

Moody Matters



École Moody Middle School of the Arts

e-Bulletin – 4-December-2020

ÉMMSOTA Website

moodymiddlesecretary@sd43.bc.ca

www.Moody Middle website calendar

DECEMBER	
1-11	PMSS International Baccalaureate Program registration (grade 8 students)
2	SLC on Teams with Ms. Egelstad
14	PAC Meeting
17	Report Cards #1 distributed to students
21-Jan 1	Winter Vacation – schools not in session
JANUARY	
4	School opens after Winter Break
8	Late French Immersion registration opens @ 09:00
14	Late French Immersion registration closes @ 16:00
FEBRUARY	
5	Cross Catchment Registration opens @ 09:00
10	Cross Catchment Registration closes @ 16:00

Greetings from Your Admin Team

We have said goodbye to November and have entered that time of year where we look for some snowfall, some hot chocolate and peppermint, some bright lights and uplifting music to bring the seasonal cheer. This year more than ever we need to find that cheer deep down and spread joy to as many friends, family, and community members as we can, even if it is online and from a distance. It has been a very challenging year and we need to push ourselves to focus on gratitude, on optimism, on hope, on caring and kindness for others. I have spent some time in all classrooms this past week getting to know our students a little better and asking them to focus on positives right now. I asked for their feedback on what could be changed and then tasked them to do something small to make that change...to make a difference. I applauded their resiliency and perseverance as we have had to stay the course and do school differently and unlike ever before. I admitted they were the main reason I come to work each day and it was the small things they do that make the difference for me. I thanked them all for that, as I thank all of you our parents and Guardians for sharing your children with us every day.

I would like to express my gratitude once again for our Staff. They are true professionals who put aside their own worries and anxieties to demonstrate a deep care and concern for your children daily. We sometimes need to make sure we are also holding each other up, so we can be there for your children. We have an incredible learning community at ÉMMSOTA, and for that I am extremely grateful.

I am grateful for all of you as parents who have pushed through your concerns and sent your children to school to be in our care amidst uncertainty and the ever-changing goal posts that is our health and well-being. It was so wonderful to see students and families engaging with teachers online during our Communicating Student Learning Triad Conferences. Once again, we had to shift our practice and did so admirably, maintaining a high standard in assessment for learning. Our triad conferences go a long way in supporting a very healthy school community and we appreciate all our parents for your commitment to your child's learning. Special thanks to our awesome ÉMMSOTA PAC for organizing a

very successful Purdy's Chocolate Fundraiser (Details for pick up of your sweets is below). We far surpassed our fundraising goals and did so while maintaining all the health and safety protocols required. Cheers to you as always for your support of our school initiatives.

This is a special time for many people in our community as we head into the holidays and we hope to enjoy our last few days of 2020 together by sharing in some learning, some laughs and a sense of happiness and togetherness. As always, it is important that we understand this time of year is not as joyful for some and it is our job as caring community members to reach out where we can, give of ourselves and perhaps bring just a little ray of sunshine or hope to families who struggle this time of year...especially this year! It is how we show kindness to others that makes this place so special. Reach beyond yourselves this holiday season and share the joy wherever you can.

Cheers, A Bientot

Mark Clay Kathryn Jung
Principal Vice Principal

PAC PURDY'S FUNDRAISER

Thank you to Parents & Staff! Due to your overwhelming support of our Purdy's Fundraiser we were able to double our target!

Purdy's order outside curbside pick up ***only by appointment*** on Monday, December 7 from 9:30am to 11:00am and 3:15 to 5pm via Doodle Poll
booking: https://doodle.com/poll/yvzwc4846trbn2ed?utm_source=poll&utm_medium=link

Pick up by Students only from 2:45 to 3:15pm - please email us your student's name in advance (they sometimes differ from those on the orders).

Contact us at emmsotapac@gmail.com

We appreciate your assistance in helping us provide a safe environment by maintaining space and wearing a mask

Student Leadership - The 12 Days of Giving Generously will need to look a bit different this year.

Monetary Donations are always appreciated. If you would like to make a financial donation you can submit your donation using SchoolCashOnline, and we will donate 100% to **SHARE**, in lieu of our annual food drive at school. Please sign on to your SCO account to make a donation.

