

e.Bulletin - 15.November.2019

ÉMMSOTA Website

moodymiddlesecretary@sd43.bc.ca

www.Moody Middle website calendar

Please see our Bell Schedule at the end of this newsletter to confirm our daily schedule

WEEKLY EVENTS		END DATE
Mon / Wed @ 07:50	Senior Band Practice	June
Mon @ lunch	Art Club with Mr. Walker	June
Mondays 3-3:45	Tutoring with PMSS Students	June
Mondays 3:00-4:00	Chess Club (Youth Lounge) (not 1 st Mondays)	June
Tues/Thurs @ 07:50	Junior Band Practice	June
Wed 3:10-4:25 (Home Ec	Port Moody After school programs -	Oct 23-Dec 4
Room)	Meals Around the World	
Thursday 3:10-4:25 (MPR)	Port Moody After school programs -	Oct 24-Dec 12
	Games Zone	
Friday 12:15-12:45	Badminton – Gr 7 practice	29-Nov-2019
Friday 3:10-4:00	Badminton – Gr 8 practice	29-Nov-2019
Fridays 3:10-4:25	Port Moody After school programs -	Nov 1-Dec 13
	Arts & Exploration	
Friday @ 07:50	Choir practice	June
Friday 3-5pm	Friends of Simon tutoring	June

NOVEMBER		
7-22	Stockings for Seniors collection	
15	Student Leadership field trip to SHARE	
15	PAC Pub night fundraiser @ Burrard Public House	
18	Grade 6 Immunizations DUE BACK TO OFFICE	
19	WE Day Vancouver	
25-29	Scholastic Book Fair in the Library	
26	PAC Purdy's Orders DUE	
26-28	Communicating Student Learning 3-way conferences	
27	PAC Hot Lunch – Pizza (ORDER BY NOV 23)	
27-28	Early Dismissal @ 1:45pm	
DECEMB		
ER		
2	PAC meeting – Library	
3-4 &	Immunizations – Grade 6	
10th		

3	Earth Pod field trip to French Film festival
4	SLC Monthly Meeting @ EMMSOTA
3-18	We Leadership 12 days of giving for SHARE food bank
3	Earth Pod to French Film Festival @ Silver City
6	PAC Treat Day - TCBY (yogurt) ORDER BY NOV 30
11	PAC Hot Lunch – Sushi & Booster Juice ORDER BY DEC
12	Winter Concert (concession & raffle tickets available)
17	Choir @ CP Holiday Train
20	Last day before Winter vacation

Greetings EMMSOTA Community,

We continue to move forward with our school wide theme of Health and Wellbeing. This theme is so very important in our schools as we navigate the ups and downs of adolescence. Recently, through a partnership with Fraser Health and SFU Health Sciences, we have had some presentations on "vaping" and the inherent health risks, especially for youth in our communities. We hope these presentations are not standing in isolation and that parents are continuing the conversations at home. It is important that we are all on the same page in support of healthy living and healthy kids.

Also related to Health and Wellbeing we have begun work on this year's art installation that is directly connected to our school wide read "The Science of Breakable Things" by Tae Keller. Stay tuned for more information and the big unveil sometime in the new year. Better yet, ask your children about the book and the connection to health and wellness. We are also starting our days with a mindful ART activity, activating the right parts of the brain to engage learners and help them regulate throughout the day. Ms. Armstrong is sharing mindful moments every Wednesday using breathing and words to set us up for a kind and successful day. High Five Fridays continue on the announcements every Friday, celebrating achievements and expressing gratitude for the great things that go on around this special place.

We continue to be "tech free" at breaks and get students active outdoors, in the gym or socializing in the youth lounge and around the building. I strongly encourage parents and families to take an active interest in the screen time of our young people. As we continue forward in this digital age, it is ever more important to disengage from screens, get active, read a book, vary your activities and socialize. Try taking an hour of screen time off your daily routine...bump it up to two hours. Try turning your cell phone (and your kid's phones) off at 6 PM and leave them off. Try anything and notice the results. Some of my best days in the past year involved not being able to use my phone or watch TV or check emails on the computer. We know technology is important and is all around us. Lets just support the healthy use of technology and a varied, active lifestyle.

