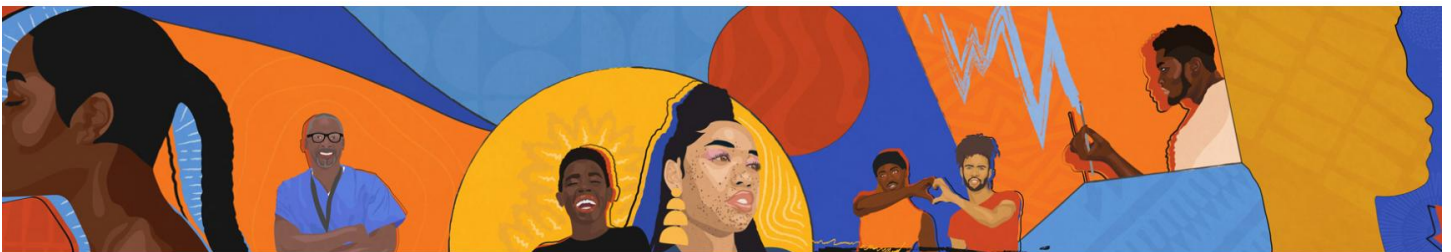

The Current - Monty Middle Newsletter

Edition # 6 - Monday, February 2nd, 2026



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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
Before School				
Advanced Concert Band: @ 7:45am	Beginner Concert Band: @ 7:45am	Advanced Concert Band: @ 7:45am	Beginner Concert Band: @ 7:45am	Student government meeting 830am-9:30am
Lunch				
Intramurals GSA Club Drop-In Chess Club	Open Gym by grade Drop-In Games Club Gr 6 Co-Ed Basketball (Group A)	Intramurals Drop-In Games Club	Open Gym by Grade SLC Meeting Gr 6 Co-Ed Basketball (Group B)	Intramurals
After School				
Gr 8 Boys Basketball Practice 3pm-4:15pm	Wrestling Practice 3:10pm-4pm Gr 7 Boys/Girls Basketball Games	Harry Potter club Gr 8 Boys/Girls Basketball Games	Wrestling Practice 3:10pm-4pm Gr 7 Boys Basketball Practice 3pm-4pm Gr 8 Girls Basketball Practice 4pm-5pm	Gr 7 Girls Basketball Practice 3:10pm-4:30pm

February Monthly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Black History Month Begins Yearbook sales start	3 Yearbooks go on sale (See purchasing info below)	4	5 Ski & Snowboard club 3pm-8:30pm Wrestling Meet at Eagle Mountain Middle	6 Multicultural Lunch wear clothing to celebrate your heritage Cross Catchment Applications open 9am
9 Valentine's Candy Grams on Sale	10 Valentine's Candy Grams on Sale Order deadline for Feb 20 th Hot Lunch	11 Valentine's Candy Grams on Sale Cross Catchment Applications closes 4pm	12 Valentine's Candy Grams on Sale Ski & Snowboard club 3pm-8:30pm rebooked from Jan 29th	13
16 BC Family Day (No School)	17	18 Pac Meeting 7pm	19 Wrestling Meet at Montgomery Middle	20 Hot Lunch - Subway
23	24 Gr 8 ELL High School Assessment	25	26 Birthday Club	27 Pro-D Day (No School) Babysitting Course (registered students)

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.

