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# The Current - Monty Middle Newsletter

Thursday, February 1st, 2024

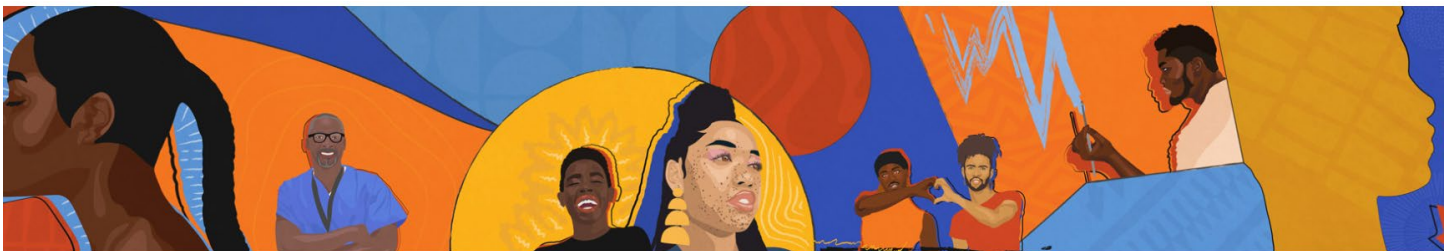
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## BLACK HISTORY MONTH 2024

CANADA.CA/BLACK-HISTORY-MONTH  
#BHM2024



This month is an opportunity to celebrate Black Canadians who have been agents of change and recognize their achievements. At the same time, it also offers us the chance to rededicate ourselves to addressing the systemic barriers that continue to be a daily reality for Black Canadians.



## 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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before School</b>				
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
<b>Lunch</b>				
Intramural	Gr 6 Basketball	Gr 7 Basketball shooting practice.  STEAM club	Gr 6 Basketball	Intramurals  Chess club or Bingo
<b>After School</b>				
	GSA meeting	Harry Potter club	Choir	

## February Monthly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1 Black History Month Begins	2
5 Valentine's Candy Grams on Sale	6 Valentine's Candy Grams on Sale	7 Valentine's Candy Grams on Sale	8 Valentine's Candy Grams on Sale  Ski and Snowboard cancelled or postponed	9 Multicultural Lunch wear clothing to celebrate your heritage. Cross Boundary opens
12	13	14 Cross Boundary Applications close	15 Ski and Snowboard	16 Monty Spirit Wear No Student Gov meeting Hot Lunch
19  Family Day No School	20  PAC meeting 7pm library	21	22 Ski and Snowboard  Black History Month Presentation You, Me, Us	23 District Professional Day No School
26	27	28 Pink Shirt Day	29 Ski and Snowboard	1 Student Gov meeting

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## Mrs. Husband's For Your Consideration- Anxiety



This month many 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 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](http://www.canada.ca) › services › reports-publications › vol-37-no-2-2017  
[www.canada.ca](http://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](#)  

## PARENT EDUCATION

VAPING- For many (not all) early adolescence 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 many 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 or USB device. 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.

## 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 now,

- Created a student account in MyEd
- Select their high school courses for grade 9 this week
- 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 CHOICE DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School					Gr 7 Boys BB 730am
Lunch	Intramurals	Grade 6 Basketball Practice	Gr 7 Boys/Girls Basketball Shooting practice	Grade 6 Basketball Practice	Intramurals
After School	Gr 8 Boys BB  Gr 7 Girls BB Practice 4pm	Gr 7 BB Games  Wrestling Practice	Gr 8 BB Game	Wrestling Practice/ or Meet  Gr 7 Girls BB Practice	

### Basketball

Thank you to the following school and parent coaches:

Grade 6 Boys and Girls	Mr. Turner and Ms. Huang
Grade 7 Boys	Mr. Maglio and Mr. Lorenz (parent volunteers) Sponsors Ms. Husband/ Kuba and Mr. Prestia
Grade 7 Girls	Mrs. Sievers and Mrs. Best
Grade 8 Girls	Cancelled due to lack of participation.
Grade 8 Boys	A Team Mr. Rosier B Team Mrs. Tuan



**Wrestling- Coach Mrs. Perry**

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## Intramurals

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

## Community/ Multicultural Lunch



On Friday, Feb 9th 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 many parent volunteers and 20 student government representatives who have signed up to volunteer to make the lunch a success. **At this time, we need a few more parent volunteers to help serve at 11:15am.** Please email Mrs. Husband at [shusband@sd43.bc.ca](mailto:shusband@sd43.bc.ca) Our kids (your children) have organized music from around the world, developed a Trivia Contest on capital cities 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 will allow 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 Feb 9th, students are asked to bring:

- a usable container and utensils (fork, spoon, knife, or chopsticks)
- a Tupperware type container is recommended.
- a bag for the container
- celebrate their heritage by wearing special clothing, or jersey or hat that show cases their heritage.

