



THUNDERBIRD NEWS

September 16, 2022

MESSAGE FROM THE ADMIN

I want to start by thanking the entire Eagle Mountain Community - parents, staff and students - for welcoming me so openly to your wonderful school. I feel it is a privilege to be able to witness your students learn, grow, laugh and yes, even struggle a little. I know that by working together we can build on the strong foundation in the years Eagle Mountain has been open. I so look forward to the journey ahead, getting to know your children better and continuing to grow as a safe and caring learning community.

Ms. Paterson and I want to comment on the positive and thoughtful conversations we have been having in person, on the phone and through email regarding class and team placements. I think the staff did an incredible job of creating classes and teams this year with the majority of our kids settling in right from the start. We recognize that it can be disappointing when specific requests can't be accommodated due to the complexity of the class building process and we are committed to making this a productive year for all our students. We thank you all for your patience, understanding, and support.

Home school communication can be a challenge – It seems the technology that was supposed to make communicating more efficient has in the end just made it more challenging to keep track of. We are going to use several strategies to make sure you are connected to the school including:

- Monthly newsletter (this is the first of the year!)
- Targeted emails to parents keeping you up to date and in the loop
- [Eagle Mountain Web-Site](#) (Calendar, notices and special announcements)
- Twitter and Instagram posts (stay tuned for when these will be launched)
- School Open House and Special Events (Our start of the year open house is Wednesday, Sept. 21st)
- PAC Meetings (our first meeting was September 13th. Please check our school website for future dates and times)

In the end though, no communication beats person to person. If you have a question or concern (or even want to say something we are doing well!) please feel free to contact your child's teacher or ourselves, Mr. Graham (agraham@sd43.bc.ca) or Ms. Paterson (kpaterson@sd43.bc.ca). In the coming weeks and months, we will be sharing more about the exciting things that are going on at Eagle Mountain. In this newsletter, we have tried to give you some of the information we think is important right now, I hope it helps.

We are still only halfway through September, with lots of amazing things to look forward to in the weeks ahead. We hope parents and students are able to attend our Open House next week. The plan will be a scavenger hunt style tour of the school and time to meet your child's teacher (s). This event is for parents and Eagle Mountain students.

Once again, thank-you for a great start-up and we look forward to the year ahead,

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

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

At Eagle Mountain Middle, learners are at the center, and connected by community, inquiry, innovation and social emotional learning. The school is focused on deep student learning, empowered by technology and inspired by our natural environment.

SCHOOL CASH ONLINE EXPLAINED:

Here at **Eagle Mountain Middle**, we are now only accepting online payments to minimize the physical handling of cash. 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 backpacks!

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 of your children. All children who are registered in SD43 can be added to your account. All you need is their name and birthdate!

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More to do items for parents...

- **Student Information Verification Form (will be sent home with your child in October):** Please take the time to check over your student registration form to ensure that all information is accurate and current, especially contact information such as phone numbers and your address. Please make the necessary changes (in red) directly on the form, return it to the school and we will make these changes in our student information system. **NOTE: IF THERE ARE NO CHANGES, YOU STILL MUST SIGN, DATE IT AND RETURN THE FORM TO THE SCHOOL OFFICE.**
- **District Policies Forms:** Please complete via your [School Cash Online](#) prior to **September 22nd, 2022.**

- **Parent E-Forms (Volunteer):** Please complete via your [School Cash Online](#). *We may need volunteers this year for a few field trips, at which time, we will have your information on file.*
- **Parent Criminal Record Checks and Drivers Abstracts:** In order to volunteer at our school or on your child's field trip, we do require to have your Criminal Record Check on file. **We may need driver volunteers this year, at which time, we will have your information on file.** Please access the following letter to get your fee waived at the RCMP, on the website, If you are going to the Port Moody Police, just remember there may a small cost. We also require parents to have a Drivers Abstract submitted each year if they are planning to drive. You can retrieve that at the following: [Drivers Abstract ICBC](#) and have ICBC send the form to eaglemountainsecretary@sd43.bc.ca.
- **Medical Alert Form: (Online at www.sd43.bc.ca/school/EagleMountain/Parents/Forms/Pages/default.aspx).** Click on "Parent eForms". *If your child has any special medical considerations that you would like us to be aware of please print the **e-form** online and return it to the office.*

STUDENT ABSENCES

Student absences are more important than they have ever been. The accurate tracking of students in and not in the building is so imperative right now. We would like to remind the parents at Eagle Mountain to please inform the office and homeroom teacher if their child will be away from school. **Please include their reason for not being in attendance.** You can call the office at **604-469-1133**, use the "Absence Report" function on our school website under "Quick Links" or email at eaglemountainsecretary@sd43.bc.ca.

If your child will be arriving late, you **must** also inform the office. If you child will be dismissed early, we as that you please inform the office ahead of time. We also ask that you please advise whether your child will be walking or will be picked up from the school for their safety. If you will be picking up your child, please come to the office to let us know you are here and we will call your child to the office so that you can sign your child out.

