

Moody Matters



École Moody Middle School of the Arts

e-Bulletin – 18-December-2020

Clayton Shapski Wishing you a joyous holiday! *Alex Belko*

Merry Christmas! *Ms Silva*

Have a safe and happy holiday season! *Fracturing Jung*

Happiness + Cheer for the holidays! *Mark Clay*

Happy Holidays! *Clare Laquette*

Happy Holidays! *- Alan*

Happy Holidays! *E. Bok*

Merry Christmas! *Abelita K.*

Happy Holidays from the staff at École Moody Middle School of the Arts!

Happy Ho Ho! *Karen Taylor-Hill*

Merry Christmas! *Katherine*

Merry Christmas! Have a wonderful holiday! *Tibor Bodai*

All the best, *Holly Stubbs*

The Best to You and Yours this Holiday Season! *cjim*

Happy Holidays! *Michelle Linde*

Merry Christmas!! *Lil M.*

Happy Holidays! stay safe! *Miranda Oake*

Happy Holidays! *Bob*

Happy Holidays! *Lindsay Kayley*

Have a safe and happy holidays! *Joeyx Noël*

Enjoy + take care! *Heed Walling*

Merry Christmas! *Emmylou Benoit*

Happy Holidays! *Wendy*

Happy Holidays! *Wendy*

[www.Moody Middle website calendar](http://www.MoodyMiddlewebsitecalendar)

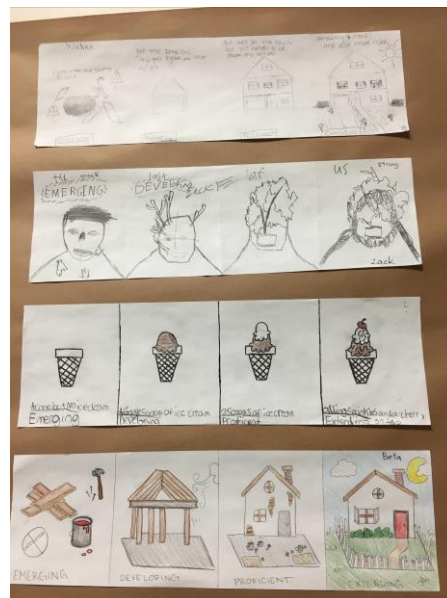
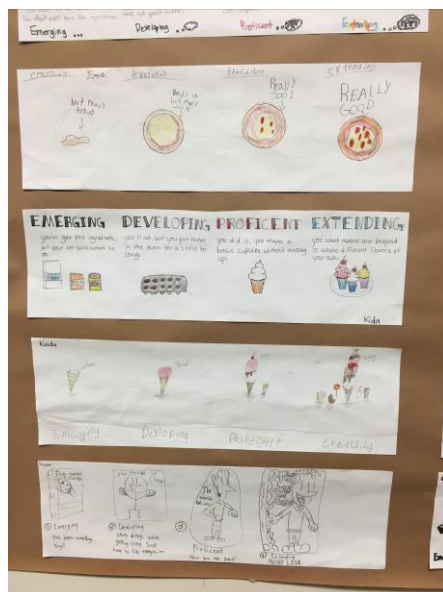
DECEMBER	
17	Report Cards #1 distributed to students
21-Jan 1	Winter Vacation – schools not in session
JANUARY	
4	School opens after Winter Break
11	PAC Meeting
8	Late French Immersion registration opens @ 09:00
14	Late French Immersion registration closes @ 16:00
FEBRUARY	
1	Pro D (school based)
5	Cross 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

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.

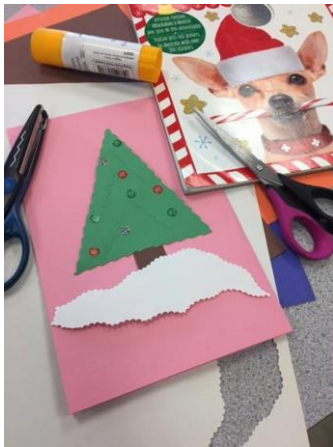
BraggARTs corner

With Report Cards coming this month, students in Wind Pod have been busy creating visual representations of the proficiency scales! Here are some examples for Ms. Stibbs (Div 4) and Mr. Lee's (Div 6) classes.