I am looking forward to our PAC Fundraiser this evening at the Burrard Social House. Thank you to all the parents who have helped make this event happen through their donations, and organization. All great school communities have amazing PACs and are enriched through the support of parents. With sincere gratitude.

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

Cheers, A Bientot

Mark ClayKathryn JungPrincipalVice Principal

Winter Weather Ahead!

Schools are not routinely closed due to snow or other inclement weather conditions. All schools in School District 43 (Coquitlam) will remain OPEN, if possible, during winter weather, including snowfall.

However, on occasion, a district-wide or partial-district closure is required due to extreme weather. Partial-district closures affecting individual schools may occur due to the very different geography within our school district. If there is a partial-district closure affected schools will be identified.

The decision on schools remaining open or needing to be closed, because of extreme weather, occurs before 6:30 a.m. so that families can plan and make alternate arrangements.

While the District tries to make the best decision with the information available, the weather does change quickly. Therefore, when schools remain open, decisions to stay at home during challenging weather conditions should be made by each family.

Any district-wide or partial-district closure will be decided and communicated by 6:30 a.m. via the School District 43 website www.sd43.bc.ca and CKNW AM 980 radio, CKWX 1130 radio and CBC (690) radio.

Extreme weather can also impact transit. Transit schedules may face significant changes or cancellations due to the weather conditions. Parents seeking information on transit schedules need to consult the Translink website: <u>http://www.translink.ca/</u>

We encourage families to continuously check the School District 43 website for updates and changes: www.sd43.bc.ca

Learn more about SD43's process for emergency and inclement weather status updates at: http://www.sd43.bc.ca/NewsEvents/Pages/EmergencyInformation.aspx

Ski & Snowboard Club



Thank you to all students and families who have returned their Ski and Snowboard Club forms to Mme LeBlanc and Ms. Taylor-Hill last week. Many students have expressed interest in joining our club this year we have received close to 70 forms! Wow!



As discussed at our initial meeting at the end of October, since we have received more than 50 applicants, the Ski and Snowboard Committee members will draw 50 names out of the 70 forms received to create the 2019-2020 ski and snowboard club! The list of club member names will be posted in the main foyer at nutrition (nut) break on Monday, November 18. Ski & Snowboard Club members will then be asked to attend a meeting at lunch on Monday, November 18, in Mme LeBlanc's classroom. Please remind your student(s) to check the roster list posted in the foyer.

Counsellor's Corner

Tutoring Help is Here!!

Starting on Monday, November 18th, we will have high school tutors from PMSS available after school to help with homework. They will be in the library every Monday, except for staff meeting days, from 3:00-3:45.

Face to Face Connections:

In this digital age, when we all need to seek out more face to face connections, we continue to wonder about the impact of technology on relationships. There is more and more scientific evidence that points to why putting our phones down can be such an important, impactful decision. Have a read...

Why Parents Really Need to Put Down Their Phones. Parents on devices distress children and reduce their resilience.

https://www.psychologytoday.com/ca/blog/going-beyond-intelligence/201711/why-parents-reallyneed-put-down-their-phones

If you would like to discuss this, or anything else related to the mental health and wellness of your child, you can contact me at <u>marmstrong@sd43.bc.ca</u>

Remembrance Day

Special thanks to **Ms Reichert, Ms Magnusson, Ms Turje, Mr. Abdulla, Mme Grayston,** and **Arielle Sanderson,** for their amazing efforts in showcasing student talent at our recent Remembrance Day assembly. The band was more than 70 students large. The drama class' tableaux (still scenes) depicted the war-torn days. The choir sang beautifully and was accompanied by cello (**Sebastian C.**) and violin (**Victoria B**.) accompaniments while our M/Cs, **Jade** and **Owen** spoke of the 16 divisions' Valentines for Vets heart poppies. The cadets and girl guides are featured in the accompanying photo with Ms Turje,



Girl Guide Leader in Burnaby. Lastly, the group of Aboriginal students were led by **Sebby P**., wearing our school button blanket, and **Sierra D-C** who both acknowledged the traditional territories in English and French respectively.