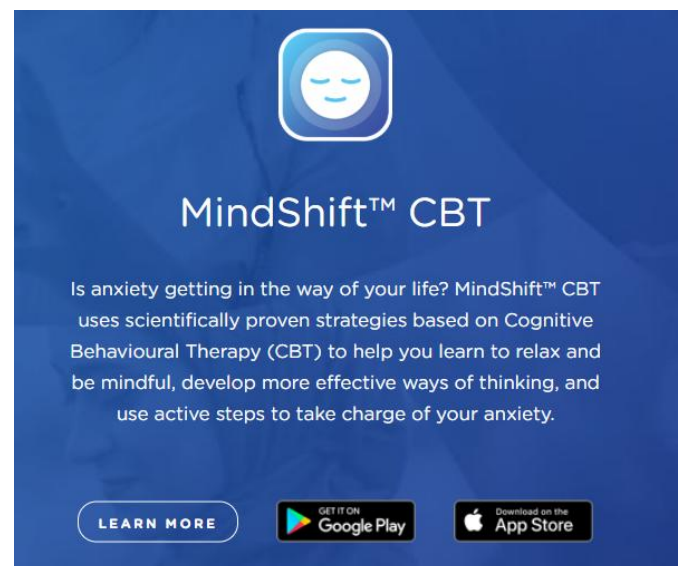
Anxiety and depression are the most common mental illnesses in Canada. The good news is that they are also the most treatable, but treatment requires action. Anxiety Canada is a well-respected website that contains basic information, a quiz as well as strategies and support for all age groups.

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 › services › reports-publications › vol-37-no-2-2017
www.canada.ca › services › healthy-living › your-health › diseases

PARENT EDUCATION

VAPING- For many students, 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 and families are encouraged to get informed and talk with your children about vaping, its impact and what your expectations are.

DISPOSABLES

Disposable e-cigarettes are single-use products that are not refillable, but many are rechargeable. They are the most commonly used device type among current users, and many feature sweet, youth-appealing fruit or candy flavors as well as mint and menthol flavors. **In recent years, disposable e-cigarettes have become bigger, stronger, and cheaper**, raising concerns about youth uptake and nicotine addiction. Popular disposable brands include Breeze Pro, Hyde, Puff Bar, EB Design (formerly Elf Bar) and Kangvape, and offer between 1,500 to 8,000 puffs per device.



CLOSED POD DEVICES

Closed pod devices use disposable, pre-filled pods containing nicotine e-liquid that are inserted into a rechargeable body. Pods come in a range of flavors and nicotine strengths, allowing users to customize their experience. JUUL and Vuse are the most commonly used closed pod device brands, followed by NJOY, Blu, and Glas.

REFILLABLE DEVICES

These systems require nicotine e-liquid, also called vape juice (often purchased separately) and come in three varieties: box mods, pens, and refillable pods. These devices have tanks or pods that can be refilled with e-liquid and the pods/tanks are not thrown away after one use. These systems are used more by "hobbyist" users because they require more upkeep and are typically modified to produce a heavier cloud to perform tricks.



Updated: September 2024

Reference- <https://truthinitiative.org/research-resources/emerging-tobacco-products/vaping-lingo-dictionary>

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 now have:

- Created a student account in MyEd
- Select their high school courses for grade 9 last week on Jan 29th
- Parents are encouraged to review their child's course selections now, before class building begins and course changes are closed.

SPORTS UPDATE- Basketball

Basketball season has begun! Thank you to the following coaches for making the season possible.



Grade 6s	Mr. Turner
Grade 7 Girls	Mrs. Sievers
Grade 7 Boys	Mr. Tubajon
Grade 8 Girls	Ms. Gronnemose & Ms. St Arnaud
Grade 8 Boys	Mr. Rosier & Volunteer

[Click here](#) to be directed to our sports page for the games schedule!

Wrestling- Coach Mrs. Perry

Practices are every Tuesday and Thursday after school from 3:10pm-4pm. Wrestling will run until Spring Break this school year. Tournaments will run from ~3:15pm to ~6pm. See below dates:

Wrestling Tournament Dates

- Thurs, Jan 22 at Terry Fox Secondary
- Thurs, Feb 5 at Eagle Mountain Middle
- Thurs, Feb 19 at Montgomery Middle
- Thurs, Mar 6 at Banting Middle (District Meet)

[Click here](#) to view the wrestling notice that went home with students.

