



COMO LAKE MIDDLE SCHOOL NEWSLETTER

1121 King Albert Ave, Coquitlam, B.C. V3J 1X8

Ph: (604) 936-1451

Email: comolake@sd43.bc.ca



PRINCIPAL'S MESSAGE

BY MRS. DEVON ROSS

As we enter into March, our students at Como Lake Middle continue to shine. The basketball and wrestling seasons are wrapping up after the students enjoyed many games and meets this year. The Ski and Snowboard Club has lucked out with the weather and the students have loved gaining independence in learning a new skill. February Genius Hour projects also finished this past week as students explored their passion areas for learning. Further, the Art Club, Eco Club, Mathletes, and SOGI Club are all busily engaging students in extra-curricular learning and fun. Our PAC hosted another Frozen Yogurt Sale and we appreciate your ongoing support of PAC initiatives which further support the school.

Students also continued on our journey of kindness and respect in February by celebrating Black History Month and by engaging in presentations by District Principal, Wendy Yu, on Anti-Racism. Staff and students participated in Pink Shirt Day on February 26th to raise awareness around the importance of anti-bullying.

I would encourage you to take the time to have a discussion with your child on these topics. You may want to reinforce how everyone has a different life story and how important it is for everyone to be treated with kindness and respect at home, at school, and in the community.

Engaging in a variety of cultural experiences also continues to be embedded into the learning at Como Lake. The Grade 6/7 classes watched a very enjoyable presentation by the Maple Man for their French classes on February 21st. Students got to try Canadian maple taffy as we learned more about French Canadian culture. On March 5th, all students will be watching Axé Capoeira, a Brazilian dance group, perform.

Learning is taking us outside the classroom too. We have a field trip planned to the HR MacMillan Space Centre for all classes in May. This supports our science curriculum of learning about the universe. We would really like all students to be able to attend this experience. We understand and appreciate the cost of field trips may be challenging for some families. Please do not hesitate to reach out to me ...

Principal's Message Continued...

at dross@sd43.bc.ca requesting support in covering the costs for your child so they can attend. Also, we need parent volunteers to come on the buses. If you are interested in coming along, please just send me a quick email.

Thank you to all of the families who attended our 3 Way Conferences in February. Learning Updates (Report Cards) will be posted to the MyEd BC portal on Thursday, March 13th. Teachers have spent many hours assessing your children and writing these summaries of the students' learning. We hope that you enjoy learning more about your child's progress. Please contact the school if you need support in accessing these updates.

The days are getting longer and spring is coming. Students are outside playing and enjoying the fresh air every nutrition break and lunch. Bringing a rain jacket, boots, and an umbrella is still encouraged.

Students have been working hard but many are looking forward to Spring Break. There are Spring Break activities available throughout the Tri-Cities and some are listed in this newsletter. Please take a moment to explore them in case they interest you or your child.

As always, please don't hesitate to reach out if we can support you in any way.

COMO LAKE MIDDLE SCHOOL PAC

 comolakemiddlepac@gmail.com

**PLEASE JOIN US FOR PAC MEETING
TUESDAY, MARCH 4 @ 7 P.M.**

Meeting will be held in person and via Zoom only. A link for this zoom meeting has been emailed to all families.

IMPORTANT DATES:

M A R C H



TUESDAY, MARCH 4

- PAC Meeting at 7 p.m. (in person/zoom)
- Grade 6 Basketball Tournament at Pinetree Secondary at 3:30 p.m.



WEDNESDAY, MARCH 5

- Grade 7/8 Basketball Tournament at Montgomery Middle at 3:30 p.m.



THURSDAY, MARCH 6

- Mountain Riders Fun Day 1:00 – 8:00 p.m.
- Wrestling District Championship at Banting Middle 3:00 p.m. – 5:00 p.m.
- Creative Quest: Games & Crafts After School Program 3:00 –4:30 p.m.



FRIDAY, MARCH 7

- MoreSports After School Program 3:00 – 4:00 p.m.



SUNDAY, MARCH 9

- Daylight Savings Time (see page 3)
- Deadline: LEGENDS (Div 7, 8, 9 and 10) Zone Bowling Field Trip Permissions closes at 11:59 p.m. on KEV



TUESDAY, MARCH 11

- Field Trip: Coyotes (Div 11, 12, 13 and 14) to Poirier Rec Centre for Skating/Library Visit



WEDNESDAY, MARCH 12

- Me-n-Ed's Lunch – thank you for your support in our school fundraising efforts!



