

Moody Matters



École Moody Middle School of the Arts

e-Bulletin – 19-Feb-2021

ÉMMSOTA Website

moodymiddlesecretary@sd43.bc.ca

www.Moody Middle website calendar

FEBRUARY	
15-19	Real Acts of Caring (RAC) week
22	MyEd Portal OPENS for parent registration
24	Pink Shirt (Anti-bullying) Day
26	Pro D (District) – schools not in session
Online registration –	PAC Fundraiser: First Aid Hero Babysitting Course & Stay Safe! Course— online course
MARCH	
2-4	Reporting Conferences
2	Get Real Presentation on Zoom
5	MyEd Portal registration DUE
8 deadline	PAC Fundraiser: Coffee Fundraiser
8	PAC Meeting
18-19	Report Cards sent home
22-April 2	Spring Break
APRIL	
5	Easter – Schools not in session
6	Schools back in session
12	PAC Meeting
23	Pro D (District) – schools not in session

Greetings ÉMMSOTA Community

February has brought some inspiring work by our students in the area of leadership, kindness and caring. We are celebrating kindness and friendship all through February and it has been wonderful to see students stepping up to present school wide assemblies, make daily announcements and share their appreciation for random acts of kindness around the school and in the community. This Wednesday the entire school will join in our second “Wellness Wednesday” event which will focus on **gratitude**. Amid this ongoing pandemic, we still have so much to be grateful for. I personally continue to be amazed at the resiliency of our youth and all those in education. We just keep moving forward. We just keep taking care of each other and this place. It will be important that we all ensure a heightened focus on taking care of ourselves as well. EMMSOTA is an amazing place to be and the articles and inserts in the newsletter below only capture a snapshot of what goes on here, even in these different times.

This edition of Moody Matters is full of important information and we ask that you please take the time to read through it carefully and do not hesitate to send us any questions you may have. Please also find in this e-news more inspiring creativity as we continue to highlight some of our student work in our “Bragg**ART**” section of the bi-weekly e-news. Please be sure to check out our EMMSOTA PAC section that features two fundraisers coming up soon. We thank our wonderful EMMSOTA PAC for their ongoing support.

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

Cheers / À Bientôt,

Mark Clay Kathryn Jung
Principal Vice Principal

BraggARTs corner:

Art Expo students in Division 16 got to try out some new Lino equipment for their Warhol Lino-Logo project. Drawing inspiration from artist Andy Warhol, and despite the challenges of COVID, students had the opportunity to experience new mediums and perspectives through creating negative space.

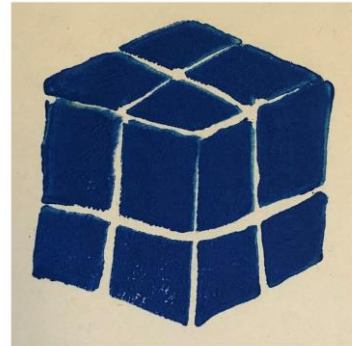
This was a collaboration between the experiences and interests of Mr. Walker and Ms. Walling. A special thank you goes out to Mr. Clay and our EMMSOTA PAC for helping to secure our new Lino materials this year.



Zhiyar M



Parmis M



Isabella PA



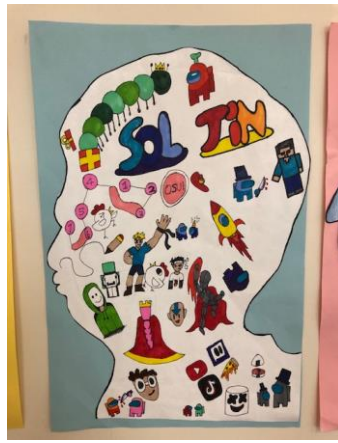
Katerina VL

Silhouette Art from Division 9

Students in Div 9 had to fill their silhouettes with things that are important to them.



Emilie S



Sol J



Emma D

Vancouver Symphony Orchestra

To celebrate the arts, we had a school-wide virtual assembly featuring our very own **Vancouver Symphony Orchestra** with *Pictures at an Exhibition* by **Modest Mussorgsky**. This concert has taken the place of our former ArtStarts performances while we are not able to gather in large groups. For all music lovers who would like to see any of this 2020-2021 season concerts put on by the Vancouver Symphony Orchestra, please email Ms. Jung at kjung@sd43.bc.ca for instructions on how to bring music into your home. This is an unprecedented opportunity to celebrate the many benefits of music, to support the arts and to experience the amazing talented musicians from the comfort of our own homes!

