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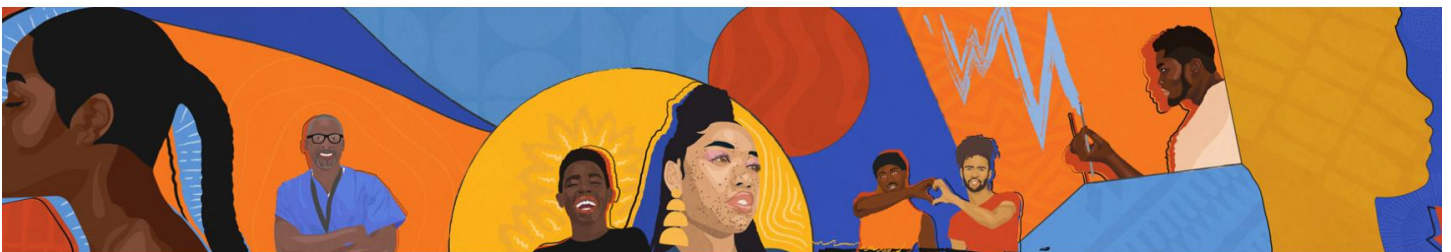
# The Current - Monty Middle Newsletter

Edition # 6 Tuesday, February 4th, 2025

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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: @ 7:45am	Beginner Concert Band: @ 7:45am	Advanced Concert Band: @ 7:45am	Beginner Concert Band: @ 7:45am	Student government meeting 830am-9:30am
<b>Lunch</b>				
Intramurals	Gr 6 Basketball practice	Intramurals Chess Club	Gr 6 Basketball practice	Intramurals Social Justice Club
<b>After School</b>				
Grade 8 Boys BB practice 3-4:15pm  Gr 7/8 Girls BB practice 4:15-5:15pm	Wrestling Practice 3:15-4:15  Gr 7 BB Games beginning in late Jan  Drum Line 3:10pm	Harry Potter club  Gr 8 BB Games beginning in late Jan  Gr 7/8 Girls BB practice 4:15-5:15pm	Wrestling Practice 3:15-4:15  Grade 7 Boys BB practice 3pm-4:15pm  Gr 7/8 Girls BB practice 4:15-5:15pm  Choir 3:10-4:15pm	

## February Monthly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Black History Month Begins  <b>Pro-D Day (No School)</b>	<b>4</b> Yearbooks go on sale (See purchasing info below)	<b>5</b>	<b>6</b> Ski & Snowboard club 3pm-8:30pm  Wrestling Tournament 3pm-6pm at Monty Middle	<b>7</b> Multicultural Lunch wear clothing to celebrate your heritage  <b>Cross Catchment Applications open 9am</b>
<b>10</b> Valentine's Candy Grams on Sale	<b>11</b> Valentine's Candy Grams on Sale  Order deadline for Feb 21 <sup>st</sup> Hot Lunch	<b>12</b> Valentine's Candy Grams on Sale  <b>Cross Catchment Applications closes 4pm</b>	<b>13</b> Valentine's Candy Grams on Sale  Ski & Snowboard club 3pm-8:30pm	<b>14</b>
<b>17</b> <b>BC Family Day (No School)</b>	<b>18</b>	<b>19</b>	<b>20</b> Ski & Snowboard club 3pm-8:30pm  Wrestling Tournament 3pm-6pm at Eagle Mountain Middle	<b>21</b> Hot Lunch – Little Caesars
<b>24</b>	<b>25</b> Order deadline for Mar 7 Treat Day (Europe Bakery)	<b>26</b> PAC Meeting 7pm  Pink Shirt Day	<b>27</b> Birthday Club	<b>28</b> <b>Pro-D Day (No School)</b>

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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)

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

### 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

## 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>

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## SCHOOL NEWS

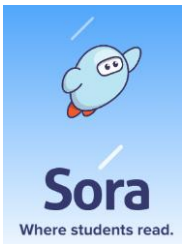
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### Get ready for grade 9

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

### SORA Book App



Take reading home with you without physical books. Available now through the school district is SORA. The application allows students to borrow up to three titles on their personal devices. Making borrowing, reading, and returns easier.

Students will need to search for 'Coquitlam School District 43' and then sign in using their school log ins. Questions can be directed to [gkong@sd43.bc.ca](mailto:gkong@sd43.bc.ca) [soraapp.com/welcome](http://soraapp.com/welcome) Also available on Apple – App Store & Google Play

### SPORTS UPDATE- Basketball

Basketball season has begun, and we have over 70 students participating. Thank you to the following coaches for making the season possible.



