

The Current - Monty Middle Newsletter

Edition #3 Monday, November 2nd, 2022

Weekly Schedule of Events

Monday	Tuesday	Wednesday	Thursday	Friday
Before School				
Advanced Concert Band: @ 7:50am	Beginner Concert Band: @ 7:50am Gr.8 Boys volleyball practice 745am Library open	Advanced Concert Band: @ 7:50am Library open 8-840am	Beginner Concert Band: @ 7:50am Gr.8 Girls volleyball practice 745am Library open	Student Government Meeting 8:30-9:30am
Lunch				
Gr 6 Intramurals	Grade 6 volleyball practice lunch	Gr 7/8 Intramurals	Grade 6 volleyball practice lunch	Gr 7/8 Intramurals
After School				
Gr.8 Girls volleyball practice 3:10pm Gr 7 Volleyball Practice 4:15-5pm	Gr 7 VB Game Day	Gr 8 VB Game Day	Gr.7 volleyball practice 3:10pm	

November Month At A Glance

Monday	Tuesday	Wednesday	Thursday	Friday
31 Halloween Fun	1 School based professional day	2 Lunch Orders Due	3 X mas market donations	4 Photo Retakes Monty Spirit wear
7	8	9	10 Remembrance Day Ceremony X mas market donations	11 Remembrance Day No School
14	15 PAC meeting 7pm	16	17 X mas market donations	18 Monty Spirit wear PAC Hot Lunch
21	22 Gr 6 Immunizations	23	24 X mas market donations	25 Monty Spirit wear
28	29	30	1	2 x mas market

Volunteer Opportunities

Event	Date	Needs	Contact
x- mas market This event generates funds to purchase x mas hampers for families in our community	One or more Thursdays in November as available	<ul style="list-style-type: none"> Parents to collect and organize donations Parent to set up the market Parents to “sell” goods for \$1-5 and collect money 	Danielle Nicholson montymiddlepac@protonmail.com
Chess Club	Thursdays at lunch (we have Tuesday covered)	<ul style="list-style-type: none"> Volunteer once weekly no chess knowledge is needed. Hand out chess sets and collect them have fun with kids 	Sarah Husband shusband@sd43.bc.ca

Mrs. Husband’s For Your Consideration- Let’s talk about drugs.



The tragic drug related death of a Coquitlam teen this fall affords parents/guardians an opportunity to talk with your child about your values, the relatively new laws and healthy decision making. Popular culture which includes online content, music, movies, and old-fashioned TV is filled with drug references and the promotion or normalization of drugs and alcohol. As your child matures, they will hear conversations in and around their schools, the community and perhaps peer group about the use of drugs and alcohol. Talking with your child regularly helps to ensure they know that they have a trusted adult to talk with and this helps to delay or prevent experimentation.

Healthy decision making requires that we talk about our values, understand the impact of unhealthy decisions, and make a commitment and plan to make healthy decisions. As parents/guardians we don’t have to be an expert and know all the answers. We do have to be willing to listen to children’s questions and opinions without judgement (easier said than done) and ask questions to understand, provide factual information and share our own values and expectations.

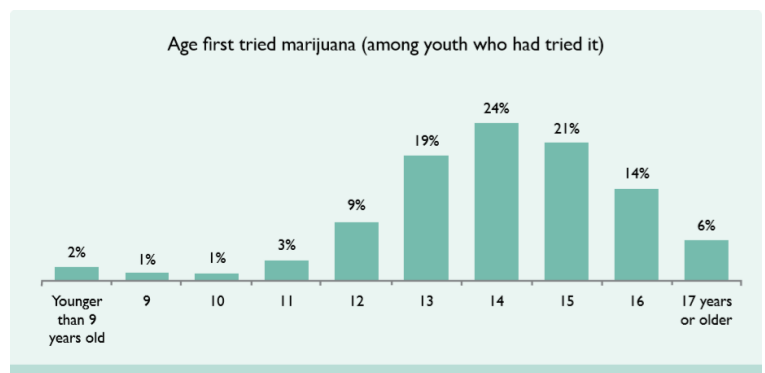
The graph on this page is from the McCreary Centre Society report, Blunt Talk (see the third link).