Counsellor's Corner

During the month of February, there is a lot of talk and activity around kindness & caring. Please do not forget about **YOU** and your family. As we get busy and stressed, the simple things can go by the wayside so below are a few reminders:

Tips for All: It's essential to take care of yourself, not just for your well-being, but also for those you care about and support. Your self-care will help improve your energy, focus, ability to cope with challenges and overall life experience. And you're modelling wellness strategies for the children and youth in your life.

- *Nourish Yourself - Take time to eat and hydrate adequately.*
- *Stay Active - Physical activity increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth, and even acts as an antidepressant.*
- *Sleep Well - Getting enough sleep also helps you cope with the stresses of everyday life.*
- *Stay Connected - Supportive relationships are one of the most powerful influences on our sense of wellness.*
- *Pause - Make sure to take time for yourself during the day with an activity that can help you feel restored.*
- *Reflect - Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care - focus on what is meaningful for you.*

- *Be Gentle* - Pay attention to how you talk to yourself. Treat yourself with compassion and gentleness, we are all doing our best.
- *Be Committed* - Commit to your self-care. Persist with this, even when life gets busy. *Especially* when life gets busy.

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



Maureen Armstrong

Counsellor

École Moody Middle School of The Arts 604-461-7384 (Mon, Wed, Thurs p.m.)

marmstrong@sd43.bc.ca

RAC WEEK – Feb 16-19



This week has been full of kind and caring acts between the students and staff at Moody!

Our Friendship Tree is adorned with lovely, heartfelt quotes and our bulletin boards are covered in thoughtful acts that have been acknowledged and enjoyed.

February is Friendship Month...

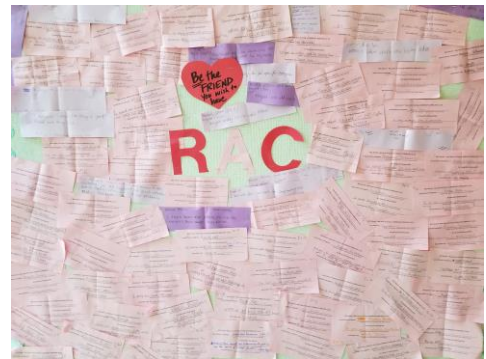
It started with a school-wide Teams assembly and a wonderful virtual Visit with the VSO for a performance of, Pictures at an Exhibition (Mussorgsky's story linked music with art).

February 24 is **Pink Shirt Day** in honour of anti-bullying

Then, the winning entries for our **Guessing Jar Contest** (how many cinnamon hearts fill the

jar) will be celebrated on Feb. 25!

Thank you to all the staff, students and even a few family members who made this month so meaningful and memorable!



Pink Shirt Day



Pink Shirt day is coming on Feb 24!

This Pink Shirt Day, our focus is working together and treating others with dignity and respect. The COVID-19 pandemic has affected us all and shown the importance of helping one another and advocating for those who need it. Help us “*lift each other up*” and support programs that encourage healthy self esteem and teach empathy, compassion and kindness.

Please remember to wear any pink shirt on Feb 24 to support Anti-Bullying Day!

Pink shirts that were ordered will be distributed by Monday at the latest!

Spirit Wear orders will arrive soon.

Get Real Presentation

First discussed at a recent PAC meeting, we will soon be hosting Get Real here at ÉMMSOTA. Thegetrealmovement.com group will work virtually with our students around the topic of Inclusivity. The presenters will highlight stories from their diverse life experiences with a focus on personal identity, increasing empathy and acceptance. They will focus on highlighting the importance of “human connections, shared emotions, 2SLGBTQ+ discrimination, unleashing harmful language, and ... the impact we can have on one another through small acts of kindness”.

Lifting Black Voices

In honour of Black History Month, several school districts including Burnaby, Vancouver, Maple Ridge and Coquitlam, partnered together to host a virtual conference called *Lifting Black Voices*. Many students from our school tuned in to hear the inspiring and personal stories from local Black members of our community. We were fortunate to hear from motivational speakers, a Governor General Award-winning poet, musicians, students and educators. Now is the time to take these messages of hope and courage to heart and challenge each other to act for good. What empowers you to support one another for good? Let’s be stronger together as a collective.



