



COMO LAKE MIDDLE SCHOOL NEWSLETTER

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PRINCIPAL'S MESSAGE

BY MRS. DEVON ROSS

Dear Families,

We are pleased to welcome you to the 2025/2026 school year! We have really enjoyed getting to know our new students and re-connect with our returning students over the past month. We have focused on building positive relationships within classrooms and ensure all students know, understand, and embrace our Credo:



Students have engaged in classroom activities that have demonstrated elements of our Credo and we will continue to re-enforce this throughout the school year.

It was so wonderful to see over 300 people attend our Community Gathering at Como Lake Middle on September

25th. The energy and smiles seen throughout the building were amazing to see as students showed their families the school! Hoping you all had a great time. A copy of the presentation is on our website if you did not get a chance to attend.

We have had a number of September highlights to start the year:

- Students have enjoyed embracing the new team names of Forest, Mountain, River, and Sky which are all highlighted in our Logo found on the front of the school and in the gym. The sun rays in the logo show the connection we have between the sky and the land.
- In classes, students have been looking at activities to reflect and honour Indigenous People of Canada in advance of September 30th, Truth and Reconciliation Day. Classes have been celebrating indigenous brilliance and demonstrating the First Nations' Principles of Learning such as the importance of stories in learning. Many thanks to Avina and her family for making the beautiful orange pins and earrings that were sold at our Community Gathering. All proceeds go to Indigenous-focused charities.

Principal's message continued on next page... PAGE 1

Principal's message continued...

- Kids were all smiles during our Pancake Breakfast at the end of the first week. Como Lake was highlighted on the School District PR feeds so please check it out if you have not seen it yet.
- Como Lake was a stop on the Cops for Cancer Tour. Students cheered as we watched the riders on King Albert Avenue. Como Lake was presented with a plaque to thank us for the \$1,235 that was raised towards sending students with cancer to Camp Good Times. You truly make a difference, Lakers!
- Team Forest and Team Mountain attended a field trip at the new Mundy Park Pool. A climbing wall, games, the lazy river, and just laughing with new friends were all awesome to see.
- Your children may have discussed that the academics have started to increase in their classes. If your child would like some extra math practice, they all have an IXL account that can be accessed on their devices. This program helps them work on specific skills in numeracy. Please ask your children about this.
- Athletic practices are starting with games and competitions to begin in October.

Many thanks to our PAC members for also presenting at the Community Gathering. We hope you can join us at 7 pm for our next PAC Meeting in person or online at the following link: **[Join the meeting now](#)**, **Meeting ID: 215 237 747 065 6** **Passcode: yv7in6RW**. They have lots planned so if you have time, it would be greatly appreciated if you could attend.

Just a reminder that we have a Fundraiser going on:

- Como Lake Spirit Wear - \$5 from each item goes back to the school. Please note there are Youth Sizes at the top and Adult Sizes at the bottom. There are multiple colours too. The link is **[Como Lake Spirit Wear](#)** and it will be open until October 20th.

Please remember to check our website regularly especially for notices and calendar items. You can also pay fees and fill out district forms there too. The link is **[Como Lake Website](#)**.

As always, please reach out if you have any questions or concerns. Hoping you all have a wonderful week!

Sincerely,
Devon Ross

IMPORTANT DATES:

S E P T E M B E R

30

Tuesday, September 30

- Truth and Reconciliation Day
- School Closed

O C T O B E R

1

Wednesday, October 1

- PAC Meeting at 7:00 p.m.
(in the library and via Teams)

3

Friday, October 3

- Subway Lunch
(orders are now closed)

7

Tuesday, October 7

- Due: Swimming Permissions for Team Sky (Div 1, 2, 3 and 4)

8

Wednesday, October 8

- Mountain Riders Sign Up from 7:00 am – 8:55 am
- DUE: Vibrant Photo Orders

9

Thursday, October 9

- Swimming Field Trip for Team Sky (Div 1, 2, 3 and 4)

13

Monday, October 13

- Thanksgiving Day
- School Closed

14

Tuesday, October 14

- Photo Retake Day

20

Monday, October 20

- Como Lake Spiritwear Orders
Closes at 11:59 p.m.

24

Friday, October 24

- Pro-D Day (District wide)
- Schools Closed

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

[Como Lake Website](#)



STUDENT ATTENDANCE

The morning bell rings at 8:35 am Monday, Tuesday, Thursday and Friday and on Wednesdays at 8:55 am. 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.

Reporting Late, Absent, and/or Early Dismissal:

If students will be late, absent, and/or leaving early, please submit an **Absence Report** under “Quick Links” on our school website by 8:30 am and leave a comment as to the expected time of drop off or pick up:

<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 and ensure 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.

Please note that at Como Lake, we are unable to call into a classroom and we cannot page outside during lunch, making it difficult to locate a student without prior notice.



SCHOOL FORMS



Student Emergency Release Form - Please return to the office if you haven't done so yet. To complete this form, visit the link here: [Emergency Release Form](#)

Student Verification Form - 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 documentation) back to the school by email or by dropping it off in the office.

For support in how to access MyEd, please click here: [SD43 Getting Started with MYED Family Portal](#)

School Fees - 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)**



CROSS COUNTRY

Cross Country season is officially underway, and we are thrilled to see so many enthusiastic runners representing our school with spirit and determination! Practices are held on Tuesday afternoons after school, with three exciting mini-meets scheduled for Thursdays in October. The season will wrap up with the District Cross Country Meet at Mundy Park on **Thursday, October 23rd**. We encourage families to come out, cheer on our athletes, and celebrate their hard work and school pride!



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



How to Order PHOTOS

Student pictures are now ready for viewing and ordering! Photo orders must be placed by **Wednesday, October 8** to be included in the free delivery to school. Photo orders will be delivered to the school by October 17.

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

OR

Step 1 - Go to 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).

IMPORTANT:

If you've lost your QR/online code or need help ordering, please do not contact the school. Instead, email dawn@vibrantphotos.ca with your student's full name and school name.



In honour of Truth and Reconciliation Day, students engaged in meaningful discussions about the impact of residential schools. These conversations encouraged empathy, understanding, and respect for Indigenous experiences. After reading **Swift Fox All Along** by Rebecca Thomas, a story that explores themes of identity, belonging, and cultural pride, students reflected on the importance of staying connected to one's roots. Inspired by the story, they created a butterfly transformation mural symbolizing growth, resilience, and the beauty of embracing one's culture. This project allowed students to deepen their knowledge of the residential school system while expressing themselves through art. Students have also begun an Indigenous animal inquiry project, researching animals that are native to the Pacific Northwest. Through this work, they are learning about the importance of these animals in Indigenous cultures and their roles within local ecosystems.



Como Lake was presented with a plaque to thank us for the \$1,235 that was raised towards sending students with cancer to Camp Good Times. You truly make a difference, Lakers!

WEATHER REMINDER



The weather is starting to turn and we are starting to experience some rain and cold. Families are reminded to send students to school with a rain jacket, boots, an umbrella, toque, and gloves so students stay dry and warm while playing outside at nutrition break and lunch. We do remind students to put these items on during break times but if you could also re-enforce this at home, that would be greatly appreciated.



Como Lake swag is now available! There are a number of Youth and Adult options in a variety of colours. The sale **closes on October 20th**. \$5 from each sale goes back to Como Lake.

Order Como Lake Spirit Wear Here



PHOTO RE-TAKE DAY

This year there is no sign up for retakes. All students that were absent from the original photo day will be on the photographers list and will have a photo QR sheet to take home with them the same as on original photo day. Anyone who wishes to have a retake photo taken may do so. Vibrant Photos will not be issuing a second student ID card to those students that have retakes taken; however, only the absent students will receive them.

Retake Photo Day is scheduled for **Tuesday, October 14.**

COMO LAKE MIDDLE SCHOOL PAC



comolakemiddlepac@gmail.com

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

Meeting will be held In Person at the School Library and via Teams

[Join the meeting now](#)

Meeting ID: 215 237 747 065 6

Passcode: yv7in6RW

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!



REMINDER

ITEMS FROM HOME

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



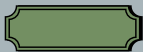
- forks/spoons needed for lunches/snacks



- water bottle



- rain gear



- label all items with student's name



**Como Lake is on
Instagram!**

CLICK HERE



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 our Mountain Riders program. Last year we had 150 students participate in lessons and 90 students participate in Genius/Fun days on the mountain.