Below is a list of links for your reference to help you with your conversations with your child;

Cannabis Talk Kit (2015 the section on Cannabis and the law is outdated, the rest is very helpful)
<https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf>

Blunt Talk: Harms Associated with Early and Frequent Marijuana Use Among BC Youth
http://www.mcs.bc.ca/pdf/blunt_talk.pdf

Cannabis Legalization
<http://www.justice.gc.ca/eng/cj-jp/cannabis/>



School News

School Drop Off/ Pick Up and Student Safety.....Help us keep your children safe.

The return to a common school start and ending time has highlighted the number of families that are attempting to drop and pick up in the cul de sac and lower parking loop. This has created considerable congestion, frustration for our neighbours who can not access their home, some vehicle damage and is a very poor use of staff supervision.

Families are asked to

- pick up and drop off students away from the school on neighbouring streets such as Montgomery St.
- arrive early or late (310pm or later).
- have students who live within a 15-minute walk to school rather than get a ride.

Please be aware that in the event of snow we close the west end of Edgewood and Kugler to school traffic to ensure everyone's safety.

PAC sponsored Christmas Market Dec 2nd

The Christmas Market is an important Monty tradition that generates funds to support the purchase x mas hampers for families in need in our community. Families donate gently used household items or new items. These items are organized by a team of parent volunteers so students can purchase affordable items (all less than \$5) as gifts for their family members/ friends. The gifts are wrapped as a part of the market.

On **Thursdays** in November, please send donated new or very gently used household items including x mas wrap or ribbon with your child beginning November 3rd. Students should bring donated items to the office. **Soaps, perfumes, and other consumable items need to be new.**



This PAC sponsored event needs the support of parents to help organize items for sale and sell items during the market. To ensure that this event can proceed we need the support of our parent community, everyone is welcome. Please contact Danielle Nicholson at montymiddlepac@protonmail.com if you have questions or can help on one or more days. Thank you to Danielle for her leadership☺

This PAC sponsored event needs the support of parents to help organize items for sale and sell items during the market.

We Scare Hunger Food Drive



Howling for Hunger is a food drive initiative in support of SHARE Food Bank, supporting those experiencing food insecurity in our community. Monetary donations are very welcome, as they allow the food bank to buy fresh, nutritious food that cannot be collected in a physical food drive. Any amount you donate will be sent to SHARE along with

the non-perishables we collect at school. Howling for Hunger will run from Monday, Oct.24 to Monday, Nov. 7. Thank you for supporting Howling for Hunger! You can make a donation through Cash Online.

Volleyball

This is a busy time as grade 7 and 8 volleyball teams wrap up their seasons with final league games and district tournaments. The grade 7 teams had their playoff this last week to wrap up their season. Congratulations to the over 60 grade 6 players who participated in volleyball this season. Final league games and the district playoff tournament happen next week for grade 8 players. Please visit the website for a schedule. Volleyball is possible thanks to the following staff;

Grade 6	Mme. Riccardi and Mr. Prestia
Grade 7	Mrs. Sievers and Mr. Millar
Grade 8 Girls	M. Hashmi
Grade 8 Boys	Mrs. Tuan



Please encourage your child to take a moment to show their appreciation to their coach for their donation of time by saying a simple thank you.

Swimming

Merci to Mme. Michell and Mr. Turner for sponsoring the Monty Swim Team. Congratulations to Aiden, Eden, Davin and Keagan who won a Gold Medal and set a new district record in the Boys Free Relay.

Cross Country Team

Thanks to Mr. Christenson, Monty was able to participate in x country. Congrats to the 15 students who came out rain or shine to compete in mini meets and the district finals.

Ski and Snowboard



The ski and snowboard club is full with 150 students registered and a wait list that is now closed..... Wow! A huge thank you to Ms. Beaugard and Mrs. Diep for their leadership. There is a considerable amount of work on behalf of the volunteer staff to make this wonderful opportunity available for students. We rely on families to complete all required forms accurately and make payments by the deadlines set. Detailed information will be emailed to families before the winter break.

Registration is not confirmed until all forms have been completed and returned to the school and Mount Seymour. Participation is a privilege not a right. Students who are participating must continue to demonstrate responsible behavior and citizenship.

Grade 6 Immunizations

All grade 6 students should have received consent forms, please return the signed form as soon as possible in the envelope provided. Envelopes can be returned to the classroom teacher or office. Immunizations will be held on November 22nd.

