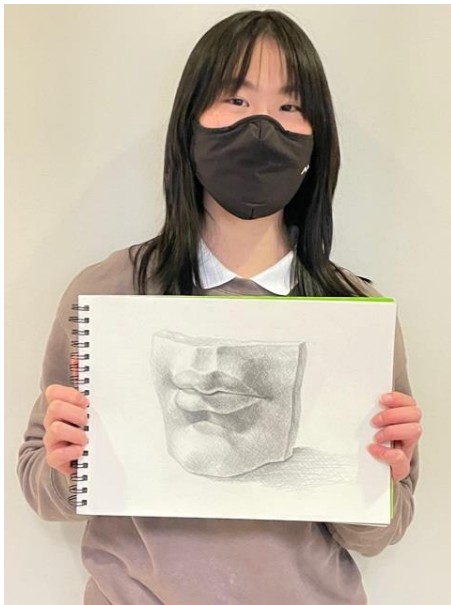
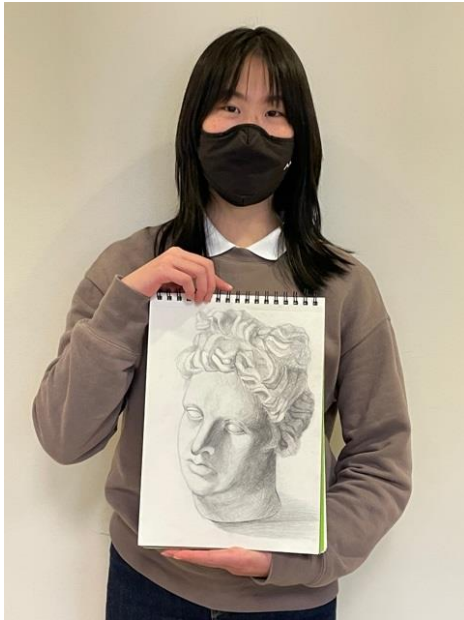




**IMPORTANT DATES – 2021-2022**

**e-bulletin December 6, 2021**

<b>DECEMBER</b>	
10	Winter concert 1-3pm
10	Immunization Blitz #1 for Grade 6 students
16	Report cards sent home on MyED
Dec 20-31	Winter Vacation – Schools not in session
<b>JANUARY</b>	
3	Winter Vacation – Schools not in session
4	Schools open after Winter Vacation
6-12	Late French Immersion applications open Jan 6 at 9am – close Jan 12 at 4pm
28	Grade 8 Tours of Secondary Schools
31	Pro D Day (School based) – School not in session
<b>FEBRUARY</b>	
4-9	Cross Catchment applications open Feb 4 at 9am – close at Feb 9 at 4pm
21	Family Day – Schools not in session
22-24	Communicating Student Learning 3-way conferences
23	Pink Shirt Day
25	Pro D Day (District) – Schools not in session
<b>MARCH</b>	
3	Group Photo Day
10	Report cards sent home
14-25	Spring Break – Schools not in session
28	Schools re-open after Spring Break
<b>APRIL</b>	
15-18	Good Friday & Easter Monday – Schools not in session
22	Pro D (District) – Schools not in session
25	Spring Musical - Elementary School performance
26-28	Spring Musical - evening performances
<b>MAY</b>	
23	Victoria Day – Schools not in session
20	Immunizations Blitz #2 for Grade 7 students
<b>JUNE</b>	
6	Pro D Day (School based) – School not in session
9	Year-end Concert
10	Immunizations Blitz #2 for Grade 6 students
27	Year-end Recognition & Grade 8 Leaving Ceremony
29	Last School Day/Report cards sent home
30	Administrative Day – Schools not in session



**Boya in Div. 3 was shortlisted to attend the final competition of the NEXt Gen art competition on November 28<sup>th</sup>. WE all wish her best of luck and will send our positive thoughts for an awesome outcome! See here a few of her pieces that were submitted for the contest. Good Luck Boya!**

## Counsellor's Corner:

Many parents and caregivers are wondering what to do during the holidays. Nobody wants to disappoint their kids, especially in the midst of these challenging times. So how can we prepare for the holiday?

Check out the ideas below from Dr. Ashley Miller, Child and Adolescent Psychiatrist, for inspiration about making the most of the holidays this year.

