



Dr. Charles Best Secondary Newsletter

Issue #5 – October 23, 2025

2525 Como Lake Avenue, Coquitlam, BC V3J 3R8 604-461-5581

Website: <http://www.sd43.bc.ca/school/charlesbest/Pages/default.aspx>

Principal – David Cyr

Vice-Principals – Tara Sutherland, Kelly Fridge, and Michael Viveiros

Our school goal is to develop a culture of connectedness and belonging within the school, among school staff, students, and our parent community, in order to enhance opportunities for collaborative partnerships.

UPCOMING EVENTS

Friday, October 24

Provincial Pro D Day – School not in session

Tuesday, October 28

Sign up for Parent/Teachers closes (11:59pm)

Wednesday, October 29

Fall Music Concert 7:00pm

Last day to place orders for fresh fruit/veggies (see flyer)

Thursday, October 30

Parent Teacher Interviews (Early Dismissal)

Grade 12 Parent Information Night (6:45pm Library)

Friday, October 31

Halloween Assembly (Assembly Bell Schedule)

Wednesday, November 5

Take our Kids to Work Day (Grade 9's only)

SD43 Train in Trades Virtual Info Session (see flyer)

Monday, November 10

Remembrance Day Assembly -Assembly bell schedule

Tuesday, November 11

Remembrance Day Stat. (School not in session)

Friday, November 14

Festive Plant Fundraiser orders due

Monday, November 17

PAC Meeting (7:00pm-library) All parents welcome

Tuesday, November 25

Last day to purchase Purdy's fundraiser

Friday, November 28

Winter Market

Saturday, November 29

Clothing drive @ Best 9:30am-2:30pm

PARENT TEACHER INTERVIEWS

Sign up for Sem. 1 parent/teachers interviews begins at 3pm and will be open until 11:59pm on Tuesday, October 28th.

PLEASE READ CAREFULLY. Link to book follows below. Important program instructions are attached.

- From the home page, please select the correct province and then our school. We are listed as: Dr. Charles Best Secondary-Coquitlam, BC
- The program has been reset from last spring. All users are to register and create an account.
- Ensure you are registered for EACH child you have in the school.
- Please book only 1 time slot per teacher.
- We have teachers with the same last name in our school. Please check with your child to confirm.
- **The system is broken into 2 schedules (VIRTUAL OR IN PERSON). Please pay attention when you are booking.**
- You are permitted to book in both schedules if you choose to do a combination of virtual and in-person interviews.
- In the event a teacher is fully booked, please email the teacher directly to set up an alternate time.

FOR ALL INTERVIEWS:

- Please do not book an appointment regarding your child's S2 courses or full year/linear course(s) as there is not enough data compiled for teachers to speak about. These courses will show as (FY) on your child's schedule and are typically run before or after school. Also included are CLC 12 and Digital Learning. Parents are welcome to schedule an appointment regarding full year courses during our Semester 2 interviews which will be held on **Thursday, March 12, 2026.**
- Both appointment types are to be booked online using the link below.

One schedule will allow you to book VIRTUAL interviews (on TEAMS from 2:00pm-4:00pm)

- Interviews will be 8-10 minutes in length
- Do not come to the school during this session
- Teachers may or may not send a TEAMS invite. It's okay if you don't receive one
- You will need your child's/children's TEAMS login information for interviews where no invite is sent
- If an invite is sent, click on the link to join ensuring your camera and microphone is on
- Be ready for your interview 5 minutes prior to your scheduled appointment with camera and microphone on
- Should an issue arise, please have your phone ready in case the teacher tries to call.
- Do not call the office, please email the teacher if there are connection issues

One schedule will allow you to book IN PERSON interviews (in the school from 5:00pm-7:00pm)

- Interviews will be 8-10 minutes in length
- Most interviews will be held in the gyms or Counsellor offices. Please check each teacher in case an alternate location is provided. (Electric Train in Trades)
- Signage and student leaders will be on hand to assist
- Drop-in appointments are NOT available as teachers will have information prepped about your child ahead of time

