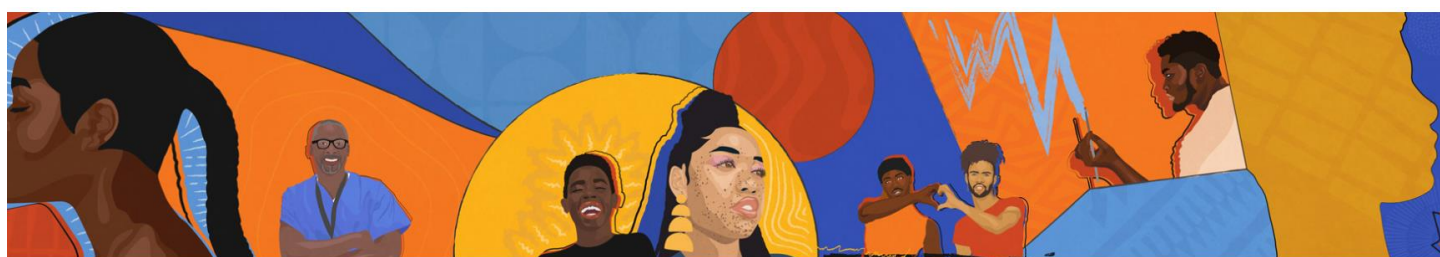

The Current - Monty Middle Newsletter

Wednesday, February 1st, 2023



Trousse d'outils numériques pour le Mois de l'histoire des Noirs

Nous avons créé une trousse d'outils numériques pour aider les Canadiens, y compris nos partenaires et intervenants, à promouvoir le contenu et les activités du Mois de l'histoire des Noirs.

Weekly Schedule of Events- *See below for sports schedule*

Monday	Tuesday	Wednesday	Thursday	Friday
Before School				
Advanced Concert Band: @ 7:50am	Beginner Concert Band: @ 7:50am Library open 8am	Advanced Concert Band: @ 7:50am Library open 8am	Beginner Concert Band: @ 7:50am Library open 8am	Student government meeting 830am-9:30am
Lunch				
Intramurals Gr 6s Sewing Club	Gr 6 Basketball Sewing club Chess club-library	Intramurals Sewing club	Gr 6 Basketball Sewing club	Intramurals
After School				
	GSA meeting every 2 nd Tuesday	Minecraft club (Full)		

February Monthly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
30	31 Lip Sync Auditions	1 Black History Month Begins Lip Sync Auditions	2 Lip Sync Auditions	3 Multicultural Lunch wear clothing to celebrate your heritage. Cross Boundary opens 9:00 am
6 Valentine's Candy Grams on Sale	7 Valentine's Candy Grams on Sale	8 Valentine's Candy Grams on Sale Cross Boundary Applications close 4:00 pm	9 Valentine's Candy Grams on Sale Ski and Snowboard	10 Monty Spirit Wear Student Gov meeting 8:30am
13	14 Lip Sync Contest	15	16 Ski and Snowboard	17 Monty Spirit Wear Student Gov meeting 8:30am Subway Hot Lunch
20 Family Day No School	21 PAC meeting 7pm library	22 Me & Ed's Pizza Night	23 Ski and Snowboard	24 District Professional Day No School

Volunteer Opportunities

Event	Date	Needs	Contact
Weekly Bingo	Wed or Thurs lunch	Feb and March only	shusband@sd43.bc.ca

Mrs. Husband's For Your Consideration- Anxiety



This month students are tackling public speaking. For most of us, public speaking is a source of normal healthy worry that helps motivate us to write our speech and practice. But for some students, public speaking and many other normal life experiences can feel overwhelming.

Anxiety and depression are the most common mental illnesses in Canada. The good news is that they are also the most treatable, but that requires action. Anxiety Canada is a well-respected website that contains basic information, a quiz, as well as strategies and support for all age groups.

Anxiety protects us from many real dangers, but it can become a problem when it interferes in our daily living. It can become a problem when it:

- Goes off when there is no **real** or immediate danger
- Happens a lot
- Feels intense
- Causes distress
- Stops your child from doing fun and important things (e.g., like going to school events or birthday parties, making friends or getting homework done)

Resources:

1. Anxiety Explained for Teens
<https://youtu.be/rpolpKTWrp4>
2. [Anxiety Canada Website](#)
3. Mindshift (App for all ages)

References

The Human Face of Mental Health and Illness in Canada
www.canada.ca > services > reports-publications > vol-37-no-2-2017
www.canada.ca > services > healthy-living > your-health > diseases

MindShift™ CBT

Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

LEARN MORE

GET IT ON Google Play

Download on the App Store

PARENT EDUCATION

VAPING- For many (not all) early adolescences is a time of risk taking and experimentation. Vaping is one of the most common forms of risk taking that we see youth engaged in as many view vaping as relatively harmless. Parents are encouraged to get informed and talk with your children about vaping and what your expectations are.

