



# COMO LAKE MIDDLE SCHOOL NEWSLETTER

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## PRINCIPAL'S MESSAGE

BY MRS. DEVON ROSS

Dear Como Lake Families,

It is hard to believe we are now officially halfway through the 2024-2025 school year! I feel like my first 6 months at Como Lake Middle School have flown by. Since the Winter Break, students have spent the last 4 weeks working hard on their academics and preparing for their next Genius Hour projects starting next week. Please ask your children about their exciting Genius Hour ideas.

Basketball and wrestling are underway and we have many students participating in these sports. Come and cheer on the students if you get a chance. The games and many other school events are listed on the school calendar which is located at:

**[www.sd43.bc.ca/school/comolake/Calendar](http://www.sd43.bc.ca/school/comolake/Calendar)**.

Please have a look.

The Ski and Snowboard Club has completed 4 sessions of lessons and activities up at Seymour. It was wonderful to see how excited the students were to engage in this physical activity. Students took great pride advancing quickly from beginners to feeling confidence on the slopes.

February is looking to be a busy month. Grade 8's will do their course selection for Secondary school. Students should turn in their draft course selection sheets to their teachers.

Also in February, staff will be busy at our School Professional Development Days on February 3rd and February 28th. We have our band students attending a musical at Centennial on February 5th. The PAC is going to be doing another Yogurt Sale in February so check page 4 of the newsletter for details. We have Interim Reports coming home in early February with optional 3 Way Conferences on February 18th and 19th.

## Principal's Message Continued....

February 26th is Pink Shirt Day so this is an excellent chance to talk to your children about ways they can be champions of kindness and respect at home, at school, and in the community.

Just a reminder we are always looking for parent volunteers to chaperone or drive on field trips. Please complete the form here:

**[www.sd43.bc.ca/school/comolake/Parent](http://www.sd43.bc.ca/school/comolake/Parent)**.

Also, we are always looking for volunteers for the PAC to help out with school events. If you are interested, please reach out to the PAC at **[comolakemiddlepac@gmail.com](mailto:comolakemiddlepac@gmail.com)**. Or if you would like to make a donation to the PAC for items for the school please go to: **[www.schoolcashionline.com](http://www.schoolcashionline.com)**.

There will be a number of school field trips coming up in the spring. As always, if your family needs support for all or part of school field trip fees, please just reach out to me at **[dross@sd43.bc.ca](mailto:dross@sd43.bc.ca)** as we do have some funds to help offset the cost for families in need.

During the winter months, please remind students to wear appropriate clothing such as jackets, gloves, and toques when they go outside for nutrition break and lunch. If it snows, please remind them to walk safely on cleared pathways. If there is a snow closure, it will be on the district website (**[www.sd43.bc.ca](http://www.sd43.bc.ca)**) by 6:30 am that day. If there is snow, you can make the decision (regardless if the school is opened or closed) to keep your child at home. Please make the best decision for your family on days with snow.

We hope you have a wonderful month and please reach out if you have any questions or concerns.

# IMPORTANT DATES:

## F E B R U A R Y

3

### MONDAY, FEBRUARY 3

- Pro-D Day (School Based)
- School closed for students

6

### THURSDAY, FEBRUARY 6

- Genius All Play
- Mountain Riders Genius/Fun Days
- Creative Quest: Games & Crafts After School Program

7

### FRIDAY, FEBRUARY 7

- Moresports After School Program

7-12

### FRIDAY, FEBRUARY 7 AT 9AM - WEDNESDAY, FEBRUARY 12 AT 4PM

- Cross Catchment Application is open

12

### WEDNESDAY, FEBRUARY 12

- TCBY Frozen Yogurt PAC Fundraiser

13

### THURSDAY, FEBRUARY 13

- Genius All Play
- Mountain Riders Genius/Fun Days
- Creative Quest: Games & Crafts After School Program

14

### FRIDAY, FEBRUARY 14

- Moresports After School Program

17

### FMONDAY, FEBRUARY 17

- BC Family Day - school closed

18

### TUESDAY, FEBRUARY 18

- 3 Way Conferences (Parent/Student/Teacher)
- Early Dismissal at 2:15 p.m.

