are – if you are interested, go check these books out (pun intended!) from the school or local public library!

Mrs. Clements (Division 15 – Team Wolf): *Aristotle and Dante Discover the Secrets of the Universe*



“One of my favourite middle school books is Aristotle and Dante Discover the Secrets of the Universe by

Benjamin Alire Sáenz. It’s about two teenage boys growing up in Texas in the 1980s, both trying to figure out what it means to be Mexican, and to be “a man.” Through their friendship, Ari and Dante learn important truths about the universe, themselves, and the kind of people they want to be. I love this book because it’s beautifully written and emotionally engaging.”

Mr. Graham (Principal): *The Hunger Games*

“I enjoyed this book because it was a great story about how governments can



have power over their people. It is a very exciting and adventurous story but at the same time very disturbing because it shows how people can be

manipulated and end up turning against each other in order to survive. Although the characters are trying to survive, they are also sympathetic to their opponents and try to form alliances with each other to strengthen their ability to survive. The tough decisions that the characters must make along with the suspense made this book one of my favourite books of all time.”

Ms. McQuarrie (Indigenous Youth Worker): *Be a Good Ancestor*



“I am inspired by the book’s message which for me is about being a

good human/ancestor and is captured through the land and all its inhabitants.”

ATHLETIC NEWS

EMM Intramural T-Shirt Sales

They come in Neon Yellow, Purple and Red. Quantity is limited. If your child would like one, please go do schoolcashionline, see the sizes, colours, a picture of the t-shirt that's available and purchase it.

There will be no opportunity to try on sample T-shirts. If you have any questions, please send Mr. Nordby an email at anordby@sd43.bc.ca.

NOTE THAT ALL PURCHASES WILL BE EXCLUSIVELY ONLINE.

YEARBOOKS ON SALE NOW

Yearbook is a good way to celebrate the achievements of students at an important time in their life. It can become a treasured book that students will love to look back on in years to come and preserve memories of friendships and events. Please go to School Cash Online and purchase the yearbook. LIMITED TIME OFFER.

ALL PAYMENT WILL BE EXCLUSIVELY ONLINE. No cash, cheque or verbal orders will be taken.

SCHOOL CASH ONLINE EXPLAINED:

Here at **Eagle Mountain Middle**, we are now only accepting online payments to minimize the physical handling of cash. We encourage all parents to pay for their child's fees through our **School Cash Online Program**. As District, we implemented that all mandatory School Policy Forms, parent volunteer forms, and permission forms are also done through your online account. The online payment process is easy, reliable, and a secure way to pay for all your child's field trips, student fees, yearbooks, and other various items. The program will also provide you with a transaction history, so you can keep track of what you have purchased.



As we are also a **GREEN SCHOOL**, this process also eliminates paper waste as we now have electronic permission forms attached to all field trip payments. This will also eliminate sending cash with your child, and permission forms getting lost in your child's backpack!

If you are already registered for this program, great! If not, no worries we can help you along the way. Please visit the following link to see a to register for your account:

<https://sd43.schoolcashionline.com>

Once you have registered your account, make sure to log back on and add all your children. All children who are registered in SD43 can be added to your account. All you need is their name and birthdate!

BIKE SECURITY AT SCHOOL

Some of our students are riding to school on their bikes once again this year. Please remember to lock your bike, with a strong and solid lock, on the racks in front of the school or in the courtyard in the bike racks. Locking your bike up will go a long way to prevent it from being moved or stolen. Be sure to put the lock through the frame and wheel.



VALUABLES AT SCHOOL



We would like to ask parents to discuss the issue of bringing valuables e.g. large amounts of money, personal electronic devices such as: ipods, cell phones, game gear, video games/equipment, or even jewelry to school.

It is very unfortunate and frustrating when personal items get damaged or go missing from backpacks or classrooms and we would like to eliminate students from experiencing the disappointment of losing something dear to them by asking them to safeguard these items if brought to school. Please note that we do not reimburse for lost or stolen valuables but will investigate purposeful damage or theft.

FIRE DRILLS, EARTHQUAKE DRILLS AND LOCKDOWN DRILLS

Every year, we have three earthquake drills, three fire drills and at least two lockdown drills. Many of you are familiar with fire drills and earthquake drills, but some of you may not be familiar with lockdown drills. A lockdown is when we close and lock all exterior doors to the school, close and lock all classroom doors and have students sit down in the classroom as a group silently. The door windows in each classroom also get covered so nobody can peer in. Essentially, anyone who could enter the school would find the school locked up and silent with no evidence of any adults or students being present. The purpose of such a drill is to be prepared for any number of potential emergencies that may arise where we need students to be in a safe, secure area where they cannot be seen, heard or found. Being prepared for a potential emergent situation is prudent planning; however, this may cause some anxiety for some students. We recommend you sit down with your child and discuss the rationale behind a lockdown drill. At the school level, we discuss the rationale, answer any of the students' questions and have a debrief to clarify or answer any further questions after the lockdown. If you have any questions, please feel free to contact Ms. Paterson or Mr. Graham.