THURSDAY, MARCH 13

- Student Learning Updates published to MyEd Family Portal (Learning Updates, IEPs and AIPs)
- Legends (Div 7, 8, 9 and 10) Field Trip to Zone Bowling
- Mountain Riders Fun Day 1:00-8:00 p.m.
- Creative Quest: Games & Crafts After School Program 3:00 –4:30 p.m.



FRIDAY, MARCH 14

- Last day of School before Spring Break Vacation
- MoreSports After School from 3:00-4:00 p.m.



MONDAY, MARCH 17 – FRIDAY, MARCH 28

- SPRING BREAK VACATION, School Closed



MONDAY, MARCH 31

- School Re-Opens, Welcome Back!

Our School Calendar is available on our website under the heading 'On the Calendar'

Como Lake Website



DAYLIGHT SAVING TIME Sunday, March 9, 2025

It's that time of year again! Daylight saving time begins this weekend.

This means an hour of sleep is lost, but the good news is the sun sets later, meaning spring is just around the corner.

So don't forget that at 2 a.m. on Sunday, clocks move ahead one hour.

LOST & FOUND

Your stuff misses you too!

Please remind students to check for items lost regularly and please LABEL all items with student's name!

ALL unclaimed items will be donated to Big Brother & Sister on Friday, March 7.

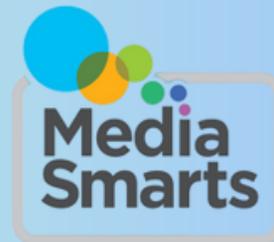
- small and valuable items lost such as earbuds, jewelry, etc, are kept in the office.
- clothing, waterbottles, containers, etc., can be found in the Lost & Found located in the hallway near the office.



KATESLEM AFTER SCHOOL PROGRAM

The Kateslem after school program runs 5 days per week after school until 5:30 pm. This is a free program but requires a commitment to attend of 4 days per week, staying the full time. Our program is not a daycare and has been running out of Como Lake for over 15 years. It is a youth program geared towards learning essential life skills, trying different activities, cooking, baking, gardening, homework help, and much more. There are also field trips when funding is available. There is limited space as we only have room for 20 youth at this location with snacks provided.

If you are interested in joining or are looking for more information, please contact our Kateslem Executive Director, Karyn Bell, at **604)316-8412** or **karynskateslem@yahoo.ca**



Canada's Centre
for Digital Media
Literacy

New self-guided parent workshop for MediaSmarts is a great parent resource for those interested in online safety!

The **Raising Digitally Resilient Kids** parent workshop outlines how parents and guardians can support children's well-being and help them balance the risks and benefits of digital media. Based on insights from MediaSmarts' research with youth, the workshop provides an overview of online risk categories and provides resources and essential strategies that participants can take to manage these risks.

For more info, please visit

<https://mediasmarts.ca/digital-media-literacy/workshops/raising-digitally-resilient-kids>



The Maple Man

The Maple Man, René Turmel, came to Como Lake to present to our students in grade 6 and 7 on Friday, February 21. The Maple Man highlights ancestral techniques in order to transform his maple syrup into a high-quality and well-regarded product. To this end, sap is collected, maple taffy was prepared and offered to students.

René has been touring Canada for the past five years with his traveling show, spreading his knowledge across the country about traditional sugar shacks. This cultural workshop provides students the opportunity to better understand French-Canadian traditions.





COQUITLAM Summer LEARNING 2025



ELEMENTARY

July 8 – July 26, 9:00am - 12:00pm

8 LOCATIONS

Courses: K to 1 transition, English for Beginners, Visual & Performing Arts, French Immersion, Integrated Studies, Math, Reading & Writing, Coding (Info tech), Outdoor Science, STEAM, and more!

04
MAR

Registration
6:00am

Free to all BC residents, SD43 Residency requirements apply.

Registration
6:00am

07
MAR

MIDDLE

July 8 – July 26, 8:45am - 11:45am

3 LOCATIONS

Courses: Band, Guitar, Creative Writing, Drama/Improv, English for Beginners, Guitar, Home Ec/Culinary, Integrated Studies, English and French Immersion Language Arts, Mathematics, PE/Leadership, Coding (Info Tech), Outdoor Science, STEAM, Tech Ed, Visual & Performing Arts, and more!