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](mailto:shusband@sd43.bc.ca)

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**Next Meeting: Tuesday, February 29th, 2024 - 7:00pm – Monty Library**

Come by to help us plan, and to see a report from one of our administrators about what our kids have been up to!

**Upcoming PAC Events**

Hello everyone! We hope you are well. Here's what is going on with your PAC.

**A reminder** that all parents/guardians are automatically part of the PAC if they have a child enrolled at Montgomery Middle. We would love to see more of you involved in planning fun events and activities for our kids!

**Our PAC is in need of a new secretary.** If you are able to attend monthly PAC meetings and take notes, we need your help! Please email Danielle at [montymiddlepac@proton.me](mailto:montymiddlepac@proton.me) if you are willing to make a difference for our PAC and school.

**There are two hot lunch/treat days before March Break.** Ordering is now open through Munch-a-Lunch.

<b>Lunch/Treat Day:</b>	<b>Food</b>	<b>Order/Pay by 11:59PM on:</b>
Fri, Feb 16	Litle Caesar's	Tue Feb 06
Fri, Mar 08	TCBY Frozen Yogurt	Tue Feb 27

**Pizza night is returning. On Wednesday March 6,** order pizza from Me & Ed's on Austin Ave, and tell them you are with Montgomery Middle. The PAC gets 20% of all sales. Funds will be used towards this year's Grade 8 Leaving Ceremonies.

**Ongoing**

**We are once again accepting donations** to the PAC through Montgomery Middle. If you wish to make a donation straight to the PAC, you can log in to School Cash Online and find it under your child's name.

**PAC has set up an account with Return-It Express.** Put all your empty pop, juice, alcohol and milk containers in a see-through plastic recycling bag, and take it to any Return-It Location. Once there, go to the Express label printer, put in the school's phone number (604-939-7367), and print a label. Put the label on your bag, drop the bag off, and our account will get credited with the deposit returns.

For more information about how you can help or get connected, email [montymiddlepac@proton.me](mailto:montymiddlepac@proton.me). Or check out the PAC section of the school website, where you can find meeting minutes and other information.

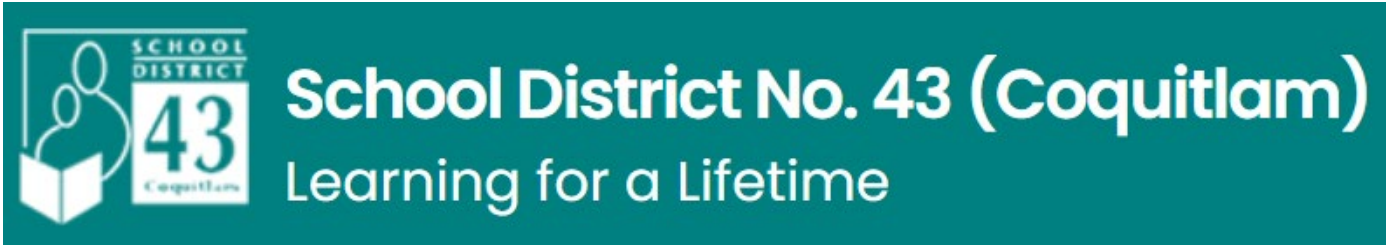
<b>DISTRICT NEWS</b>
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# PREGISTERING FOR PROGRAMS OF CHOICE

Applications 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. 9, 2024 at 9 a.m. to Wednesday, Feb. 14, 2024 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 number or Personal Education Number (PEN) (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 in the second week of March.



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

\*gently used  
equipment is:

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

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**We're always looking for more volunteers for this event, so if you're interested, please email [cwilson630@gmail.com](mailto:cwilson630@gmail.com).**

**FOR MORE INFORMATION,**

**CONTACT:**

**Chris Wilson, KidSport Tri-Cities**

**Phone: 604-341-0241 Email: [cwilson630@gmail.com](mailto:cwilson630@gmail.com) [www.kidsporttricity.ca](http://www.kidsporttricity.ca)**

**Families in need can also apply for up to \$400.00/ per year to support the cost of enrolling a child in sport.**