CELL PHONE RULES AT EAGLE MOUNTAIN

It is the school's policy that students are not to use their cell phones in the school during school hours. The only exception is when specific permission is given in class by a teacher for the purpose of using the phone to search for information for a specific project.

Any student found repeatedly using their cell phone during school hours will have their phone confiscated and, in the future, stored at the school's office during school hours for a specified period (eg. 1 month).



With this information, we would like to ask our Eagle Mountain parents to refrain from texting or calling their children's cells during school hours with information that requires an immediate response, so the students aren't put in a position of disobeying our school rules. Instead, please remind students to check their cells after school for messages that possibly could have been left for them by you or leave a message at the office for them to pick up, only if plans are changed.

Food For Thought:

- <https://news.harvard.edu/gazette/story/2023/03/experts-see-pros-and-cons-to-allowing-cellphones-in-class/>
- <https://www.cbc.ca/news/canada/british-columbia/bc-school-cellphone-ban-1.6834914>
- <https://www.waituntil8th.org/>



Wildlife Alert Procedures for Eagle Mountain

A. Daily Procedures:

1. All doors will be locked.
2. Exterior garbage cans emptied.
3. Principal/supervisor visually checks playfield prior to students being dismissed at recess and lunch. Staff on supervision always keep a watchful eye.

Emergency Actions

B. Bear Sighting off of school grounds:

1. Phone call from neighbour or parent received. Time and location of bear sighting are noted.
2. Announcement made to notify school if sighting is near a dismissal time.
3. Students kept indoors if time of bear sighting is near a break time (recess, lunch)

Students and parents will be advised of bear sighting in neighbourhood if sighted near 2:53 pm. Students walking or biking are reminded to be alert and go in pairs. If there a risk, administration may reroute students or hold students and inform parents to pick students up at the school.

C. Sighting of wildlife on school grounds during instruction time:

1. Staff report wildlife sightings to the office.
2. Announcement made to notify school that a bear is on school grounds.
3. Students kept in at recess and lunch.
Port Moody Police Department and Conservation Officers are contacted immediately for assistance or further instructions.

D. Sighting of wildlife on school grounds if students or staff are outdoors (Morning; Recess; Lunch or Afterschool)

If sighted by supervising staff, a whistle is blown/students notified.

Announcement made asking everyone to proceed indoors.

Students enter the school via the nearest unlocked exterior door. Move calmly towards entrances. Students then proceed to their classrooms once they are in the school. Port Moody Police Department and Conservation Officers are contacted immediately for assistance or further instructions.

E. If You See wildlife:

Remain calm; don't panic. Often the wildlife is simply looking for food and will move on if it finds nothing to eat. Keep away from the wildlife and go inside – bring all children inside. Never approach the wildlife and do not run from the wildlife. Do not act submissively by crouching down or whispering. Warn others of the wildlife presence, but don't do it by yelling. If the animal climbs a tree, keep people and pets away. When things quiet down, the animal will come down

and leave. This usually happens after dark when the animal feels safe. When the animal is safely out of the area, check the area to ensure there are no attractants available.

Staff, students and parents are instructed to not approach the bear or cubs.

<https://wildsafebc.com/>- this is a great resource

School Fruit and Vegetable Nutritional Program

This year, we are excited to announce that Eagle Mountain Middle will be participating in the School Fruit and Vegetable Nutritional Program brought to us by the BC Agriculture in the Classroom Foundation. Once a month, students will be provided with a piece of fruit or a sampling of a locally grown vegetable. Should your child not wish to participate, he/she opt out at any time. If you have any further questions, please do not hesitate contact Ms. Bro via email.