19

### WEDNESDAY, FEBRUARY 19

- 3 Way Conferences (Parent/Student/Teacher)
- Early Dismissal at 2:15 p.m.

20

### THURSDAY, FEBRUARY 20

- Genius All Play
- Mountain Riders Genius/Fun Days
- Creative Quest: Games & Crafts After School Program

26

### WEDNESDAY, FEBRUARY 26

- Pink T-Shirt Day

27

### THURSDAY, FEBRUARY 27

- Genius All Play
- Mountain Riders Genius/Fun Days
- Creative Quest: Games & Crafts After School Program

28

### FRIDAY, FEBRUARY 28

- ProD Day (Non-Instruction Day - District wide)
- School closed for students

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

**Como Lake Website**





## Celebrating Our Students' Achievements!

Congratulations to Our Dedicated Students!

We are thrilled to congratulate the **138 students** who embarked on an incredible four-week journey of lessons and have successfully completed them. Your hard work, dedication, and enthusiasm have truly paid off. Great job, everyone! We hope you had an amazing time and learned a lot. We look forward to welcoming you back next year for more exciting learning adventures.

## Special Shoutout to Our Genius Program Participants!

A special mention goes to the **84 students** who signed up for the Genius program and two fun days. Your journey is continuing! We have 6 more days on the mountain planned. We will be switching to self-directed learning for four of them. This will allow you to continue focusing on the skills you have learned during your lessons. Stay focused and keep up the great work!

Thank you to all our students for your commitment and passion for learning. We are proud of each and every one of you and can't wait to see what you achieve next.

## Keep Learning, Keep Growing!

Warm regards,  
The Mountain Rider Teachers





## WINTER WEATHER AHEAD

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

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

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

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

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

We encourage families to continuously check the School District 43 website for updates and changes: [www.sd43.bc.ca](http://www.sd43.bc.ca)

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

## YEARBOOK ORDERS

**Yearbook orders will close on Wednesday, February 26 at 11:59 p.m.**

The cost is \$40 for a yearbook. The Student Activity Fee and Athletic Fee must be paid before the yearbook is distributed at the end of the school year. Although we always order a few extras, we cannot guarantee that one can be purchased in June. Please ensure that you pre-order to avoid any disappointments at the end of the year.



## PAC FUNDRAISER WEDNESDAY, FEBRUARY 12

### Flavours Available:

Cotton candy  
Raspberry  
Cookies and cream  
S'mores  
Mango sorbet  
Blue moon marshmallow

**Please order on School Cash Online  
by 11:59 p.m. Sunday, February 9**

## 3 WAY CONFERENCES



**TUESDAY, FEBRUARY 18 AND WEDNESDAY, FEBRUARY 19.**

Students have an **early dismissal at 2:15 p.m. on both days.**

## 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! **Unclaimed items will be donated to Big Brother & Sister on Thursday, March 13.**

- 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.



# MID-YEAR TECHNOLOGY EDUCATION UPDATE



Dear Parents and Guardians,

We are thrilled to announce that we have reached the halfway point of the school year! Mr. MacD is incredibly proud of the students who have participated in this year's Technology Education course to date. Their hard work and dedication have truly shone through in their projects.

Throughout the course, students have gained hands-on experience with various tools and techniques. They have skillfully used the chop saw and table saw to break down raw wood into six pieces. These pieces were then drilled, band sawed, scroll sawed, and glued together to create a fantastic candy dispenser.

Once assembled, the students meticulously sanded their projects to prepare them for taking home. Many of them will likely tell you they sanded forever! If your child finished Tech Ed and has not yet brought their candy dispenser home, it is probably because they are still working on the finishing touches during open shop sessions. Be sure to ask them to bring it home so you can see it!