PAC News and Events

Next Meeting: Tuesday, November 15th, 2022 - 7:00pm – In person

President: Danielle Nicholson

Hello from your PAC! We are excited to see the return of so many events and activities that benefit our kids. Here are some updates and upcoming events.

November PAC meeting agenda. We will see a presentation from Mrs. Husband about both upcoming events and share highlights from the past month. We will be discussing and voting on a new constitution and bylaws. We are looking for feedback prior to our meeting! All parents/caregivers of students at Monty Middle are encouraged to be part of this process, as it governs how the PAC at our school functions; we would also love to see more parents at the meeting to vote on this. Please visit the PAC section of the [school webpage](#) to find the final proposed draft, and send any thoughts, ideas or concerns to montymiddlepac@protonmail.com

Pizza Night Fundraiser. Thank you to everyone who ordered pizza! Our first **Me & Ed's pizza night raised \$380**, which will be used towards funding activities at school for your kids.

Another fundraiser we run all year is bottle returns through Return-It Express (use the school's phone number when you drop bottles off, 604-939-7367).

Hot lunches and treat days are back this school year. A&W will be our first hot lunch of the year, and is happening on Friday, Nov 18; orders are due Wednesday, Nov 2. Our gingerbread cookies treat day is Friday, Dec 9; cookies are \$3 each, and orders are due Wednesday, Nov 30.

The last important event we have coming up before the winter break is the **Christmas Market**. It will take place on **Friday, Dec 3rd**. Thank you to the few people who have volunteered. **We are desperately in need of more volunteers**, so if you are able to help out, please email us. We collect donations of gently used items, then sell them in the gym to students for \$1-5 per item. The items are gift-wrapped by community volunteers, and your students get to bring home gifts for their families that they chose themselves. This is a highlight during the year, and we are happy to reintroduce this event. We ask that families start looking through items they have at home; we will be collecting items at the school's main entrance on Thursdays in November, from 2:30-3:15pm.

As always, if you have any thoughts, questions, concerns or suggestions, you can reach out to us through email. We also have a Facebook group if you wish to join us that way.

IMPORTANT PAC HOT LUNCH / TREAT DAYS UPDATE



Please read these important changes;

- We look forward to providing lunch and treat opportunities to the students.
- We do not accept cash orders this will improve accountability of funds in the PAC budget.
- Late orders cannot be accepted, this will allow us to be invoiced directly by vendors so that the vendor payments are ready on Hot Lunch Day.
- Sorry no refunds can be given for student absences.
- If your child is away, their order will be saved until the end of the day, so someone may pick it up. We are unable to save food due to Food Safe Regulations.

SCHOOL DONATIONS BENEFIT ALL KIDS and can be made through Cash Online.

DISTRICT NEWS

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 do not happen often.

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

SHARE'S YOUTH SUBSTANCE USE SERVICES
INVITES YOU TO:

Parent & Caregiver's Circle

Virtual drop in education and support for parents and caregivers who are concerned about their youth and substance use.

The journey of parenting can have many highs and lows. This is especially true when faced with the challenging task of parenting a teenager. Each week there will be a different topic to discuss.

WHEN:
Thursdays from 7pm to 8pm

WHERE:
On Zoom. Link distributed weekly.

This is a drop-in group. Come for all 8 weeks or come when you can.

Parents/Caregivers can join anytime, but must have an orientation with a facilitator before attending their first session.



TO REGISTER:
Click on the date below to sign up for each drop in session. You must register by the Monday at noon of each week's session in order to set up an orientation time with a facilitator before your first group session.

TOPICS INCLUDE:

Nov. 10: Adolescent Development and Attachment

Nov. 17: Having Hard Conversations

Nov. 24: Continuum of Substance Use and Stages of Change

Dec. 1: Mental Health and How to Navigate the Systems

Jan. 12: Boundaries and Managing Conflict

Jan. 19: NaloxHome and Harm Reduction

Jan. 26: Youth Offering Listening Opportunities Event (6:30 to 8:30 separate registration to come)

Feb. 2: Burnout and Self Compassion

FOR MORE INFORMATION, OR IF YOU ARE HAVING TROUBLES WITH REGISTRATION LINKS,
CONTACT SHARE FAMILY & COMMUNITY SERVICES INTAKE AT
604.540.9161