

Moody Matters



École Moody Middle School of the Arts

e-Bulletin – 5-April-2019

ÉMMSOTA Website

moodymiddlesecretary@sd43.bc.ca

www.Moody Middle website calendar

WEEKLY EVENTS	
Mon / Wed @ 07:40	Senior Band Practice
Monday @ lunch	Track & Field
Mondays 12:02-1:10	Jazz Band
Mon / Tues @ lunch	Art Club with Mr. Walker (Art Room)
Mondays 2:55-3:55	Chess Club (Youth Lounge) (not 1 st Mondays)
Mondays 2:45-3:45	PMSS Tutoring for Moody Middle students
Mondays 3-4:15	Wrestling Club
Tuesday 3-4:15	Gr 7 Badminton
Tuesday 3-4:15	Softball Club
Tues/Thurs @ 07:40	Junior Band Practice
Tues/Thurs 3-4:15	Spring Musical practice
Wednesday lunch	Gr 6 Badminton (boys & girls)
Wednesday 2:50-3:50	Gr 8 Badminton
Wednesday 3-4:15	Track & Field
Thursdays @ lunch	Improv Club
Thursday 3-4:15	Basketball club (All grades, boys & girls)
Friday @ 07:40	Choir practice
Friday 2:50-3:50	Gr 8 Badminton
Friday 3-5pm	Friends of Simon tutoring

APRIL	
10	PAC Hot Lunch – Subway (orders due April 6)
11	DPAC Parent Education @ Centennial Secondary School 7pm
13	Odyssey of the Mind Provincial Tournament @ Monty Middle
15	Term 4 begins – Expo (Fire & Water)
16	UBC Museum of Anthropology – Earth Pod
17	SLC Meeting @ Scott Creek Middle School
18	Tri Cities Mental health fair – WE Leadership & SLC students
19	Good Friday (Schools not in session)
22	Easter Monday (Schools not in session)
23	UBC Museum of Anthropology – Water Pod
24	PAC Spring Growing Smiles Plant Sale/Fundraiser orders due
24	PAC Hot Lunch – Sushi/Crazy Bread/Booster Juice
26	Pro D – schools not in session
26	Red Cross Babysitting first aid at EMMSOTA (see info/registration in Community Information Section)
26	SLC Conference
30	UBC Museum of Anthropology – Wind Pod
30	Port Moody Afterschool Youth Clubs start @ EMMSOTA (see info/registration in Community Info Section)

MAY	
1	Grade 5 Parent & Student information evening
8	PAC Hot Lunch – White Spot
25	PAC Hot Lunch – Year end BBQ
JUNE	
5	PAC Hot Lunch - Pizza

Stay tuned!

Our daily announcements are posted on our website at moodymiddle.ca for parents to refer to. You'll even find important dates running as a banner across the top of our webpage!

Greetings from the Admin Team

Well, we are back and it has been an energetic and exhausting week for all. Staff and students come back from any break with enthusiasm and feel the wave of fatigue on day 2 or 3 as we get our routines back on track.

I trust everyone had an awesome break with their friends and families and that everyone got out and enjoyed the incredible weather we had for most of the break. From “SNOW to GO” was the way I felt when we went from zero degree temperatures to over 20 degrees in a few days. Flowers are bursting from gardens and growth is all around us. Hopefully we can all soak up as much sun and fresh air as is possible knowing how much outdoor activities can contribute to positive mental health and well being. Get outdoors as a family and enjoy the beauty of our surroundings.

Getting outside also means its time to start cracking down on screen time and encouraging our children to get outside and play. Start documenting how much screen time your child is getting a week and know that anything over 8-10 hours is not great for brain development in adolescence. That includes time on phones using social media! Being aware and carrying on regular conversations about screen time and digital responsibility is our joint responsibility. The access to information we have these days is both a gift and a curse. It is especially influential for our young people and we need to provide ongoing adult supervision and support so all of our children can appropriately navigate on-line information and social interactions with their peers. Have you checked your child's Instagram, Snapchat, Imessages lately?? Your child's privacy on-line is a difficult conversation for many parents to have and one we strongly encourage you to do so on a regular basis. The energy you spend guiding and supporting your children as they participate in on-line social activities will go a long way to promote global citizenship in a digitally responsible world. We thank you for your support and partnership helping our children make good decisions.