**Make a plan.** Sit down together as a family and decide how to celebrate and connect with relatives and other loved ones safely, taking into account that some connecting may need to be done online. The plan shouldn't be driven by fears of upsetting kids or extended family members. Older kids and teens can be included in family decision-making. If they are part of solving the problem, they are more likely to feel helpful and want to join in the festivities.

**Embrace the mixed feelings.** Even with the best planning, many kids and parents may feel some sense of loss this year. If you are struggling financially more than ever before, concerned for loved ones' health or finding it hard to light any kind of spark, then so be it. If you can't see your grandma or friends or play hockey and think it's the pits, you're absolutely right. Pressuring yourself to feel merry when you feel miserable only adds to the pain. Take the stance that nobody can "ruin the holidays" this year. In 2021, we can drop the idea of the "perfect holidays" altogether, and maybe we'll never want that idea back.

**Talk with kids and teens about their feelings.** Many of us will want our kids to "see the silver linings", but before shining a light on the positive, parents can acknowledge that kids might be feeling sad or disappointed or angry about the pandemic wreaking havoc on holiday plans and traditions. We can listen non-judgmentally and show our acceptance. Other kids may be as excited as ever about the holidays, and we can share in their joy. Every family member may feel a little different.

**Remember that less is more.** Pushing ourselves to spend money we don't have isn't likely to make our kids happier. They can understand that everything is a little different right now. Children don't need much to be happy. They may enjoy simple activities like decorating, baking, crafting or playing in the park just as much as any exotic travel. Less is also more when it comes to obligations. Many of us may be holding in our stress at school and work for weeks, and the holidays can be an important time to reset. We need to go back to basics of caring for our mental health and wellbeing, like making sure we're getting enough sleep and time outdoors in nature. We need deep rest and play. The usual to-do lists, cards and cooking may be restful for some, but others might need to pause and spend time just cuddling pets, walking outdoors with a friend or wrapped in a blanket with a warm mug of tea. There is no one right way to rest and replenish. We all have different ways to fill our cups.

### **Balance needs for connection and space.**

Family connection can be very nurturing and supportive, yet as families may be spending many more hours together again in close quarters, we also need to allow each member of the family at least some of the space they need. Parents and caregivers can map out a way to get some mental rest for themselves, even if only 3 minutes at a time, especially if we're starting to get overwhelmed or overly irritated. And for those caring for a child or teen with significant needs or young children, even a 3-minute break isn't always possible. In these situations, having someone to call on for emotional support may be a lifeline. It's also normal that teens need their physical and mental space. Talk with them about their needs ahead of time, so there's a way to balance their involvement in family life with their alone and social time. This will lead to far less conflict.

**Practice kindness and gratitude.** Families can think of ways to help others in the community, like donating to charities and checking on vulnerable neighbours. Those in self-isolation need our phone calls and drop-offs and to know they aren't alone. New traditions may be formed, maybe some that are even more in line with our deeper values. We can list what we do still have in our lives, and what we're each grateful for. We can tap kids' natural creativity to brighten things up. Some families have hung lights early, while others are making their own songs and videos and games. Celebration can happen even during the darkest of days, as many of our traditions teach us. When all is said and done, our kids may even develop a greater appreciation for what they have, and greater resilience for the future.

**Reach out for support when needed.** We know that many youth and families may struggle during the holidays and throughout the winter. If you are noticing consistent and worrisome changes in your child's mood or behavior, then don't hesitate to reach out for support. BC Children's Kelty Mental Health Resource Centre ([www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)) are available to provide guidance and help you find resources. Youth 12-24 and their parents can visit [www.foundrybc.ca](http://www.foundrybc.ca). Family doctors' offices are usually open on all but statutory holidays and so are local Child and Youth Mental Health Intake Clinics. Crisis Lines and Emergency Rooms are staffed 24-7.

**Stay hopeful.** We know this pandemic will end one day, hopefully in the not-too-distant future. We can hold onto the hope for our kids, share family stories of good times past and overcoming obstacles and imagine together what we can all look forward to in the future. One day, our kids will be the ones telling the story of how they got through COVID-19 and the holiday season of 2021. It will undoubtedly be the time spent with their families they remember most of all.