Free to all BC residents, SD43 Residency requirements apply.

SECONDARY SKILL BUILDING

July 8 – July 26, 8:30am - 11:30am OR 12:00 - 3:00pm

2 LOCATIONS

Courses: English, English for Beginners, IB Math & Science, Jazz & Concert Band, Science, Home Ec, Sewing, 2D Animation, Metal and Wood Tech Ed, Math, Coding (Info Tech), Skills for Success. These non-credit courses may be taken to review previously covered course content OR preview a course. Academic Completion 9/10 for Science and Math is only available by school referral.

07
MAR

Registration
6:00am

Free to all BC residents, SD43 Residency requirements apply.

Registration
6:00am

06
MAY

SECONDARY FULL CREDIT

July 3 – August 8 (6 weeks)
8:00am – 11:30am OR 12:00pm – 3:30pm

2 LOCATIONS

Face-to-Face or Online Blended Fast Track
Courses: Life Science 11, Anatomy & Physiology 12; Career Life Education 10; Chemistry 11,12; EAL 10,11; English 10,11,12; English First Peoples 11,12; Mathematics 10,11,12; Physics 11,12; PHE 10; Socials 10,11, Science 10.

Free to all BC residents, SD43 Residency requirements apply.



www.sd43SummerLearning.ca//Phone 604-936-4261

MYED BC PORTAL CORNER

Verification Form:

This form contains demographic information that each family has shared with the school upon registration. If any of the information is incorrect, please print the form and write the updated information. The form can then be sent to the office for us to make the necessary changes on our MyEd system.

The Student Verification Form will be found under the "Published Reports" section of the MyEd Family portal.

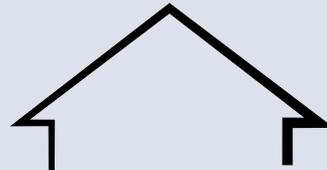
Login TO MYED BC Portal

Access to the portal can be found HERE. It is best practice to go to our school website and click on "MyEdBC Family Portal" under "Quick Links." Avoid using google to search for MyEd BC because it often takes you to a different link and it won't work properly!

Your MyEd BC Login is 43-youremailaddress. Please note that every three months, the system requires you to create a new password. This is for security purposes and we suggest you have your passwords written down somewhere safe to refer to! If you can't remember your password, you can request for a Password Reset when logging in (see below).



You can reset the password for MyEd Portal by clicking on "I forgot my password"



CHANGE IN HOME ADDRESS?

Home address changes must be reported to the office along with 3 of the required support documentation from the following:

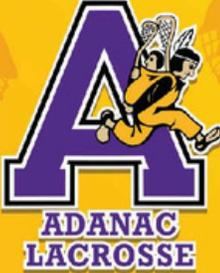
- BC Driver's License
- Long Term Tenancy Agreement - showing name & address
- Property Purchase Agreement - showing name & address
- Income Tax Statement - showing name & province of residency
- Property Tax Statement - showing name & address
- Utility Bill
- BC Vehicle Registration
- Canadian Bank Account Statement - showing name & address
- Canadian Credit Card Statement - showing name & address

SchoolCashOnline

KEVGROUP

OPT-IN to receive e-mail notifications for new fees/permission forms assigned to your child and updates on school related activities on School Cash Online. To do this, log on to your account, and click on "My Account", then scroll down to "Manage Email Notifications." Check that the box is marked indicating that you want to receive email notifications. You may also select the preferred language for e-mails from School Cash Online here.

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



WHY CHOOSE A?

- FUN & EXCITING:** Fast-paced gameplay keeps players engaged.
- SKILL DEVELOPMENT:** Improve coordination, teamwork, & strategic thinking.
- COMMUNITY & CAMRADARIE:** Become part of a supportive lacrosse family.
- GREAT OPPORTUNITIES:** Compete in tournaments and develop towards higher levels of play.

PROGRAM OVERVIEW

The Coquitlam Minor Adanacs offers programs for boys and girls from ages 5-16. Whether your child is new to lacrosse or has experience, we have a program for everyone!

AGE GROUPS FOR 2025 SEASON:

- U7 (Mini-Tyke): Born in 2019 or 2020
- U9 (Tyke): Born in 2017 or 2018
- U11 (Novice): Born in 2015 or 2016
- U13 (Pee-wee): Born in 2013 or 2014
- U15 (Bantam): Born in 2011 or 2012
- U17 (Midget): Born in 2009 or 2010

JOIN COQUITLAM MINOR ADANACS BOX LACROSSE!

