

e-Bulletin - 08-Jan-2021

ÉMMSOTA Website

moodymiddlesecretary@sd43.bc.ca

www.Moody Middle website calendar

JANUARY		
4	School opens after Winter Break	
8	Late French Immersion registration opens @ 09:00	
12	Gr 8 Heritage Woods – Virtual Parent Presentation	
13	Gr 8 Riverside – Parent info night, virtual presentation link on website by 6pm	
14	Late French Immersion registration closes @ 16:00	
18*	PAC Meeting *NOTE DATE CHANGE	
18	Gr 8 Gleneagle – Virtual Parent Presentation posted on website under QuickLinks	
19	Gr 8 Heritage Woods – Optional Zoom Q&A 6:30-7:30pm	
20	Gr 8 Pinetree – Virtual Parent Presentation	
20	Gr 8 Terry Fox – Live Zoom Parent Meeting 6:30-7:30pm, virtual tour & Q&A	
21	Gr 8 Gleneagle – By evening, a Q&A document will be posted in same location a	
	the original presentation	
27	Gr 8 Centennial – Virtual Parent Presentation	
FEBRUARY		
1	Pro D (school based)	
2	Gr 8 Charles Best – Virtual Parent info night on ZOOM @ 7:00pm	
2	Gr 8 PMSS - Virtual Parent Presentation	
5	Cross Catchment Registration opens @ 09:00	
8	PAC Meeting	
10	Cross Catchment Registration closes @ 16:00	
15	BC Family Day – schools not in session	
24	Pink Shirt (Anti-bullying) Day	
26	Pro D (District) – schools not in session	

Happy New Year to our entire ÉMMSOTA Community.

We hope that everyone enjoyed a quiet and relaxing winter break. We hope you were all able to spend quality time with close family laughing, getting outdoors and enjoying the festive season. It was so nice to welcome your children back to school and look forward to many positive things to come in the year ahead. The pulse around the school the first few days back was very positive, and it was clear all our students and staff were rested and ready to move forward in 2021.

Moving forward means a continued focus on health and well being as well as diving deeper into improving numeracy skills and supporting the mathematical mindset. Both goal areas are featured in our SD43 District Strategic Vision 2025. These are areas we have been working with over the past couple of years at EMMSOTA and will continue to do so with renewed efforts. Our school wide theme of "Innovation and the Environment" serves us well to dive into projects in the new year that can reflect learning in both goal areas. We are looking forward to unveiling our art installation from earlier in the year and continue to celebrate creativity and arts integration through all that we do. Stay tuned as we continue our journey into 2021.

Our Grade 8s are starting to prepare for Grade 9 articulation and course selection as secondary school will be hosting virtual parent events over the next couple of weeks before all **Grade 8 students will participate in a Virtual Walkabout/Tour January 29th**. This is also the time of year when programs of choice applications are open, and we begin our cross-catchment process. Please be sure to stay on top of deadlines and applications if you are planning on applying for any special program at a secondary school or if your younger children coming into middle school are looking at one of our District's middle level programs of choice. All information can be found on our <u>District Website</u> (click link) and some is featured in this e-news update below.

Please find in this e-news some important information, dates and incredible creativity as we continue to highlight some of our student work in our "BragART" section of the bi-weekly enews.

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

Cheers, A Bientôt

Mark Clay Kathryn Jung Principal Vice Principal

COVID-19 HEALTH AND SAFETY REMINDERS

Please find attached (at the bottom of this newsletter) the Updated Daily Health Check that was provided back in the Fall 2020. Please use it to review with your child their health 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.

Traffic Safety Reminders

Please plan to *drop-off and pick-up your student off site* (James, Henry, St. George streets) as much as possible to reduce the traffic flow. Our parking lot does allow for a few cars at a time to drop off and pick-up students. The drop off and pick-up spaces are in our **staff only** parking lot along the south side adjacent to the school. Please keep to a safe speed of under 10km/hr inside the parking lot. We are noticing more cars in a rush to drop off that are coming and leaving the parking lot at excessive speeds which creates a very unsafe environment for students arriving and leaving school. **The flow of traffic is one way in, all the way around the lot to exit, stopping at the stop sign before entering the intersection**.

This is an ideal time to remind your children about traffic safety and being mindful at crosswalks and sidewalk use, especially with the low light at this time of year! Parents driving their children please SLOW down in all approaches to the school and when turning off and onto St. John's

Street in particular. Student safety is of utmost importance to all of us, so please consider doing your best to always support safety. We thank you.

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: <u>Absence Report</u> (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.*

MDI for Grade 8 Students (only)

Middle Years Development Instrument (MDI) – Participation in January February 2021 SD43 has partnered with the Human Early Learning Partnership (HELP) at the University of British Columbia to measure and promote children's social and emotional development, health, well-being, and assets through the Middle Year Development Instrument (MDI). The Middle Years Development Instrument (MDI) is a self-report questionnaire that asks children in middle childhood about their thoughts, feelings and experiences. The MDI is the first survey of its kind to gather information about the lives of children both in school, in the home and in the community, from their own perspective. The survey questions align with the BC Ministry of Education's K-12 curriculum, which includes a focus on promoting children's personal and social competencies.