Intramurals

A massive thank you to Mr. Christianson. We have a fantastic intramural program two- three days a week at lunch thanks to his dedication and hard work.

We have begun giant volleyball which involves entire advisory classes competing against each other. Twice a week 8 classes get a chance to compete in a game that requires the ultimate teamwork to get the giant volleyball back over the net. The ball can bounce off any surface except the floor and teams have unlimited touches to get the volleyball over the net

Community/ Multicultural Lunch



On Friday, Feb 6th we will be hosting our annual Multicultural/ Community lunch for nearly 510 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. Our kids (your children) have organized music from around the world, developed a Trivia Contest on flags and will be actively helping throughout the day.

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) food 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 6th, students are asked to bring:

- a usable container and utensils (fork, spoon, knife, or chopsticks)
- a Tupperware/ plastic type container with a lid 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.

Ravine Danger – Please don't access

The City of Coquitlam has installed a barricade and caution tape to the entrance to the forested area west of the school that leads to the ravine. They have temporarily closed access to the trail and ravine because the conditions on the trail and in the ravine have become dangerous due to the heavy rain that fell several weeks ago. There is erosion to the trail and ravine that have deemed it too unsafe to be accessed and used as a route from Monty to and from homes on the other side of the ravine. Several of our students use the trail through the ravine to get to and from school. For now, during the temporary closure of the trail and ravine access, please ask your children to take an alternate route that does not require them to access the ravine area and trail system. Thank you for your help in sharing this important information with your children.



School Yearbooks

The much-anticipated Monty yearbook is currently being created!

This is a piece of history that students cherish and look back at for many years to come. It is a way to remember the many fond memories and experiences of middle school.

Unfortunately, once we have placed the order with Lifetouch, we are not able to add students/ families. If you are interested in ordering a copy, please use the link below to order:

<https://ybpay.lifetouch.ca/>

\$35 for a soft cover

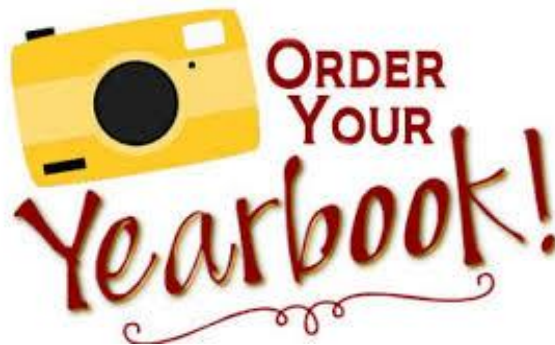
\$45 for a hard cover

Yearbooks orders are only available through the Lifetouch website.

Yearbook ID 13454526

Deadline to place an order is Wednesday, May 13th, 2026

If you have any questions, please contact 084-headsecretary@sd43.bc.ca



A message from the Library Learning Commons:

The new year often means making space and donating items that we no longer need. The Library Learning Commons would gladly take any book donations that are taking up space in your house 😊. We are always in need of graphic novels and the more popular titles (Diary of a Wimpy Kid, Hunger Games, Percy Jackson, Harry Potter, Babysitters Club, etc.) as they go through a lot of wear and tear. If you have any books you'd like to donate, please drop them off at the Office during school hours and I will gladly pick them up. If you're not sure about titles that we need, please feel free to contact me.

Ms. Coupland

tcoupland@sd43.bc.ca

Monty Teacher Librarian

PAC News and Events

For 2025-26, PAC meetings will be on Wednesday nights at 7pm in the Monty Middle Library. Our next meeting is **February 18**.

The purpose of the PAC is to promote the education and welfare of students in the school, be the collective voice of parents, encourage parent involvement in the school, and to advise and assist the administration and staff in matters pertaining to the school and students. We encourage all parents and caregivers to be engaged with their child(ren)'s school and joining PAC meetings is one way to get connected. All parents and caregivers are automatically PAC members.