USE THIS LINK TO BOOK AN APPOINTMENT:

<https://www.schoolappointments.com/schools.html>

ADJUSTED BELL SCHEDULE ON OCTOBER 30TH

Period 1	8:16am – 9:05am
Period 2	9:10am – 10:00am
Period 3	10:05am – 10:55am
Period 4	11:00am – 11:50pm
Period 5	11:55pm – 12:45pm

LEARNING UPDATES-REMINDER TO VIEW

Both the student self-assessment and MyEd comments provided by teachers were made available for viewing at the end of the day on **Wednesday, October 22nd**. Please follow up with your child(ren) as students were asked to share with their parent/guardian their self-assessment for all their classes; this can include showing you their self-assessment on TEAMS, hardcopy or an image. Discussing the Informal Learning update is an opportunity for your child to share with you their progress to date.

***Teachers may request a parent teacher interview through this learning update, so please ensure you check the MyEd parent portal.**

GRADE 12 PARENT MEETING OCTOBER 30TH

Discussion meeting about Post-Secondary Applications, information about Graduation: (Scholarship Applications, CLC Capstone and some information about year-end activities). Time 6:45pm – 7:45pm in the library. Please plan your parent/teacher interviews accordingly if you plan on coming to the meeting.

OCTOBER IS WOMEN’S HISTORY MONTH

Canadian Women’s History Month honors the achievements and contributions of women and girls throughout Canada’s history. It highlights milestones in the ongoing pursuit of gender equality, such as women gaining the right to vote and advancements in leadership, science, and social justice. The month also includes **Persons Day** on October 18, commemorating the 1929 decision that recognized women as “persons” under Canadian law.

- [Women's History Month - Canada.ca](#)
- [October is Women’s History Month in Canada – BC Black History Awareness Society](#)
- [Learn about Women's History in Canada | The Women’s History Project](#)

OCTOBER IS ADHA AWARENESS MONTH

October is ADHD Awareness Month and aims to increase understanding and reduce stigma. It highlights the challenges faced by individuals with ADHD, including issues with focus, impulse control, and organization. The month also promotes advocacy for better diagnosis, treatment, and support for those living with ADHD.

- Three common executive functioning deficits in individuals with ADHD are:
1. **Inattention:** Difficulty sustaining focus on tasks, leading to distractions, forgetfulness, and trouble following through on instructions or completing projects.
 2. **Impulsivity:** Struggling with impulse control, leading to hasty decision-making, interruptions in conversations, and challenges in regulating emotions or behaviors in response to situations.
 3. **Time Management and Organization:** Difficulty planning, prioritizing, and managing time effectively, often resulting in procrastination, missed deadlines, and disorganization in both physical and mental spaces.

People with ADHD need to discover personalized strategies that work best for their unique challenges, since standard approaches may not be effective for everyone. What helps one person may not work for another, so trial and error is often part of the process. [Video Resources - ADHDAwarenessMonth 2025](#)

OCTOBER IS 2SLGBTQ+ MONTH

Queer History Month, celebrated in October, honors the history, achievements, and contributions of LGBTQ+ individuals and communities. It serves as a time to reflect on the struggles for rights, recognition, and equality, while also celebrating the diversity and resilience within the queer community. The month aims to raise awareness, educate, and promote inclusivity by highlighting the stories and experiences that have shaped queer culture and history.

- Here are some Canadian resources:
- [Celebrating LGBT History Month – Canadian Pride Historical Society](#)
 - [The History of PRIDE in Canada](#)
 - [LGBT History Month and its importance to the Defence Team - Canada.ca](#)
 - [Instagram](#)

TAKE OUR KIDS TO WORK DAY

On **Wednesday, November 5th**, all grade 9 students will participate in Take Our Kids to Work Day and will not attend regular classes. We encourage your child to spend the day at a workplace with a family member or trusted adult to gain valuable career exposure.