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 4 weeks of 2-hour small group lessons then additional time to practice skills starting on Thursday January 8, 2026. We will leave at lunch time and be back at the school at 7:40 PM.

Students who sign up for Mountain Riders Lessons can purchase a discounted Value Pass from Mt Seymour! This allows students to ride any weekday for free and weekends after 4 PM.

Mt Seymour will only provide rentals for the four weeks of lessons so students who opt to purchase the value pass AND have their own equipment (or a rental pass from Sports Junkies or another company) can then sign up for our Genius/Fun package. The Genius program runs for 6 weeks starting Thursday February 5, 2026.

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

After participating in the four lessons in January, students are eligible to participate in our Genius/Fun package. The Genius program runs for 6 weeks starting Thursday, February 5, 2026. 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.

We recommend purchasing used equipment from SportsX in Port Coquitlam. They are often much cheaper the renting for the season and if you get the gear a little on the big side you can get 2 seasons out of the gear.

Information meetings for the students about the Mountain Riders program are starting soon.

Mountain Riders sign up is happening the morning of Wednesday, October 8, 2025. 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 for January lessons. We will have 90 spots for the February/March, Genius/fun days. Staff will be here early to sign up the students. This process will start at 7:00 AM. 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 6:30AM. 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 getting to participate. This year we will be offering an optional payment plan for families through our cash online system.

If you have any questions about our programs, please contact Chris MacDicken at cmacdicken@sd43.bc.ca



District Emergency Procedure Information for Parents

Serving the communities of Anmore, Belcarra, Coquitlam, Port Coquitlam and Port Moody

During an emergency five key responses can be implemented based on situation and context. Regular school safety drills are conducted throughout the year.

DROP, COVER & HOLD ON

Used in the event of an earthquake or explosion.

Procedures:

- DROP to the ground.
- Take COVER under a sturdy desk or table, and
- HOLD ON until the shaking stops.
- Wait 60 seconds and then EVACUATE (see Evacuation Procedures).

EVACUATE

Used when a building or area becomes unsafe due to: fire, flood, chemical accident or following an earthquake.

Procedures:

- Exit the building via the pre-planned shortest safe route.
- Report to designated assembly area.

SHELTER IN PLACE

Used when personal safety is in danger if anyone leaves the building. Usually associated with an environmental hazard outside such as a gas leak, chemical spill, or wild animal near the building (e.g. cougar or bear).

Procedures:

- Return to building from outside and stay indoors.
- Continue normal activities within building.
- Close exterior doors and windows.
- Turn off ventilation and heat, tape window seams if applicable.
- DO NOT approach the site until clearance has been given by school district or emergency personnel.

HOLD AND SECURE

Used to secure building because of an emergency situation outside such as a police incident (e.g. suspect pursued by police near building). Allows building to continue with the normal day but forbids outside activity and unnecessary room-to-room transit.

Procedures:

- Close and lock exterior doors and windows—monitor main entrance.
- DO NOT allow unauthorized personnel into building.
- Continue activities inside as per usual; limit internal movement if necessary.
- DO NOT approach the site until clearance has been given by school district or emergency personnel.

LOCKDOWN

Used when there is an immediate and imminent threat to the building population. Most commonly implemented when the building has an active intruder.

Procedures:

- Close and lock exterior doors and windows, secure and barricade doors.
- Stay or gather into a secure room as quickly as possible.
- Turn out lights, pull shades.
- Get out of line of sight of doors and windows, hide, don't talk.
- Turn off and do not use cell phones.
- Normal activity ceases. Await police response.
- DO NOT approach the site until clearance has been given by school district or emergency personnel.

During an emergency we ask parents not to call the school as telephone lines may be needed for emergency communications. Please monitor school email and school or district websites for official information and updates.

STUDENT RELEASE

In case of an incident at the school or in the community, it may be required to release students to parents/guardians from the school or school grounds or move students from the school area to an alternate location for release. For more information, please refer to your **School Emergency Preparedness Information** flyer.

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"

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
SKEVGROUP

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/>