**SCHOOL FRUIT
AND VEGETABLE
NUTRITIONAL
P R O G R A M**

can
to

2023-2024 Core Teachers

Team	Div	Assignment	Room	Teacher
Bear	1	6/7	218	Wendy Chen
	2	6/7	220	Charissa Wong
	3	8	219	Christina White (M/T/Th/F)/Anders Nordby (W)
	4	8	221	Jarod Fong
Eagle	5	6/7	222	Avie Basson
	6	6/7	232	Vania Huang
	7	8	223	Louisa Perro (T/W/Th/F)/Lauren Au (M)
	8	8	225	David Grender
Orca	9	6/7	235	Ross Namdari
	10	6/7	233	Andrea Shim-Ping/Jen Budd (Alt. Th)
	11	6/7	234	Irvin Samson
	12	6/7	236	Stephen Spagnuolo
Wolf	13	6/7	231	Andrea Coupe (M/T/Th/F)/Kevin Keeler (W)
	14	6/7	229	Danielle Murdoch (M/T/Th/F)/Daniel Martin (W)
	15	7/8	230	Suzanne Clements (M/T/Th/F)/Lauren Au (W)
	16	8	228	Jenn Moody
Raven	17	6/7	226	Kelly Murray (M/W/Th/F)/Martin Bro (T)
	18	6/7	224	Sara Keeler (M/T/Th/F)/Nicole Van Veenendaal (W)
	19	6/7	303 (Portable)	Breana Sievenpiper (M/W/F)/Nicole Van Veenendaal (T/Th)
	20	8	301 (Portable)	James McConville

YOUR OFFICE TEAM

Mr. Andrew Graham	Principal
Ms. Kirsten Paterson	Vice-Principal
Mr. Stephen Balnave	Counsellor
Ms. Grace Gallaccio	Youth Worker
Ms. Saras Mudaliar	Head Secretary
Mrs. Melissa Newbery	Student Records Secretary

SD43 NEWS

- Energy Wire Newsletter: It can also be found on the District website:
https://www.sd43.bc.ca/Pages/newsitem.aspx?ItemID=279&ListID=c4134e88-bc0d-484f-9d4d-93c69db7f94f&TemplateID=Announcement_Item#/=

IMPORTANT DATES

November	10	School Closure Day
	13	School Closed - Remembrance Day
	17	Newsletter #3
December	8	Newsletter #4
	22	Last day of classes before Winter Vacation
	25-Jan 8	Winter Break
January	8	School re-opens after Winter Break
	19	Newsletter #5
	29	School Based Non-Instructional Day - no classes
February	16	Newsletter #6
	19	School Closed – BC Family Day
	23	School Closed - District Non-Instructional Day
March	15	Last day of classes before Spring Break
	18-28	Spring Break
	29	Good Friday
April	1	Easter Monday
	2	School re-opens after Spring and Easter Breaks
	14	Newsletter #7
May	19	District Non-Instructional Day - no classes
	16	Newsletter #8
	17	School Based Non-Instructional Day – no classes
June	20	Victoria Day
	14	Newsletter #9
	28	Administration Day - School closes

COMMUNITY NEWS

School District No. 43 (Coquitlam)

INTERNATIONAL BACCALAUREATE PROGRAM

INFORMATION MEETING FOR GRADE 8 STUDENTS AND THEIR PARENTS

Tuesday, November 28th or Wednesday, November 29th, 2023

7:00 to 8:30 p.m. at Port Moody Secondary School

Students and parents interested in entering the IB Program for talented and highly motivated students should attend one of these meetings to receive all pertinent information. There will be an opportunity for students and parents to ask questions about the IB Program. **All registration information will be available at these meetings.** Information about Port Moody Secondary and the IB Program can be found on the web at [https://www.sd43.bc.ca/school/portmoody/ProgramsServices/IB/reg_info/Pages/default.aspx#/ =](https://www.sd43.bc.ca/school/portmoody/ProgramsServices/IB/reg_info/Pages/default.aspx#/=) and at www.ibo.org.



Questions regarding general *erase* training may be emailed to: erase@gov.bc.ca

Training Offering	Dates	Delivery	Registration Link
Family Session: Establishing Safe, Caring, & Respectful Digital Communities – Everyone Welcome! Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sexortion. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.			
	November 28, 2023 7:00pm – 8:00pm	online	https://www.eventbrite.ca/e/732343096917?aff=oddttdtcreator
	November 30, 2023 6:30pm – 7:30pm	online	https://www.eventbrite.ca/e/732346587357?aff=oddttdtcreator



Holiday Camp for Youth For Youth ages 11 - 15 years

Wednesday-Friday, Dec 27-29 Tuesday-Friday, Jan 2-5 9am-3pm Recreation Complex Activities may include:

- Laser Tag
- Rock Climbing
- Swimming
- Bowling
- Baking
- Snowtubing

Visit portmoody.ca/signmeup to register NOW!



@pomoyouth | portmoody.ca/Youth | 604.469.4556

PORT MOODY
CITY OF THE ARTS