Azadeh K., Baran B., Ms Turje, Daria B., Lincoln C-I lead the procession

for the Remembrance Day Assembly

SPECIAL EVENTS

Tad Milmine of <u>bullyingendshere.ca</u> made a special stop at EMMSOTA on November 8th as part of his international KINDNESS tour, "not only changing lives, but SAVING them". His message was a heartfelt and raw one about his life story to find the courage to:

-Be ourselves

-Tell a trusted adult

-Get help

-Accept the help

He had a firm resolve about how "positive change begins with me" and reminded us that power is power when used for good! We are thankful to Constable Dixon and the Port Moody Police Department for funding this special presentation. We hope that the conversations will continue at home as they have continued in class as we are focused on ensuring that every student in the school has a trusted adult connection.

Tad Milmine takes questions from curious students after his school-wide presentation.



BRICK SPIRIT TEAM

Kindness Day

Kindness Day was on November 13, 2019. What a pleasant surprise it was to find happy face emojis in each student's locker with a message of kindness on the backside. What if we were to be "kinder than is necessary" every single day! How heartwarming that would be!





KNITTING BRICK

Two students with their completed Dragon Eyes!

The students in the Knitting BRICK chose their own sticks from the forest behind our school, then selected a sequence of yarns that are creative and engaging. The students then wrapped the yarn in a pattern to create a colourful focal point.







Yoonwoo E

EARTH POD UPDATE

Earth Pod had a visit from some former students on Take Your Kid to Work Day. These students helped out in the classes and helped to facilitate a discussion on their experiences as new high school students. Their best advice? Do your homework and speak French!

MOODY ATHLETICS

With the exception of badminton club, our fall sports season is now complete. The coaches and staff would like to thank all the students who participated in one of our teams. The amazing effort and positive attitude shown by all team players really demonstrates the Moody spirit. Stay tuned for Winter sports announcements starting in December.

Vball 6 Boys & Girls-	Mr. Chambers, Ms.	The season is complete. All students showed	
	Linde, Mme Grayston,	great enthusiasm and effort at the district	
		0	
	Mr. Lee	playdate.	
Vball 7 Girls	Ms. Kayley, Mr. Clay	The season is complete. Both girls teams did	
		well at the district finals.	
Vball 7 Boys	Ms. Oak	The season is complete. Boys did well at the	
		finals with a 3win/1loss record	
Vball 8 Girls	Mr. Budai	The girls A-team ended their season winning	
		in their quarterfinals to proceed to the district	
		finals. The girls finished 4 th in the district.	
		Well done!	
Vball 8 Boys	Mr. Abello	The boys finished the season with an amazing	
		5win – 2 loss record at the playoffs. Great job	
		boys.	
Gr. 6 Badminton Club	Mr. Walker	The season is complete. No more practices.	
Gr. 7 Badminton Club	Mme Leblanc	Last practice for this season is Nov 29	
Gr. 8 Badminton Club	Mr. Abello	Last practice for this season is Nov 29	
Cross Country Running	Mr. Pilsbury, Mr. Lee,	The season is complete. No more practices.	
	Mr. Abello		
Swim Team	Ms. Turje, Ms. Egelstad	The season is complete. All swimmers did	
		well at the district finals.	



Some members of our Grade 7 & 8 boys volleyball teams, at the District Finals

Athletics Fee:

Moody has a one-time per year Athletic Fee of \$15 – payable through SchoolCashOnline. If your student is participating in any sport now or plans to participate in our clubs or teams throughout the school year, please pay this one-time fee.

Vaccination Status Reporting Regulation

Government has approved the Vaccination Status Reporting Regulation requiring parents or guardians to report the vaccination status of their school-age children. This regulation comes into force on July 1 and public health units will begin implementation of the regulation in September of 2019. Read more <u>here</u>.