If you would like to send a gift card or monetary donation to the school with your child, we will make sure your kind offering is delivered to SHARE for you.

If you wish to support the need for *non-perishable food* items, please take them directly to one of our local SHARE Food Banks. Items most needed are: canned fruit, canned fish and meat, canned pasta with sauce/meals. Hours of Operation: 10:00 a.m. – 2:00 p.m. Monday to Friday. During the Pandemic there has been an increased need for donations, and this will become even more prevalent during the winter months!

Port Moody – SHARE Family and Community Services - 2615 Clarke Street
Coquitlam – Hillside Church – 1393 Austin Avenue
Port Coquitlam – Trinity United Church – 2211 Prairie Avenue

You can also make a financial donation directly to SHARE through their website - www.sharesociety.ca

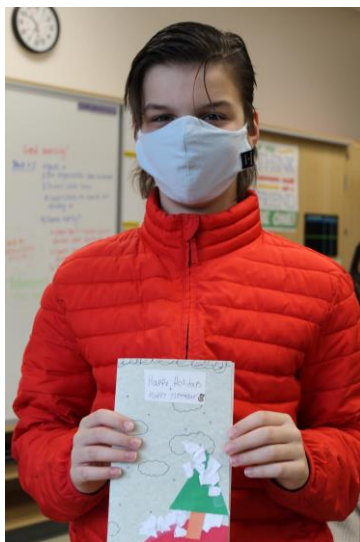
Thank you for giving generously!
The Moody Middle Leadership Team

Div 16 - Cards and snowflakes for long term care home

In Division 16, students decided to help out the seniors at Eagle Ridge Manor Long Term Care Home in Port Moody. Students immediately got into the spirit of giving and created over 100 snowflakes to be used as decorations in their windows, and several hand-made holiday cards to be given to residents. It was an important lesson in thinking about those who might be lonely at this time of year, and particularly those who might be more isolated by COVID-19. Thank you to parent, Claire L., and the Rotary Club for getting the decorations and cards to The Manor's residents in a safe way.



A poem from student, Samuel, E.:



The winter breeze snips at your nose,
The cold winter blows and blows,
And the snow shows no signs of stopping,
And the rocking chair is rocking,
The hot mug in your hand,
The cinnamon feels like sand,
The star on the Christmas tree,
Brings everyone so much glee,
You are loved,
Stay happy,
Happy holidays,
For you,
From me,

Your pal, Samuel

Hazel Walling
Grade 7/8 Teacher

BraggARTs corner

This term in **Media Arts Exploration**, students in Divisions 5 and 10 have been exploring photography composition and editing. Here are a few examples of student photos, with the composition rule followed, representing our theme – Environment.



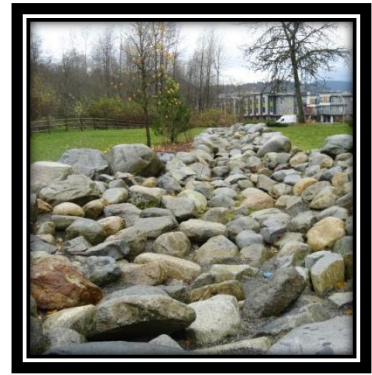
Haydn P. – Perspective



Isabella B. – Framing



Tristan N. - Layers



Kayleigh P. – Leading Lines



Nya Y.– Fill the Frame



Grant G.– Rule of Thirds



More braggARTs:

Our student Rozhina O was recently recognized by The World Institute of Youth Art – UNESCO for her participation in the international competition of Visual Arts, with focus on the environment.

Grade 8 Transition to Secondary School

To parents of Grade 8 students: We are nearing the end of Term 1 in your child’s final year of the adventure that is middle school. You may already be thinking about the move to secondary school, so we encourage you to explore different options available in our school district.

Please feel free to explore Programs on the SD 43 website.

We will be starting secondary school conversations with your children before the Christmas break so it’s not too early to do your research now.

Please check our website for updates regarding program registration and dates:

[Publications - Moving to Secondary School](#)

School District No. 43 (Coquitlam)

INTERNATIONAL BACCALAUREATE PROGRAM

INFORMATION REGARDING APPLICATION FOR GRADE 8 STUDENTS AND THEIR PARENTS

Students and parents interested in entering the IB Program for talented and highly motivated students should review the information posted on Port Moody Secondary School’s website at <http://www.sd43.bc.ca/school/portmoody/Pages/default.aspx>. Registration will open December 1 and will close December 11.