Div 13 & 14 update



Making holiday greeting cards for a local senior home!
 Divisions 13 (Ms. Paquette) and 14 (Ms. Turje) were busy last week making holiday greeting cards for one of our local Care Homes for Seniors. Many of our students wanted to spread a little bit of holiday cheer to our seniors who may not be able to visit with friends or family this year. Both divisions wish all of you a very happy and restful holiday season and remember to wash your hands and wear your mask!



Getting excited about science and fossils!

If you can't do a field trip to do a fossil dig, then you need to bring the fossil dig to the classroom! Div 13 and 14 teachers had to be a bit more creative this year with bringing real live science to the classroom. Using plaster of paris, small toys, and a creative use of glitter, we were able to mimic a fossil dig for our students. They had to slowly "dig" through layers of their "excavation site" to determine the kind of fossils and approximate age using the color-coded glitter they found between the layers. It was a fun way to learn more about "dating" rocks and fossils!



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](#)

***new – JumpstART**

JumpstART is a thematic program at Gleneagle that integrates English, Social Studies and the Fine Arts. If your student:

- thinks about big ideas such as freedom, independence and identity
- is always drawing or doodling
- loves to think visually and in metaphor
- loves to see connections between curricular areas
- wants to show their learning in a variety of ways

... please encourage them to look into JumpstART. More info can be found here:

<http://www.jumpstartgleneagle.ca/>

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](#)

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)*

SHARE Food Donations topped our list of niceness this year!



A huge thank you to our community (students, families, and staff) for their very generous donations!

The cheque for **\$1137.00** was picked up by the Firemen and delivered this week to SHARE.

Many families will be touched by this wonderful donation over the holidays and throughout the winter season!

Sincerely,
The Moody Leadership Team

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 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.

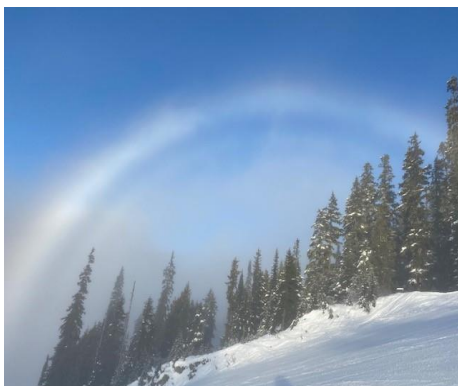
Absences, Lates & Early Dismissals

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.*

Emergency and Inclement Weather Communication

A 'snowbow' 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.

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.

Counsellor's Corner:

Many parents and caregivers are wondering what to do about the holidays this year. Nobody wants to disappoint their kids, especially in the midst of so many other losses and disappointments. So how can we prepare to follow [public health guidelines for a safer celebration](#) without dashing holiday spirits?

Check out the link below for inspiration about making the most of the holidays this year.

<https://keltymentalhealth.ca/blog/2020/11/making-most-holidays>

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

Maureen Armstrong



marmstrong@sd43.bc.ca

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



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

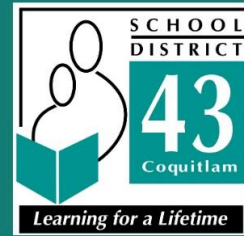
Coquitlam Recreation	Community Resource & Youth Services	
Port Coquitlam Parks & Recreation	Community Resource & Youth Services	
Port Moody Parks and Recreation	Community Resource & Youth Services	
Kinsight	Consulting Service & Programs for Supported Child Development	Email: aduffield@kinsight.org Call: 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

IMPORTANT REGISTRATION AND APPLICATION DATES FOR SCHOOL YEAR 2021-2022



www.sd43.bc.ca



**Kindergarten
Registration**

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

**Early French
Immersion Application**

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

**Late French
Immersion Application**

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

**Early Montessori
Application**

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

**Late Montessori
Application**

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

**Mandarin Bilingual
Application**

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

**Reggio Influenced
Application**

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

**Cross Catchment
Application**

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



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

JUMPSTART

...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.

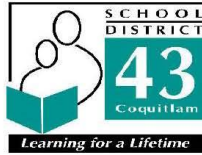
Gleneagle is also the recipient of one of 10 annual Emily Carr University of Art and Design Scholarships.

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 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?

- | | | |
|--|--|--|
| <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: _____