Grade 8 students will be invited to complete the MDI during class time between: January 11th and March 5th, 2021.

For more information and to view the questionnaires: http://earlylearning.ubc.ca/mdi/

Parent FAQs:

http://earlylearning.ubc.ca/mdi/parent-guardian-resources/

If you don't want your child to participate please contact your child's teacher, Mr. Clay in the Office mclay@sd43.bc.ca, or contact the MDI project staff at mdi@help.ubc.ca.

At the end of our newsletter, please find attached the brochure that was also sent home early in December 2020.

** Grade 7 students will be participating in the *Ministry of Education Student Learning Survey* and the *Foundation Skills Assessment* (letter sent home to Grade 7 families earlier this week) later in January and February 2021.

Grade 8 Transition to Secondary School

To parents of Grade 8 students: As we continue on our path to grade 9, you are probably looking for more information about your child's secondary school. Please see the dates and times in our calendar above for upcoming parent presentations and note that some of them are taking place as early as **next week**.

Most of the presentations will be recorded and you can check the school's website for the link. Most schools will be providing a link for your questions and they will post a Q & A document at a later date with the answers to your questions.

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

Please check our website for updates regarding program registration and dates: <u>Publications - Moving to Secondary School</u>

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

Information is now available regarding Cross Catchment and Programs of Choice (Late French Immersion) registration. For *registration & program information, please click the link below: Programs of Choice Brochure 2021-2022

Late French Immersion Registration dates – Jan 8, 2021 @ 09:00 – Jan 14, 2021 @ 16:00 Cross Catchment Registration dates – Feb 5, 2021 @ 09:00 – Feb 10, 2021 @ 16:00 *You will need your Student PEN (BC student #) to register (found on student report card)

Emergency and Inclement Weather Communication

Photo by Ms. T-H



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. Our District website will be updated by 6:30am with closure information. 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

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.

BraggARTs corner



Div 1, Glyn & Tristan

The Mail Art project was a collaborative art project where students created personal postage stamps and postcards. The postcards were then "mailed" to someone else in the class at random and the receiving person would contribute their own artistic touch and "mail" it back to the original sender (artist). This project explored the medium of collage and the importance of using found materials in artmaking.



Div 8, Liana & Dylan

Ms. Howard, working with Divisions 1, 8 and 17







17 Div 17, Hana & Sara

Div 1, Chloe & Constanza

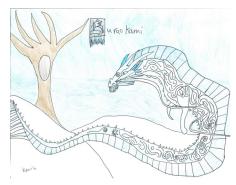
Division 16 (Ms. Walling's class) update:

Just before Winter Break, Division 16 learned about winter folktales, stories, and myths from around the world. For their final assignment, students created memorable and imaginative interpretations of different creatures and characters from winter folklore.



Gryla (Iceland) The mother of the Yule Lads, and wife of Leppaludi. On Christmas, she would eat mischievous children. – Azadeh K.

Kuraokami (Japan) The name Kuraokami comes from two words, Kura, which means darkness, and Okami, which means dragon of water. Kuraokami has the power to freeze, bring snow, and make rainfall. He is still widely known throughout the northern part of Japan and throughout farmland where there are harsh winters. People throughout the northern areas say when there is heavy snowfall, it is Kuraokami on the move. – Kevin F.





Cheeno (New England) The Chenoo is an ice giant that was once a man that had committed a terrible crime such as cannibalism or making people starve, causing its heart to turn to ice. The Chenoo, from Wabanaki legends, stays in the mountains and eats anyone that comes into its grasp. There are ways to turn a Chenoo back into a human but the method is difficult so many people resort to just killing them. — Ella H.

Beira, Queen of Winter (Scotland, Ireland) Beira is the god of winter but according to Donald Alexander Mackenzie a folklorist who published Wonder Tales

from Scottish Myth and Legend in 1917, she was also believed to be mother of all the gods in Scottish and Irish mythology. In most story's she is either thought to be a protector of life or a goddess of death and rebirth. – Lincoln C.



Lincoln



Nisse (Scandanavia) The general description of the Nisse is a small, elderly humanoid figure who looks similar to a garden Gnome (mostly because of the pointy hat that both are associated with), size can vary from 2 feet (60cm) and 3 feet (90cm). They live in barns and farmsteads and if treated well they will help with chores and jobs and protect the family that owns the barn. If treated poorly, they will enact acts of mischievousness and pull pranks, even going so far as to kill or maim livestock. – Samuel E.