Cross Catchment & Programs of Choice Registration (Late French Immersion)

Information is now available regarding Cross Catchment and Programs of Choice. For *registration & program information, please click the link below:

[Programs of Choice Brochure 2021-2022](#)

Cross Catchment Registration dates – Feb 5, 2021 @ 09:00 – Feb 10, 2021 @ 16:00

Late French Immersion Registration dates – Jan 8, 2021 @ 09:00 – Jan 14, 2021 @ 16:00

**You will need your Student PEN (BC student #) to register (found on student report card)*

COVID-19 HEALTH AND SAFETY REMINDERS

Please find attached (at the bottom of this newsletter) the Updated Daily Health Check that was sent out on September 21. Please use it to review with your child their health situation prior to arriving for learning each day.

We continue to encourage parents to pick up students in a timely fashion. The more quickly students are leaving school grounds, physically distanced from other learning group friends, the safer our whole community is. We in the office ask for your cooperation in refraining from visiting the office with student belongings throughout the day. There is limited student movement without adults present and this means that Mr. Clay, Ms. Jung and our office support staff are following protocol to follow through with parent issues which are mostly avoidable. Thank you for your understanding during this difficult time.

Absences, Lates & Early Dismissals

Parents/guardians are asked to notify the office and the classroom teacher when students will be absent, late or leaving early. To notify the office, please click here: [Absence Report](#) (or find it under QuickLinks on the main page of our Moody Middle website) for all types of absences, including Absent, Late or Early dismissal. This report can be submitted any time prior to the absence, but no later than the start of school on the day of the absence. You may also email the information to: moodymiddlesecretary@sd43.bc.ca or call the office at 604-461-7384.

When picking up a student for early dismissal, please call the office to let us know you have arrived. We will then send the student out to meet you in the parking lot. *Please do not call or text the student directly, as we discourage cell phone use while in school.*



a beautiful sunrise over the Inlet

Emergency and Inclement Weather Communication

As our weather is changing quickly, please be prepared by planning ahead to arrive to school in a safe and timely fashion with students dressed appropriately for learning and play both indoors and out.

In the event there is significant snowfall overnight or if you are questioning whether the school is open, please watch our school (or District) website for a status banner which will provide the latest important updates.

For more information on how ÉMMSOTA will respond to emergency and inclement weather, please visit the following site for more information: www.sd43.bc.ca/EmergencyInformation

Yearbook

Reminder – our early bird price for our yearbook runs until December 31st! Get your student a yearbook now at the reduced price of \$38. Starting Jan 1st, the price will be \$45.

Outdoors for Nutrition & Lunch Breaks

Students will be outdoors for nutrition and lunch breaks on most days. **Please ensure students have appropriate clothing (water-resistant jackets / shoes / umbrellas) as necessary for the weather.** Students will continue to eat their snacks and lunch inside before going outside for fresh air and play. This helps facilitate handwashing/sanitizing before and after eating.

Counsellor's Corner

I hope you are all keeping well at this time. Thank you, parents, for continuing to have conversations with your children about how to stay safe at home and at school. With people spending more time at home, you probably haven't asked yourself if screen time could be good for kids. Please check out this article for some interesting information and links to other resources.

<https://www.cbc.ca/documentaries/the-nature-of-things/screen-time-can-sometimes-be-good-for-kids-says-new-research-1.5799251>

As always, please contact me if you would like to talk about your child's social-emotional development.



marmstrong@sd43.bc.ca

SchoolCashOnline (SCO)

Our School District encourages all families to register for SchoolCashOnline, to facilitate distribution of information including mandatory and optional forms, field trip forms, and payments as necessary.

To maximize our communication, please ensure you are registered for SchoolCashOnline. If you have not yet registered, please click here: <https://sd43.schoolcashionline.com/> Then click on **'GET STARTED TODAY'**

If you are unable to complete on-line forms and payments, please let us know at the office as soon as possible, so alternative communication plans can be made.

Any students with a medical condition that the school needs to be aware of should have a **Medical Alert Form** completed.

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



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](#)

Moody Middle – UNMASKED!