Lots going on around ÉMMSOTA in the next few weeks. Stay up to date with events around the school and community by checking our school website regularly and checking in with your children about learning activities going in and out of classrooms. Some incredible learning is going on every day. We look forward to connecting with you when you pop into the school. Do not hesitate to contact us if you have any questions or concerns.

Thank you as always for sharing your children with us every day.

Mark Clay, Principal
École Moody Middle School of the Arts

Alex Abello, Administrative Assistant

Letters and information from SD43

- [Fraser Health Measles letter to parents](#)
- [SD43 Summer Learning](#)
- [Letter regarding vaping and cannabis use by youth or children](#)
- [Get the facts on Cannabis](#)
- [Talking with your teen about vaping](#)
- [Vape info](#)
- [Superintendent's Letter re Carbon Monoxide Detectors Jan 2019](#)

Parking and Drop Off Updates (please read)

First week back after break has been somewhat chaotic out front of the school as they continue with the roadwork, curbing and sidewalks. We thank parents for their care and caution when coming to and from the school. Here are just a few updates and reminders to help us continue to keep everyone safe as our parking lot gets nearer to completion.

** They are likely pouring the sidewalk at some point Tuesday or Wednesday next week and we will then look at our alternate plan for dismissal out the back of the school. We will give you some notice when that will happen with an email and statement on our website.

** Plan to arrive early or pick up a bit later so you avoid the main bulk of traffic in front of the school.

** Consider parking further away on William, St John's or James Street to minimize congestion at peak times. Students are very capable of walking a few hundred metres to school.

** NO U-TURNS PLEASE, anywhere on Buller, William or Henry Streets. We are still seeing some cars pull U-Turns for convenience on Buller Street near the school. THIS IS NOT SAFE!

** Please pull up and over as far right as you can when dropping off or picking up on the EAST side of Buller ONLY!

** always drive slowly and carefully around the school. This is most important!

Thank you all again for your patience and adherence to traffic safety at all times.

WE Leadership – Build a Backpack event: April 1 – May 4, 2019

The **WE Leadership Brick group** presents our new **BELIEVE initiative** called, the **Build a Backpack** event. In this initiative, each class will receive a backpack to fill with items for the homeless. When the backpacks have been filled, they will be donated and delivered to local homeless shelters and other areas in need.

Now here's the big question, why should we donate? Did you know...

Last year there were over 2,000 homeless people in Vancouver and this number continues to go up! Sadly, many of these people are teens and young adults. What is even more shocking, is that 700 of these people didn't even have a shelter to go to. Many are living on the streets, have little or no food, and no hope for the future! Can you imagine how cold and upsetting their lives must be?

So, join us in this initiative and please donate...

Together we CAN make a difference...Sometimes all it takes is one generous helping hand, to save a life!

Here are some items that you could bring in to donate...

toothbrushes, toothpaste, hairbrushes, soap, shampoo, socks, mittens, toque, small towels, small blankets, non-perishable snacks, decks of cards, flashlight, hand sanitizer, water bottle, thermos, writing supplies, toilet paper

We would like to encourage you to participate by offering a prize to the **TOP DONATING CLASS!**

There's MORE! Don't stop at just filling your backpack! All items will be counted and the class who donates the most will receive an ***Ice Cream Party*** served by our WE Leadership BRICK Group!

Let's GET DOING: WE need your help Moody, let's work together to help the homeless!

Thank you!

WE Leadership BRICK & Ms. Egelstad

Yearbooks – purchase using School Cash Online - regular price now \$45

Yearbooks are available for purchase using School Cash Online. Please see Ms. Walling for a paper order form if you are paying by cash or cheque. Don't miss your chance to get the yearbook, to help keep your memories from this year!

Moody Athletics

Moody Spring Sports

Sport sign up is taking place this week. If your child hasn't signed up yet, it is not too late. Please have your child see the appropriate coach below. All our sport teams are offered to all grades, boys and girls. This includes Rugby. To join a team, students need to fill out a team permission form for each team they are playing. Also, students need to pay the annual athletic fee of \$15. If you have already paid the sport fee this year, you do not have to pay again. Practices will be starting next week. Coaches will be announcing their practice times on the announcements and in team meetings. We will add all practice times on the school website as soon as they are finalized.