To help us plan, please ensure your children check their DL10 Teams and complete the required ONLINE form by **Friday, October 24th**. An assignment related to the workplace visit will be provided in advance; if your child is unable to attend a workplace, an alternate assignment will be available.

EXCHANGE TRIP OPPORTUNITY FOR GRADE 9 AND 10 FRENCH IMMERSION STUDENTS.

The French immersion department would like to inform you that a two-month exchange opportunity with Québec is available for grade 9 and 10 students for the 2026-2027 academic year. For more information, please click on the following link. <https://cjfcb.com/programmation/echange>

Feel free to contact Pierre-Henri Poudre (ppoudre@sd43.bc.ca) or Thierry Bruxelle (tbruxelle@sd43.bc.ca) if you would like further details.

CLOTHING DRIVE



A HUGE THANK YOU TO ALL THE STUDENTS/FAMILIES AND STAFF THAT HELPED MAKE OUR CLOTHING DROP OFF ON OCTOBER 18TH A SUCCESS. WE ARE STILL COLLECTING THE FOLLOWING ITEMS BELOW UNTIL OUR NEXT DROP OFF ON **SATURDAY NOVEMBER 29 (930-230)** AT THE FRONT OF THE SCHOOL. APOLOGIES THE GATES NOT BEING OPEN ON THE 18TH BUT THEY WILL BE THE 29TH.

WE ARE COLLECTING:

BLANKETS, COATS, TARPS, TENTS, AIR MATTRESSES/PUMP, WINTER SOCKS, BOOTS, CLOTHING BUT WE ARE ALSO COLLECTING GOOD CLOTHES AND SHOES (MEN AND WOMEN) FOR INDIVIDUALS WHO NEED TO GO TO INTERVIEWS. Any questions please call Heather B (Youth worker) 778-840-6091

Leadership students are learning huge lessons regarding Community Spirit. They have been involved in Adopt a Trail (Mundy Park perimeter), writing cards and baking cookies for 3 senior care homes, making homemade soups for homeless and on December 9 and 11th we are going to the 3 care homes to sing Christmas carols.

HUGE thank you to Meridian Meats and their COO Kevin Penner for always stepping up to help us with ingredients for our soups and hampers.

Christmas Cookies- We are in need of LOTs of Christmas decorated sugar cookies to take to our care homes. If you plan to help us, we will need them **by December 10th**.

GRAD 2026 PARENT AFTERGRAD MEETING

AfterGrad2026 Second Planning Meeting will be held in the school library on **Tuesday November 18th at 7pm** in the library. Please join us to make this AfterGrad party a blast for our grads!! Stay informed on all the latest AfterGrad news; follow us at BestGrad2026 on Facebook & Instagram or email us at bestgrad2026@gmail.com

PARENT DINNER DANCE



SAVE THE DATE-Grade 11 Parent & Guardian hosted Dinner/Dance **February 28, 2026, at the Port Moody Legion.**

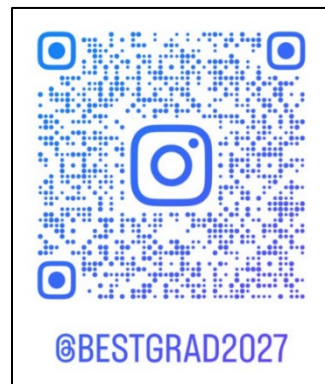
The Grade 11 Parent & Guardian Dinner/Dance raises money to help reduce the cost of the students' Graduation Dinner and Dance in 2027 plus, it is a fun way for the parents and guardians of Grad 2027 students and any friends/family 19+ to build a community.

If you would like to volunteer and get involved, please email bestgrad2027@gmail.com

Stayed tuned for a Zoom Link for our upcoming November meeting in future Charles Best Newsletters and on our Social Media.