***Reminder: please do not send your child to school if they are experiencing any symptoms of illness and only return when the major symptoms (fever, cough, etc) subside.**



COUNSELLOR'S CORNER!

Welcome back to school parents and students! The fall is a time of transition for everyone. We go from longer, warmer days with lots of unstructured time to shorter, cooler days with routines and schedules. It can be a challenge for many of us to adjust to. Be kind to yourself as it doesn't happen overnight. Re-introducing your bedtime routines and schedules will

help students better adjust to being back at school. Sometimes having a family calendar showing scheduled

activities and events can also be helpful. Most children thrive on routine and structure as it provides predictability and can assist children to better regulate themselves.

I am looking forward to this new school year and am happy to welcome Louisa Perro who is doing her counselling internship with us on Mondays while also teaching four days a week at Eagle Mountain. Your child may be invited to work with her on a weekly or bi-weekly basis. A permission form would be sent home to you describing the details. She was teaching at the school last year and she has won the hearts of many students with her warm and friendly approach.

If you are looking for support in helping your child better adapt to school this fall, please feel free to reach out to myself or Ms. Gallacio, our youth worker by calling the school or emailing us.

cjones@sd43.bc.ca or ggallacio@sd43.bc.ca

Top 10 Keys to Middle School Success

#1 Sleep well. Teens and young adults should be getting 8 to 10 hours per night. Enough sleep is critical for your body and brain to function well.

#2 Eat right. Healthy and balanced meals give your body and mind energy to work well throughout the day. Take extra time and effort to make sure you're not only eating enough but eating a mix of everything you need!

#3 Do your homework. Making a habit to do your homework each night will help you practice skills and be ready for your quizzes and tests. Find a consistent time each night after school to spend a little time on homework so that you can then enjoy the rest of your evening with your family, sports, activities or relaxing.....

#4 Pay attention in class. Focusing and using your time wisely is one of the best ways to stay ahead in middle school. Nut break and lunch time is the best time to socialize with friends and get a chance to get outside for some fun and fresh air.

#5 Get involved. Unfortunately, at this time we've had to put our extra -curricular groups and activities on hold, but stay tuned for the future and upcoming opportunities. Getting involved in school activities, leadership groups, sports and different clubs can really help you feel like part of the school community and become more successful in school.

#6 Ask for help. Whether it is academic, social or emotional help, there are adults at the school ready and willing to help support you. Seek out and ask for help when you feel you might need it.

#7 Make goals. Give yourself something that you want to attain by the end of the month and even year!

#8 Think positive. Things are going to get tough and overwhelming at times. It's important to stay optimistic and know that you CAN do whatever you put your mind to, and there are lots of adults at school that are here to help support you.

#9 Stay organized. A little organization goes a long way in middle school. Writing down your homework in your planner and keeping your binders, duo tangs and locker organized will help keep all your supplies and work organized so that you can be more successful in your daily routines.

#10 Take risks. Middle school is the time when you start to grow up and figure out who you are in the world. Take risks and be brave, try something new even if you're a little scared and hesitant. Feeling nervous about trying new things is your brain and bodies normal and natural way to keep you on your toes, alert and learning.

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 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 eg. 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.

SCHOOL OFFICE PHONES



The office phones will only be used by students for necessary purposes or with the permission of their teacher. To minimize the physical handling of the phone, and congestion in the office, **we ask that parents please send lunches with their child(ren) to school and inform the office via email or phone for any early dismissals prior to your child leaving.**

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 or to listen to music while doing their work.

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.



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.
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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 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 RCMP 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)

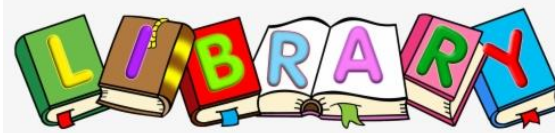
If sighted by supervising staff, a whistle is blown/students notified.
Announcement made asking everyone to proceed indoors.
Students enter the school via the nearest unlocked exterior door. Move calmly towards entrances. Students then proceed to their classrooms once they are in the school. Port Moody RCMP 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



Hey Thunderbirds, Mr. Kwok is running a Get Caught Reading contest in September! Email a photo of you reading outside of school to Mr. Kwok (skwok@sd43.bc.ca) and be entered into a draw for a \$25 Chapters gift card! Deadline is Sept. 30. Be creative!

Mr. Kwok – Teacher Librarian

MUSIC

Let the memories begin! - join Beginning Band

No previous experience necessary.

Mondays and Thursdays, 7:45 – 8:30am

Squeaks and Squawks night: Tuesday September 20, 6 – 7:30pm with HWS Band students hosting as Peer Tutors

Deadline to join Band: October 6th

Music makes us stronger! – join Choir

No previous experience necessary.