Grade 6s	Mr. Turner and Mme. Riccardi
Grade 7/8 Girls	Mrs. Sievers and Mrs. Best
Grade 7 Boys	Ms. Gronnemose and Ms. Kong
Grade 8 Boys	Mr. Rossier

[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 3:15pm-4:15pm. Wrestling will run until Spring Break this school year. Tournaments will run from 3pm to ~6pm. See below dates:

#### Wrestling Tournament Dates

- Thurs, Jan 23 at Terry Fox
- Thurs, Feb 6 at Monty
- Thurs, Feb 20 at Eagle Mountain
- Thurs, Mar 6 at Banting

### Intramurals

A massive thank you to Mr. Christianson. We have a fantastic intramural program two- three days a week at lunch thanks to their 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 before to get the volleyball over the net

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## Community/ Multicultural Lunch



On Friday, Feb 7th 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. 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) 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 7th, 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](mailto:shusband@sd43.bc.ca)

## School Yearbooks

Part of keeping things normal this year has been to continue with the creation of our annual Monty yearbook.

This is a piece of history that students cherish and look back 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, we are not able to add students/ families.

Use the link to order <https://ybpay.lifetouch.ca/>

\$35 for a soft cover

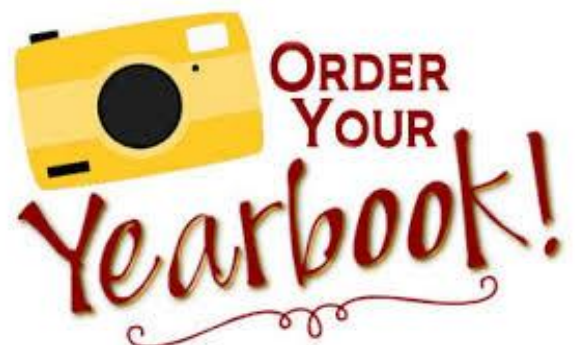
\$45 for a hard cover

Yearbooks orders are only available through the Lifetouch website.

Yearbook ID 13454525

**Deadline to place an order is Thursday, May 15<sup>th</sup>, 2025**

If you have any questions, please contact Ms. Malach at the office.



## PAC News and Events

Hello again from your PAC! We would love to see more of you involved in planning fun events and activities for our kids! Meetings include reports from our District PAC representative and our treasurer, and an update and special photo presentation from one of our Administrators!

The purpose of the PAC is to promote the education and welfare of students in the school, be the collective voice of parents/guardians, encourage involvement in the school, and to advise and assist the administration in matters pertaining to the school and students. A reminder that all parents/guardians are automatically part of the PAC if they have a child enrolled at Montgomery Middle.

The PAC is looking for a Co-Treasurer for the 2025-2026 school year. We are looking for a treasurer who can commit to three or more years at Montgomery. As a treasurer, the time commitment varies, however, is no more than 1-2 hours per week. Please contact Kristine Kirk for any questions. Email: [kristinekirk.montypac@hotmail.com](mailto:kristinekirk.montypac@hotmail.com)

Ordering for Winter **hot lunch and treat days** is open! Order (and volunteer to help!) through [MunchaLunch](#).

*Treat Day:*                                      *Order/Pay by 11:59pm on:*

Fri Feb 21 - Little Caesars              Tue February 11, 2025

Fri Mar 7 - Europe Bakery              Tue February 25, 2025

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

- 1. All orders need to be made and paid for online (sorry, no cash orders) by the deadline, sorry no late orders*
- 2. Sorry, refunds can be given for student absences.*
- 3. You can order multiple lunches/ treat days at a time, and 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.*
- 4. 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 beyond that due to Food Safe Regulations.*

### **Ongoing PAC**

**Important note: For 2024-25, PAC meetings are on Wednesday nights.**

We are once again accepting donations to the PAC through Montgomery Middle. If you wish to donate straight to the PAC, you can log in to School Cash Online and find it under your child's name. Thank you to the many families that have already donated this year. We are using this money to help buy technology and sports equipment for our kids.

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.