*Enjoy your holiday*

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



*Maureen Armstrong*



## THE 12 DAYS OF GIVING

Reminder that we are collecting non-perishable food items/loonies & toonies/ and new gift items. Donations can also be made to School Cash Online!

<https://sd43.schoolcashionline.com>

All donations over \$25 are eligible for a tax receipt.

**What is it for?** These items will help us make up our **CHRISTMAS HAMPERS** for Families in our Moody Community, as well as donating directly to the **SHARE FOOD bank**.

**WHERE?** Students are asked to drop off their items outside the front entrance where leadership students will collect, store, and record the items.

**CONTEST???** Yes, there will be a friendly challenge between classes and Pods. Leadership students will keep track and post the results daily in Pod Areas.

**RULES?** ONLY PACKAGED and NON-Expired FOOD will be accepted, it is very costly for SHARE to dispose of expired items!

Thanks for giving generously, your help is much appreciated 😊

**The Moody Leadership Team**



## **SPIRIT WEAR**

The Moody Middle Student Spirit Wear store is now open! Our pod t-shirt orders have already been placed separately for all new students and any current students wishing to purchase a new pod t-shirt. The store will remain open for orders until Friday, December 17.

Please note that items ordered from the website will be shipped after Christmas holidays.

Use the link below to place your orders!

<https://moodymiddlefall2021spiritwear.itemorder.com/sale>

## **FALL SPORTS**

School sports at Moody Middle have been an exciting and enjoyable time for both our student athletes and our coaches. Ms. Jung and the field hockey team have improved their skills and learned to dribble, flick, push, scoop, and hit the field hockey ball with success. Mr. Chambers, Ms. Linde, and Mr. Lee have introduced strong basic skills with our large group of grade 6 volleyball players. The grade 7 volleyball players have learned proper basic strategy to bump, set, and spike consistently. Thank you to Mr. Clay and Mr. Zenone for coaching the gr. 7s. The grade 8 volleyball team have learned how to switch to positions and have worked on strengthening their spikes and over hand serves. The gr. 8 team was led by Mr. Budai, Mr. Zenone, Mr. Abello, and our 2 high school volunteers, Parham and Shayan. Mr. Pillsbury and the cross country team have enjoyed avoiding puddles while they build their cardio and running skills through forest trails. Thank you to all parents in helping to drop off and pick up our student athletes from practices and games. Students, please listen to the announcements for your final practice dates and year end wrap up meetings.

Mr. Abello  
Athletics Director

## **MYED PORTAL**

**A reminder to get set up on the MyEd portal as soon as possible. The Getting Started with the Family Portal information can be found on our website:**

<https://www.sd43.bc.ca/school/moody/Parents/MyEdBcInfo/Pages/default.aspx#/=>

Once you are setup you can login at the link below:

<https://myeducation.gov.bc.ca/aspen/logon.do>

## WINTER CONCERT

Hello Band and Choir Families!

Our Winter Concert is next week, on **Friday, December 10<sup>th</sup>**! Here are some reminders leading up to that day:

- The students will need to have their Moody Music t-shirts, black pants, and black shoes when they come to school next Friday. We are hoping that our new Moody Music t-shirts will be in by then, but due to shipping delays, that is not guaranteed. If they are not here by then, students can wear any black shirt.
- Band students need to remember to bring their instrument and music on December 10<sup>th</sup> as well.
- All Band & Choir students will be performing our Winter Concert for the school during the day of the 10<sup>th</sup> after lunch. The performance will be videotaped, and that recording will be sent to the EMMSOTA community so that parents can see what their kids have been working on in Band and Choir at school.

### Here are some reminders of upcoming dates for Band and Choir students:

- Monday December 6 – Sr. Band (regular rehearsal)
- Tuesday December 7 – Jr. Band A and B combined in the gym
- Wednesday December 8 – Sr. Band (regular rehearsal)
- Thursday December 9 – Jr. Band A and B combined in the gym
- Friday December 10 – Choir (regular rehearsal)
- **Friday December 10 – Winter Concert**
  
- Monday December 13 - Sr. Band (regular rehearsal)
- Tuesday December 14 – Jr. Band A Hot Chocolate morning
- Wednesday December 15 – Sr. Band Hot Chocolate morning
- Thursday December 16 – Jr. Band B Hot Chocolate morning
- Friday December 17 – Choir Hot Chocolate morning

As a celebration of a successful Winter Concert, Band and Choir students are invited to bring their own mug and partake in a **Hot Chocolate morning/movie**. These mornings will start at our regular Band/Choir times.

