



Como Lake Middle Community Gathering – September 25th, 2025



k^wik^wəłəm

Kwikwetlem First Nation

Land Acknowledgement for Coquitlam School District 43

We acknowledge that the Coquitlam School District operates on the traditional, ancestral and unceded territory of the

k^wik^wəłəm (*Kwikwetlem First Nation*). We thank the k^wik^wəłəm who continue to live on these lands and care for them, along with the waters and all that is above and below.

Truth and Reconciliation Pins and Earrings

- Orange Pins and Earrings for Sale
- All proceeds go to Indigenous-focused charities



Agenda

Introductions

Our Credo

We Are Here To Support You

Parent Advisory Committee (PAC)

Middle School: Shape of the Day

Bring Your Own Learning Device (BYOLD)

Getting Involved

Introductions

School Trustee: Kerri Palmer Isaak

Office Team

Forest Team

Mountain Team

River Team

Sky Team

Student Services/Explorations

Additional Support Staff

School Trustee Kerri Palmer Isaak



Keri Palmer Isaak

Office Team

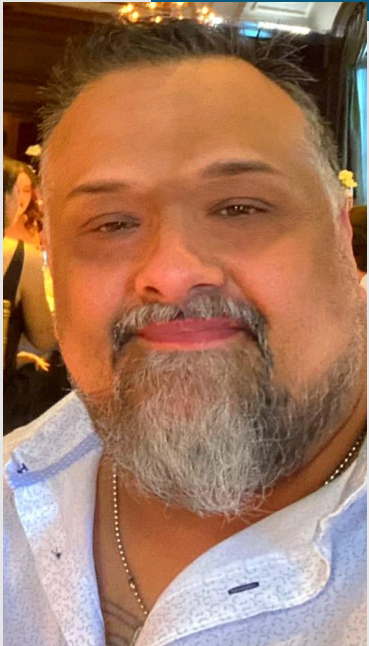


Mrs.
Ross

Ms.
Wald

Ms.
Heinrich

Ms.
Ruza



Mr.
Williams

Mr.
Arthur

Ms.
Spees



Forest

- Mr. Smith
- Ms. Buric
- Ms. Caron
- Mr. Oei



Mountain

- Ms. Bennett
- Ms. Cunningham
- Ms. Esplin
- Mrs. Oh
- Ms. Rai
- Ms. Salt



River

- Mr. Boles
- Ms. Hayre
- Ms. Hockridge
- Ms. Shong
- Mr. Stewart



Sky

- Ms. Ferguson
- Mr. Brown
- Ms. Midori
- Mr. Williams



Student Services

Ms. Goto

Ms.
Cadman

Ms. Rai

Ms.
Adolph

Mr. Fibish

Ms. Fong

Ms.
Kanta

Ms.
Malkani

TBD

Ms.
Sultana

Ms.
Wallace

Student Services/Explorations

Mr. MacDicken

Ms. Boudreau

Ms. Trulson

Ms. Hayre



Mr. Avila

OUR CREDO:

We belong

We shine

We contribute

We are passionate

We are valued



We Are Here to Support You and Your Child



In addition to Teachers and Student Services support, we have our Admin, Counsellor, Youth Worker, and Indigenous Youth Worker all here to help your child.



Please don't hesitate to call us at 604-936-1451 or email comolake@sd43.bc.ca



Just a reminder that we really need all forms and fees in by tomorrow, Friday, September 26th. Information can be found on our website.

The screenshot shows the Como Lake Middle School website for School District No. 43 (Coquitlam). The header includes the school logo, navigation links (Home, About, Programs & Services, Staff Directory & Class Info, Info for Families, Intranet, Search), and user links (Staff Email, my43 login, Office 365, Legacy Website). A banner for 'OUR CREDO' features the text: 'We belong, We shine, We contribute, We are passionate, We are valued' with the school logo. Below the banner are sections for School News (including a 'Weekly Reminders' for September 22-25), District News (Superintendent's welcome message and news about the Assistant Secretary Treasurer), and On the Calendar (Photo Day, Swimming Permissions, Tapestry's Instrument Showcase). A 'VIEW CALENDAR' link is also present. The 'Bell Schedule' table is shown below. A 'Quick Links' sidebar on the right contains links to Absence Report, My43BC Family Portal, School Supplies, BC Education eAssessment, Parent eForms, Online Payments, Registration Information, SD43 Emergency and Incident Weather Information, Como Lake on Instagram, and Eventbrite Login. A 'Documents' section is partially visible at the bottom.

	Start	End
School Start	8:35 a.m.	
Block 1	8:30 - 9:30 a.m.	
Block 2	9:30 - 10:15 a.m.	
Nutrition Break	10:15 - 10:30 a.m.	
Block 3	10:30 - 11:15 a.m.	
Block 4	11:15 - 12:00 p.m.	
Lunch Break	12:00 - 12:40 p.m.	
Block 5	12:40 - 1:25 p.m.	
Block 6	1:25 - 2:10 p.m.	



ComoLakeMiddlePAC@gmail.com

COMO LAKE MIDDLE PAC

First Meeting



**In-person in
library & online**

Executive Team

Miwa Aoki (Chair)


Christine Quan (Treasurer)

Christie Vairo (Secretary)

Jodie Dow (DPAC Rep)

Middle School: Shape of the Day

Time	Monday
<u>M.T.Th.F.</u> 8:39 - 9:30 Block 1 W. 8:59	Core (Language Arts, Social Studies, Science, Math, Careers, French)
9:30 – 10:15 Block 2	Core
10:15 – 10:30	Nutrition Break
10:30 – 11:15 Block 3	Switch Class - Core
11:15 – 12:00 Block 4	Switch Class - Core
12:00 – 12:40	Lunch
12:40-1:25 Block 5	Explorations (Tech Ed, Home Arts, Music, Digital Literacy)
1:25-2:10 Block 6	PE/Art
2:10-2:55 Block 7	Core



Bring Your Own Learning Device (BYOLD)

Getting Involved

Opportunities:

- Athletics
- Band
- Clubs
 - Ski/Snowboard
 - Camping
 - Leadership
 - So much more!

BAND BAND BAND

Band Practices are 2x per week from 7:45- 8:30am

Beginner Band:
Tues and Fri AM

Starts
Friday Oct 3rd

Advanced Band:
Mon and Thurs AM

Starts
Thursday Oct 2nd

**Rental and Purchase:
Tapestry Music**



Replacing Rental Night
with online
opportunity



Tapestry Music ->
select your items and
they will be delivered
directly to Como

Como Lake Swag Fundraiser

ORDER your Como Lake Swag!



\$5 from every clothing item goes towards school programs.

Thank you for your support!



What's Next This Evening?

Have your child take you to their Team Area

Learn a little about your child's team

Meet their teacher

See where they sit

This is not a 1:1 interview time with the teacher. We are looking forward to seeing you later in the term to meet 1:1.



SCAN ME