

Moody Matters



École Moody Middle School of the Arts

e-Bulletin – 22-Jan-2021

ÉMMSOTA Website

moodymiddlesecretary@sd43.bc.ca

www.Moody Middle website calendar

JANUARY	
27	Gr 8 Centennial – Virtual Parent Presentation
29	Gr 8 Secondary School Virtual tours
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
MARCH	
2-4	Reporting Conferences
8	PAC Meeting
18-19	Report Cards sent home
22-April 2	Spring Break
APRIL	
5	Easter – Schools not in session

Greetings ÉMMSOTA Community.

2021 is well underway here at École Moody Middle School of the Arts. Students have returned after the break and are back into routines that include all of the same health and safety protocols we had in place back in the Fall. We appreciate the efforts students and families are making to stay safe and keep everyone in our community healthy and happy. As always reminders at home about physical distancing, washing hands frequently and mask wearing is greatly appreciated on our end. As the Provincial Health Order was extended once again to the first week of February, we recognize that it is difficult for many to maintain smaller social bubbles and continue to thrive. Your patience and adherence to all recommendations is what will keep us all thriving in the end. There is light at the end of the tunnel. Please stay safe.

Our school wide focus on health and wellness, carries on into the new year with our Wellness Wednesday” sessions beginning January 27th. We are looking forward to engaging the whole school in some mindfulness activities over the course of several weeks and kicked off every Wednesday morning with a visualization exercise by our Counsellor Maureen Armstrong. Please ask your children how these sessions are going and if there is any strategy you can bring into your home that might help with your own mental health and wellbeing as we continue to find ways to stay well during this pandemic.

Our school wide themes of innovation and the environment are beginning to take some more shape as we get through a few more weeks of cold weather and begin to anticipate Spring weather, new growth and new opportunities. Teachers are meeting to plan for new outdoor learning spaces that may include a pollinator project, school and community gardens, natural seating for outdoor learning and designs for indigenous medicinal gardens and mindfulness labyrinths. We are in the idea stage right now and will elicit the creativity and passion of our students as we take some of these plans to action. Stay tuned.

Our Grade 8s continue to prepare for Grade 9 articulation and course selection. All **Grade 8 students will participate in a Virtual Walkabout/Tour January 29th**. The Cross-catchment process runs from February 5-10, for those families looking at schools other than their catchment school. We ask that Grade 8 families please be sure to stay on top of deadlines and return course selection sheets as quickly as possible. We are piloting an on-line course selection process with a couple of our feeder secondary schools this year as well and will notify those students as we begin the process in the next couple of weeks. All information can be found on our [District Website](#) (click link) and some is featured in this e-news update below.

Please find in this e-news some more inspiring creativity as we continue to highlight some of our student work in our “BraggART” section of the bi-weekly e-news.

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

Cheers, / A Bientôt,

Mark Clay Kathryn Jung
Principal Vice Principal

BraggARTs corner:

ART EXPLORATIONS:

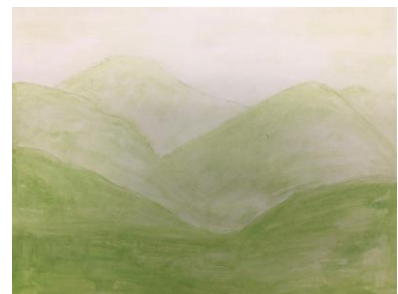
After looking at landscape paintings of Canadian artist Toni Onley, Art Expo students began their own series of landscape paintings. Combining their newly developed understanding of ‘atmospheric perspective’ with tonal values in colour, students created some stunning vistas of colour and calm.



Ophelia WP, Div 8



Keilyn S, Div 8



Angel D, Div 8

The multicolour prints of Andy Warhol became the inspiration for these colourful works based on the repetition of a logo found in Popular Culture.

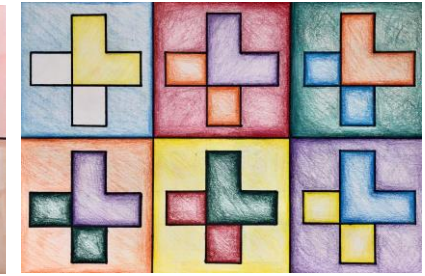
Mr. A. Walker, Art Explorations Teacher



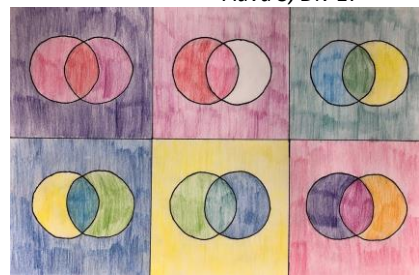
Carmen B, Div 8



Auva S, Div 17



Isabelle B, Div 17



Liana I, Div 8



Tristan L, Div 17

MUSIC EXPLORATIONS:



This year in Music Explorations, students have been composing music using GarageBand. In addition to making their songs, students have also created some amazing cover art to go with it.