Follow us on Twitter

Twitter name - @43moody

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

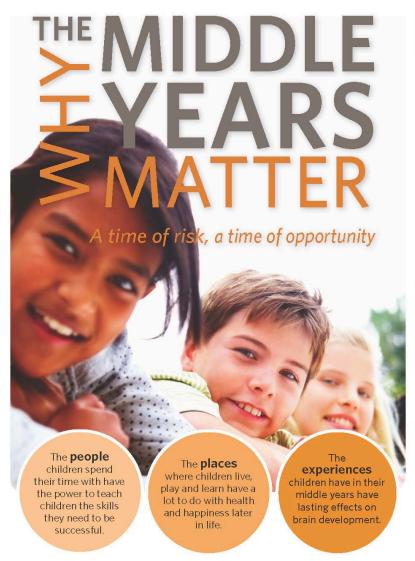
Download the Twitter app



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



The Human Early Learning Partnership (HELP) at UBC is using the Middle Years Development Instrument (MDI) to understand more about children's thoughts, feelings and experiences inside and outside of school. The MDI is a questionnaire that gives schools and communities valuable information about the strengths and needs of their children.





To find out more, read on about the MDI or visit earlylearning.ubc.ca/mdi

MIDDLE YEARS RESEARCH SHOWS:

NCREASED>

Poverty

Stress

Bullying

Mental Illness

DECREASED

Self-confidence

Empathy Optimism

Overall Health

V

WHAT MATTERS MOST?

Caring Adults
Happiness
Sleep
Friendships
Nutrition
After-School Activities

SOCIAL-EMOTIONAL LEARNING teaches children how to:

- Control their emotions
- Manage their behaviour
- · Feel self-confident
- Express their needs
- Show empathy
- Adapt to change
- Set goals
- Build strong friendships
- Cope with stress

Moody Middle – Zoom Christmas staff meeting shot!



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

Port Moody Arts – Jan-April 2021 programs



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



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



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 <u>Elizabeth Fry Society of Greater Vancouver</u>, 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 <u>Future Bright</u>, 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



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: linfo@dowhatuluv.ca

IMPORTANT REGISTRATION AND APPLICATION DATES FOR SCHOOL YEAR 2021-2022





www.sd43.bc.ca

Kindergarten Registration

Early French Immersion Application

Late French Immersion Application

> Early Montessori Application

Late Montessori
Application

Mandarin Bilingual Application

Reggio Influenced Application

Cross Catchment Application



Wednesday, January 27, 2021 to Thursday, February 4, 2021

Thursday, January 7, 2021 at 9 am to Wednesday, January 13, 2021 at 4 pm

Friday, January 8, 2021 at 9 am to Thursday, January 14, 2021 at 4 am

Thursday, January 7, 2021 at 9 am to Wednesday, January 13, 2021 at 4 pm

Friday, January 8, 2021 at 9 am to Thursday, January 14, 2021 at 4 am

Thursday, January 7, 2021 at 9 am to Wednesday, January 13, 2021 at 4 pm

Thursday, January 7, 2021 at 9 am to Wednesday, January 13, 2021 at 4 pm

Friday, February 5, 2021 at 9 am to Thursday, February 10, 2021 at 4 pm



Free Evidence-Based Anxiety Relief

s 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 reorient 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.

Take a bre Take a bre Take a bre Thought Journal Here you rest findly just gard in to the temptation and your horoscope. Thought Journal Hone you rest findly just gard in to the temptation and road your horoscope. Coping Cards Buying the right telescope to take your love of astronomy to the next level is a big. Take a small Bellef Experiments

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



...where we build bridges to link English, Social Studies, Art and life - no walls, no boundaries.



Are you a student who is:

- interested in big ideas like freedom, identity, and independence?
- excited to find connections between English, Social Studies, Art?
- curious about the world and what makes people tick?
- · always drawing, doodling or thinking visually all the time?
- looking to express your learning in diverse and new ways?
- keen to contribute to a community of learners?





Yes? Then JumpstART is where you belong!

JumpstART: thinking inside, outside, and around the box.

Check out jumpstartgleneagle.ca and gleneagle.org for more information

Art at Gleneagle Secondary

The **JumpstArt** program is an excellent option for students who are passionate about art and who may plan to specialize in their senior years.

Gleneagle Secondary offers a comprehensive visual arts program at all grade levels.

Unique to the school is the **Art Careers** program for students who are planning to pursue careers in the visual arts.

Gleneagle is also the recipient of one of 10 annual Emily Carr University of Art and Design Scholarships.

This scholarship reflects the high number of our graduates who gain entrance to that institution.

Additionally, Gleneagle is the host school for the *Headstart in Art Emily Carr* satellite program, allowing graduating students the opportunity to take additional courses for university credit while still attending secondary school.

Following JumpstArt, students are able

Following JumpstArt, students are able to personalize their courses with Art 10, 11 & 12, Drawing and Painting 11 & 12, Art Careers 12, Graphic Design 11 & 12, Animation 11 & 12, Media Arts 11 & 12, Photography 11 & 12, Ceramics 11 & 12 and Fabric & Fibre Arts 11. Directed Studies opportunities are also available;





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?				
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 <u>COVID-19 Self-Assessment Tool</u> (<u>https://www.thrive.health/bcself-assessment-tool</u>) 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: