



# 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

Dear Como Lake Families,

Welcome to the 2024/2025 school year at Como Lake!

We have had an excellent start to the school year! It was so wonderful to see so many students and their families at our Community Gathering last night. The positive energy was felt throughout the building and has carried over into today. Thank you again for coming.

September has been full of lots of experiences already. Academic and exploration classes are underway with students. Our daily announcements with the student led News Crew have also been a highlight. Clubs and teams are also beginning as well as some field trips. Please check your email and your child(ren)'s backpack for notices regarding these opportunities.

There is no school on Monday, September 30th for Truth and Reconciliation Day. Please take a moment with your child(ren) this weekend to reflect on this day. You may want to ask them about the interview with our Indigenous Youth Worker, Ryan Williams, regarding Truth and Reconciliation. This interview was shown to all students yesterday morning and also at the Community Gathering last night.

### OUR CREDO:

**We belong**  
**We shine**  
**We contribute**  
**We are passionate**  
**We are valued**



## Principal's Message Continued...

We continue to focus on the Como Lake Credo of who we are as students and staff and who we aspire to be. This may be a point of conversation with your children at home by asking them which pieces of the credo they felt described their day or their week.

Each year, Como Lake Middle School staff also create school goals. This year we are focusing on:

- fostering enjoyment and increased independent reading stamina;
- fostering a sense of belonging and emotional regulation while also focusing on our interconnectedness and community of care; and
- weaving indigenous content throughout our curriculum and engaging in experiential learning.

You will see and hear about many activities that focus on these goals throughout the year as we focus on both academic rigour as well as learning through memory, history, and story. More details on our Action Plan for Learning can be found at:

[APL on Como Lake Website HERE](#)

Break time is a wonderful time for students to get out and enjoy the various outdoor amenities at the school. Students and staff will be outside during nutrition break and lunch even when it is raining. Please ensure your children wear appropriate clothing at school which may include a rain jacket and boots. During the break times, examples of activities include playing basketball, soccer, and four-square on the sports courts, enjoying the playground, or hanging out with friends on the field. Phones are not permitted to be used during school time or breaks so students are having a great time connecting with their peers and engaging in conversations and/or game play. The interconnectedness of students is continually improving as the days and weeks of the school year go on.

We encourage family participation in the school in a variety of ways. The first Parent Advisory Committee (PAC) meeting is going to be on Tuesday, October 1st in the library at 7 pm. All parents and guardians are invited to come to the meeting. If you are not able to attend the meeting but would like to make a donation towards PAC initiatives, please go the following link and place a donation of your choice:

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

If you are interested in volunteering on field trips or as a volunteer driver, please see more information in the detailed attachment sent last week. We have also attached it again today for your convenience. There is also information in this document about forms and fees. Thank you in advance for completing the forms and paying the fees by **Tuesday, October 1.**

As we discussed last evening, we understand that school start-up costs can be challenging for families. If you require support in terms of food, fees, or a loaner laptop, please reach out to Mrs. Ross at [dross@sd43.bc.ca](mailto:dross@sd43.bc.ca) or by calling the school at (604) 936-1451. We are here to support you.

We would like to remind you to check out our school website for updates and review our calendar as often as possible. Don't hesitate to reach out to your child's teacher should you have any questions about how they are doing.

We are looking forward to having an amazing year with you and your children as a part of the Como Lake Community! Please don't hesitate to contact the school at [comolake@sd43.bc.ca](mailto:comolake@sd43.bc.ca) or (604) 936-1451 with any questions.

hello  
AUTUMN

# IMPORTANT DATES:

## SEPTEMBER



- Monday, September 30
- Truth and Reconciliation Day
  - School Closed

## OCTOBER



- Tuesday, October 1
- School Forms and Fees due
  - Gr.6 Immunization Forms due
  - PAC Meeting at 7:00 p.m. (in the library)



- Wednesday, October 9
- Sign Up for Ski/Snowboard at 7:00 a.m.