Michelle Reichert
Music Explorations, Band & Choir, ELL

Emergency and Inclement Weather Communication

Frosty Morning 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. 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, gloves, hats and warm jackets for the next few weeks for sure.**

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

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.*

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.

Most of the presentations will be recorded and you can check the secondary 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:

[Publications - Moving to Secondary School](#)

Cross Catchment Registration Dates: REMINDER

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)*

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 of 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.

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



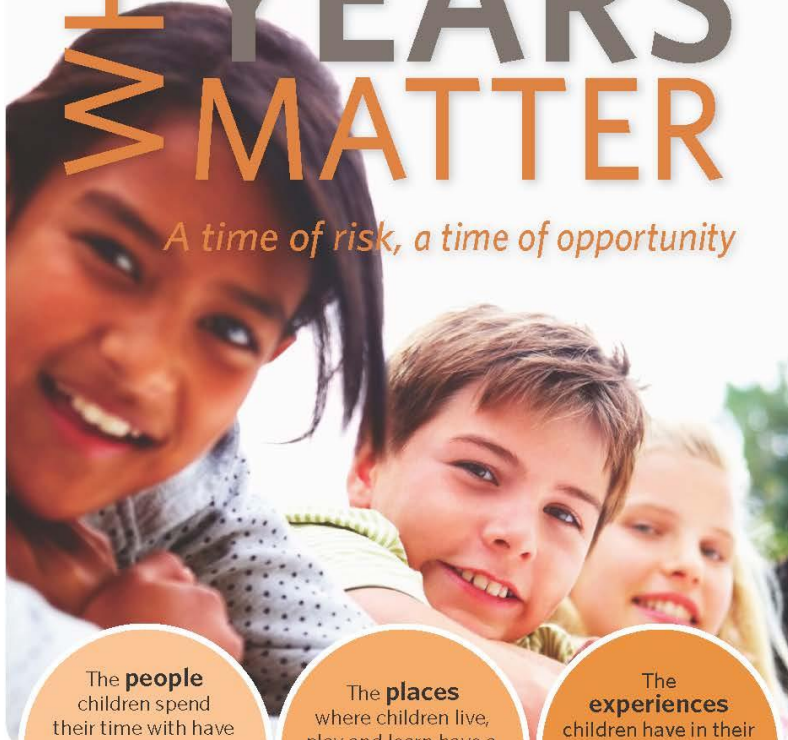
Moody Middle communicates with families via email, including sending newsletters, field trip notices and payment notices. If you do NOT wish to receive email from Moody Middle, please reply to this email with 'UNSUBSCRIBE' in the subject line.

moodymiddlesecretary@sd43.bc.ca

[School Website](#)
[PAC Website](#)
[District Website](#)

THE MIDDLE YEARS WHY THEY MATTER

A time of risk, a time of opportunity



The **people** children spend their time with have the power to teach children the skills they need to be successful.

The **places** where children live, play and learn have a lot to do with health and happiness later in life.

The **experiences** children have in their middle years have lasting effects on brain development.

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.

**HUMAN
EARLY LEARNING
PARTNERSHIP**



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

Version: Sep 13, 2019
H18-00507

MIDDLE YEARS RESEARCH SHOWS:



INCREASED

Poverty
Stress
Bullying
Mental Illness



DECREASED

Self-confidence
Empathy
Optimism
Overall Health

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](#)

[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



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

futurebright@elizabethfry.com
604-520-1166

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

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

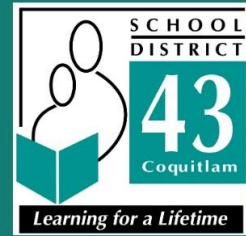
Coquitlam Recreation	Community Resource & Youth Services	
Port Coquitlam Parks & Recreation	Community Resource & Youth Services	
Port Moody Parks and Recreation	Community Resource & Youth Services	
Kinsight	Consulting Service & Programs for Supported Child Development	Email: aduffield@kinsight.org Call: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

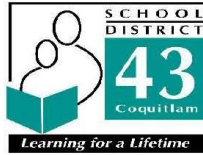
Gleneagle is also the recipient of one of 10 annual Emily Carr University of Art and Design Scholarships.

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: _____