École Moody Middle School of the Arts ... UNMASKED

Mr. Abdullah Mr. Abello Ms. Alamsouz Ms. Andersen Ms. Armstrong Ms. Baboi Ms. Benoit Mr. Budai Mr. Chambers

Ms. Ching Ms. Clark Mr. Clay Ms. Crawford Ms. de Groot Ms. Donais Ms. Egelstad Ms. Fitzgerald Mme. Grayston

Ms. Hadizadeh Ms. Howard Ms. Jung Ms. Kayley Ms. Kobza Mme. LeBlanc Mr. Lee Ms. Leonard Ms. Linde

Ms. Magnusson Christine Ms. Nosrati Ms. Oak Ms. Paquette Mr. Pillsbury Ms. Reichert Ms. Roche-Silva Ms. Sanderson

Ms. Stibbs Ms. Suchynsky Ms. Taylor-Hill Ms. Turje Mr. Walker Ms. Walling Mr. Zimmer

COMMUNITY INFORMATION:

Please see our website for upcoming community events, sports teams, City of Port Moody programs and more – Check ‘Community News and Information’ on this link:

[Moody Middle Publications](#)



Drop-in Youth Sports

Fridays 5-9pm & Saturdays 4-8pm
at the Recreation Complex

- \$12 for 45-minutes of court time
- Up to 4 players on the court at a time
- You must pre-register for your session
- Registration opens 24 hours in advance
- Register at portmoody.ca/signmeup or 604.469.4556
- For youth in grades 6-12

 @pomoyouth

Special measures will be in place to help prevent the spread of COVID-19, including extra cleaning of indoor areas, limited class sizes, and physical distancing when possible.

portmoody.ca/youth | 604.469.4556

PORT MOODY
CITY OF THE ARTS

Online Virtual Learning

Fall 2020 – November to December – Please Visit: [Online Programs](#)



Day	Program	Age	Start time
Free	Love2Dance *Free Online Class* Tuesday	K-8	15:30
Monday	Coding: 2D Games/App Design	G6-8	17:00
	Introduction to Coding and STEM with Micro:bit	G3-5	15:30
	MPower your Inner Rhythm Program	G1-5	15:30
	MPower your Inner Warrior Program	G1-5	15:30
Tuesday	Discover Your Magic	G3-5	15:30
	Love2Dance: Freestyle	K-8	15:30
	MPower your Inner Yogi	G1-5	15:30
	MPower your Inner Rockstar	G1-5	15:30
Wednesday	Voice and Public Speaking	G3-5	15:30
	MPower your Inner Ninja Program	G1-5	15:30
Thursday	5-Week Digital Art Series	G5-8	15:30
	5-Week Line Drawing Series	G3-5	15:30
	MPower your Inner Creator	G1-5	15:30
	MPower your Inner Rockstar	G6-8	15:30
	MPower your Inner Warrior Program	G6-8	15:30
Friday	MPower your Inner Ninja	G6-8	15:30
	Love2Dance: Freestyle	K-8	15:30

What? – Afterschool 1-hour extracurricular programs. Discounted.

When? – Starting Nov 2nd to December, 5-6 sessions

Where? – From the comfort of your own home or classroom

How? – Virtual using Google Meet, Zoom, or LiveLearning

Why? – In-person afterschool programs are not avail. in school for Fall 2020.

Support your local artists and creative instructors. Quality extracurricular learning programs through COVID-19.

For Schools – Would you like to offer virtual programs directly from your classroom? Please talk to us.



Sign-up or Log in to your Parent Account to start registration: dowhatuluv.ca/login

1) Click "See Programs" & Select "Online Program" from drop-menu, 2) Choose your Program, 3) Click "Register now"

- Online Payment (Credit Card, PayPal) OR Offline Payment (E-transfer): registration@dowhatuluv.ca

Recommended - Register from Computer - Guide 1) [Tutorial Video](#), 2) [PDF Walkthrough](#)

EFry
1939-2019
80 Years
Elizabeth Fry Society
of Greater Vancouver

**Make your child's
Future Bright**
with **FREE** government money
for your child's education

Find out more at:
www.mysmartfuture.org/efry

Future Bright
is a free EFry program that helps
parents and guardians access the
Canada Learning Bond and BC Training
and Education Bond for their child(ren).
This money is free for you to claim for
your child(ren) and you don't have to
contribute any money yourself.
We will help you with every step of the
process, so you can easily access this
money to improve your child's future.