WHAT IS BOX LACROSSE?

Box lacrosse is a **fast-paced, exciting indoor team sport** played in an arena with **six players per team** on the floor at a time. It combines the **speed of hockey**, and the **strategy of basketball**, making it an exhilarating and dynamic game!

The **Coquitlam Minor Adanacs** are a celebrated lacrosse club with a **rich history** in the community, dedicated to fostering skill development, teamwork, and a love for the game in **boys and girls of all ages and skill levels**.

VISIT: www.coquitlamlacrosse.com EMAIL: registrar@coquitlamlacrosse.com

TALONS TUTORING

Gleneagle Secondary's ConX leadership group is excited to continue hosting Talons Tutoring, a two year-long initiative aimed at providing free and accessible tutoring for students in grades 4-8 during after-school hours. In addition to helping students in elementary and middle school, the program also offers high school students the opportunity to earn volunteer hours.

As you may know, the previous semester of Talons Tutoring had Music and Foreign Language subjects in addition to our English, Science, Social Studies, and Math subjects. This semester, we are keeping this broad range of opportunities for students to grow both academically and artistically.

The program provides a safe and supportive environment for students from schools across the SD43 district to ask questions, complete assignments, and engage in focused learning before heading home. Tutoring sessions will be held on Gleneagle Secondary's campus, where students will have access to ample supplies and resources—all free of charge.

Sessions are every Tuesday through Friday from 4:00-5:15 p.m. We are accepting applications from students from grades 4-8 with only one session per week for each student.

To apply: <https://forms.office.com/r/aSH42hWCBj?origin=IprLink>

Registration deadline is **March 14**.

#ONETEAMONEDREAM



REGISTRATION IS NOW OPEN!

Give your child the opportunity to learn, play, and grow in a fun and competitive environment. **REGISTER TODAY!**

Season Starts: April 2025
 Register: www.coquitlamlacrosse.com
 Email: registrar@coquitlamlacrosse.com
 Follow Us: @CoquitlamAdanacs



Don't wait – sign up today and join the Adanacs Lacrosse family!

EQUIPMENT CHECKLIST

To participate in box lacrosse, players require the following equipment:

- **Helmet with Face Shield** (both items CSA or NOCSAE approved)
- Mouth Guard
- Shoulder Pads
- Elbow Pads
- Lacrosse Gloves (hockey gloves are okay)
- Athletic Support (boys must wear a "jock" with plastic cup and girls must wear a "jill")
- Basketball-Type Court Shoes (a pair reserved for indoor use only recommended)
- Lacrosse Stick (minimum of 34" in length)

TYKE (Ages 7-9, add to list on left)

- Back/kidney pads
- Upper arm pads and slash guards (optional)

NOVICE (Ages 9-12, add to list on left)

- Upper arm pads and slash guards (mandatory)

BANTAM & 16UJ (Ages 13-16, add to list on left)

- Lacrosse Stick (Minimum of 40" in length)

EQUIPMENT SUPPLIED BY THE ASSOCIATION

Game jersey (loaned to players), Game shorts (yours to keep) & Goalie equipment, including stick, (with the exception of helmet, gloves or mouth guard).

VISIT: www.coquitlamlacrosse.com EMAIL: registrar@coquitlamlacrosse.com

So **ALL** Kids Can Play!

KidSport

Saturday March 8
10am – 1pm

USED EQUIPMENT SALE

RIVERSIDE SECONDARY Admission by **2215 REEVE STREET** donation or non-perishable **PORT COQUITLAM** item to the **SHARE Food Bank**

SAVE on your family's sports equipment!

The KidSport Used Equipment Sale has everything from bikes and hockey gear to fitness equipment, wetsuits, and more!

equipment for **ALL** kids and adults!
 Outfit a child for lacrosse or hockey, including helmet, stick, and/or skates for approximately \$100!