We are excited to see the continued progress and creativity of our students in the coming classes. Thank you for your ongoing support and encouragement.

Best regards,

Chris MacDicken

YOU ARE INVITED TO

## "HOW TO TALK TO YOUR YOUTH ABOUT SUBSTANCE USE"



Join SHARE's Youth Substance Use Services Program in a virtual presentation about supporting youth on the topic of substances and substance use.

**FEBRUARY 12 2025**  
**6:30-8:00**  
**VIRTUAL ON ZOOM**

RSVP via this link or QR code below:



### Topics will include:

- Adolescent brain development
- Adolescence and substance use
- Adolescence and mental health
- Continuum of use and parenting at various stages
- Tips for your approach
- Self-Care
- Time for Q&A
- Resources for further support and learning



Visit our [website](#) for more resources



Community

## A Free 10 Week Program to Inspire Healthier BC Families in Coquitlam!

Learn together about:

- Healthy Eating
- Physical Activity
- Screen time
- Sleep Routines
- Wellness



**For families with at least one child ages 8-12**  
(One parent/caregiver must attend each week)

**Online self-directed option is available for families outside of the age range**

### Program includes:

- Q&A's with health professionals
- A family cooking class
- Post program recreation credit based on attendance

Coquitlam - Centennial Pavilion  
Sundays 1:00-3:00pm  
February 9 - April 13  
Generation Health Community funding is provided by the BC Ministry of Health



Scan QR Code or  
[Click Here to Register and Learn More](#)



Coquitlam  
**Creative Quest: Games & Crafts**  
**After School Program**

City of Coquitlam's after school program Creative Quest: Games & Crafts will be offered on at Como Lake. **SPACES ARE STILL AVAILABLE!**

Program will start on **Thursday, February 6** and will end on **Thursday, March 13**. They will be running 6 sessions instead of 7 and the updated cost for this program is now \$62.70. The program will run in our school cafeteria from **3:00 p.m. – 4:30 p.m.**

Creative Quest: Games & Crafts program includes games, puzzles, and creative arts & crafts to inspire learning and fun. Daily lesson plans are shaped with student input, ensuring a personalized and dynamic experience. Participants will explore new skills, collaborate with peers, and enjoy hands-on activities.

Please register through the City of Coquitlam in person, online at [www.coquitlam.ca/registration](http://www.coquitlam.ca/registration) or by phone at 604-927-4386.

**Course ID: 181666**

**Price: \$62.70**



**MORESPO RTS**  
**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.DWULio](http://www.DWULio)** and **search Hillcrest**.

**PINK T-SHIRT DAY**

Wear Pink on **Wednesday, February 26!**



This is an excellent chance to talk to your children about ways they can be champions of kindness and respect at home, at school, and in the community.



**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](mailto:karynskateslem@yahoo.ca)

**COMO LAKE MIDDLE SCHOOL PAC**

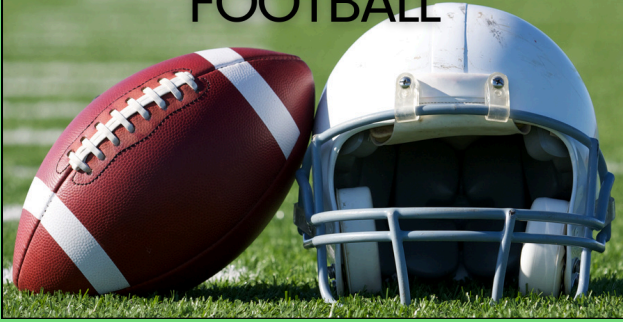
 [comolakemiddlepac@gmail.com](mailto:comolakemiddlepac@gmail.com)

**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.



# CENTENNIAL SCHOOL FOOTBALL



Interested in playing football at Centennial? Secondary?  
If you are interested in learning more about the program,  
please complete this form:

## **CENTENNIAL FOOTBALL 2025**

**Friday, February 28:** Middle School Football Camp (time  
to be confirmed)

**GO CENTAURS!  
COMMIT  
EVERYDAY  
NO EXCUSES  
TRUST THE PROCESS**

## Kindergarten Registration

February 4-6, 2025

# WELCOME

Is your child  
five (5) years old  
on or before  
December 31, 2025?