What Is Juul? <https://www.thestreet.com/lifestyle/health/what-is-juul-14732885>



Vaporized e-cigarette use changeable, nicotine salt-based liquid cartridges and temperature regulation to produce a vapor as an alternative to traditional cigarettes. The body of the Juul and many vape pens are small and slim and have a battery-powered light that indicates its charge level and when you are vaping. These devices are commonly used by many teenagers. It is important to talk with your child about these devices well before they consider experimenting with them. The device uses what are called 'Pods,' which are plugged into the e-cigarette and provide the nicotine liquid for vaping.



The device uses plug-in pods that contain varying percentages of nicotine content (most commonly 5%), and, famously, different exotic flavors. Juuls are also rechargeable using an actual USB port, making them easy to plug in anywhere. Disposable vape pens are also very popular. Children will often report to adults that their pods are nic free and therefore there is not harm. Very few teens resist the pods with nicotine and those are highly addictive and expensive long term. In addition some pods contain cannabis which have little or no smell but get the user high.

What is a sign that your child might be vaping? E-cigarettes don't smell bad like the smoke from combusting tobacco, however, most e-liquids have flavors in them that usually smell nice like candy, mint, vanilla, fruit punch etc. If you catch a sudden whiff of any of these but none of them is around, consider this a red flag.

Unfamiliar handheld gadgets E-cigarettes come in various shapes, from cig-a-likes to box mods. However, the most common ones resemble a pen and are known as vape pens. If you see such a gadget, or a pen that isn't a pen, be aware that it could be a vaporizer. The easiest way to spot an e-cig is to look for holes on each end of the device.



On **February 6th from 6:30-8:30**, YMCA's **Youth Cannabis Awareness Program** is hosting a Zoom Webinar called "Talking With Youth About Cannabis." This webinar is available for adults involved in youths' lives.

"This webinar offers suggestions for parents, guardians, teachers or care providers in order to help guide discussions with youth in their lives about cannabis use, while sharing of resources available for youth support. Research suggests that lecturing and use of scare tactics is less effective at preventing youth from using substances, and can increase stigma surrounding these subjects. Instead, this presentation will provide participants with ideas on how to frame more open, youth-friendly and honest conversations with a focus on positive youth development."

"The Youth Cannabis Awareness Program (YCAP) offers free programming to youth aged 12 to 24, as well as adults (parents/guardians and professionals) involved in the lives of youth." If you would like to see other workshops provided by YMCA's Youth Cannabis Awareness Program, or other resources specific to youth and cannabis, please visit their website here: <https://youthcannabisawareness.ymcagta.org/>

No registration is required, just enter the zoom link on February 6th for a 6:30 start.

Topic: Talking with Youth About Cannabis

Time: Feb 6, 2023 06:30 PM

Join Zoom Meeting

<https://ymcagta-org.zoom.us/j/91394124208>

Meeting ID: 913 9412 4208

Passcode: q1xLi?!X!k

SCHOOL NEWS

Get ready for grade 9

In preparation for the move to high school next September all grade 8 students have been provided with support to get their courses selected. All grade 8 students should have:

- Created a student account in MyEd
- Selected their high school courses for grade 9

Parents are encouraged to review their child's course selections now, before class building begins and course changes are closed.

Sports update

WEEKLY SPORTS SCHEDULE

Time	Monday	Tuesday	Wed	Thurs	Friday
7:45am			Grade 7 Boys BB	Grade 7 Boys BB	
Lunch	Intramurals Gr 6 Gym	Gr 6 BB	Intramurals Grade 7/8	Gr 6 BB	Intramurals Grade 7/8
After School 3pm	Grade 8 Boys BB	Grade 7 Game Day Wrestling practice	Grade 8 Game Day	Grade 7 Girls BB Wrestling practice	Wrestling tournaments some Fridays
4:15	4:30-5:30 Grade 7 Girls BB			Grade 8 Boys BB	

Basketball

Thank you to the following school coaches:

Grade 6 Boys and Girls	Mr. Piper and Mme. Riccardi
Grade 7 Boys	Mr. Sitter
Grade 7 Girls	Mrs. Sievers
Grade 8 Girls	Cancelled due to lack of participation.
Grade 8 Boys	Mr. Rosier and M. Baldonado



Wrestling- Coach Mrs. Perry

Practises are every Tuesday and Thursday after school. Some wrestling meets are on Fridays, please visit the school website for updated information.