- Sunday, October 13
- Photo Orders DUE



- Monday, October 14
- Thanksgiving Day
  - School Closed



- Tuesday, October 15
- Grade 6 Routine Immunizations



- Wednesday, October 16
- Photo Retake Day



- Friday, October 25
- Professional Development Day
  - School closed for students

## November



- Friday, November 1
- Grade 6 Routine Immunizations

**Calendar is available on our website under the heading 'On the Calendar'**

**Como Lake Website**



# How to Order PHOTOS

Student pictures are now ready for viewing and ordering! Photo orders must be placed by **Sunday, October 13** to be included in the first delivery to school. Photo orders will be delivered to the school approximately one week after this date.

Scan the QR Code on the paper given to your child on photo day

### OR

**Step 1** - Go to [www.vibrantphotos.ca](http://www.vibrantphotos.ca)

**Step 2** - Enter your unique code provided on the paper given to your student on photo day

**Step 3** - View Images

**Step 4** - Select 'Buy Photo' and you will be able to select from a variety of packages, single photo sheets and bonus items. Select product that you want to purchase and then choose which image you want to add to the product.

**Step 6** - Add to cart. Select school delivery or choose ship to home (minimal shipping charge).



Students with photos taken on original photo day must sign up to be included in retake photo day. A \$5 sign up fee will be collected online and applied as a credit towards a future purchase. Students that missed the original photo day do NOT need to sign up.

The retake sign up link is:

[https://form.jotform.com/Vibrant\\_Photos/2024-25\\_Como\\_Lake\\_Final\\_Photos](https://form.jotform.com/Vibrant_Photos/2024-25_Como_Lake_Final_Photos).

Questions regarding photos may be directed to [dawn@vibrantphotos.ca](mailto:dawn@vibrantphotos.ca).



# BAND

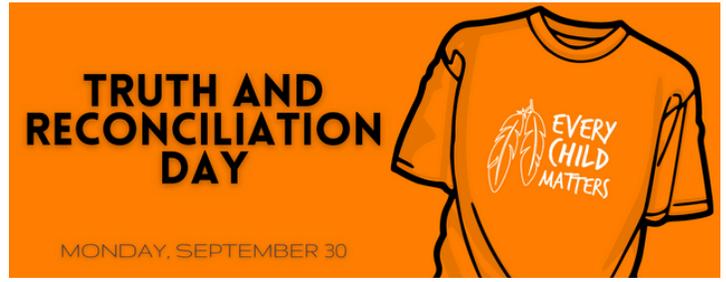
BY MR. BROWN

Band has started at Como Lake for the year 2024/2025! Over the past few weeks Mr. Brown has held information meetings and began assigning students instruments! Senior band started last week with students returning to their instruments for another year of playing and performing different songs. Junior band starts October 2, once all of our instrument rentals have been dropped off! If you haven't done so already, please get your instrument rented and your commitment sheet dropped off to Mr. Brown ASAP! The rental company that we rent through has started to run out of certain instruments so please make sure you rent immediately!

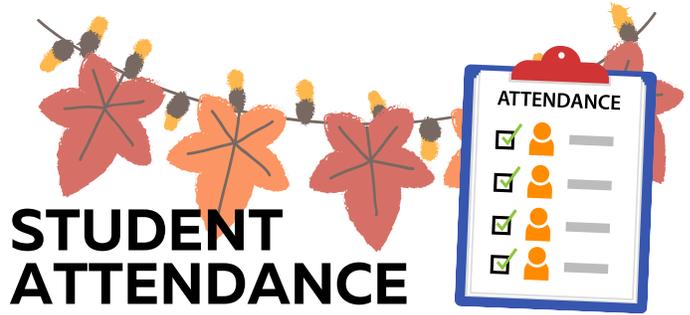
If your child missed our start up meetings and is still interested in band, it is not too late to join! Please send Mr. Brown an email at [cabrown@sd43.bc.ca](mailto:cabrown@sd43.bc.ca) to get some information! At this time, a number of our instruments are full and there is a limited selection left, but new members are always welcome!