GIVE back! Donate your gently used* equipment

From **February 22 – March 7**, donate your used equipment at the following locations:

- Port Moody Recreation Complex (main lobby)
- Poirier Sport & Leisure Complex (main lobby)
- Port Coquitlam Community Centre (lower arena lobby) www.kidsporttricity.ca

*gently used equipment is:

- less than 6 years old
- in good condition
- wearable for league sports

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COMMUNITY NEWS



Registration Dates: Saturday, February 22 at 9:00 am
Program Dates: Monday, March 17 – Friday, March 21

ART OF SPECIAL EFFECTS MAKEUP for TV/MOVIE & FILM

Explore and learn through Special Effects Makeup and tools used in the prestigious world of film industry.

Through demonstration and hands-on instruction, students will have the opportunity to learn the technique of creating realistic looking injuries like broken noses/black eye, burns, deep cuts, severed fingers and more such as zombie bites by practicing on themselves and/or classmates.



Day	Grades	Time	Dates	Price	Room
Monday - Friday	6 - 8	10 - 12 pm	Mar. 17 - Mar. 21	\$126	R Room

NOOMA: CREATIVE ARTS & CRAFTS

Unleash your creativity in our exciting Arts & Crafts program designed specifically for middle school students! This program is all about experimenting with different materials, learning new techniques, and building confidence through hands-on projects. Each session, students will get the chance to dive into unique, fun activities that allow them to express themselves and develop their artistic skills.



Day	Grades	Time	Dates	Price	Room
Monday - Friday	6 - 8	12 - 2:30 pm	Mar. 17 - Mar. 21	\$130	R Room

If you have any questions contact
 Neelofar Nurani
 Community Development Facilitator
 778 879 3193
 nnurani@sd43.bc.ca

École Pitt River Community School
 Spring Break Camp | 2025

RIZE: BASKETBALL

Get ready to elevate your game at our RIZE basketball camp! Whether you're a seasoned player or just starting out, our camp offers a dynamic environment that will focus on developing fundamental basketball skills such as dribbling, shooting, passing and footwork through various drills and exercises. We are dedicated to improving not only your child's basketball skills but also instilling important values such as discipline, teamwork and sportsmanship which is vital in unleashing the true potential of a student athlete. Our camp encourages participants to set goals and work towards achieving them, promoting a growth mindset and a drive for continuous improvement. From dynamic skill building drills to exciting scrimmages, join us for a week of hoops, fun, and growth. Players will be split up according to age group and skill level. With expert coaching and a supportive environment, our camp equips players with the tools they need to succeed at all levels. RIZE to your potential!



Day	Group	Time	Dates	Price	Room
Monday - Friday	Girls (Grade 6-8)	10 am - 12 pm	March 17 - March 21	\$126	Gym
Monday - Friday	Boys (Grades 6-8)	12 pm - 2 pm	March 17 - March 21	\$126	Gym

Self Defense Seminar with Thrive Martial Arts

Thrive Martial Arts Systems is a socially minded organization with the goal of providing safe and accessible self-defence to the community. Specializing in empowerment and confidence building seminars, each session has been crafted with a mix of stand up and ground concepts. Students can expect to learn techniques in a fun and supportive environment lead by instructors with experience in multiple martial arts disciplines.



Day	Grade	Time	Dates	Price	Room
Monday - Friday	6 - 8	12:30 - 2:30 pm	March 17 - March 21	\$126	MPR

Refund/Cancellation Policy: Full refunds are available until March 10. No refunds will be made after March 10; as supplies will be purchased.
 January 31, 2025

École Pitt River Community School
 Spring Break Camp | 2025

Athletix Soccer Spring Break Camp

Join us for an exciting Athletix Soccer Spring Break Camp at Pitt River Middle School in Port Coquitlam! Designed for middle school students, this dynamic camp focuses on skill development, game strategy, and overall athletic growth in a fun and supportive environment.



- Camp Highlights:
- ✓ Technical skills training (dribbling, passing, shooting)
 - ✓ Small-sided games & tactical drills
 - ✓ Fitness & agility exercises
 - ✓ Team-building activities
 - ✓ Led by experienced coaches

Whether you're a beginner or an experienced player, this camp is the perfect way to stay active, improve your game, and have fun over the break!

Day	Grade	Time	Dates	Price	Room
Monday - Friday	6 - 8	10:00 am - 12:00 pm	March 17 - March 21	\$126	MPR

How to Register

Our Community School After School Program Registration is online and will accept payment using Visa; MasterCard or Interac/Debit from most major banks. You will require an email address to receive your confirmation number and print out a receipt for your payment.

To access the registration website please visit the École Pitt River School Website or Click on the direct link here:

[CLICK HERE TO REGISTER](#)

Programs could be cancelled due to low registration. All registrations are on a first come, first serve basis.