Contact us today to claim up
to thousands of dollars in
FREE MONEY for your child

futurebright@elizabethfry.com
604-520-1166

The [Elizabeth Fry Society of Greater Vancouver](http://www.elizabethfry.com), if you're not familiar with it already, is a not-for-profit organization that for over 80 years has supported some of society's most vulnerable populations – women, girls and children at risk, involved in or affected by the justice system. Our more than two dozen programs work to break the cycle of poverty, addiction, mental illness, homelessness and crime.

Our newest program, called [Future Bright](http://www.elizabethfry.com/future-bright/), is designed to help families access the different grants available for their children's post-secondary education by opening an RESP without any need to contribute towards the account and where \$0 fees are involved. Parents could access up to \$3,200 or more.

There is absolutely no cost for this service to the families or to your organization. I've attached a poster that outlines the main points and benefits to families and organizations that take advantage of the program. We undertake to do all the necessary leg work to facilitate the member's registration and assist them in obtaining any of the documentation required for the program. There is very little time and effort required on the part of organization members other than arranging for us to meet or referring us to member's that could benefit from the program.

<https://www.elizabethfry.com/future-bright/>

OUT-OF-SCHOOL EDUCATION CONNECTIONS SD43

By Do What U Luv



DO WHAT U LUV FOUNDATION

DECEMBER 2020 EDITION: CLICK THE LINKS BELOW FOR MORE INFO

FEATURED INFO

Moresports Tri-Cities Hub (WATCH THIS VIDEO)	VIDEO: FREE Silly Christmas Story Time with Santa - Watch Every day until Dec 31st thanks to @scholasticCDA	Support kids & youth to Thrive Online with our Auction & Fundraiser! Click here
Do What U Luv Foundation	Affordable Online Programs for Mental-Health, Social-Emotional Learning, and Extracurricular Activities	Winter Break Programs Registration coming in the week of December 1st
Tri Cities Kids Matter	Community Resource Guide	Community Resources Map

FOR YOUTH (AGE 0-12+)

Place des Arts	Winter/Spring programs(Jan-Jun) registration - November 30	
Place Maillardville Community Centre	Community Resources & Programs	Email: info@placemaillardville.ca Call: 604-933-6166
Tri Cities Healthy Living Working group	Create Better Healthy Habits Guide	Download the 'Live 5-2-1-0' App
YMCA Child Care Resource Referral (CCRR)	Circle of Friends - Community Program	
S.U.C.C.E.S.S. Family Resources	Family Resources with Language Support Service: Mandarin, Farsi	Email: info@success.bc.ca Call: 604-468-6000
Tri-City Family Place	Community Programs for Age 0-6	
Westcoast Family Centres	Parenting and Outdoor & Virtual Family Resources Programs - Upcoming Events	Community Support

FOR YOUTH & ADULTS

Coquitlam Recreation	Community Resource & Youth Services	
Port Coquitlam Parks & Recreation	Community Resource & Youth Services	
Port Moody Parks and Recreation	Community Resource & Youth Services	
Kinsight	Consulting Service & Programs for Supported Child Development	Email: aduffield@kinsight.org Call: 604-528-3950
Tri-Cities Seniors Planning Network	Senior Support & Resources	Call: 604-949-0599
FamilySmart®	Mental Health - Contact for Young People and Families	
Fraser Health Authority	Local Health & Medical Information	

FOOD BANKS & SECURITY

Hillside Community Church	1393 Austin Ave, Coquitlam
SHARE Family & Community Services	2615 Clarke St, Port Moody
Trinity United Church	2211 Prairie Ave, Port Coquitlam

ANY ISSUES WITH THE LINKS ABOVE - CONTACT: INFO@DOWHATULUV.CA



Free Evidence-Based Anxiety Relief

Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on cognitive behavioural therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Get the tools to tackle:

- Worry • Panic • Perfectionism • Social Anxiety • Phobias •

MindShift™ CBT Features:

CBT-BASED TOOLS

Interactive cognitive-based tools to help you re-orient your thinking, and behavioural strategies to help you take action and make lasting positive change.