Spring Coaches

Track & Field – Mr. Pillsbury, Ms. Linde, Mr. Chambers, Ms. Fitzgerald, Mr. Abello

Rugby (mouth guard required) – Mr. Clay, Mr. Budai

Badminton Gr. 8 – Christine McLellan

Badminton Gr. 7 – Mr. Walker

Badminton Gr. 6 – Ms. Leonard, Mr. Pillsbury

Wrestling Club – Mme. Grayston, Ryan K., Dylan K.

Basketball Club – Mr. Abello, Highschool student coaches: Evan W., Vincent, Jiwoo

Soccer Club – Ms. Kozuki, Ms. Tsamis

Mr. A. Abello, Athletics Director

Library Learning Commons:



EMMSOTA's Book of the Year Contest

There are weekly prizes for filling out a survey for the Book of the Year. Students are encouraged to fill out a survey as soon as they are finished one of the books. They do not have to read 3 books (the number needed to be eligible to vote) before they complete a survey. Plus, the more surveys they fill out, the more times their name goes in the draw for a grand prize! Students can bring their device or use a library laptop to complete the online survey. Happy Reading!

Contest closes on April 30.

<https://www.sd43.bc.ca/LibraryServices/Pages/BookoftheYear.aspx>

Bookmark Contest

EMMSOTA's annual Bookmark Contest is still ongoing! Students are invited to design a bookmark with the chance to get it professionally printed for use in the Library Learning Commons. The deadline is April 25 and the design must be completed on a template that can be picked up in the library. See Ms. Leonard for more details.

Ms. K. Leonard, Teacher-Librarian

Counsellor's Corner

Mental Health Information

There are many different aspects of your child's health; their physical, emotional, and mental health domains are equally important.

If you are concerned about the mental health of your child or a child you care for, the BC Children's Kelty Mental Health Resource Centre has resources to support you. In this section (see link below) of the site, you will find information on key topics that parents and caregivers often have questions about. This includes some first steps you can take if you are concerned about your child, how to navigate through the different options for treatment and support in BC, information on different medications for mental health challenges and how to connect with a parent peer support worker at the Kelty Centre. Whether it's information, tools, or a listening ear you are looking for, the Kelty Centre is there to help.

<https://keltymentalhealth.ca/parents-caregivers>

As always, if you would like to discuss your child's progress, please contact me at marmstrong@sd43.bc.ca

REMINDER: We do not provide plastic cutlery to students. Please ensure that your student brings their own fork/spoon/knife for their lunch or nutbreak snack.

FREE – City of Port Moody Youth Week activities – more info on our website

- [City of Port Moody FREE Youth week activities](#)

COMMUNITY LISTINGS

Please see our Moody Middle website for many different community opportunities!

Examples include:

- [Port Moody afterschool Youth Clubs @ Moody Middle \(Spring 2019\)](#)
- [City of Port Moody FREE Youth week activities](#)
- [Tri-Cities Got Talent registration info for June 29 audition](#)
- [Red Cross Babysitting First Aid coming to EMMSOTA April 26 2019](#)
- [Port Moody Soccer - Spring 2019](#)
- [Port Moody Farmers Markets kids club \(ages 5-12\)](#)
- [SD43 Friends & Family courses - discount code included!](#)
- [Place Des Arts adapted Art programs for Youth and Adults Winter Spring 2019](#)
- [Port Moody Aquarians swim club](#)
- [Wheelchair Sports with Lacrosse - open to all participants](#)
- [Artist in Residence program Port Coquitlam until May 2019](#)

ÉMMSOTA PAC

PAC Meeting Dates for the remainder of the school year are **May 6 & June 10**. All parents and guardians are welcome!

Please visit munchalunch.com to place your hot lunch orders for Term 3! Orders for next week's Subway lunch must be placed by midnight on Saturday, April 6th. Other options this term include White Spot, Sushi, Booster Juice and more!

