

# The Current - Monty Middle Newsletter

Volume # 22 February, 3<sup>rd</sup>, 2014

## CALENDAR OF EVENTS:

Monday,	Feb. 3 <sup>rd</sup>	<b>Student Parliament:</b> February Mtg. @ 2:00 in Band Rm. <b>Athletics:</b> Gr. 7 Girls Bball Practice @ 7:30 Gr. 8 Girls Bball Practice @ 3:15 – 4:15 Wrestling Practice @ 3:15 – 4:15 Gr. 7 Boys Bball Practice @ 4:15 – 5:15
Tuesday,	Feb. 4 <sup>th</sup>	<b>Athletics:</b> Gr. 8 Boys Bball Practice @ 7:30 Gr. 6 Boys & Girls Bball Practice @ 12:30 – 1:00 Lunch Gr. 7 Boys and Girls District Bball Game Day <b>District Parent Session:</b> Parenting Our Kids – see Community Info attachment - @ 7:00 @ Coquitlam Alliance Church
Wednesday,	Feb. 5 <sup>th</sup>	<b>Clubs:</b> Me to We Leadership Team Mtg. @ 12:30 <b>Early Dismissal @ 2:00:</b> Student Led Conferences <b>Athletics:</b> Gr. 8 Boys Bball Practice @ 7:30 Gr. 7 Girls Bball Practice @ 4:15 – 5:15 Gr. 8 Boys and Girls District Bball Game Day <b>Transitions:</b> Centennial Gr. 8 Parent Night for Next Year Gr. 9 Students @ 7:00 in Centennial Courtyard
Thursday,	Feb. 6 <sup>th</sup>	<b>Early Dismissal @ 2:00:</b> Student Led Conferences <b>Homework Club:</b> ABEd Program @ 3:05 in Drama Rm. <b>Athletics:</b> Gr. 7 Boys Bball Practice @ 3:15 – 4:15 Wrestling Practice @ 3:15 – 4:15 District Wrestling Meets @ 3:30 – 4:30
Friday,	Feb. 7 <sup>th</sup>	<b>Assembly:</b> Team Skye Admin Team Mtg. @ 1:15 <b>Athletics:</b> Gr. 8 Girls Bball Practice @ 7:30 Gr. 6 Boys & Girls Bball Practice @ 3:10 – 4:30
Monday,	Feb. 10 <sup>th</sup>	<b>B. C. Family Day Holiday – school closed</b> <b>Tuesday – RAC - Real Acts of Caring Week Activities</b>
<b>Next Week:</b> Mon. Feb. 10 <sup>th</sup> BC Family Holiday; Tues. Feb. 11 <sup>th</sup> Team Quadra Field Trip to Centennial Play; Thurs. Feb. 13 <sup>th</sup> Last Session for Ski and Snowboard Activity; Fri. Feb. 14 <sup>th</sup> Multicultural Luncheon from 11:30 – 1:10		
<b>Two Weeks:</b> Mon. Feb. 17 <sup>th</sup> Parent Education Event – Community Change Session – Social Emotional Learning Goal @ 7:00 in Band Rm.; Thurs. Feb. 20 <sup>th</sup> Team Skye – Ceilidh Celebration @ 1:15; Fri. Feb. 21 <sup>st</sup> District Professional Development Day – all District 43 schools are closed.		

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## **McFaul's Chat and Chew: Communicating Student Learning**

This week we host our Student Led Conferences which is an opportunity for you as a parent to review the goals, achievements and challenges that your child has experienced so far this year. The chance to have three-way communication with you, your child and the teacher are limited as the allotted time does not truly facilitate a chance to probe, analyze and synthesize the key events of one's overall learning. A report card is a quick summary of what your child is doing and has done at the point of time of writing a report card. Letter grades, work habits and qualitative statements are used to best convey the learning that the student is experiencing and has embedded into their skill sets.

