

Moody Matters

École Moody Middle School of the Arts  E-Bulletin – 1 February 2018

ÉMMSOTA Website

2017-2018 ÉCOLE MOODY MIDDLE SCHOOL CALENDAR

FEBRUARY

	Tuesdays & Thursdays – Twinderella (Spring Musical) rehearsals 3-4:30pm
	Fridays – Friends of Simon tutoring - 3-4:30pm
1	Ski & Snowboard Club (returning to Moody @ 9:15pm – <i>please do not block Bus parking area in front of school</i>)
1	EAL students field trip to Pinetree Secondary
2	PAC Hot Lunch Day
5	PMSS Info night for Grade 8 parents – 7pm
7	PMSS Counsellors @ Moody for Gr 8 presentation – 1:15
8	Cross Catchment opens @ 9am – paper and online
8	PAC Treat Day
8	Ski & Snowboard Club (returning to Moody @ 9:15pm – <i>please do not block Bus parking area in front of school</i>)
9	Schools not in session
12	BC Family Day – Schools not in session
12-16	RAC (Real acts of caring) week
15	Cross catchment closes @ 4:30pm
16	PAC Hot Lunch Day
19	PAC Meeting – 6:30 in Library
20	PMSS Future Gr 9 IB registration night
23	District Pro D Day – Schools not in session
27	Sr. Band playing at PMSS Spring Concert (7pm)
28	Pink Shirt Day (Anti-Bullying Day)
28	Maple Man visit

MARCH

2	PAC Hot Lunch Day
6,7,8	Basketball Playoffs – Location TBA
8	Dollars and Sense presentation for Gr 8 and Gr 7/8
12	PAC Meeting – 6:30 in Library
16	PAC Hot Lunch Day
16	Last Day prior to Spring Break
19-29	Spring Break – schools not in session
30	Good Friday – schools not in session

APRIL

2	Easter Monday – schools not in session
3	Schools re-open after Spring Break

For a complete school calendar, please check [View All Events](#) on the school webpage



New School Construction

Even on a rainy day this looks like a great new school to open soon.

Grade 8 Students: Moving to Secondary School

Our Grade 8 tours at PMSS lifted students to new heights... literally!!

The grade 8 students have toured their high schools and the next step is to work on course selection forms for grade 9. Counsellors from PMSS, Gleneagle and Heritage Woods will be here on February 7th at 1:15 to talk about courses and to give out the forms. Parents, we will need for you to review and sign these forms, then have them back to school after the Family Day weekend on **Tuesday, February 13th**.

If you think you or your child might be struggling with anxiety or that you are tired of missing opportunities, there are things you can do to stop anxiety and fear from controlling your life. **MindShift™** is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. If you would like to learn more about your mental health, please feel free to contact the school counsellor Ms.

Armstrong. marmstrong@sd43.bc.ca



You can keep up to date on Moving to Secondary school on our EMMSOTA website under Publications in the folder called [Moving to Secondary School](#)

Ask Me About . . . ?

This is a weekly feature to help promote conversations at home between parents/guardians and their child. Our EMMSOTA learners are becoming experts about their own learning needs, styles and accomplishments. In order for each student to make progress with this understanding, we need our students to talk about their learning with others each day. Here is this week's question to ask your child: **Tell me what strategies you used this week while learning in your math class?**

Pro-D Update – What did our Teachers do Monday?

January 29th was a school based Professional Development day for EMMSOTA staff. École Moody Middle School of the Arts teachers spent their morning planning learning spaces in the new school and organizing and assessing resources to be used with the refreshed curriculum. Since we are working toward ensuring we only pack and bring current and actively used resources and furniture to the new building, this focus was particularly helpful.

During the afternoon the staff collaborated and shared ideas in Office 365 for term 2 & 3. The focus was on student inquiry and project based learning to explore our guiding question: **How do changes impact our world and our lives?** Teachers also worked with Mr. Abdulla who led a session on coding and computational thinking using Mico-bits.

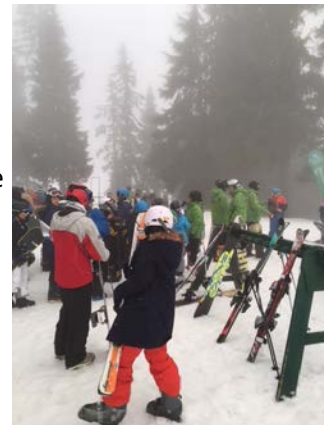
MOODY ATHLETICS

Winter sports at Moody Middle are now under way. Thank you to the many students who have signed up and are currently improving their skills and fitness. Each sport requires dedication to attending practice regularly, for all students to try their best, and for each student athlete to demonstrate good team spirit as they represent our school.