École Pitt River Community School
 Spring Break Camps | 2025



How to Register

Our Community School After School Program Registration is online and will accept payment using Visa; MasterCard or Interac/Debit from most major banks. You will require an email address to receive your confirmation number and print out a receipt for your payment.

To access the registration website please visit the École Pitt River School Website or Click on the direct link here:

[CLICK HERE TO REGISTER](#)

If you are unable to register online contact
 Neelofar Nurani
 Community Development Facilitator
 nnurani@sd43.bc.ca or 778 879 3193

Refund/Cancellation Policy: Full refunds are available until March 10. No refunds will be made after March 10; as supplies will be purchased.

COMMUNITY NEWS

MINNEKHADA MIDDLE SCHOOL

SPRING BREAK 2025 PROGRAMS

Registration Starts: January 27th, 2025 at 8am
 Program Dates: March 17-21 & Mar 24-28, 2025
<https://www.karelo.com/register.php?>
 BID=549&BT=10&PrivEv=22302

Week 1 Options:

KIDS KITCHEN

Kids Kitchen helps middle school students learn how to make healthier choices for everyday meals. The goal is to show how simple swaps and creative cooking can lead to delicious, nutritious dishes. Students will explore how to use natural ingredients with healthier options while still making meals fun and tasty. Empower students to make healthy food choices, encourage creativity in the kitchen, promote teamwork and collaboration in cooking activities and foster an understanding of the importance of nutrition for overall health and well-being.



Dates	Grades	Time	# of Days	Price	Room:
Mar 17-21	Gr 6-8	9am-12	5 days	\$155	Healthy Living

BASKETBALL

Get ready to elevate your game at our RIZE basketball camp! Whether you're a seasoned player or just starting out, our camp offers a dynamic environment that will focus on developing fundamental basketball skills such as dribbling, shooting, passing and footwork through various drills and exercises. We are dedicated to improving not only your child's basketball skills but also instilling important values such as discipline, teamwork and sportsmanship which is vital in unleashing the true potential of a student athlete. Our camp encourages participants to set goals and work towards achieving them, promoting a growth mindset and a drive for continuous improvement. From dynamic skill building drills to exciting scrimmages, join us for a day of hoops, fun, and growth. Players will be split up according to age group and skill level. With expert coaching and a supportive environment, our camp equips players with the tools they need to succeed at all levels. RIZE to your potential!



Dates	Grades	Time	# of Days	Price	Room:
Mar 17-21	Gr 6-8	12-3pm	5 days	\$205	Gym

If you have any questions please contact:
 James Park Community School | Fall 2022
 Silvia Jorge, Community Development Facilitator
 604-209-1424
sjorge@sd43.bc.ca





MORESPORTS Spring Break Camp

Moresports has opened registration for our K-Gr 7 Spring Break Camp at **Hillcrest Middle School**, running from March 17-21, 2025. Registration for other camps at recreation centers, and local non-profits in the Tricities have a waitlist or limited spots available..

Please let your school community know that our camp is available. To register, please go to www.DWUL.io and **search Hillcrest**.

Community Bulletin Board for Families

There are a number of opportunities for families listed on the Community Bulletin Board, click here to visit!

PoCo Soccer Spring Programs

Royal Soccer Club Summer Camps

United Minis Rugby

CMFSC Spring Break Camps

KidSport Used Equipment Sale

Youth Rock'n'Roll Concert Series at PoCo Bowl

Pro-D & Spring Break Horse Camps

Tri-City Eagles Field Hockey Club

Imagine This Spring Break Theatre Camp

Coquitlam Adanac Lacrosse Registration

Dental Hygienist Week Colouring Contest

Coquitlam RCMP Volunteer Info Session

HULU Family Drop In

Port Moody Soccer Registration

Sing with MyVOICE

Coquitlam-Moody Softball

ERASE, Safer Schools Together: Establishing Safe, Caring, & Respectful Digital Communities

Coquitlam Little League Spring Registration is open!

Coquitlam Public Library Science Expo 2025

YMCA Free Winter Program for Families

FamilySmart Connect and Learn (child mental health & substance abuse support)

Chess2Inspire Association 2025 BC Youth Chess Championship

U9 Softball Registration is Open

Gotta Sing! Gotta Dance! Musical Theatre Summer Camp