### **2024-2025 Executive**

President: Danielle Nicholson

Treasurer: Kristine Kirk

Secretary: Jennifer Jensen

Members At Large: Francisca Madariaga

DPAC Representative: Helena Wang

### **Meeting Dates for 2024-2025** (there are no meetings in December, March and June)

Wednesday Feb 26 7pm (note the date change)

Wednesday Apr 23 7pm

Wednesday May 21 7pm – AGM

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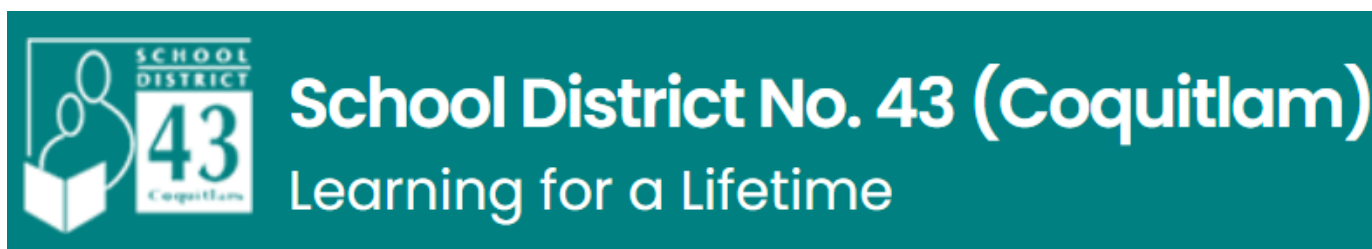
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## DISTRICT NEWS

### 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. 7, 2025 at 9 a.m. to Wednesday, Feb. 12, 2025 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.



**COMMUNITY NEWS**



# SCOUTS CANADA



## OPEN HOUSE



RSVP:



**FEB 4TH & FEB 10TH**  
**AT TOWN CENTER PARK**



**ALL AGES**

**6PM-7PM**

# KidSport

So ALL Kids Can Play!

**Saturday  
March 8  
10am–1pm**

## USED EQUIPMENT SALE



**RIVERSIDE SECONDARY** Admission by  
**2215 REEVE STREET** donation or non-perishable  
**PORT COQUITLAM** 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!

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 7*, 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](http://www.kidsporttricity.ca)

\*gently used equipment is:

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

# MINNEKHADA MIDDLE SCHOOL

## SPRING BREAK 2025 PROGRAMS

Registration Starts: January 27th, 2025 at 8am

Program Dates: March 17-21 & Mar 24-28, 2025

<https://www.karelo.com/register.php?>

BID=549&BT=10&PrivEv=22302

### Week 1 Options:

#### KIDS KITCHEN

Kids Kitchen helps middle school students learn how to make healthier choices for everyday meals. The goal is to show how simple swaps and creative cooking can lead to delicious, nutritious dishes. Students will explore how to use natural ingredients with healthier options while still making meals fun and tasty. Empower students to make healthy food choices, encourage creativity in the kitchen. promote teamwork and collaboration in cooking activities and foster an understanding of the importance of nutrition for overall health and well-being.



Dates	Grades	Time	# of Days	Price	Room:
Mar 17-21	Gr 6-8	9am-12	5 days	\$155	Healthy Living

#### BASKETBALL

Get ready to elevate your game at our RIZE basketball camp! Whether you're a seasoned player or just starting out, our camp offers a dynamic environment that will focus on developing fundamental basketball skills such as dribbling, shooting, passing and footwork through various drills and exercises. We are dedicated to improving not only your child's basketball skills but also instilling important values such as discipline, teamwork and sportsmanship which is vital in unleashing the true potential of a student athlete. Our camp encourages participants to set goals and work towards achieving them, promoting a growth mindset and a drive for continuous improvement. From dynamic skill building drills to exciting scrimmages, join us for a day of hoops, fun, and growth. Players will be split up according to age group and skill level. With expert coaching and a supportive environment, our camp equips players with the tools they need to succeed at all levels. RIZE to your potential!



Dates	Grades	Time	# of Days	Price	Room:
Mar 17-21	Gr 6-8	12-3pm	5 days	\$205	Gym

If you have any questions please contact:  
James Park Community School | Fall 2022  
Silvia Jorge, Community Development Facilitator  
📞 604-209-1424  
✉️ [sjorge@sd43.bc.ca](mailto:sjorge@sd43.bc.ca)





## Week 2 Options:

### STELLAR PLAY PRESENTS: SURVIVAL CAMP

Put your survival skills to the test! Campers will learn about the 10 essentials, navigation with a compass and GPS, shelter building, knot tying, and survival strategies. Campers will spend the week in the forest becoming confident adventurers, finishing the week with the "Race to Survive Challenge" where Campers will put their survival skills to the test!