Our Friendly Fish!

Meet our hearty fish – Seaweed, Boba and Marty! Special thanks to Caelen and Ms. Donais for helping to feed our fish every morning. Stay tuned as we are looking to try and add a catfish to the tank that likes to clean the glass! Want to learn how to clean the tank? Ask Ms. Jung

COVID-19 HEALTH AND SAFETY REMINDERS.

On February 4, our Provincial Health Office put out some revised recommendations as measures to continue to help keep individuals in our communities safe. We continue to practice safe physical distancing measures, hand washing, and mask wearing among other practices. Please refer to the

letter from Superintendent Patricia Gartland, emailed out to you on February 4th and also posted on our website. [Superintendents Letter February 4th, 2021](#)

As usual, please find attached (at the bottom of this newsletter) the Updated Daily Health Check that has been renewed as of February 19, 2021. **Please use it to review with your child their health prior to arriving for learning each day.**

Earlier this year, we provided 1-2 reusable masks for students as well as a lanyard to keep the mask when not being used. Now that mask wearing has become mandatory, please remember to wash those reusable masks regularly.

We have been encouraging parents and visitors to refrain from coming to school unless absolutely necessary. Thank you for calling the office upon arrival to give us an opportunity to support you without a need for you to enter our school building.

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. Thank you for your understanding during this difficult time.

Health & Wellness for our animal friends too...



Don't Let Your Masks Harm Animals! How to Dispose of Them Responsibly

Face masks—a vital tool to reduce the spread of COVID-19—aren't going away anytime soon, but when we throw them away, these necessary items can harm the environment and the animals who share our planet.

The good news? We can all do our part by taking a little extra care to make sure our masks don't hurt fellow animals!

The Problem With Throwing Away Face Masks

Already, mask litter has polluted parks, sidewalks, and our city streets. Reports have been shared of wildlife tangled in the elastic straps common to most plastic, disposable masks. Dolphins, turtles, and other marine animals can easily choke or suffer from fatal bowel obstructions when they mistake personal protective equipment for food.

Like all other plastic materials, masks pose a risk to our waterways, where they'll degrade into even smaller pieces of microplastic. When plastic breaks down, it also releases hazardous chemicals that can exacerbate oceanic acidification.

What You Can Do to Protect Animals From Disposable Face Masks

Properly dispose of your masks! Check to see if your local recycling facility takes disposable masks,

or throw them away in a receptacle. Be sure to cut the ear straps to help prevent wildlife from getting entangled in them.

If you work outside the medical field, consider **buying reusable masks** that are easily washable. Not only will you help reduce our overwhelming use of plastic, you can also show off your personality while doing your part to combat the spread of the novel coronavirus.

Clip those bands, and crush your cans.

Remember, **all trash puts animals at risk**. Animals of all kinds often mistake trash for food or shelter. Securely cover your garbage cans and recycling bins at home to ensure that they can't get into them and get stuck inside.

Published September 2, 2020 by [Zachary Toliver](#). (PETA)

PAC NEWS

FIRST AID HERO FUNDRAISER:

Your PAC is bringing to you two **First Aid Hero courses** that will assist in fundraising for ÉMMSOTA - **Red Cross Babysitting and Stay Safe!** The courses are done online and for each course/ student that signs up, Moody Middle PAC will receive \$8 in return. The links below provide more detailed information or one can visit: www.firstaidhero.com.

When registering, simply use the **PROMO CODE: MOODY**

First Aid Hero babysitting registration: [Babysitting Info and Registration](#)

First Aid Hero Stay Safe registration & information: [Stay Safe Info and Registration](#)

COFFEE FUNDRAISER:

There are four coffee blends and hot chocolate available. ÉMMSOTA Pods are represented in the coffee names as well as an 'Explorations' Hot Cocoa.

Global coffee is organically and ethically sourced and is available in whole bean or ground. All blends come in 1lb bags and are packaged in re-sealable bags with valves.

33% of all sales will come back to the school, which will go toward much-needed items on teachers' wish lists.

Order Deadline : March 8

Coffee delivered to the school: March 11

Date to pick up: Week of March 15 -- exact day TBD

Link to order:

<https://globalcoffee fundraising.ca/moodymiddle/>

Ordering can be done online; however if you prefer to pay by cash or cheque, please request an order form using the PAC email below. Send the completed form back to school along with cash or a cheque (payable to Moody Middle PAC).