- **Basketball** - Practice times have now shifted due to the start of the league games. Group 1 (All grade 6s and any grade 7s and 8s that would like to join) continues to practice on Tuesdays at lunchtime. Group 2 (All grade 7s and 8s, boys and girls) will practice on Feb 2, 9, 15, 22.

League games have now begun for basketball. Grade 7 boys play on Tuesdays after school. Grade 8 boys play on Wednesday after school. Volunteer scorekeepers are needed for each game, please see Mr. Abello if you would like to help.

- **Ski and Snowboard club's** third mountain trip and lesson is today and the club will continue until our final session on Feb 8.
- **Wrestling** practice now switches to Tuesday and Thursday after school. Wrestlers who are involved with the school theatre production must attend one wrestling practice per week. Our first wrestling meet is today at SFU! Go Moody!
- **Soccer** lunch time intramural will begin in early February.



Music Class integrates ADST (Music + Shop = Student Instruments)

Applied Design, Skills and Technologies is a focus in our curriculum that is not just part of what we have previously referred to as Tech Ed. This collage helps provide an example of this creative learning focus.



PINK SHIRT DAY

Pink Shirt (Anti-Bullying) Day is Feb 28. We encourage students, staff and families to wear pink that day to show your support of Anti-Bullying! Any pink shirt works... Orders are now closed for the new SD43 shirts



Yearbook 2017-18 – Still yearbooks available

We are well underway with the production on our new year book for 2017/2018. The yearbook can now be ordered for \$45. You can pay with cash or cheque or school cash online.

DRESS FOR THE WEATHER

Winter is here! Please ensure you send your children to school equipped for the outdoors. Outdoor recreation periods are often an important part of a student's physical activity and social time. Consequently, they may spend nut break, lunch or PE outside in all types of weather. Please send your children to school equipped with raincoats, hats and even extra shoes on rainy days, and warm hats, mitts, snow boots, warm coats as the weather gets colder. Students who are dry and warm are more likely to be comfortable and in the green zone, ready to learn.

Student Lunch Reminder

Students need to make sure they pack cutlery for their lunches as we do not supply forks/spoons at school.

Grade 6 Stay Active Program

Can be accessed on the SD43 public website on the following page:

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

PAC NEWS

Hot Lunch ordering is still open for upcoming dates!



(hot lunch dates Feb 2, 16 & Mar 2, 16)

For full details about our new PAC hot lunch program please follow this link to our PAC website: [PAC Hot Lunch program](#)

To order Hot Lunch, parents please use the link below to register an account (new users) or Login (returning users).

<https://munchalunch.com/schools/moodymiddleschool>

HOT LUNCH PROGRAM NEEDS YOU! Parent volunteers are needed to help with classroom distribution on Hot Lunch Days on **Fridays, February 2nd & 16th and March 2nd & 16th, 2018**. A Co-Chair for this program is also needed. If you are available to volunteer please contact Kara Crawford at kara_crawford@telus.net with your availability. The time commitment is about 1 hour from 11:30 to 12:30 on the Hot Lunch Days.

*If your child is away from school on a Hot Lunch Day, the lunch previously ordered will be available for pick-up in their classroom during lunch block. There will be no cancellations or refunds.

EMMSOTA PAC Facebook Page:

“Like” our page to receive updates on events, meetings and fundraising initiatives: <https://www.facebook.com/EMMSOTAPAC/>



PAC - Moody Middle/Thrifty Foods Fundraising Program:

- Do you occasionally shop at Thrifty's? Please order a **Thrifty's card** to help the PAC raise funds for fieldtrips. *See the attached order form on the last page of this edition of Moody Matters.*
- If you have any questions, please contact Heather Skipworth via email at skippys@shaw.ca or phone 604-461-6570. Order forms can be found at the following link: <..\PAC\2016-17\Moody Middle and Thrifty Foods Fundraising Program 2017-18.pdf>

Community News - [Publications - Community News](#)

- The City of Port Moody is offering a number of exciting programs, training and events for youth this winter. See our website for further information. [Moody Community Info](#)
- Place des Arts is offering some fun and exciting Spring Break programs – please see our website (or the poster attached) for information. [Place des Arts Spring Break Camps](#)

Making your summer plans yet?

Think ... Summer Learning!