The Ministry of Education and some individual Boards of Education around the province are allowing some schools to open this area of communicating student learning up to be more experiential so that there can be greater opportunities for parents and students to become more fully engaged in the communication of learning. You have no doubt heard about the grade-less report cards in Maple Ridge, in Surrey and in some Independent Private Schools. Coquitlam schools are currently in discussions about this change in communicating student learning and how that would look from a uniquely Coquitlam experience.

Many people fear that the removal of letter grades means no accountability and little use of benchmarks. These fears are grand generalizations that need to be clearly discussed, involving our Board of Education Trustees, parents, teachers and students. The communication of learning needs to be expanded to include more and longer three-way conferences throughout the school year. Communication needs to include portfolios that are built from evidence, documentations samples, with video recordings and learning celebrations whereby the students are actively engaged doing and showcasing their level of current learning. All of these steps are much more inclusive of the student's actual achievements and challenges than a simple letter grade which usually is an inaccurate average or summary of learning that has a wide breadth of coverage over a long period of time.

The early dismissals that accompany our Student Led Conferences for this week provide us with an additional 60 minutes to attempt to meet with as many parents, guardians and students as possible. We have our teachers available for late meetings on one of those days and as we all know our teachers are very accommodating at creating a flexible schedule in order for them to meet you to discuss celebrations and concerns regarding the communicating of learning for your child. Please be on time for your session and come with questions and an eye for seeking evidence as to the depth and quality of learning that your child is experiencing in their class. In standing with our school goal learning is inclusive of the academics, the fine arts, the athletic domain and the very important goal of social emotional learning. We look forward to your time, questions and discussions.

## **Culture Beat: Events and Activities.**

**Community Change Session #1** – To help ensure an articulated connection the Monty Staff will be hosting a parent education session **on Monday Feb. 17<sup>th</sup> @ 7:00** to discuss and engage conversation on our Social Emotional Learning Goal and our work with our Community Circles Groups. This is a great opportunity to delve into the purpose of our goal focus and to explore the successes and challenges that our school faces with school culture and school climate as it relates to school safety and staff student relationships.

We encourage you to seriously consider your gift of time on this evening as we can only improve our school through the open and honest dialogue that can be provided by you. Our students are faced with a growing disconnect between the significant adults in their world and the mass hype around use of technology for communication purposes. We need to explore how the child, the school and the home can enhance and strengthen the face to face communication skills needed for better understanding of their feelings, their emotions and their academic pursuits. Please mark your calendars and come join us for an evening of social emotional learning for all.

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**Gr. 8 Articulation to Secondary School** – A reminder that this Wednesday Feb 5<sup>th</sup> @ 7:00 Centennial Secondary will be hosting their Future Gr. 9 Parent and Student Information Evening. This is a chance for you to hear about the articulation process that Centennial will put forth for your child, to share in learning about the new school developments and to meet the key leaders in the Centennial community. Most of our students will be attending their catchment school as Centennial so the time spent attending this evening session would be time well spent as you support your child in the transition to their secondary school experience.

### **COURSE SELECTION & PROGRAMMING**

Charles Best - Course selection forms were due to Ms. Carruthers last week

Centennial - Course selections forms went home for parental discussion and will be due back to Ms. Carruthers by - Wed. February 12th

Port Moody Secondary - Counsellors come in to discuss course selection – Thurs. February 13th @ 1:10pm and PMSS course selection forms are due Ms. Carruthers by – Thurs. February 27th

**X- Catchment/ Boundary Information** – Please see the embedded link below to learn more about the dates and schedule for Cross Catchment Applications.

[Cross Catchment Process](#)

## **Cross Catchment Application Process 2014 – 2015**

Parents can apply for a school outside of their neighbourhood catchment school. Should you want to choose a school other than your neighbourhood catchment school you must be registered at your catchment school and then submit a “Cross Catchment Application” as outlined below. Approval of applications is based on availability of space and facilities.