Feb. 2 Meet #2 will be at Eagle Mtn Middle School

Feb. 16 Meet #3 will be at Maillard Middle School

March 2 Districts will be at Banting Middle School

Intramurals

A massive thank you to Mrs. Tuan and Mrs. Perry who share the role of Athletic Director. We have a fantastic intramural program three days a week at lunch thanks to their dedication and hard work. We are just beginning three on three basketball. Please see the schedule posted above.

Community/ Multicultural Lunch

This Friday we will be hosting our annual multicultural/ community lunch for nearly 500 people. We will serve everyone in about 45 minutes thanks to amazing teamwork, many hands and four separate buffet tables. Thank you to the over 40 parent volunteers and 20 student government representatives who volunteered to make the lunch a success. Our kids (your children) organized music from around the world, developed a Trivia Contest on languages and much more.

Thank you to every family who will be sending in food to share and celebrate your heritage. The many families that donated money allowed us to purchase Chinese, Indian and Italian (pizza) as well as Sushi.



Our lunch is a chance for students to connect with their family (or one part of their heritage). We have included a link to a video produced by President's Choice that focuses on the positives of sharing a meal with others. Social isolation is one of the biggest health concerns of this decade. It has more impact than smoking or being overweight on our long-term health. Eating together is one way to connect. [Click here](#) to access the link.

Before Friday, students are asked to bring:

- a re-usable container and utensils (fork, spoon, knife or chopsticks)
- a Tupperware type container is recommended.
- a bag for the container

If your child has food allergies that need special accommodation, please ask your child to speak to Mrs. Husband, the office or email shusband@sd43.bc.ca

PAC News and Events

Next Meeting: Tuesday, February 21st, 2023 - 7:00pm – Monty Library

Upcoming PAC Events

Me & Ed's pizza night- Wednesday, February 22.

Order from the Me & Ed's on Austin Ave, say you are with the Montgomery Middle School community, and we get 20% of the dollar value of your order. Friends and family can also help, so spread the word!

Treat days between now and Spring Break are now available to order through Munch-a-Lunch. Please make note of the order cut-off days. We need more volunteers to distribute lunches to classes, please let us know if you can help through Munch-a-Lunch after you place your order.

Lunch/Treat Day:	Food	Order/Pay by 11:59PM on:
Fri, Feb 17	Subway	Tue Feb 07, 2023
Fri, Mar 03 -	TCBY Frozen Yogurt	Tue Feb 21, 2023

Upcoming PAC meetings

- February 21 – in person
- April 18 – online
- May 9 – in person AGM – *new date!*
- June 20 – online

We are always looking for new people to join us and would love to see you.

Executive positions for next year - two of our PAC executive will be leaving the school at the end of the year. We are looking for new people to fill the positions of secretary and DPAC representative for the 2023-2024 school year. Please consider volunteering. Positions will be filled at our May AGM. For more information on what these positions require, contact montymiddlepac@proton.me.

Refundable deposits can be credited to Monty's PAC. Put your juice/pop/milk/alcohol containers in a clear recycling bag and drop them off at any Return-It Express location. Use the school's phone number (604-939-7367) to print a label, and all deposits will go to the PAC.

Thanks again for your help and support, which allows us to help and support our wonderful students and staff. Please come out and join us as often as you are able. Your gift of time is valued and appreciated and a great way to stay connected with what's happening at your child's school.

Thank you and Merci!!!

DISTRICT NEWS

PREGISTERING FOR PROGRAMS OF CHOICE

Application for programs of choice ended in January.

CROSS CATCHMENT PROCESS

Parents sometimes wish for their children to attend a school that is not their catchment school. In such cases, a Cross Catchment Application is required after registering at their catchment school. School District 43 uses a random draw process for Cross Catchment Applications (using in-district priority, then out-of-district).

If enrolment projections show that space is available, Cross Catchment transfer Applications will be accepted in accordance with the following priorities:

- (i) sibling of a child who will be in attendance at the Cross Catchment school in the following year;
- (ii) a child residing within the SD43 residential boundaries (could include private or homeschool) and
- (iii) non-school district resident child.