Spring Fundraising Products:



- **'Growing Smiles' Plant Sale!** PAC has partnered with De Vry's Nursery to bring you a spring plant fundraiser. Orders will be delivered and available for **pick up in time for Mother's Day between 3-6 p.m. on May 8th, 2019**. Ordering is now open through your Munch-a-Lunch account. Deadline to order is **APRIL 24**

- **Spring hot lunch orders** now being accepted! –
Reminder to click on the **Munch-a-Lunch** link on the ÉMMSOTA web-site to create your account and complete your order for now through the end of June 2019.
<https://munchalunch.com/schools/moodymiddleschool/>



HOT LUNCH RETURNS!

April 10 - Subway (last orders Sat, April 6)
April 24 - Sushi / Crazy Bread / Booster Juice
May 8 - White Spot
May 25 - Year End BBQ
June 5 - Pizza

Order one, more or all on Munch a Lunch: <https://munchalunch.com/login.aspx>



- **Spring Play May 29 & 30, 2019 and PAC Participation**
 - PAC will be offering a nightly 50/50 draw AND a concession stand from 6:30 p.m. onwards
 - If you are available to volunteer, please contact Heather at skippys@shaw.ca
- **PAC Elections on Monday, May 6, 2019** – The Annual General Meeting will be in the school library starting at 6:30. Officers are to be elected and planning for 2019/20 school year begins. If you are unable to attend but interested in a position, please contact Kara Crawford kara_crawford@telus.net so your name can be put forward at the AGM. All positions are currently available, namely: President, Vice-President (or Co-Chairs), Treasurer (or Co-Treasurers), Secretary, DPAC Representative, Fundraising Chair, Hot Lunch Coordinator, Volunteer Coordinator.
- **Final PAC meeting on Monday, June 10, 2019** at 6:30 in school library – Draft PAC budget for the 2019/20 school year will be tabled for discussion.
- Do you occasionally shop at Thrifty's? Please order a **Thrifty's card** to help the PAC raise funds for fieldtrips. If you need a card, please contact Heather at skippys@shaw.ca

PAC Water Bottle Fundraiser

The ÉMMSOTA PAC water bottle fundraiser continues, and orders will be delivered free of charge to the school every 3rd Thursday of the month.

View the bottles and Order ONLINE @

<https://kinderbooks.ca/pages/moodymiddle>

***Please see the end of our newsletter for the full PAC Water Bottle Fundraiser letter to parents**

PAC Donations:

The Moody Middle PAC has decided to have a “by donation” fundraising initiative along with ongoing fundraising efforts throughout this school year.

We are asking parents for either a one-time donation, participation in fundraising events, or both throughout the 2018-2019 school year. Funds accumulated will be used to purchase “Wish List’ items that staff and parents at Moody Middle decide will enrich our children’s school experience.

Here are some of the items funded by PAC dollars in recent years:

- *Social media awareness presentations for students and parents*

- *fieldtrip transportation costs*
- *spirit wear t-shirts for all students*
- *digital camera equipment*
- *Cultural performances*
- *Grade 8 leaving celebration*

We encourage you to use SchoolCashOnline to make your payment – click on the following link (<http://www.sd43.bc.ca/school/moody/WebPages/Online%20Payments.aspx>).

You may also fill out the form below and return it along with your payment to the office. Please make all cheques payable to Moody Middle School.

Please click on the following link for the full PAC Donation letter:

<https://www.sd43.bc.ca/school/moody/Parents/PAC/PAC%20News/Moody%20Middle%20Donation%20Letter%20Sep%202018.pdf>

ÉMMSOTA PAC Facebook Page:

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



Water Bottle Fundraiser



Dear Parents and Caregivers,

The PAC of École Moody Middle Moody has partnered with Kinder Books, a Port Moody business, for our Water Bottle Fundraiser. **We are raising funds for the school with 20% of all sales going directly to the school PAC.**

Kinder Books is proud that the water bottle supplier has strong ties to the local Native Americans and First Nations communities. This includes their work with organizations that support Indigenous education, women in transition, child welfare programs and elders and long time collaborations with First Nation artists residing in British Columbia.

These high quality stainless steel water bottles keep beverages hot for 12 hours and cold for 24 hours. They make unique gifts and range in price between \$18 to \$32 plus tax.