École Moody Middle School Library and Learning Commons

SCHOLASTIC BOOK FAIR COMING SOON – November 25-29

Monday:	Nutrition Break Lunch After school (3:00-3:30pm)
Tuesday:	Nutrition Break Lunch After school (3:00pm-3:30pm)
Wednesday:	1:45pm – 8:00pm
Thursday:	1:45pm – 8:00pm
Friday:	Nutrition Break Lunch After school (3:00-3:30pm)

YOUNG ADULT BOOKS IN THE LIBRARY

After a thorough cleaning over the last two school years, our collection of books at EMMSOTA continues to grow and evolve. We have graphic novels, picture books, e-books, as well as non-fiction and fiction books in both English and French. Our collection is suitable for students ranging in age from 8 through 14+. As such, there are some materials in our collection that may be suitable for more mature students only; these books are marked with a "TEEN" or "Mature Read" sticker. We recognize that age does not necessarily convert to maturity, so we have decided not to restrict students from taking out "TEEN" books if they choose to do so. However, we want to make our school community aware of the denotation of "TEEN" and what it may mean about what your child chooses to read from our Library. If you are concerned about your child taking out a book too mature for them, please have a discussion with your child about not taking out "TEEN" books until you feel they are ready to do so. Here's what you need to know about Middle Grade and Young Adult distinctions in literature:

Middle Grade Books:

- Ages: 8-11 years
- Grades: 3-6
- Length: 30-50K words
- Characters: Protagonist (main character) is around the age of the reader, 8-11 years old or younger
- Topics: friendship, family, the character's life and world, external conflict vs internal
- Point of View: often third-person, meaning the narrator is outside the story looking in

• Content restrictions: no profanity, graphic violence, or sexuality permitted Examples: *Diary of a Wimpy Kid* series, *Sisters* (by Raina Telgemeier), *Harry Potter and the Sorcerer's Stone, Wonder* (by R.J. Palacio)

Young Adult Books:

- Ages: 12-18 years
- Grades: 7-12
- Length: 50-75K words
- Characters: Protagonist is older, 12-18 years old
- Topics: self-reflection, internal conflict vs external, analyzing life and its meaning
- Point of View: often first-person, meaning the narrator is telling the story about himself or herself
- Content restrictions: profanity, violence, romance and sexual situations permitted

Examples: The Divergent Trilogy, The Fault in Our Stars, The Hunger Games

Now, these guidelines are just that—guidelines. Often the lines may be blurry in some books, which makes categorizing them difficult. If ever you are confused or concerned or want to learn more, read the book yourself to see if it's a good fit for your child. You are the best gauge, as the parent. You know best what your child can and cannot handle.

Source: https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/what-parentsneed-to-know-about-middle-grade-and-young-adult.html

Karen Leonard, Teacher-Librarian

We / Leadership

Our Leadership Students are looking forward to attending WE Day VANCOUVER next week on Tuesday

November 19, 2019. Students will take the skytrain for the all day fun event. Please contact Ms.

Egelstad if you have questions.

Important start-up Student forms needed at school ASAP

Student Verification Form (tan paper) & Emergency Release Form (goldenrod paper) If you still have the Student Verification form and Emergency Release form at home, *please return* these to School ASAP. These forms are mandatory for each school year, as we use the information to ensure we have accurate and complete information for all student and parent contacts, as well as emergency release procedures.

District Policies Forms & School Activity Fee

In addition to the forms above, each year we also ask parents to complete and pay (using SchoolCashOnline) the District Policies Forms & School Activity Fee

Our School District continues its full transition to ONLINE form completion, fee payments, permission forms and newsletters. We encourage all families to ensure they are signed up for SchoolCashOnline, as we will be sending home on-line notices regarding field trips, permission forms, yearbook purchases and more using this method.

To maximize our communication, please ensure you have an accurate email address on file with the school and you are also registered for SchoolCashOnline. If you have not yet registered, please do so as soon as possible – click here: https://sd43.schoolcashonline.com/

Then click on 'GET STARTED TODAY'

December 2
January 13, 2020
February 3
March 2
April 6
May 4 - AGM
June 8

PAC (Parent Advisory Council) NEWS

PAC Meetings:

Our meetings are held at 6:30 pm in the ÉMMSOTA Library Learning Commons. Please join us!