September is always packed with new hello's and returning high fives! We kicked off our first week with our pancake breakfast and this month we had our first assembly to introduce staff, school goals, and our school Credo.



**Truth and Reconciliation Day will be observed on Monday, September 30 as a statutory holiday. Schools will be closed to staff and student on this day.**



# STUDENT ATTENDANCE

The morning bell rings at 8:35 a.m. Monday, Tuesday, Thursday and Friday and at 8:55 a.m. on Wednesdays. Students are expected to arrive to school on time, giving them the opportunity to prepare for learning (getting their materials organized, removing outdoor wear, going to lockers, etc.). When students arrive late for school, not only is the classroom disrupted, but also the student misses out on receiving important classroom instruction and information shared from our morning announcements.

If students will be late, absent, and/or leaving early, please submit an Absence Report under "Quick Links" on our school website: <https://www.sd43.bc.ca/school/comolake/>

If your child needs to be dismissed early, we ask that you please inform the office ahead of time. Please make sure we have a time when your child is leaving school. 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 and the office wasn't informed, please come into the office and we will call your child. Please note that your child will not be allowed to leave early until the office gets a verbal or written permission from a parent.

\*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.



# GRADE 6 IMMUNIZATIONS

**Consent package due:  
TUESDAY, OCTOBER 1**

Immunization consent packages will be going home with the Grade 6 students today as prepared by Fraser Health.

Confirmed immunization dates for our school are:

- Date #1: *Wednesday, October 15, 2024*
- Date #2: *Friday, November 1, 2024*
- Date #3: *Monday, May 5, 2025*
- Date #4: *Tuesday, May 20, 2025*

The medical information on the consent form is private and intended only for Fraser Health Nurse to view after collecting them. Therefore, please complete the consent form and **place it in a sealed envelope labelled with "SCHOOL NURSE"** and return it to the office on **Tuesday, October 1**. Fraser Health will be picking up these consent forms before the end of the day.

Please note, the school does **not** hold information on your child's immunization status. Any questions around your child's immunization or questions specific to the immunization program are to be directed to Public Health.

# SCHOOL FORMS



**DUE: TUESDAY, OCTOBER 1**

**Student Emergency Release Form** - Please return to the office if you haven't done so yet.

Also, please log on to your MyEd Family Portal to verify the information published on the **Student Verification Form** at <https://myeducation.gov.bc.ca/aspen/logon.do>

- If there are no changes to the information - No further action will be required from the Parent/Legal Guardian.
- If there are changes to the information (depending on the type of change/s made - please see below), the Parent/Legal Guardian can print the student verification form and make the necessary changes then send the updated form (with the required documentations) back to the school by email or by dropping it off in the office.

Also to be completed for each student - available on your School Cash Online account at <https://sd43.schoolcashionline.com/>

- **School Activity Fee \$35 (required)**
- **Annual Athletic Fee \$15 (required)**
- **School District Policy Form (required)**
- **School Volunteer Form (optional)**
- **Driver Volunteer Form (optional)**
- **Medical Alert (optional)**

## COMO LAKE MIDDLE SCHOOL PAC

 [comolakemiddlepac@gmail.com](mailto:comolakemiddlepac@gmail.com)