THOUGHT JOURNAL

Transform your worries into balanced and helpful thoughts by identifying and challenging thinking that keeps you trapped in anxiety.

COPING CARDS

Ease your anxiety in the moment by re-adjusting your thinking with helpful coping statements.

BELIEF EXPERIMENTS

Learn how to set up experiments to test out beliefs that fuel anxiety.

HEALTHY HABITS

Tips to set the stage to better manage anxiety by taking better care of yourself.

CHECK-IN

Keep track of your anxiety and mood over time with graphs and journal entries.

QUICK RELIEF

When you need anxiety help fast, use these quick and easy tools to help you take a breath, ground yourself, shift your thinking, and take steps to cope.

GOAL SETTING

Tools and tips to help you set and accomplish important life goals and keep anxiety in check. Reminders to keep you motivated and on track.

FACING FEARS

Overcome your fears by gradually facing them in small manageable steps.

EXPANDING YOUR COMFORT ZONE

Build your confidence by consistently doing new and challenging things.

CHILL ZONE

Listen to audio recordings of guided relaxation and mindfulness meditations to help you get, and stay, in a more relaxed and mindful headspace.

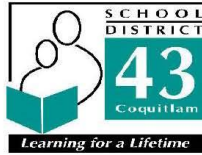


Scan to
download
the app!



Available in English and French

anxietycanada.com
604 620 0744



Daily Health Check (as of September 21, 2020)

Dear Parent/Guardian,

Parents and caregivers are required to perform a daily health check with their child(ren) at home prior to attending school. The **BC Centre for Disease Control** has updated its recommendations in regard to the daily health check requirements. Please use this revised version.

Please review the updated requirements below and use them to assess your child daily. We have also updated this form on our website for your reference.

Parents and caregivers please take time to review with your child prior coming to school.

1. Symptoms of Illness: Does your child have any of the following symptoms?

- | | | |
|--|--|--|
| <input type="checkbox"/> fever | <input type="checkbox"/> shortness of breath | <input type="checkbox"/> nausea and vomiting |
| <input type="checkbox"/> chills | <input type="checkbox"/> loss of sense of smell or taste | |
| <input type="checkbox"/> cough or worsening of chronic cough | <input type="checkbox"/> diarrhea | |

If you answered “Yes” to one of the symptoms above (excluding fever), your child should stay home for 24 hours from when the symptom started. If the symptom improves, they may return to school when they feel well enough. If the symptom(s) persists or worsens, seek a health assessment.

If you answered “Yes” to two of the symptoms above or your child has a fever, seek a health assessment. A health assessment includes calling 8-1-1 or visiting or speaking with a primary care provider like a physician or nurse practitioner. If a health assessment is required, your child should not return to school until COVID-19 has been excluded and their symptoms have improved.

2. International Travel: Has your child returned from travel outside of Canada in the last 14 days?

3. Confirmed Contact: Is your child a confirmed contact of a person confirmed to have COVID-19?

If you answered “YES” to questions 2 or 3, use the [COVID-19 Self-Assessment Tool \(https://www.thrive.health/bc-self-assessment-tool\)](https://www.thrive.health/bc-self-assessment-tool) to determine if you should seek testing for COVID-19.

When a **COVID-19 test** is recommended by the health assessment:

- If the COVID-19 **test is positive**, your child is to stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- If the COVID-19 **test is negative**, your child can return to school once symptoms have improved and they feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless they develop a new illness.
- If a COVID-19 **test is recommended but is not done** because you choose not to have the test, or you do not seek a health assessment when recommended, and your child’s symptoms are not related to a previously diagnosed health condition, your child is to stay home from school until 10 days after the onset of symptoms, and then they may return if they are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, your child can return to school when symptoms improve and they feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (ie. Not COVID-19).

If a student exhibits symptoms while at school; parents will be contacted, a mask will be provided for the student, and the student will be moved to a secure space to await pick-up.

This information is posted on the District website for reference.

(Please tear off and return to school with your child or access School Cash On-line to acknowledge receipt.)

I have reviewed the above Daily Health Check requirements and will follow the **BC Centre for Disease Control** daily health screening.

Student Name: _____

Grade: _____

Classroom/Learning Group Teacher: _____

Parent Signature: _____