This year, we will continue to raise funds to support our students and school. In addition to helping with planned team trips to Grouse Mountain, the PAC will support the purchase of technology for the STEAM program and sporting equipment for every class to use at break times, contribute to the Grade 8 leaving ceremonies, provide entertainment to students, and give each classroom a small discretionary fund to buy supplies needed for the year.

We are collecting donations to the PAC through School Cash Online. When logged in, under the tab for your child at Monty, you will see "PAC Donation 2025-2026 - 2025/2026". All money raised will go towards purchasing supplies for use in our children's classrooms. We appreciate any support you are willing to provide.

February 6 sees the return of Multicultural Day, including the very popular Multicultural Lunch. The PAC works with Monty staff to make this day a success, and we are very grateful for almost 60 parents who have volunteered to come to serve lunch to the entire Monty Family! In conjunction with Multicultural Lunch, we will be working on a cookbook fundraiser. More details to come in a few weeks.

Looking Ahead

February 6 - Multicultural Day

February 20 - Subway Lunch (order by 11:59pm on Feb 10)

Late May - Staff Appreciation Day, date TBD

Please read this important information regarding all hot lunch/treat day orders:

- 1. We look forward to providing lunch and treat opportunities to students.*
- 2. All orders need to be made and paid for online (sorry, no cash orders).*
- 3. No late orders; this allows us to have invoices from vendors and have vendor payments ready on hot lunch/treat day.*
- 4. Sorry no refunds can be given for student absences.*
- 5. You are able to order multiple lunches and treat days at a time, as well as pay for all your children's orders in one transaction. By ordering and paying at the same time, it reduces the fees associated with credit cards for PAC.*
- 6. If your child is away or on a field trip, their order will be saved until the end of the day, so someone may pick it up. We are unable to save food beyond that due to Food Safe Regulations.*

2025-2026 Executive

President – Danielle Nicholson

Secretary – Jen Bradley

Co-Treasurer – Kristine Kirk

Co-Treasurer – Lily Gu

DPAC representative – Chris Hilliker

Members at Large – Valorie Salimpoor, Devon Steeves (Hot Lunch Coordinator), Kathy Lee, Zeyad Saleem, Brendan Reid, Hannah Chow

Meeting Dates for 2025-2026 (there are no meetings in December, March and June)

Wednesday Feb 18 7pm

Wednesday Apr 22 7pm

Wednesday May 20 7pm - AGM

Support the Montgomery PAC with Return-It Express

Did you know that there's a faster, easier way to recycle your refundable beverage containers – without sorting or waiting in line?

[Return-It Express](#) lets you drop off your containers in minutes. Here's how:

- 1) If you don't already have a free Return-It Express account, scan the box with your phone or click the link get the app and sign-up.
- 2) Bag your unsorted empty beverage containers in see through bags. (Up to 90-litres)
- 3) Bring up to 6 bags at a time to any Return-It Express depot. All the local depots offer Express, I checked!
- 4) Walk in with your bags. At the kiosk, type in your phone #, peel and stick the printed labels to your bags
- 5) Drop the bags in the Express bin and walk away.

You get the full refund value, just like manual sorting, and less...sticky hands.



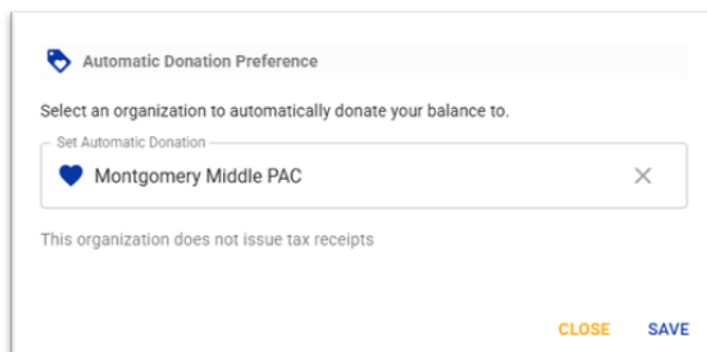
Get the app & sign up at
<https://app.return-it.ca/register>

So...how do I support the Montgomery PAC?