If you have any questions, please email emmsotapac@gmail.com

Thank you and happy shopping!

[Coffee Fundraiser FLYER](#)

MYEducation Student and Parent Portal

We are currently in the process of getting our entire community online using the My Education (MYEd) BC Student Information System. In the new year, students created personal passwords and are now able to access their own very basic demographic personal information on the MYEd Student Portal. We would like all parents to have access to the portal as well so we can eliminate the need for paper report cards going home and allow parents to verify personal information in a much more streamlined fashion. Other districts in the province are already using this system and all of our secondary schools currently use the MYEd Portal for staff, students and parents. We plan to go live with our parent portal during the week February 22-26, 2021 and we will be sending a series of emails with the information required to get started.

Please take a minute to view the ["Getting Started with the Family Portal Brochure"](#) link which takes you to our EMMSOTA web page. In this brochure you will find key information for getting started with your account. We will send another email early next week with the brochure translated in several different languages. Accounts are not currently live. Over the course of the

The flyer features a dark background with coffee beans and a white coffee cup on a saucer. At the top, it reads 'GLOBAL COFFEE FUNDRAISING' in a stylized font. Below this, there are four coffee blends listed with their prices: Wind Blend - LIGHT ROAST \$15.00, Earth Blend - MEDIUM ROAST \$15.00, Fire Brew - DARK ROAST \$15.00, and Water Blend Decaf - SWP DECAF \$15.00. A 'NEW!' section highlights 'Exploration Cocoa - HOT CHOCOLATE \$15.00'. On the right side, there is a call to action: 'Help Support Moody Middle School by purchasing fresh roasted coffee!'. Below this is the Moody Middle School logo and the text 'Coffee is Fresh Roasted in Maple Ridge, BC!'. At the bottom, there is an 'ABOUT OUR COFFEES' section and a red banner with the text: 'CHOOSE TO ORDER YOUR COFFEE ONLINE AT WWW.GLOBALCOFFEEFUNDRAISING.CA/MOODYMIDDLE ORDERS DUE MARCH 8TH / COFFEE AVAILABLE MARCH 12TH'. The footer includes the website name, URL, and phone number: 'Global Coffee Fundraising • www.globalcoffee fundraising.ca • phone: 604.618.6085'.

next week, you will receive an email with instructions on how to set up your account. Please follow the process and get set up as soon as possible. We are hoping to use the MYEd portal for our Term 2 Reports that will go home March 18, 2021. If you have any questions, please contact the office or email us at 086-office@sd43.bc.ca. Thank you for supporting this initiative.

Term Two Three Way Reporting Conferences March 2 – 4, 2021

We are rapidly approaching our next round of three-way reporting conferences and are looking forward to hosting all of our parents and students on Teams or Zoom.

Three-way conferences have proven to foster a positive and open home-school relationship. As we shift from purely written reports to communicating student learning, your conference will be an opportunity for your son or daughter to be part of the assessment process and involved in setting learning goals. During the conference, your child will have the opportunity to share a portfolio of their work, representing their strengths, improvements they have made and areas where they need to stretch their learning.

Conferences that are conducted by students help to build self-esteem and confidence while allowing children to take ownership and responsibility for their own learning. By supporting students in the process of creating a meaningful conference; we can teach and model communication and organizational skills that are invaluable at any age, especially during the middle years. This will be a time of self-reflection for the students, while at the same time, foster meaningful communication between your child, his or her teacher and yourselves as parents or guardians. We are asking that all parents and guardians attend conferences on-line with your child and work with your child's core teacher to schedule the most appropriate time during our conference week March 2-4, 2021. There will be early dismissals on Wednesday March 3rd and Thursday March 4th staggered to accommodate our two different start and end times. Thank you as always, for sharing in your child's learning journey with us.

Lost and Found

Recently, photos of lost and found items were shared with students in each class. Please ask Ms. Jung if you've lost something significant (mostly clothing and water bottles) and it has not yet been returned to you. Smaller valuables are stored at the office so send a description to kjung@sd43.bc.ca in hopes that your belongings will resurface. Perhaps this is a good reminder to label everything clearly just in case it is lost or misplaced. Thank you!