**PLEASE JOIN US FOR OUR FIRST PAC MEETING  
TUESDAY, OCTOBER 1 @ 7P.M.**

Meeting will be held In Person at the School Library

## WHY JOIN PAC?

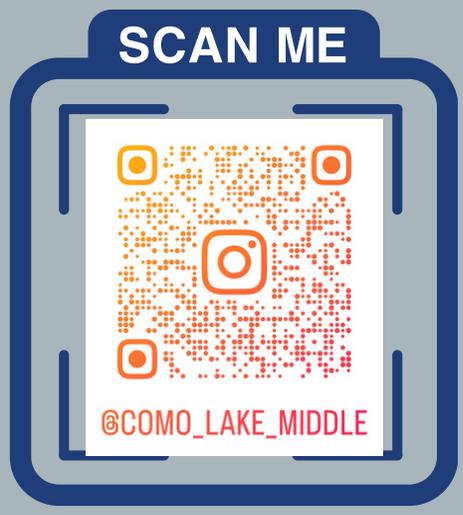
- A seat at the table
- Your voice matters
- Get connected with the Como Lake Middle School Community (Parents and staff)
- Your contribution makes a difference
- You get to hang out with Mrs. Ross and Ms. Wald!



## ITEMS FROM HOME

Please remind students to have all items needed to have a successful day at school:

- forks/spoons needed for lunches/snacks
- water bottle
- rain gear
- label all items with student's name



## GRADE 6 STAY ACTIVE PASS

The Tri Cities, in cooperation with School District 43, are pleased to once again offer the Grade 6 Stay Active! Program for all SD43 Grade 6 students. This program is to promote youth involvement in physical activity by providing 12 free admissions to either drop-in swimming, skating and gymnasium-based activities in the cities of Coquitlam, Port Moody and Port Coquitlam.

To receive a Grade 6 Stay Active! card, please bring the following documentation to one of the Coquitlam facilities:

- A letter of verification from School District #43 from the school's office, not a teacher, identifying the applicant as a Grade 6 student.
- Birth certificate or Care Card showing the student's age as of December 31, 2011.
- Proof of Coquitlam residency ie. Phone, Hydro, Cable, Gas bill or Property Tax Notice. Note: Driver's licence and PO Boxes are not acceptable.
- Your child - to have their picture taken

Bring the above documentation to one of the following locations:

- Poirier Sport & Leisure Complex - 633 Poirier Street
- City Centre Aquatic Complex - 1210 Pinetree Way
- Pinetree Community Centre - 1260 Pinetree Way

Remember to keep your cards safe. Replacement cards are available at a nominal fee of \$5. Passes must be presented to the cashier at the time of admission. Students without their passes will have to pay regular admission rates.



# COMO LAKE MIDDLE SCHOOL

## Mountain Rider Program

The team at Como Lake are very proud of the amazing opportunities we are able to provide for our students through our partnership with Mt Seymour.

### **Here are this year's opportunities to get on the mountain:**

Students who wish to spend time on the mountain will be able to sign up for our Mountain Riders Program. The students who make it into this program will be on the mountain for four weeks of 2-hour small group lessons starting on **Thursday, January 9, 2025**. We will leave at lunch time and be back at the school between 7:40 p.m. and 8:00 p.m.

Students who sign up for Mountain Riders Lessons receive a free Value Pass from Mt Seymour! This allows students to ride any weekday for free.

Students with the four Mountain Rider Lessons in January AND with their own equipment (or a rental pass from Sports Junkies or another company) can then sign up for our Genius/Fun package. Thanks to the Value Pass, students in this program only need to pay for the bus costs. The Genius program runs for 6 weeks starting **Thursday, February 6, 2025**. Please note, Mt. Seymour will NOT be offering rentals for these 6 weeks, so students will need their own equipment, or can rent for the season from Sports Junkies or another company.

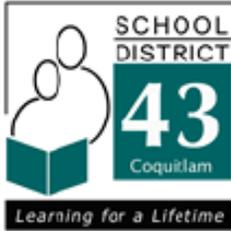
If you need to rent equipment to participate in all ten days, you can go to Sports Junkies clearance centre or a similar company and purchase a Rental Pass for the season from them. The school is not able to arrange rental passes for students.

Our next meeting for the students is **Thursday October 3**, we will be sending home the paperwork for sign up day.