The **School Locator** tool on the district web site provides a student's designated catchment area schools. **Catchment is based on permanent home address that is currently on record with the school.**

There are two separate applications:

- 1) Kindergarten Cross Catchment- Kindergarten students must first register with their catchment school.
- 2) Grades 1-12 Cross Catchment (including a section to confirm sibling status)

To apply for Cross Catchment:

Apply [on the main page of the SD43 website](#), starting **Friday, Feb. 3, 2022 at 9 a.m. to Wednesday, Feb. 8, 2022 at 4 p.m.**

- Applications will be processed based on the availability of space in schools and on a **RANDOM DRAW PROCESS**. (using in-district priority then out-of-district)
- The application requires student or Personal Education Number (PEN) number (can be obtained from your child's school), child's birth date, home address, name of current or assigned school, and the name of the requested school(s). Kindergarten requests do not need to provide the student number/ PEN number.
- Families will be notified by district email of the outcome on Monday, March 6th

Winter Weather and School Closures

Schools are not usually closed because of snow or other weather conditions. All schools in the Coquitlam School District will remain open, if possible, during winter weather, including snowfall.

Our schools are in very different climate zones from one another and there may be the need for **some** schools to be closed within SD43 while others remain open. If there is a partial closure of schools within the school district, these individual schools will be named. Full or partial school closures are rare.

Extreme weather can also change the transit bussing. Bus schedules may have changes or cancellations due to the weather conditions. Parents looking for information on public bus schedules need to consult the Translink website:

<http://www.translink.ca/>

Coquitlam School District school closures will be decided by 6:30 a.m. or earlier and will be announced on:

1. School District 43 website www.sd43.bc.ca and school website

2. Radio

CKNW	980am radio
CKWX	1130am radio
CBC	690am radio



Please do not call the school.

COMMUNITY NEWS

**PLACE
DES
ARTS**



Art Camps

27476	Spring Break Camp (Comics and Cartoon Creations) ⓘ	Mon, Tue, Wed, Thu, Fri	March 13, 2023 to March 17, 2023	12:35pm - 3:35pm	Place des Arts	Add to Cart
	Age At least 11 but less than 14y 11m 4w					
	Quick View					
27475	Spring Break Camp (Drama Club Sr.) ⓘ	Mon, Tue, Wed, Thu, Fri	March 13, 2023 to March 17, 2023	9am - 12pm	Place des Arts	Add to Cart
	Age At least 11 but less than 14y 11m 4w					
	Quick View					
27478	Spring Break Camp (Dress to Express: Painted Denim Jackets) ⓘ	Mon, Tue, Wed, Thu, Fri	March 20, 2023 to March 24, 2023	12:35pm - 3:35pm	Place des Arts	Add to Cart
	Age At least 11 but less than 14y 11m 4w					
	Quick View					
27477	Spring Break Camp (Printmaking) ⓘ	Mon, Tue, Wed, Thu, Fri	March 20, 2023 to March 24, 2023	9am - 12pm	Place des Arts	Add to Cart
	Age At least 11 but less than 14y					

KidSport

So ALL Kids Can Play!

**Saturday,
March 4th**

10am–1pm

USED EQUIPMENT SALE



RIVERSIDE SECONDARY

**2215 REEVE ST
PORT COQUITLAM**

Admission by

donation or non-perishable
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!

Open to Everyone!

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 3*, donate your used equipment at the following locations:

- Port Moody Recreation Complex (main lobby)
- Poirier Sport & Leisure Complex (main lobby)
- Port Coquitlam Community Centre (Arena 3)

www.kidsporttricity.ca

***gently used**
equipment is:

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



TRI CITY YOUTH BASKETBALL ASSOCIATION

Dear Parents, Players & Members,

We are pleased to announce our Spring 2023 Development League registration will open for current Fall / Winter 2022-23 DEVELOPMENT League players beginning **February 1, 2023**.

Current players wishing to change teams or whose team will not be continuing for Spring season may register February 7.

New Player registration will begin February 27, 2023.

Please see the Registration Guidelines below so you know which date you are eligible to begin registering.

Spring League practices will begin the week of April 3rd and wrap up on June 3rd. There are no practices or games on Statutory Holidays or District-wide Pro-D days. NOTE: For the May long weekend, there will be games on Friday May 19th but not Saturday May 20th.

The Spring 2023 Registration Phases are outlined below. Please ensure you are registering during the appropriate Phase. [Visit our website](#) for more details and to register.

Player Registration must be completed online and all registration phases will open at 6am.

REGISTRATION GUIDELINES