You can donate your refund to help fund school equipment, programs, and field trips from within your Return-It Express account.

Option 1)

In your Return-It Express account use “**Set Automatic Donation**” to send all future refunds directly to the **Montgomery Middle PAC**.



Option 2)

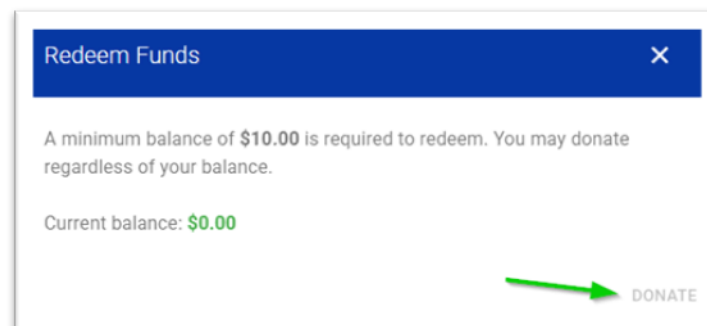
Prefer to decide each time? That's ok! You can choose to donate your refund when you redeem it.

Thank you for your support.

Brendan Reid

Montgomery PAC

Member-at-large



PAC Cookbook

Dear Monty Middle Community,

The Multicultural Lunch cookbook is live!

👥 Please help Monty Middle PAC with this fundraiser, by sending us your recipes.

ANYONE can share their favorite recipes to spread their food-love, knowledge and traditions with our neighbours.

If you are bringing a dish to the multicultural lunch this is your chance to share how it is made. 🍴

The book is called:

Monty Cooks! Global Flavours from Local Families

Parents can add their recipes here:

https://cookbookprinter.com/login_end.cfm

With THIS login name:

MontyCooks

THIS Password:

1Cookbook@Monty

👉 If people have questions about how to use the website, they can contact:

Gateway Rasmussen

Toll Free at 1-800-665-4878 or

via Email: info@cookbookprinter.com

If people have any general questions about this cookbook/fundraiser they can email

Chris Hilliker

Chris@thenextlogicalstep.com

[😊 be sure to mention "CookBook" in the subject line]

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/school/montgomery/Pages/default.aspx#/= and school website
2. Radio

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

Please do not call the school.

Summer Learning – NEW for 2026

SD43 Summer Learning registration will be using a **LOTTERY** system to ensure fair access to all students.

Important Dates:

Elementary/Middle

Lottery Registration	April 2-8, 2026
Lottery Draw	April 16, 2026

Secondary – Skill Building and High School Credit

Lottery Registration	April 28-May 4, 2026
Lottery Draw	May 8, 2026

PREGISTERING FOR PROGRAMS OF CHOICE

Applications for programs of choice ended in January.

CROSS CATCHMENT PROCESS



School District No. 43 (Coquitlam)
Learning for a Lifetime

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 6, 2026 at 9 a.m. to Wednesday, Feb 11, 2026 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 in the second week of March.

COMMUNITY NEWS

BABYSITTING COURSE

**CANADIAN
RED CROSS**
TRAINING PARTNER

IN SCHOOLS

11+
YEARS OLD



COST: \$39

HOURS: follows regular school schedule

OF STUDENTS: minimum 20, maximum 30

PRO D DAY: supervision is required for the morning recess and lunchtime

WHAT TO BRING: an extra long sleeve shirt, pencil, snacks, lunch + water

COURSE CONTENT

- Look after babies, toddlers, preschoolers and school-age children. Care for himself/herself and siblings when home alone.
- Create a safe environment, and deal with phone calls and unexpected visitors.
- React confidently in case of an emergency, such as choking, bleeding, poisoning or burns.
- Cope with common problems, such as tantrums and crying.
- Play games and organize activities to keep kids of all ages entertained.
- Manage a babysitting business. This includes creating a resume and a business card and asking the right questions before accepting a babysitting job.