**All Kindergarten students must be registered for Kindergarten at their catchment school on February 4<sup>th</sup>, 5<sup>th</sup>, or 6<sup>th</sup> before completing a Cross Catchment Application, except those students with siblings at the requested school (please see below).**

**Confirmation of Sibling Status:** Grade 1-12 students, who have a sibling at a school outside their catchment, will be accepted at the sibling’s school (provided the sibling will be in attendance when the student begins at the out of catchment school). Parents need to complete the cross catchment application confirming sibling status.

**Kindergarten** students who have a sibling at a school outside their catchment will be accepted at the sibling’s school (provided the sibling will still be in attendance when the student begins at the out of catchment school) and are requested to register at the sibling’s school. Therefore parents do not need to fill out a cross catchment application verifying sibling status.

**Features of the 2014-2015 Cross Catchment Process:**

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- There are two separate applications:
  - Kindergarten Cross Catchment
  - Grades 1-12 Cross Catchment (including a section to confirm sibling status)
  - **Applications will be accepted starting February 7<sup>th</sup> @ 9:00 a.m. and close February 19<sup>th</sup> at 4:30 p.m.**
- The District is encouraging use of the electronic version of the application form accessed through the District website ([www.sd43.bc.ca](http://www.sd43.bc.ca)) beginning February 7<sup>th</sup> at 9:00 a.m.
- The school locator on the district web site provides a student's designated catchment area schools.  
**Catchment is based on home address.**
  - Paper forms will also be available at all schools as of February 7<sup>th</sup> at 9:00 a.m.
  - All completed paper applications must be returned **in person or by mail** to the School district Office at 550 Poirier Street, Coquitlam V3J 6A7 by the closing date. **Faxed or email copies will not be accepted.**
  - The application requires student or 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. Kindergarten requests do not need to provide the student number.
- Process details:
  - Applications will be processed based on the **availability of space in schools** and on a **first come first served basis (in-district priority then out-of-district)**.
    - Approval of a cross catchment application is only applicable to the designated school requested by the student and assigned by the district (Changing levels from elementary to middle or middle to secondary school, outside of the student's assigned catchment school requires a further cross catchment application and approval).
    - The system will automatically mark the time the District receives the application for the online process.
    - The receptionist will mark the date and time of all paper copies as they are received at the front desk in the School Board Office.
    - The District will then enter the paper applications into the online system and record the appropriate date and time.
    - Principals will be able to access information about applications as they are received.
    - The process will close promptly at 4:30 p.m. on February 19<sup>th</sup>.
    - The District response to cross catchment applications will be communicated in writing and/or email during the week of March 10-14, 2014.

## **DISTRICT SECONDARY SCHOOLS**

Programs of Choice, Advanced Placement (AP) & Other Specialty Courses 2013-2014 are detailed and wide ranging. For more information on all the possible course opportunities for secondary school settings and programs extending into the senior years of Gr. 10/ 11/ 12 we encourage all parents to access the following website for further explorations of choices.

<http://www.sd43.bc.ca/Programs/Pages/default.aspx>

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**Red Cross Babysitters Course** – We are pleased to announce that we will be hosting the certification for those interested students who would like to complete and add to the portfolio of learning the certification for the Red Cross Babysitters Course. Registration and course fees are available online @ [www.coquitlam.ca](http://www.coquitlam.ca)

## **Red Cross Babysitters Training**

### **Montgomery Middle**

Certified by the Canadian Red Cross, this course will teach you the skills needed to care for babies and children. Topics include safety, child development, care and feeding, diaper changing, games and more. There will be an exam on the last day. Attendance at each session is mandatory. Includes the babysitter manual.