Wednesdays 8:15 – 9:00am/ Sept 21st first rehearsal

Deadline to join Choir: October 5th

Ms. Ipe – Music/Band Teacher

CLASSROOM ECONOMY

My Classroom Economy is a program that enables any educator to teach children financial responsibility through fun, experiential learning. It's a simple classroom economic system based on the idea that students need to earn school "dollars" so that they can rent their own desks. By bringing real-world scenarios into the classroom, students see the impact of their decisions to save, spend, and budget. Read about how we run it in one of our classes here at EMM.

[Classroom Economy | BCHydro Power Smart for Schools](#)

Mr. Fernandez, - Teacher

PAC NEWS

Eagle Mountain Middle PAC Meeting - Tuesday, October 11th, 2022. Please join us if you can at 7:00PM, in the Learning Hub (Library) at Eagle Mountain Middle to hear about how to be involved in your child's middle years and Eagle Mountain Middle School.

HOT LUNCH #1 – October 4th, 2022

Please see the attachment for details on how to order for the first hot lunch of the school year.

The deadline to order is September 23rd.

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 can opt out at any time. If you have any further questions, please do not hesitate to contact Ms. Paterson or Ms. Chen via email. A pamphlet with additional information will be coming home with your child soon.

2022-2023 Core Teachers

Team	Div	Assignment	Room	Teacher
Bear	1	6/7	218	Wendy Chen
	2	6/7	219	Barb Buczewski
	3	7/8	P302	Charissa Wong
	4	8	221	Jarod Fond
Eagle	5	6/7	222	Avie Basson
	6	6/7	220	Shaun Leong
	7	7/8	223	Louisa Perro/Lauren Au
	8	8	225	David Grender
Orca	9	6/7	235	Raphael Fernandez
	10	6/7	233	Andrea Shim-Ping/Martine Bro
	11	6/7	232	Irvin Samson
	12	8	234	Christina White/Anders Nordby
	13	8	236	Kate Zubick
Wolf	14	6/7	279	Stephen Spagnuolo
	15	6/7	231	Andrea Coupe/Kevin Keeler
	16	6/7	229	Danielle Murdoch/Daniel Martin
	17	7/8	228	Jenn Moody
	18	8	230	Suzanne Clements/Lauren Au
Raven	19	6/7	226	Kelly Murray/Martine Bro
	20	6/7	224	Sara Keeler/Natalie Hyde
	21	7/8	P303	Breana Sievenpiper/Lauren Au
	22	8	P301	James McConville

YOUR OFFICE TEAM

Mr. Andrew Graham	Principal
Ms. Kirsten Paterson	Vice-Principal
Ms. Crista Jones	Counsellor
Ms. Grace Gallaccio	Youth Worker
Ms. Saras Mudaliar	Head Secretary
Mrs. Antoinette Woodman	Student Records Secretary

IMPORTANT DATES

September	6	School opens
	7-9	First day of classes; 'Thunderbird' Days
	12	Picture Day
	16	Newsletter #1
	19	School Closed – Funeral of Queen Elizabeth II
	21	Meet the Teacher Night - 7:00pm - Gym
	23	School Closed - District Non-Instructional Day
	30	School Closed – Truth & Reconciliation Day
	October	4
5		Terry Fox Run
10		School Closed - Thanksgiving Day
11		PAC Meeting – 7:00 - Library
14		Newsletter #2
20		Photo Re-take Day
21		School Closed - Provincial Non-Instructional Day
26		Munch a Lunch - Sub
31		Halloween Activities
31		Grade 6 Immunization
November		8
	10	Remembrance Day Assembly
	11	School Closed - Remembrance Day
	18	Newsletter #3
	23	Munch a Lunch - TBA
December	9	Newsletter #4
	14	Munch a Lunch
	16	Last day of classes before Winter Vacation
	19-Jan 2	Winter Break
January	3	School reopens after Winter Break
	13	Newsletter #5
	25	Munch a Lunch - TBA
February	30	School Based Non-Instructional Day - no classes
	17	Newsletter #6
	20	School Closed – BC Family Day
	22	Munch a Lunch - TBA
March	24	School Closed - District Non-Instructional Day
	8	Munch a Lunch - TBA
	10	Last day of classes before Spring Break
April	27	School reopens after Spring Vacation
	7	Good Friday
May	10	Easter Monday
	14	Newsletter #7
	17	Easter Monday
	19	Munch a Lunch - TBA
	21	District Non-Instructional Day - no classes
	17	Munch a Lunch - TBA
June	18	Newsletter #8
	19	School Based Non-Instructional Day – no classes
	22	Victoria Day
June	16	Newsletter #9
	30	Administration Day - School closes

ATTACHED TO THIS NEWSLETTER

Please see the attached:

- Grade 6 Stay Active Program
- Self-Identification from Indigenous Education Department
- Bell Schedule 2022-2023
- Fall Recreation for Youth from City of Port Moody
- Hot Lunch Order Information (Munchalunch)