Elementary: July 10-27 9am-12pm
K to 1 Transition, Fine Arts, French Immersion, Integrated Studies, Montessori, Math, Reading & Writing, Coding (Info Tech), Science - Outdoor Focus

Middle: July 10-27 8:45am-11:45am
Art, Band, Creative Writing, Drama, Home Ec/Culinary, Integrated Studies, Language Arts, Mathematics, Montessori, PE/Leadership, Coding (Info Tech), Science Grade 6/7 (Ecology/Outdoor Focus), Tech Ed

Secondary Skill Building & Remedial: July 10-27 8:30-11:30am & 12:00-3:00pm
English, English for School Success, Math, Music, Science, Fitness, Tech Ed

Advanced (High School) Credit: Face-to-face & Online blended (Fast Track):
July 4 - August 10 8:00-11:30am & 12:00-3:30pm
Gr 10, 11, and 12 courses in English, Mathematics & Sciences. Canadian Studies 10, Career Life Education (Planning), Fitness & Conditioning 11/12, PE 10/11, Social Studies 10/11, Composition 11 & Communications 12

See our website for full info: www.summerlearningcoquitlam.ca

- ⇒ Tuition is free for BC residents (International fees apply otherwise)
- ⇒ 13 school locations throughout the Tri Cities
- ⇒ Registration opens in late April, create/update your account today



SHARE
FAMILY & COMMUNITY SERVICES

SUBSTANCE USE SERVICES
EDUCATION SERIES - Winter 2018
A Free Group - Open to the Public

SHARE Substance Use Services invites you to attend any or all of our Education Series. The program is open to everyone in the community. It offers important information for those who are struggling with substance misuse or are concerned about their use. It will also help those people affected by others' substance use. There is no cost for this group. Topics will vary from week to week as outlined below. The format consists of slide show presentation, video and discussion.

- Jan 25, 2018 - Use, misuse, abuse: Gain a better understanding of substance use.
- Feb 1, 2018 - Medical aspects and effects of substance use: What happens to the body and mind under the influence.
- Feb 8, 2018 - Substance Affected: How others' misuse of substances can affect us and how to support them.
- Feb 15, 2018 - Alcohol: How dependence develops, intoxicated driving, and effects during pregnancy.
- Feb 22, 2018 - Marijuana: A second-class addiction?
- March 1, 2018 - Opiates: Fentanyl, heroin & other commonly used depressants - addiction, safety and recovery.
- March 8, 2018 - Stimulants: Cocaine, crystal meth & others - short term recovery and long-term recovery.
- March 15, 2018 - Trauma & substance use: The relationship between trauma and substance use.
- March 22, 2018 - Anger: Understanding anger and learning how to respond to it more effectively.
- March 29, 2018 - Stress: Learning how to cope without using substances.
- April 5, 2018 - Relapse Prevention: The psychological, emotional and physical aspects of relapse and how to respond.
- April 12, 2018 - Mental illness: depression, anxiety and addiction: Understanding the links between mental illness and substance use.

When: Thursdays: 6:30 pm – 8:00pm
Where: 2nd Floor - 2615 Clarke Street, Port Moody
For more information, please call 604-936-3900



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[SD43 Summer Learning](#)

Follow us on Twitter

Twitter name – @43moody

... school news, breaking stories, reminders, links, accomplishments, educational dialogue and another means of communication!

[Download](#) the Twitter app



École Moody Middle (@43moody)

[1/29/18, 7:29 PM](#)
Thanks [@fabdulla](#) for your leadership with computational thinking [@43moody](#). Micro bits are coming!



[School Website](#)
[PAC Website](#)
[District Website](#)



EMMSOTA / Moody Middle & Thrifty Foods Fundraising Program

The Moody Middle PAC is raising funds school field trips and to help offset these costs we have partnered with Thrifty Foods to take part in their Smile Card Program.

What is a Smile Card?

A Smile Card is just like a gift card with the added bonus of having 5% of the amount loaded onto the Smile Card donated back to Moody Middle. Smile Cards are available by ordering via the form below, once you receive the card you load it with any dollar amount you choose BEFORE you shop at Thrifty Foods. The card is reloadable so when funds are running low on the card just reload it and continue shopping, it's that easy!!

If you have any questions please email skippys@shaw.ca

2018 Smile Card Order Form

of Cards requested: _____

Contact Name & Email associated with the card (for tracking and contact purposes):

Name: _____ Email: _____

Student's Name: _____ Grade: _____ Teacher: _____

PAC / Office Use Only

Card #'s: _____

Place des Arts

Spring Break 2018

grades 6 - 9 **ART** intensives

we inspire the artist in everyone!



Ceramic Sculptures: Spring Garden

March 19 - March 23

9:00 am - 12:00 pm

Drawing & Painting Intensive

March 19 - March 23

12:35 - 3:35 pm

Pottery Intensive

March 26 - March 29

9:00 am - 12:00 pm

iDj: School of Mix

March 26 - March 29

12:35 - 3:35 pm

REGISTRATION OPENS
MONDAY
JANUARY 22
2018

Register online, by phone or in person at Place des Arts

place des arts
ARTS CENTRE & MUSIC SCHOOL

1120 Brunette Ave. Coquitlam
placedesarts.ca | 604.664.1636