**Dates:** Feb 20<sup>th</sup>-Mar 13<sup>th</sup>

**Times:** 3:15-5:15

**Barcode:** 446779



To register please call 604-927-4FUN (4386)  
or Online at [www.coquitlam.ca](http://www.coquitlam.ca)

**Student Government Supports Local Elementary Luncheon** – We are asking for donations to help with a Community Luncheon at Mountain View Elementary as they host an event to welcome and celebrate with their newly arrived immigrants to our country. We are seeking 150 + full and non-expired juice boxes to donate to their community luncheon. Over the next two weeks our Members of Parliament will be reminding their Community Circle Groups and their associated Advisory Classes for contributions of unopened juice boxes. If you are able to contribute we ask that you send your donation to school with your child and a class rep will be collecting these items for sharing with our community neighbours.

**Multicultural Luncheon Friday February 14<sup>th</sup>** – We are setting up plans for our Multicultural Luncheon that will involve all members of our community as we look to celebrate the heritage and ethnic diversity that exists within our own community. Last Friday an email notice was sent home with details about how you can support our Multicultural Luncheon. We will follow up this notice with a form for completion by you indicating what donated food item you would like to contribute and if possible share your gift of time. We are looking for parent volunteers to help on the date of Friday Feb. 14<sup>th</sup> at 9:00 am to begin our day by helping set up our creative food dispersal process. The key points of the day are:

1. Every student will bring and help create a special food item that is significant to their family and their family's heritage cultural background.
  2. These food items must be pre-cooked and portable, require no refrigeration or heating as space is limited in our school cooking areas. Items must in a state of being ready to serve. Finger foods, dessert in slices, pieces of main course items, everything in small sizes is best.
  3. All food items and serving trays, serving utensils to be brought in containers marked with student name and or best with disposable containers.
  4. Small financial contributions of \$5.00 - \$10.00 can also work as this will allow us to purchase items from our local restaurants. For some families this might also be a huge time saver.
  5. Each food item will have an attached card sent home in last week's letter, to be completed by the parent explaining: food item name, key ingredients, possible food allergens – salt/ wheat/ dairy/
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meat/shellfish, country of origin This information will be displayed in front of the dish and it will help the adults to organize food items in to food safe zones.

6. Students will bring with them their own reusable plate, cup, bowl, utensils so we will not add to environmental waste with paper plates and plastic utensils. These items should arrive in a plastic bag and return home to you on a plastic bag to be cleaned and reduce mess in their backpacks.
7. Leading up to this event each students will be asked to identify their key countries of their heritage/ ethnic background and they will be provided with a paper template to produce a replica of their own flag or flags representing their family history.
8. We need **PARENT VOLUNTEERS** to be available at points in time from the hours of 9:00 – 1:00. If you can provide the gift of time for an hour within that time frame to help with the initial set up and to support in the final clean up then your time would be greatly appreciated. **We need to rely on the strength of our community to help in this complex but worthy endeavour. If you can volunteer please return the information on the letter form coming home this week stating your times for support or simply just phone 604-939-7367 or email: [084-Office@sd43.bc.ca](mailto:084-Office@sd43.bc.ca) the office to connect and support our luncheon.**

We look forward to a cornucopia of food times to experience and enjoy sharing a meal with our whole community

**Foundation Skills Assessment (FSA) for Gr. 7 Students** - We have begun our work with our Gr. 7 students on the Foundational Skills Assessment that will be happening over the next few weeks. One cannot study for these assessments as it is meant to be a current snapshot of what your child is capable of doing in the three domains of reading, writing and numeracy. For more information please see the letter from our Superintendent, Mr. Tom Grant posted on our website under publications. All students are expected to write the FSA, however there are exemptions identified by the Ministry.

If you have any concerns and questions please feel free to contact your child's classroom teacher, Mr. McFaul or Ms. Holden for further support.