PURDY'S CHOCOLATE ORDERS – on now until **November 26**th! Pick up on December 4th. Order forms and brochures were sent home.

ART WORK AT THE PUB NIGHT:

Four lucky recipients of the PAC Fundraiser will walk away with precious art pieces from Mr. Walker's classes featuring Monochrome Abstraction!

Monochrome Abstraction

Monochrome Abstraction introduced students to the idea of monochrome paintings or in other words, a painting with one prevailing hue (colour).

Students were asked to choose one colour with which to work. After producing several small-scale drawings in pencil and a final drawing study in colour, students were then asked to create approximately 14 shapes by dividing the paper surface up using 'sensitive touch' painters tape. Once achieved, students then carefully painted in the shapes using tempera paint. They were to include a monochrome highlight (white paint added) as well as a monochrome lowlight (black paint added). The final challenge was to see if they could create a gradient tone that showed evidence of an even transition from their monochrome light to monochrome dark.

The overall effect of *Monochrome Abstraction* is like a subtle dance of shapes and hues that resembles in a way the intricate interplay of colour and form found in stained glass art.

PAC's 2nd ANNUAL PUB NIGHT

@ the Burrard Public House on Friday, November 15 from 6:30-10pm. EMMSOTA PAC Pub Night Fundraiser!

In addition to 60+ items donated for prizes and silent auction, we are excited to feature student art work in our silent auction!

Join us on **Friday, November 15 from 6:30 to 10pm at t**he Burrard Public House, 2414 St. John's Street. Tickets are \$25 and include a burger and beer, wine or pop.

This will be a fun opportunity to relax and chat with other parents, win some door prizes bid on auction items including student art and reserved seating at upcoming performances! There will be a 50/50 draw, toonie toss & more (COBS envelopes).

Make a night of it - friends, family and neighbors welcome! RSVP before it's too late! See attached form or sign up on <u>www.munchalunch.com</u>

Note: that this is an adults only event and Burrard Pub does not allow us to sell tickets at the door. A version of the order form is available at the end of this newsletter if you need to print it out. Please turn your paper order form in to the office.

More donated auction items/prizes being added every day! *Check out our Facebook page at* <u>www.facebook.com/EMMSOTAPAC/</u> beside where it says, "*More donated auction items/prizes being* added every day!"

If you have an item or gift card you would like to donate or know of a business willing to donate a prize or silent auction item, please contact PAC at emmsotaPAC@gmail.com Business donations will be acknowledged on the PAC Facebook page, in the school newsletter and at the pub night.

Fall Hot Lunch Dates:

- Nov 27 Pizza. Order cut off: Nov 23
- Dec 6 TCBY (yogurt) treat day. Order cut off: Nov 30
- Dec 11 Sushi & Booster Juice. Order cut off: Dec 7

Hot lunch is ordered ONLINE through Munch a Lunch at <u>www.munchalunch.com</u>. Are you new to Munch a Lunch? It only takes a minute to register! <u>https://munchalunch.com/schools/moodymiddleschool/</u>

PAC FUNDRAISERS:

Re: Fundraising Campaign for EMMSOTA / Moody Middle School Community

The Moody Middle PAC would like to offer 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 2019-2020 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. This year's PAC budget was discussed at the Monday, October 7, 2019 PAC Meeting.

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

Donations may be made through (click on one of the following options):

- SchoolCashOnline system https://sd43.schoolcashonline.com/
- or by filling out the <u>EMMSOTA Donation Request form</u>
 *(see the end of our newsletter for a full copy of this form)

Thank you in advance for your support!