Order online

- Go to <https://kinderbooks.ca/pages/moodymiddle>
- Order your water bottles
- Please enter student name, division/pod of your child at check out time into the merchant notes.

Order Pickup

Orders will be delivered free of charge to the school every 3rd Thursday of the month. Earlier pickups may be possible on request.

Deadline for orders for Valentine's Day is Tuesday, February 5, 2019.

Thank you for supporting our school!

For further information contact orders@kinderbooks.ca

604-616-2653 www.kinderbooks.ca

PAC FUNDRAISERS:

Please Help Moody Middle PAC fundraise while doing your shopping!

THRIFTY FOODS

Eat happy



Thrifty Foods

Thrifty Foods will donate 5% of the dollars you load on your pre-assigned Smile card to Moody Middle's PAC to help fund fieldtrips. Please contact Heather Skipworth via email at skippys@shaw.ca or phone 604-461-6570 for more information.



Cobs Bakery – Suter Brook Village

When shopping at COBS Bread - Suter Brook Village location mention Moody Middle and COBS will donate 5% back to PAC initiatives for our school.



PORT MOODY
LIQUOR STORE
AT THE CORNER OF ST. JOHNS & WILLIAMS ST.

Port Moody Liquor Store

– Corner of St. Johns & Williams Street
Before making a purchase mention Moody Middle School and 4% from your purchase will be donated back to PAC.



Return-It Express - 2560 Barnet Hwy, Coquitlam

No sorting required and proceeds from your returned bottles & cans come back to Moody Middle's PAC. Bag returns in clear plastic bags and drop off at any Encorp Return-It Express location. Enter the school's phone # 604-461-7384 at the Express kiosk and print out labels for your returns.



moodymiddlesecretary@sd43.bc.ca

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

Moody Middle communicates with families via email, including sending newsletters, field trip notices and payment notices. If you do NOT wish to receive email from Moody Middle, please reply to this email with 'UNSUBSCRIBE' in the subject line.

Making your summer plans yet?

Think ... **Summer Learning!**



Elementary: July 9-26 9am-12pm

K to 1 Transition, Fine Arts, French Immersion, Integrated Studies, Montessori, Math, Reading & Writing, Coding (Info Tech), Science - Outdoor Focus: *Aspenwood, Bramblewood, Coquitlam River, Glen, Kilmer, Miller Park, Pinetree Way, Porter, Smiling Creek (New!).* **Registration starts April 26/19**

Middle: July 9-26 8:45am-11:45am

Art, Band, Creative Writing, Drama, Guitar, Home Ec/Culinary, Integrated Studies, Language Arts, Mathematics, Montessori, PE/Leadership, Coding (Info Tech), Science Grade 6/7 (Ecology/Outdoor Focus), Tech Ed: *Hillcrest, Kway, Scott Creek.* **Registration starts April 30/19**

Secondary Skill Building: July 9-26 8:30-11:30am & 12:00-3:00pm

English, English for School Success, Math, Band, Science, Fitness, Tech Ed, PE/Leadership: *Centennial, Gleneagle.* **Registration starts April 30/19**

Secondary Remedial: July 9-26 8:30-11:30am & 12:00-3:00pm

Grade 9/10 Math, English, Social Studies, Science. *Centennial.* **(Registration is by referral only, see your school counsellor for details).**

Advanced (High School) Credit: Face-to-face & Online blended (Fast Track):

July 3 - August 9 8:00-11:30am & 12:00-3:30pm

Gr 10, 11, and 12 courses in English, Mathematics & Sciences. EAL 10 & 11 courses, Career Life Education (Planning), Fitness & Conditioning 11/12, PE 10/11, Social Studies 10/11 *Centennial, Gleneagle.* **Registration starts May 3/19**

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

- ⇒ **This summer all courses will align with the new BC revised curriculum**
- ⇒ **Tuition is free for BC residents (International fees apply otherwise)**
- ⇒ **All courses taught by BC Certified teachers**
- ⇒ **14 school locations throughout the Tri Cities. *New site this year: Smiling Creek Elementary***
- ⇒ **Opportunities for high school students to volunteer**