**Ski and Snowboard Club Info** – There is no Ski and Snowboard session scheduled for this week due to our Student Led Conferences and the wish for more fresh powder on the slopes. Our last session is set for Thursday Feb 13<sup>th</sup> and this will be our traditional Wrap –Up BBQ evening. We provide the students and volunteers with their evening meal of burgers hot dogs, chips and juice. Ms. Hutchinson will be sending out more information for next week as we prepare to keep them fed and warm up on the mountain. Recent accumulations of new snow look good so we anticipate a grand finale to our winter activity session as we complete our four lessons of recreational opportunities. For more information please contact Mrs. Sheila Hutchinson for details at: [shutchinson@sd43.bc.ca](mailto:shutchinson@sd43.bc.ca)

### **School Closure in the Event of Extreme Weather**

In the event of heavy snow, ice or extreme temperatures, a decision on school closures will take place as soon as possible after 6:00 a.m. that day.

- Check the district website at [www.sd43.bc.ca](http://www.sd43.bc.ca) beginning shortly after 6:00 a.m.
  - Be sure to hit Refresh when checking back
  - The district website posting is official – there is no need to call the school or the Board office after viewing
  - Tune in to CKWX 1130 AM, CKNW 980 AM or CBC 690 AM for updates
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## **PAC News and Events: Our Next PAC Mtg. is on Wed. Feb. 19<sup>th</sup> @ 7:00**

**Thrifty's Smile Card Fundraising** - Montgomery PAC has received approval for this year's Smile Card Fund Raising. All pre-existing cards are ready to load for this school year. 5% of \$\$ loaded at any Thrifty Foods will be paid to Montgomery Middle PAC.

Cards can be obtained by e-mailing Elaine at [equereng@hotmail.com](mailto:equereng@hotmail.com). Ordered cards will be left at the office for pick-up.

## **Community News:**

Please see the following list of community events.

### **Spring Break LegoMation Classic camp.**

The date for the camp is March 17-21. You can find all the information concerning the camp on our site:

[http://mediafinearts.com/legomation\\_classic.html](http://mediafinearts.com/legomation_classic.html)

We will only be running the one camp at Spring Break, and, with the new Lego Movie coming out, we do expect to sell out quickly. So don't wait too long to register. ☺ We will also be running our full camp program this summer.

## **Coquitlam Parks and Recreation Programs: Poirier Rec Centre:**

### **Art Drawing ( 11 – 14 Years)**

Date: Feb 20 –Mar 13

Time: 6:30-7:30 pm

Barcode: 446570

Cost: \$20.80

Description: - Explore the various methods and techniques of drawing using different tools and materials each week. No prior experience needed.

### **Tennis (10-14 yrs.)**

Date: Feb 16 – Mar 09

Time: 1:20 – 2:20 pm

Barcode: 447626

Cost: \$20.80

Description: Have a ball learning fundamental tennis skills and develop self-confidence by playing games.

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**School District No. 43 Safe Schools Task Force  
An invitation to the School District Community  
Tuesday Feb. 4<sup>th</sup> from 7-9 pm  
Coquitlam Alliance Church, 2601 Spuraway Ave, Coquitlam, B.C.**

**Parenting our Kids in the 21<sup>st</sup> Century**

**Presented by Kevin Cameron  
Director: Canadian Center for Threat Assessment and Trauma Response**

**The 2<sup>nd</sup> of a Three Series Event sponsored by The Ministry of Education,  
School District No. 43 and the partner groups listed below.**

Peer dynamics, school dynamics, and broader social dynamics can have a tremendous influence on our children and youth and the greatest evolving force of all is the role of technology from texting, social networking (Facebook, Twitter, Instagram, Snapchat) and the Internet in its totality.

The factors that can negatively influence child and adolescent behaviours are far more prevalent now than when most parents were children themselves. The strategies to manage those risk factors have not necessarily changed; we just need to do more of it.

This presentation will look at some of the common and evolving problems faced by children, families and schools in this generation, and strategies used to deal with some of North America's most complex cases from high profile suicides and violent incidents to the quiet personal tragedies known only by those who have endured them.