[Best Gr11 Dinner Dance 2026 | Coquitlam BC
facebook.com](https://www.facebook.com/BestGr11DinnerDance2026)



<https://www.instagram.com/bestgrad2027>

ATHLETICS



Dr. Charles Best Secondary Athletics
Home of the Blue Devils
@charlesbestscho
charlesbestathletics.weebly.com



For secondary sport updates and information...



@cssaasd43

[Follow Charles Best Athletics on Instagram here](#)

SWIMMING

Impressive performance in the pool on Friday October 10th for our swimmers! Many top finishers!

With a team of 42 swimmers, we made waves and were definitely noticed!

Here are some highlights:

We won ALL of the relays we entered

We got 6 District records:

Kaede, Shima, Emma and Vivienne got TWO Junior relay records! (4x50 medley and free)

Maiysa, Jade, Shayda and Josie got a record in the Senior 4x50 medley relay.

Shima got TWO Junior records - 50 breast stroke and fly

Kaede got a Junior record - 50 free

GOOD LUCK to all of our swimmers as they attempt to defend their title at the Fraser North Zone meet on

Monday October 27th!



JUNIOR BOYS SOCCER

Our Jr. Boys are doing very well. At this point, our season record is 5-1. On Monday, we won against River Side 7-2. We played yesterday against Terry Fox, and the winner of this game will determine who will be finishing first or second in the district. Our first playoff game will be next Wednesday.

SENIOR BOYS SOCCER

Our senior boys' soccer team demonstrated resilience and determination in their recent match against Gleneagle Secondary. Despite facing tough competition early in the game, the team was able to refocus and push forward, leaving everything on the field.

Tuesday after school was extra special as we honored our Grade 12 players during their Senior Night which was a recognition for their commitment, leadership, and passion for our sporting community. These young men have set a strong example for future teams, and we couldn't be prouder of what they have provided us as a group.

We look forward to closing out our regular season with a match against Archbishop Carney today to help us prepare for the Fraser North Playoffs.

FIELD HOCKEY

The field hockey team played a hard-fought District Final on October 21st and came out victorious over Heritage Woods with a score of 2-0! The last time Charles Best won the trophy was in 2014, so the team was extremely proud to bring it back home after a decade. A special shout-out to our player in net, Liv R., who kept Heritage shut out and even stopped a penalty shot! They are now off to Fraser Norths on October 28th in Maple Ridge and hopefully Provincials on November 12th to 14th!

JUNIOR BOYS VOLLEYBALL

The team is having great season as we've won all our games. At this point in time, the team is getting ready for the district tournament. Our first game is Oct 29th at Port Moody Senior Secondary, and we will be playing for placement on Oct 30th. Our times to be announced next week.

BEST CAREER CENTRE NEWS Follow our Career Centre on Instagram [@bestcareercentre](#) **OPPORTUNITIES FOR ALL STUDENTS**

JR FIRE ACADEMY

Mark your calendar, grade 11 & 12 students: This year's info session for the 2026 Jr Fire Academy will take place on **Monday, November 3**, room 219 (next to the band room). More info about the application process coming soon.

POST SECONDARY EVENTS

UPCOMING POST SECONDARY VISITS-after school either in lobby or library

Oct. 27: Western University

Oct. 28: Queen's University

Oct. 29: McMaster University

Nov. 4: University of Calgary

Nov. 5: UVIC Engineering and Comp. Science

Nov. 6: University of Waterloo

VCC INFO WEEK-LAST CHANCE

Attend online and in-person information sessions hosted by VCC instructors representing VCC's 140+ programs in health sciences, design, trades, university transfer, hospitality, and more. **October 20-24**, see [website](#) for details and to register. Have the chance to win a \$1,000 tuition credit and apply for free. *VCC has a NEW Construction Electrician foundation program, a new Clean Energy Technology diploma (which also includes credits for the construction electrician level 1) and an Automotive Collision & Refinishing foundation program – and there is currently no waiting time!