## REGISTER FOR KINDERGARTEN ON FEBRUARY 4- 6, 2025

- 1** Use our School Locator to confirm your neighbourhood catchment school.  
  
(if you have been accepted to a Program of Choice, please register at the school indicated on your acceptance letter)
- 2** Download and Complete our Student Registration Form found on [www.sd43.bc.ca/studentregistration](http://www.sd43.bc.ca/studentregistration).
- 3** Prepare required verification documents.
- 4** Email school the required verification documents between February 4-6  
  
(School email can be found at the bottom section of the school website or on the school locator on our website)
- 5** Wait for a confirmation email and next steps from your neighbourhood school.



## Cross Catchment Applications School Year 2025-2026

**FEBRUARY 7** Cross Catchment Applications open at 9:00 am

**FEBRUARY 12** Cross Catchment Applications close at 4:00 pm



Cross Catchment application forms will be available on the front page of [www.sd43.bc.ca](http://www.sd43.bc.ca) on the dates above.

*For students who wish to transfer to another school that is not their neighbourhood catchment school*



# COQUITLAM Summer LEARNING 2025



## ELEMENTARY

July 8 – July 25, 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!

Free to all BC residents, SD43 Residency requirements apply.

**04  
MAR**

Registration  
6:00am

Registration  
6:00am

**07  
MAR**

## MIDDLE

July 8 – July 25, 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 25, 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.

Free to all BC residents, SD43 Residency requirements apply.

**07  
MAR**

Registration  
6:00am

Registration  
6:00am

**06  
MAY**

## SECONDARY FULL CREDIT

July 2 – August 7 (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/](http://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"

WHAT  
YOU  
NEED TO KNOW?

## 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/>

# COMMUNITY NEWS

## SHARE'S YOUTH SUBSTANCE USE SERVICES AND HEALTH PROMOTION TEAM INVITES YOU TO:

### Youth Offering Listening Opportunities (YOLO)



YOLO is an interactive event where adults listen to youth speak about their life experiences in order to support parents/caregivers understanding of their own youth as well as youth in general.

#### TOPICS INCLUDE:

- What's stressful for youth these days?
- How come youth use substances?
- How can I talk with my youth about substances?
- How can I improve communication with my youth?
- How can adults express their concern while maintaining their relationship with their youth?

**WHEN:**  
February 6, 2025  
6:30pm-9:00pm

**WHERE:**  
2615 Clarke St, Port Moody  
in the Boardroom Meeting Room

**REGISTER BY JAN.24:**



Please note, there is limited space and spots are reserved on a first come first serve basis.

FOR MORE INFORMATION, OR IF YOU ARE HAVING TROUBLES WITH REGISTRATION, CONTACT JORDYN AT [jordynsinkie@sharesociety.ca](mailto:jordynsinkie@sharesociety.ca)

## 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](mailto:sjorge@sd43.bc.ca)



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 2025 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](http://www.kidsporttricity.ca)

#### \*gently used equipment is:

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

TRI-CITY EAGLES  
FIELD HOCKEY

Join the Tri-City Eagles Field Hockey Club

FOLLOW US [@tcefieldhockey](https://www.instagram.com/tcefieldhockey)

WWW.TCFIELDHOCKEY.COM

**Mites / Mini (U10)**  
EARLY BIRD PRICING ENDS FEB 15

**INFORMATION**

**Junior (U11-U18)**  
EARLY BIRD PRICING ENDS FEB 1

**INFORMATION**

Vol. 5

Register Now

# 2025

Early Bird Pricing Open Until:  
February 1st for Juniors  
February 15th for Mites/Minis