Please plan to attend at this event at the Coquitlam Alliance Church, 2601 Spuraway Ave, Coquitlam, B.C. Seating is limited to 700. Child minding will be provided across the street at Charles Best Secondary School.

Further information regarding Kevin Cameron can be found on page 2 of this invitation.



# Chess n Math (CMA) Chess Challenge Qualifiers



## 卑詩省区域性国际象棋挑战赛预选赛

Calling all grades K-12 chess players 所有K到12年级象棋手请注意



### What is Canadian Chess Challenge?

The Canadian Chess Challenge, organized by Chess'n Math Association, is a national chess tournament for players from grades 1 to 12. Each of the 10 provinces selects 12 representatives, one per grade, to participate in an intensive 9-round event over two days. Players not only compete to be the national champion, but also participate as team members to play for their provinces' honor. The first championship was held in 1989, and this year will be the 26<sup>th</sup> tournament. It will be held in Winnipeg, Manitoba during the Victoria long weekend (May 18-19, 2014). Team B.C. have put in strong performance over the years, we have come in second place 5 times and third 15 times.

Please visit Chess'n Math Association's website for more information about the organization: <http://chess-math.org/>

### Who will be selected as Team B.C. members?

To determine who will represent B.C. in this historical event, we are organizing two levels of qualifying tournaments: regional and provincial. A series of regional qualifying events in different parts of B.C. are listed as below. Players must score 2.5 points or higher in one of the qualifier events in order to qualify for B.C. Provincial Chess Challenge on Mar 9, 2014. Players can enter as many qualifiers as possible but they can only claim one trophy or medal if they are the winners of the section. The section champion (Grade 1 to 12) of the provincial event will be invited to join Team B.C. to compete in the Canadian Chess Challenge 2014.

### British Columbia vs. Washington International Match

This is the 23<sup>rd</sup> year of the international match between B.C. and Washington. Two players from grade K to 12 will be selected to participate in this event. The Champions of grades K -12 of B.C. Provincial Chess Challenge will be representing B.C. to play against Washington on Board 1. Board 2 players will be the player with the highest CFC or NWSRS ratings as of Feb 28.

### Provincial Organizers

This year, Vancouver Chess School (VCS) will be organizing the Vancouver Regional, Fraser Valley Regional event, and the Provincial Chess Challenge. Victoria Junior Chess Society will be hosting the Victoria Regional. Revenue will be used to cover expenses, and support youth chess players in terms of travel subsidies and free 3-day training sessions for Team B.C. members to prepare for their competition.

### Individual Registration

The Chess Challenge Qualifiers are open to any student in grades K to 12.

To register & pay online 网上注册及付费: <http://www.vanchess.ca/events>

**Victoria Regional, Feb 16** - Please check Victoria Junior Chess's website for registration details:  
<http://victoriajuniorchess.pbworks.com/w/page/11675112/FrontPage>

**Vancouver Regional, Feb 16** - \$25 on or before Feb 6 (early bird fee); \$30 before Feb 15 by 5pm.

**Fraser Valley Regional, Feb 22** - \$25 on or before Feb 12 (early bird fee); \$30 before Feb 21 by 5pm.

\*Sibling discount: \$5 off

\$40 onsite registration (cash only) – In order to start the tournaments on time, we do not encourage onsite registration.

### School Team Registration

A team must have at least 4 players from the same school. Top 3 winning teams for both elementary school (Grade

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K-7) & High school (Grade 8-12) will receive a trophy.

All registration and payment must be submitted by the school no later than Feb 11 (Vancouver Regional) & Feb 17 (Fraser Valley Regional) respectively. Please do not register online. Fees – 4 or less students in the school team - \$25 per player. 5 or more students in the school team - \$20 per player. Early bird or sibling discount – not applicable.

You can pay by cash, cheque or credit card at VCS on or before the deadline stated above.