LANGARA COLLEGE INFO WEEK-LAST CHANCE

Discover programs in arts, business, health, humanities and social sciences, and science and technology during online or on-campus sessions happening **Mon - Fri, October 20-24**. Meet instructors, get your questions answered, and find the path to reach your goals. Attending students have the chance to win a \$1,000 tuition credit and get their application fee waived. [Details here.](#)

UNIVERSITY OF TORONTO: VANCOUVER INFO SESSION

U of T is inviting prospective students and their families to an in-person event at Fairmont Waterfront Hotel, Vancouver, on **Monday, November 3**, 5.30-7.30 pm. Discover what it's like to study at one of Canada's top research universities, attend a faculty fair to learn about the wide range of programs available, understand the application process, and connect with U of T faculty and recruiters.

[Register here.](#)

FRASER VALLEY ART & DESIGN FAIR/ PORTFOLIO REVIEW

Meadowridge School in Maple Ridge is inviting SD43 students to their 3rd annual Fraser Valley Art & Design Fair on **Wednesday, November 5**. Students may not only explore art and design schools and programs, but they are also encouraged to bring their work to receive feedback. Participating institutions include KPU Wilson School of Design, Alberta University of the Arts, California Institute of the Arts, Concordia, OCAD, University of the Arts London, Vancouver Film School, York University, and more. [Register here.](#)

SCHOLARSHIP INFORMATION

QUEEN'S CHANCELLOR SCHOLARSHIPS

We can nominate TWO students. 50 x up to \$48,000 are available for outstanding students (grades 90%+) who are creative thinkers, have demonstrated school/ community service and have proven leadership skills. Learn how to get nominated [here](#). **Deadline: Sun, November 9.**

PAC CORNER

Please join us for our next Parent Advisory Council (PAC) meeting on **Monday, November 17th at 7pm** in the school library. All parents and caregivers are welcome! Principal Dave Cyr will also be in attendance to provide school updates and answer questions.

Please check out the PAC website for more information on how your PAC works for you and how you can get involved: <https://bestpaccomms.wixsite.com/drcharlesbestpac>. OR contact us at bestpacchair@gmail.com for any questions. For updated news please follow us at charlesbestpac on Instagram or Facebook. We look forward to seeing you at our next meeting!

Did you know? You can **DONATE TO THE PAC ONLINE!** Parent donations to the Charles Best PAC help to support various aspects of your student's educational experience. Each year, the PAC provides much-needed funds to support activities such as extracurricular clubs, AfterGrad, teacher appreciation, and student scholarships. Login to your student's portal on the SchoolCash Online system to make your PAC donation today!

WINTER MARKET-SAVE THE DATE!

The school is hosting a Winter Market on **Friday, November 28th**; the perfect time to start shopping for Christmas.



FESTIVE PLANT FUNDRAISER TO SUPPORT OUR AFTER GRAD



Hello Parents (and Staff)!

Here is a Winter and Christmas Plant Fundraiser you do not want to miss! These plants make great gifts for family and friends for the festive season coming soon! We would be so grateful for your kind support for our Graduating Class' After Grad!

Plants can be picked up on December 3rd between 3:30PM-5:00PM!

Here is the easy link to check out and order from: drcharlesbest.growingsmilesfundraising.com

With much appreciation,

The Parents of the After Grad Committee

GOT EMPTY BEVERAGE CONTAINERS AT HOME?

**RETURN-IT
RECYCLING PROGRAM
DR. CHARLES BEST SECONDARY**

1. PACK YOUR RETURNS IN A LARGE CLEAR BAG.
2. TAKE TO YOUR LOCAL RETURN-IT DEPOT.
3. USE KIOSK CODE **514-777-8865** TO PRINT LABEL AND STICK ON BAG. THAT'S IT!