Mountain Riders **sign up** is happening the morning of **Wednesday, October 9, 2024**. Spots in the program are limited so it will be a first come first serve basis. We have a total of 150 spots, 90 skiing and 60 snowboarding. Staff will be here early to sign up the students. This process will start at 7:00 a.m. There is high demand and a real buzz around the school with students wanting to come early to sign up. Please do not allow your child to come before 6:30 a.m. There is no staff here to receive the students.

As always, we do not want financial concerns to get in the way of a student participating. If you have any concerns in that regard, please feel free to contact Ms. Devon Ross at [dross@sd43.bc.ca](mailto:dross@sd43.bc.ca) and/or Ms. Bermel at [cbermel@sd43.bc.ca](mailto:cbermel@sd43.bc.ca).

If you have any questions about our programs, please contact both Chris MacDicken AND Cassie Bermel at [cmacdicken@sd43.bc.ca](mailto:cmacdicken@sd43.bc.ca) and [cbermel@sd43.bc.ca](mailto:cbermel@sd43.bc.ca).



1080 Winslow Ave., Coquitlam, British Columbia V3J 0M6 • Phone 604-939-9201

September 19, 2024

**INFORMATION FOR PARENTS AND GUARDIANS  
Foundation Skills Assessment**

School District No. 43 (Coquitlam) will be conducting the Foundation Skills Assessment (FSA) in October and early November, in accordance with the School Act. The Foundation Skills Assessment measures literacy and numeracy skills in Grade 4 and Grade 7 as set out in provincial curricula and is only one source of the data that teachers and the district use to establish comprehensive evidence of student achievement in the Coquitlam School District.

The FSA continues to:

- assess literacy and numeracy
- contain both written and online components

It includes:

- a paper-based literacy task which includes a collaboration activity and three written response questions.
- an online literacy portion which includes thirty questions.
- a paper-based numeracy task which includes three written response questions and one self-reflection question.
- an online numeracy portion which includes thirty questions.
- a self-reflection component which includes one selected response question and one written response question.

The Foundation Skills Assessment does NOT measure any outcomes from the Grades 4 or 7 curricula. It is a cumulative review of outcomes taught in K – 3 or K – 6. As a provincially prescribed assessment, all Grade 4 and Grade 7 students are expected to participate in the FSA. There are specific exemptions identified by the Ministry regarding students who have previously written the FSA's at that grade level, some students with Individualized Education Programs (IEP's) and some students receiving English as an Additional Language (EAL) support.

A parent/guardian wishing to request that a student be excused from participating in the 2024 FSA can do so under the following exemptions as set out by the Ministry of Education:

- Family emergency
- Illness
- Extenuating circumstances

Please contact your school principal should you need to discuss this information as it pertains to your Grade 4 or Grade 7 child. For more information on the FSA, visit

[Foundation Skills Assessment \(FSA\) – Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/education-training/foundation-skills-assessment)

Sincerely,

A handwritten signature in cursive script that reads 'Patricia Gartland'.

Patricia Gartland  
Superintendent/CEO  
SCHOOL DISTRICT NO. 43 (COQUITLAM)

# 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. 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.

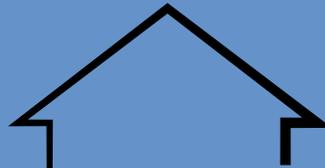
## Login TO MYED BC Portal

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



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/>



**Ages 13 - 18**

# Learn to Cope with Stress

## Y Mind

\*No cost to participate!

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

**Bettie Allard YMCA, Tuesdays, October 22nd – December 3rd, 4:30pm - 6pm**  
**Participants must register for and attend an information session prior to joining:**  
**September 24th OR October 8th, 4:30pm**  
**Contact us: [gv.ymind@bc.ymca.ca](mailto:gv.ymind@bc.ymca.ca) Ph: 604-673-6182 or scan QR code below**

This free program is run by caring, trained staff,  
in a safe supportive environment.



[www.gv.ymca.ca/mental-wellness](http://www.gv.ymca.ca/mental-wellness)