**Format 赛制** : K-12th Grades, 13 Sections. K-12年级,分十三组别。

5 rounds Regular Swiss. CMA\* & NWSRS\* rated. 5局瑞士赛制。CMA\* & NWSRS\*计分

Please note that some groups may be combined if sections are small.

请注意如果每组人数太少，有些组别可能合并。

To check your ratings: \*CMA <http://www.chestalk.com/elo/pub/> \*NWSRS  
<http://chess.ratingsnw.com/ratings.html>

**Time control 时间限制** : Game in 25 Minutes with 5 seconds delay. 每场25分钟加5秒延迟。

**Bye Request:** Maximum two 0 point bye are allowed. Chess sets and clocks are provided. 提供象棋和棋钟。

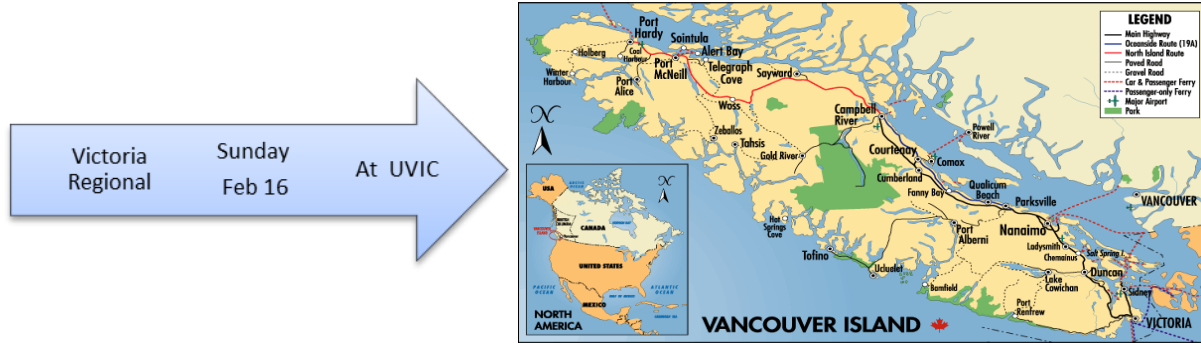
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**Qualifier 1: Victoria Regional**

**Date 日期:** Feb 16, 2014 (Sunday) **Location 地点 :** UVIC, Victoria

Please check Victoria Junior Chess's website for registration details:

<http://victoriajuniorchess.pbworks.com/w/page/11675112/FrontPage>



**Qualifier 2: Vancouver Regional**

**Date 日期:** Feb 16, 2014 (Sunday)

**Location 地点 :** The *Executive Airport Plaza Hotel & Conference Centre*

7311 Westminster Highway, Richmond, BC V6X 1A3 Tel : (604)207-7162



**Qualifier 3: Fraser Valley Regional**

**Date 日期:** Feb 22, 2014 (Saturday)

**Location 地点 :** *Comfort Inn & Suites Surrey*

8255, 166 Street, Surrey, BC V4N 5R8 Tel : (604)576- 8888



Those who score 2.5 points or higher will be qualified to participate in B.C. Chess Challenge



2014

## KidSport Tri-Cities Spring Used Equipment Sale

KidSport Tri-Cities is holding their much anticipated Annual **Spring Used Sporting Goods Sale, Presented by Westminster Savings:**

**Saturday, March 8<sup>th</sup>, from 10am until 1pm**

Riverside Secondary School,  
2215 Reeve Street, Port Coquitlam

**Admission is by donation or item for the Food Bank**



If you or your family is in to sports, **we will save you money!** A huge variety of **High Quality** used sporting goods at **incredible prices**. Everything from bikes and hockey gear to fitness equipment and wetsuits and everything in between. You can outfit a child for hockey (including skates and a helmet) for \$100. Lacrosse (including a stick and helmet) for \$90. Plus, there's no tax. Please note that we only accept cash. All proceeds go to subsidize registration fees for kids from lower income families. **YOU DON'T WANT TO MISS THIS SALE!**