Dates	Grades	Time	# of Days	Price	Room:
Mar 24-28	Gr 6-8	9am-12	5 days	\$140	Gym/Outside

### CODING: MICROBITS

Get started on the elements of software and hardware programming. The mini computer-chip can be programmed to perform a number of fun tasks. We'll learn about the fundamentals of programming using block coding formats and build out our micro:bit car with extensions and wires. No experience necessary. Devices are used minimally for coding, optional to bring a computer/iPad device. Micro:bit wires and the motor extension are included.



Dates	Grades	Time	# of Days	Price	Room:
Mar 24-28	Gr 6-8	12-3pm	5 days	\$195	MPR

### CULTURAL COOKING

Flavors of the world is an engaging, hands-on cooking program designed for middle school students to explore and expand their knowledge of different foods, ingredients, and cultural spices from around the globe. Through interactive cooking lessons, students will discover the history, significance, and unique flavors behind various traditional dishes, broadening their culinary horizons and fostering an appreciation for diversity in food.



Dates	Grades	Time	# of Days	Price	Room:
Mar 24-28	Gr 6-8	12-3pm	5 days	\$155	Healthy Living

### MULTISPORTS

Join us for a variety of different sports such as basketball, soccer and more! Wear comfortable clothing (no jeans), running shoes and don't forget your water bottle.



Dates	Grades	Time	# of Days	Price	Room:
Mar 24-28	Gr 6-8	12-3pm	5 days	\$100	GYM

**Keep an eye on all Community programs offered at Minnekhada Middle School on our sd43 website! Follow the QR code below**



**Registration:**

Our Community School After School Programs Registration is online and will accept payment using Visa; MasterCard or Interac/Debit from most major banks. You will require an email address in order to receive your confirmation number and to be able print out a receipt for your payment.

To access the registration website please visit the Minnekhada School website or click on the direct link here:

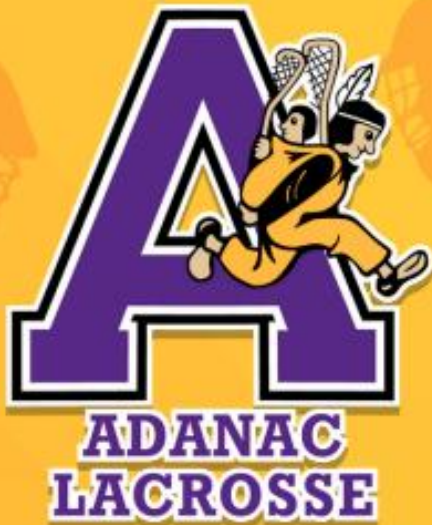
**[CLICK HERE FOR LINK TO REGISTRATION PAGE](#)**

Any questions, please email Silvia Jorge at [sjorge@sd43.bc.ca](mailto:sjorge@sd43.bc.ca)  
Refund/Cancellation Policy: Refunds will only be available, for any reason, within the registration period. No refunds will be issued after the program starts date.



**Programs could be cancelled due to low registration.  
All registrations are on first come, first serve basis.**





## JOIN COQUITLAM MINOR ADANACS BOX LACROSSE!

### WHAT IS BOX LACROSSE?

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Box lacrosse is a **fast-paced, exciting indoor team sport** played in an arena with **six players per team** on the floor at a time. It combines the **speed of hockey**, and the **strategy of basketball**, making it an exhilarating and dynamic game!

The **Coquitlam Minor Adanacs** are a celebrated lacrosse club with a **rich history** in the community, dedicated to fostering skill development, teamwork, and a love for the game in **boys and girls of all ages and skill levels**.



### WHY CHOOSE A ?

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**FUN & EXCITING:** Fast-paced gameplay keeps players engaged.

**SKILL DEVELOPMENT:** Improve coordination, teamwork, & strategic thinking.

**COMMUNITY & CAMRADARIE:** Become part of a supportive lacrosse family.

**GREAT OPPORTUNITIES:** Compete in tournaments and develop towards higher levels of play.

### PROGRAM OVERVIEW

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The Coquitlam Minor Adanacs offers programs for **boys and girls from ages 5-16**. Whether your child is new to lacrosse or has experience, we have a program for everyone!