SIGN UP FOR AN ACCOUNT THAT DONATES YOUR RETURNS TO OUR FUNDRAISER HERE:
[HTTPS://APP.RETURN-IT.CA/DRCHARLESBESTSECONDARYSCHOOL
AFTERGRAD2026](https://app.return-it.ca/drcharlesbestsecondaryschoolaftergrad2026)





OR USE THIS QR CODE TO SIGN UP

DONATE YOUR DEPOSIT REFUND TO OUR GRAD CLASS OF 2026 AFTERGRAD!





Help support our **Class of 2026** After Grad!

You can easily donate your refundable containers using the Return-It App — it's one quick stop that makes a big difference in creating a fun, safe, and unforgettable After Grad 2026 celebration.

Every bottle, can, and carton counts! Your support helps us make this special night one to remember for the Class of 2026.

How to help:

1. Download the **Return-It App**.
2. Use our After Grad 2026 account when you drop off your containers.
3. That's it — your refunds go directly toward our event!

Thank you for supporting our grads!



A SWEET WAY TO SUPPORT OUR 2026 GRADS!



Our Grade 12 Grads of 2026 are kicking off a sweet Holiday fundraising campaign, and we'd love your support!

When you order through our custom link, up to 25% of every purchase goes directly to support Dr. Charles Best Secondary's Graduating Class of 2026! Everything is made in Canada and packed with care at the Purdys' Vancouver chocolate factory.

- **Place your order by Tuesday, November 25th**
- **Pick Up: Wednesday, December 3rd between 3:30 to 5:00 PM** in the Cafeteria (along with your Christmas plants orders)
- **Start Shopping here:** <https://fundraising.purdys.com/2164835-130334>

Let's make this Holiday season extra sweet for your family and friends!

With much appreciation,
The Parents of the After Grad Committee

FRUIT AND VEGGIE FUNDRAISER-see flyer next page

The Fresh Fruit and Veggie Fundraiser is back at Charles Best.

This is our 4th year with this program, and the produce has been excellent! Please consider purchasing one or more of the bundles below and support our school. Eat healthy, support local farmers, and *40% of all sales goes directly to our school*, money has been used to support multiple initiatives at our school including the school garden, guest artists, and earth week activities and prizes!

**Choose one of 2 bundles,
BUNDLES START AT \$25 each.**

Please consider supporting this fundraiser available on School CashOnline accounts now!

<https://sd43.schoolcashionline.com/>

FRESH TO YOU FUNDRAISER



The Fresh to You Fundraiser is a great way to fundraise with healthy food choices while making a 40% profit for your school.

Here's
What's in
the Bundles



We love to eat fresh
fruits and vegetables!

Basic bundle \$25

3lb Carrots
3lb Yellow Onions
3lb Apples
5lb Russet Potatoes

Seasonal Bundle \$30

3lb Carrots
1lb Parsnips
5lb Russet Potatoes
283g Shallots
3 Pack Loveable Little Squash

Our school is making a healthy choice in fundraising by selling top quality fruits and vegetables from BC.

Help us:

- 🍎 meet our school's fundraising goals
- 🍎 support healthy choices
- 🍎 support local growers and producers

Fundraising Dates: Oct. 1-29

Fundraising Coordinator: Lyndsay Abdou

NOW AVAILABLE TO ORDER THROUGH SCHOOL CASHONLINE ACCOUNTS

Revised June 2025



SD43 Trades Programs Virtual Info Session

NOVEMBER 5TH @ 6PM

Learn about SD43 opportunities
in the skilled trades

- ✓ 25+ TRAIN in Trades Programs
- ✓ WORK in Trades Program
- ✓ Supports for young women & Indigenous students in the skilled trades



SCAN TO
REGISTER



VISIT [43CAREERS.COM](https://43careers.com)

CAREERPROGRAMS@SD43.BC.CA