FIRST AID CONTENT

- Check, Call, Care
- Glove removal
- Recovery position
- Conscious choking (child/baby/alone)
- CPR (baby/child)
- Illness
- Asthma (includes use of inhaler and spacer)
- Anaphylaxis (includes use of EpiPen)
- Poisoning
- Insect stings
- Wound care (i.e. minor cuts and scrapes, splinters, nosebleeds, bumps and bruises)
- Life-threatening bleeding
- Burns
- Broken bones
- Seizures

MARYLENE DESROCHES | 604. 848. 8423 | SEA2SKYSERVICES.COM
CERTIFIED RED CROSS FIRST AID, CPR + YOUTH LEADER INSTRUCTOR





JOIN THE TRI-CITY EAGLES FIELD HOCKEY CLUB - REGISTER NOW

U10 MINI & MITE FIELD HOCKEY

The U-10 Mini & Mites Field Hockey Program is open to girls and boys born between 2016 and 2021 and is a great way to learn, play, and have fun on the field.

The season fee is **\$155** — register before **February 1** and **save \$20** on your season fee! Registration for the Spring season closes **March 31**.

All games and practices are held at Cunnings Field at Town Centre in Coquitlam.

U11 - U18 JUNIORS

Girls born 2008-2015 can join U-11 to U-18 teams in the Greater Vancouver Junior Field Hockey League, playing a fun, exciting, and competitive season from late March to June.

Sign up before **February 1** and **save \$20** on the **\$190** season fee!

U11 - U14 BOYS

The Junior Boys Program is open to players born 2012 – 2015, while younger boys born 2016 - 2021 can join our Mini & Mite programs.

REGISTER NOW

REGISTER NOW AT [TCFIELDHOCKEY.COM](https://www.tcfielddhockey.com)

Early Bird Pricing:

Save \$20 if you register by February 1, 2026

Regular Price:

\$155 for Minis/Mites and **\$190** for Juniors

Practices begin immediately following Spring Break

**Don't wait – secure
your spot and join the
fun this season!**





Moresports

GR 8 to 12



Do you like sports, recreation, events or kids?

Want meaningful volunteer opportunities that train you & help build skills for future employment?



Join the Moresports BC Youth Leadership Team!!

<https://bttr.im/57oho> to sign up



What's in it FOR YOU:
Learn new skills
Get work experience.



Join anytime - each month has different training options. You decide which ones fit into your schedule - but we also have some components on-line for you to complete when you can!



Most Coaching Certificates are FREE to you!

Train to be a Moresports BC Youth Leader and
Volunteer to be a "Key Player" to help kids have fun at
After School Programs, Summer/Spring Break Camps!

Moresports

Hillcrest Middle Spring Break Camp March 16-20



\$268

K-Gr8

Lunch and
Snacks Included



Register at
www.DWUL.io
Search Hillcrest



KIDS SPRING BREAK PROGRAMS

AT MINNEKHADA MIDDLE SCHOOL

**16-27
March**

ACTIVITIES

**BASKETBALL, KIDS KITCHEN,
SCRATCH CODING, STEM BUILDERS,
ROOTS TO STREETS**

**For
Grades
6-8**



Register Here:



KidSport

**Saturday
March 7
10am-1pm**

So ALL Kids Can Play!

USED EQUIPMENT SALE

sponsored by:

Saputo

RIVERSIDE SECONDARY

**2251 REEVE STREET
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 21 – March 6*, donate your used equipment at the following locations:

- Port Moody Recreation Complex (main lobby)
 - Poirier Sport & Leisure Complex (main lobby)
 - Port Coquitlam Community Centre (lower arena lobby)
- www.kidsporttricity.ca

***gently used**
equipment is:

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