To make this event a huge success KidSport needs equipment! **Families are encouraged to donate and drop off their used sporting goods of any kind from February 26 - March 7 at the following locations:**

**Port Coquitlam Rec Centre**  
**Port Moody Rec Centre**  
**Poirier Sport and Leisure Complex**  
**Riverside Secondary**  
**Thriftpolis - D-2579 Lougheed Hwy, Port Coquitlam**

If you have used equipment taking up space in your garage or basement, this is a great opportunity to free up some space, donate the equipment (including bikes) and make a great contribution to our community. Please remember to also come by the sale for some amazing deals

**FOR MORE INFORMATION, CONTACT:**

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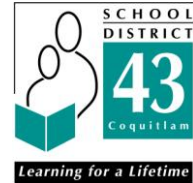


Montgomery Middle 1900 Edgewood Ave. Coquitlam, B.C. V3K 2Y1  
Phone: 604-939-7367 Fax: 604-939-7930 Web: [www.montymiddle.ca](http://www.montymiddle.ca)  
Principal: Mr. Rob McFaul Vice-Principal: Ms. Dawn Holden

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Chris Wilson, KidSport Tri-Cities  
Phone: 604-341-0241  
Email: [cwilson630@gmail.com](mailto:cwilson630@gmail.com)  
[www.kidsporttricity.ca](http://www.kidsporttricity.ca)

# TRI-CITY NEWS





Be part of an  
amazing community  
of members at  
**CQMA!**

We invite you to experience our club!  
**Enjoy two complimentary  
introductory classes!**

please email or call us to schedule  
your first trial class  
[info@coquitlammartialarts.com](mailto:info@coquitlammartialarts.com)  
or call

**604-351-1551**

109 - 2922 Glen Dr. Coquitlam



**Martial Arts  
For Kids Age 3+**



**Martial Arts for Men, Women, and Teens**



**Cardio Kickboxing for  
Men, Women, and Teens**



**Brazilian Jiu-jitsu Programs  
for Kids, Teens, and Adults**

**[www.CoquitlamMartialArts.com](http://www.CoquitlamMartialArts.com)**





## CQMA Full Class Schedule

Effective January 1st, 2014

Monday    Tuesday    Wednesday    Thursday    Friday    Saturday    Sunday

11:00-12:00 Adult Cardio Kickboxing		11:00-12:00 Adult Cardio Kickboxing		11:00-12:00 Adult Cardio Kickboxing		
12:30-2:00 Adult MMA Team Training	12:30-2:00 Adult MMA Team Training	12:30-2:00 Adult MMA Team Training	12:30-2:00 Adult MMA Team Training			
3:30-4:00 Pre School Age 3-6 Whit+		3:30-4:00 Pre School Age 3-6 Whit+			11:00-12:00 Adult Cardio Kickboxing	
4:00-5:00 Youth 7-12 Whit-Yel		4:00-5:00 Youth 7-12 Whit-Yel			12:00-1:30 Adult Judo	
5:00-6:00 Youth 7-12 Orange+	5:00-6:00 Teen 13-16 BJJ White+	5:00-6:00 Youth 7-12 Orange+	5:00-6:00 Teen 13-16 BJJ White+		1:30-3:00 Adult BJJ Open Roll	
6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing		
7:00-8:00 Adult Stand up White+	7:00-8:00 Adult BJJ White+	7:00-8:00 Adult Stand up White+	7:00-8:00 Adult BJJ White+	7:00-8:00 Adult Rolling & Sparring		
8:00-9:00 Adult Stand Up Orange+	8:00-9:00 Adult BJJ Blue+	8:00-9:00 Adult Stand Up Orange+	8:00-9:00 Adult BJJ Blue+	8:00-9:00 Adult Rolling & Sparring		