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 congestion in our parking lot. Our lot does allow for a limited number of cars at a time to drop off and pick-up students in what would otherwise be a staff only parking lot. *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, traveling all the way around the lot to exit, stopping at the stop sign before entering the intersection when it is safe to do so.** Safety first!

This is an ideal time to remind your children about traffic safety, being mindful at crosswalks and sidewalk use, especially with the low light at this time of year. Many students are wearing dark colours and are looking down at devices which means they are not as aware of their environments which is a potential safety hazard. Students are encouraged to “walk then text” or “walk then talk.” Parents driving 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 for doing your part to support the safety of all of us in our school community.

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



As our weather has presented us with crisp mornings that are beautiful, rainy, icy and/or cold, 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. Students will be outdoors for nutrition and lunch breaks on most days. **Please ensure students have appropriate clothing (water-resistant jackets / boots / umbrellas / gloves / hats / warm jackets) as necessary for the weather.**

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

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](#)

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](#)

First Aid Hero babysitting registration: [Babysitting Registration](#)

First Aid Hero Stay Safe registration & information: [Stay Safe Registration](#)

[Community Programs – Jan 2021 \(Grd 1-8\)](#)

[Port Moody Arts](#) – Jan-April 2021 programs



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

Youth Recreation Complex



General Programs

Yoga

Monday, February 1-March 15
For ages 11-18 years 4:45-5:30pm

Babysitter's Training Online

Tuesday, February 2-March 16
For ages 11-15 years 4:15-5:30pm

Badminton

Wednesday, February 3-March 17
For ages 11-18 years 6-7pm

Zumba®

Thursday, February 4-March 18
For ages 11-18 years 6:30-7:15pm

Spring Break Programs

Life Skills Prep

Monday-Friday, March 22-26
Monday-Thursday, March 29-April 1
For ages 11-14 years 12-3pm

Drop-in Sports

Registered Drop-in Youth Sports (Basketball)

For ages 11-18 years
Fridays 5-9pm
Saturdays 4-8pm
45 minute court bookings | 2 people per court
\$2/court booking - registration is required

Zoom Hangs

NEW Online Drop-in

February 2-March 18
Tuesdays - ages 11-14 years
Thursdays - ages 15-18 years
5-8pm (45 minute time slots)
FREE – registration is required

 @pomoyouth

portmoody/signmeup.ca | 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



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.

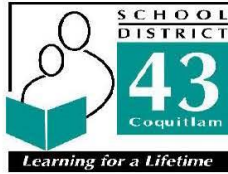


Scan to
download
the app!



Available in English and French

anxietycanada.com
604 620 0744



COVID-19

Daily Health Check – Students (February 16, 2021)

Dear Parents,

All students are required to complete a daily health check prior to attending school.

The Ministry Daily Health Check for students can also be accessed on-line or through the Ministry App. These are listed on the district and school websites under Covid-19 Pandemic Response banner.

If your child has any of the symptoms listed below, follow the instructions.

SYMPTOMS	WHAT TO DO
<ul style="list-style-type: none"> • Fever (above 38° C) • Chills • Cough • Loss of sense of smell or taste • Difficulty breathing 	1 or more of these symptoms: <ul style="list-style-type: none"> • Stay home. • Contact health care provider or 8-1-1 about your symptoms and next steps.
<ul style="list-style-type: none"> • Sore throat • Loss of appetite • Headache • Body aches • Extreme fatigue or tiredness • Nausea or vomiting • Diarrhea 	If you have 1 symptom : <ul style="list-style-type: none"> • Stay home until you feel better. • If you have concerns or questions about your health, please contact 8-1-1 at any time. If you have 2 or more of these symptoms : <ul style="list-style-type: none"> • Stay home and wait 24 hrs. to see if you feel better. If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps.
Close Contact If you are a close contact of someone who has COVID-19 and have any of the symptoms listed above. <ul style="list-style-type: none"> • Get tested and stay home. • You will know this is the case, as you would have been contacted by Public Health. For more information on close contacts, go to http://www.bccdc.ca/covid19closecontacts. • If you are unsure, please contact 8-1-1. 	
International Travel Have you returned from travel outside Canada in the last 14 days? <ul style="list-style-type: none"> • All students and staff who have travelled outside of Canada are required to self-quarantine for 14 days after arrival under both provincial and federal orders. 	
If your child develops severe symptoms, such as difficulty breathing (eg. struggling to breathe or speaking in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.	