Ongoing PAC Fundraisers:

You have multiple ways to shop and help PAC raise funds at the same time! <u>PAC Shopping Fundraisers 2019-20</u>

NATIVE ART WATER BOTTLES Fundraising program – (click for info and order form)

THRIFTY'S SMILE CARD FUNDRAISER

EMMSOTA's Thrifty Foods Smiles Card fundraiser has been renewed for another year. 5% of the money loaded onto your pre-assigned Thrifty's Smile Card comes back to Moody Middle PAC to support field trips for students. If you are looking to get a card for the 1st time or want additional cards please fill out the attached Thrifty Foods Fundraising document and drop off at the office or email us at: emmsotaPAC@gmail.com with any questions. <u>Thrifty's fundraising program - details</u>

EMMSOTA PAC Facebook Page:

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



Bell Schedule

Our regular bell schedule is slightly different from last year. Warning bell sounds at 8:35 and classes start at 8:40. Getting to school on time is another key factor in establishing successful learning routines. If your child will be late or absent please contact the school office by phone, 604-461-7384, or email moodymiddlesecretary@sd43.bc.ca

Monday – Thursday		Friday		
B	Band		Choir	
7:50 - 8:35		7:50 - 8:50		
Prime Time	A8:35 - 8:40	Prime Time	A9:00 - 9:05	
1	A8:40 - 9:30	1	₽ 9:05 – 10:30	
2	9:30 - 10:20			
Nutrit	ion Break	Nutrition Break		
10:20	10:20 – 10:30 🖻		– <i>10:45</i> 🗚	
3	10:35 - 11:25	2	10.50 10.15	
4	11:25 - 12:15		10:50 - 12:15	
L	Lunch		unch	
12:15 – 12:50 A		12:15 – 1:00 A		
5	A12:55- 1:45	3	A1:05 - 2:20	
6	1:45 - 3:00			
BRICK (W/F only)	2:20 - 3:00	BRICK (W/F only)	2:20 - 3:00	

Community Info

City of Port Moody After School Youth Programs – Fall 2019

There are still some places available. Please see the brochure on the right for a description of the programs and call or go online to the City website to register!

<u>City of Port Moody 'Get Active Program-for Teens,</u> ABC' – click here for info





Here's what's happening for ages 11-14:

Meals Around the World

#9064 Wed. Oct. 23-Dec. 4 3:10-4:25pm Travel the world and taste some famous dishes. Try cooking recipes from different cultures. Youth will learn about kitchen safety. \$10

Games Zone

#9061 Thur. Oct. 24-Dec. 12 3:10-4:25pm Play co-operative games, cards and board games. Youth will also be engaged through non-traditional active games. per program (Admin fee) Register

Register NOW! portmoody.ca 604.469.4556

Arts and Exploration

#9057 Fri. Nov. 1-Dec. 13 3:10-4:25pm Explore your creativity through various art styles. Develop confidence by exploring new hobbies.

*All Youth Club programs include a healthy snack

This program is made possible through funding provided by the Government of British Columbia and support from the BC Recreation and Parks Association (BCRPA)



PORT MOODY

Flying Squad at Community Volunteer Connections

Community Volunteer Connections (CVC) is a non-profit organization whose mission is to bring communities together by promoting and creating meaningful volunteer engagement with other non-profit organizations.

The Flying Squad is a team of volunteers that help at one-off events, by our non-profit members, taking place in the Tri-cities area. High School students are invited to join the Flying Squad Team and give back to the community. Once the students have volunteered at the event, they would log their hours and CVC will keep track of the hours completed for graduation.

See www.volunteerconnections.ca

Follow us on Twitter

Twitter name – @43moody <u>https://twitter.com/43moody?lang=en</u>

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

Download the Twitter app



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.

moodymiddlesecretary@sd43.bc.ca

School Website PAC Website District Website



École Moody Middle School of the Arts - PAC 130 Buller Street, Port Moody, BC V3H 2C6

September, 2019

Dear EMMSOTA / Moody Middle families:

Re: Fundraising Campaign for EMMSOTA / Moody Middle School Community

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- Cultural performances
- Grade 8 leaving celebration

Thank you in advance for your support!

School District 43 Finance Department.

Payment may be made through the SchoolCashOnline system (<u>PAC Parent Donation Request</u> <u>2019</u>) or by filling out the form below and returning it along with payment to the office. Please make all cheques payable to Moody Middle School.

F	Please detach and return to the school.		
Ν	lame:	Division / Teacher:	;
Ą	Address:		
F	Per Family Donation Amount: \$	\$25.00\$50.00 _	\$100.00
I	ncome tax receipts can only be issued for dona	tions of \$25.00 or more and will be	issued by the