### AGE GROUPS FOR 2025 SEASON:

**U7 (Mini-Tyke):** Born in 2019 or 2020

**U9 (Tyke):** Born in 2017 or 2018

**U11 (Novice):** Born in 2015 or 2016

**U13 (Peewee):** Born in 2013 or 2014

**U15 (Bantam):** Born in 2011 or 2012

**U17 (Midget):** Born in 2009 or 2010

**VISIT:** [www.coquitlamlacrosse.com](http://www.coquitlamlacrosse.com)

**EMAIL:** [registrar@coquitlamlacrosse.com](mailto:registrar@coquitlamlacrosse.com)

# #ONETEAMONEDREAM



**REGISTRATION  
IS NOW OPEN!**

Give your child the opportunity to learn, play, and grow in a fun and competitive environment. **REGISTER TODAY!**

-  **Season Starts:** April 2025
-  **Register:** [www.coquitlamlacrosse.com](http://www.coquitlamlacrosse.com)
-  **Email:** [registrar@coquitlamlacrosse.com](mailto:registrar@coquitlamlacrosse.com)
-  **Follow Us:** @CoquitlamAdanacs



**Don't wait** – sign up today and join the Adanacs Lacrosse family!

## EQUIPMENT CHECKLIST

To participate in box lacrosse, players require the following equipment:

- **Helmet with Face Shield** (both items CSA or NOCSAE approved)
- **Mouth Guard**
- **Shoulder Pads**
- **Elbow Pads**
- **Lacrosse Gloves** (hockey gloves are okay)
- **Athletic Support** (boys must wear a "Jock" with plastic cup and girls must wear a "Jill")
- **Basketball-Type Court Shoes** (a pair reserved for indoor use only recommended)
- **Lacrosse Stick** (minimum of 34" in length)
- **TYKE** (Ages 7-8, add to list on left)
- **Back/kidney pads**
- **Upper arm pads and slash guards** (optional)
- **NOVICE** (Ages 9-12, add to list on left)
- **Upper arm pads and slash guards** (mandatory)
- **BANTAM & 16U** (Ages 13-16, add to list on left)
- **Lacrosse Stick** (Minimum of 40" in length)

### EQUIPMENT SUPPLIED BY THE ASSOCIATION

Game jersey (loaned to players), Game shorts (yours to keep) & Goalie equipment, including stick, (with the exception of: helmet, gloves or mouth guard).

**VISIT:** [www.coquitlamlacrosse.com](http://www.coquitlamlacrosse.com)

**EMAIL:** [registrar@coquitlamlacrosse.com](mailto:registrar@coquitlamlacrosse.com)



## HOT LUNCH PROGRAM

# ATTENTION PARENTS!

For just **\$60 per week**, your child can enjoy a different hot lunch each day during Spring Break.

**Meat & vegetarian options available.**

For more information or to see the weekly menu, use click the QR code or email us.



[youthcamps@douglascollege.ca](mailto:youthcamps@douglascollege.ca)



DOUGLAS

DOUGLAS COLLEGE

DOUGLAS COL



# SPRING BREAK CAMPS

Active and educational programs for children & youth 6-14

Choose from writing,  
acting, art, coding &  
computers, basketball,  
outdoor soccer & more!

Programs run from  
**March 17-28**

Use the QR code to register  
on Feb 10 at 12pm



[youthcamps@douglascollege.ca](mailto:youthcamps@douglascollege.ca)



[← Back to All Events](#)

## BLACK HISTORY MONTH FAMILY DAY

Saturday, February 15, 2025

1:00 p.m. – 4:00 p.m.

Maillardville Community Centre  
1200 Cartier Avenue, Coquitlam, BC, V3K 2C3,  
Canada ([map](#))

Come visit us at our Black History Month Family Day Celebration!

This event will feature music, performances, food, vendors to browse through, organizations to connect with, and activities for kids that celebrate the history and culture of the Black Diaspora.

This event is organized by the Coquitlam Heritage Society and will be taking place at the Maillardville Community Centre.

**Free. No Registration Required.**

# SING WITH **myvoice**



Find your voice, make friends, and have fun at this free choral program for TTBB singers!

- Open to any Tenor, Bass, or Baritone singer 12 and up
- No musical experience necessary
- Collaborate with Chor Leoni, The Leonids, and Artistic Director Erick Lichte
- Perform at The Big Roar on May 3, 2025 at The Chan Centre for the Performing Arts

Evening rehearsals begin February 11, 2025, at 3 different locations:

Vancouver/Burnaby  
Burnaby Central Secondary

Coquitlam  
Pinetree Secondary

Surrey  
North Surrey Secondary

DETAILS AND REGISTRATION:

[chorleoni.org/MYVoice](http://chorleoni.org/MYVoice)



Canada Council  
for the Arts

Conseil des Arts  
du Canada



BRITISH COLUMBIA  
ARTS COUNCIL



CITY OF VANCOUVER  
Arts, Culture & Events