Thank you for your support in getting our Moody Middle students to their morning rehearsals this Fall and Winter. We're excited for you to see and hear the progress they've made so far this year!

## EMERGENCY AND INCLEMENT WEATHER COMMUNICATION

As our weather is changing quickly, please be prepared by planning ahead to arrive to school in a safe and timely fashion with students dressed appropriately for learning and play both indoors and out. In the event there is significant snowfall overnight or if you are questioning whether the school is open, please watch our school (or District) website for a status banner which will provide the latest important updates. For more information on how ÉMMSOTA will respond to emergency and inclement weather, please visit the following site for more information:

[https://www.sd43.bc.ca/NewsEvents/pages/emergencyinformation.aspx#/=">](https://www.sd43.bc.ca/NewsEvents/pages/emergencyinformation.aspx#/=)

## PROGRAMS OF CHOICE AND CROSS CATCHMENT

### Programs of Choice Registration (Late French Immersion)

#### Late Programs of Choice On-Line Applications for Middle School:

**Opens January 6, 2022 at 9am**

**Closes January 12, 2022 at 4pm**

The link to application will be posted on the school district website. <http://www.sd43.bc.ca>

Parents must apply in this time period to be considered for placement. Selection will be done by a random lottery draw with priority given to younger siblings of students who will be attending the Program of Choice at the same school in September 2022. Children who are not successfully placed will be on a waitlist.

**Parents who currently have a child attending a Program of Choice and wish their upcoming child to enter must still apply and indicate "Confirmation of Sibling Status applies".**

For more information about the Application Process please view the attached brochure :

[http://www.sd43.bc.ca/Programs/Documents/SD43\\_Program\\_Reg\\_Info\\_2022.pdf](http://www.sd43.bc.ca/Programs/Documents/SD43_Program_Reg_Info_2022.pdf)

For more information on Programs of Choice, please visit:

[http://www.sd43.bc.ca/Programs/Pages/default.aspx#/=](http://www.sd43.bc.ca/Programs/Pages/default.aspx#/)

### Cross Catchment On-Line Applications

**Opens February 4, 2022 at 9am**

**Closes February 9, 2022 at 4pm**

The process order is done by a computer-generated random draw.

If you wish your child to attend a different school than his/her catchment school, then you the parent/guardian must apply for a cross-catchment placement through the School District web site <http://www.sd43.bc.ca>

**Students who have a sibling at a school outside their catchment, will be accepted at the sibling's school** (provided the sibling will be in attendance when the student begins at the out-of-catchment school).

**Parents still need to complete the cross-catchment application confirming sibling status.**

## **TRANSITION TO SECONDARY**

### 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  
[Programs - School District No. 43 \(Coquitlam\) \(sd43.bc.ca\)](https://www.sd43.bc.ca/Programs-School-District-No.-43-Coquitlam)

### **Registering For the IB Program**

Information about the program and the online registration and application forms can be found on [this page](#).

These will be open on **December 6<sup>th</sup>** and must be received no later than **4:00 p.m. on December 17<sup>th</sup>, 2021**. Only applicants who submit applications by the December 17<sup>th</sup> (4:00 pm) deadline will be permitted to participate in one of the testing sessions. If your application is not received on time, we recommend that you re-apply for the 2023-24 school year.

### **Inquiry Hub**

Information on the program and how to apply can be found online at <http://www.inquiryhub.org/>



## Bell Schedule 2021-2022

Monday – Thursday		Friday	
Band 7:50 – 8:35		Band / Choir 8:15 – 9:00	
Daily Art	8:35	Daily Art	9:00
<b>1</b>	<b>8:40 – 9:30</b>	<b>1</b>	<b>9:05 – 10:35</b>
<b>2</b>	<b>9:30 – 10:20</b>	<i>Nutrition Break</i> 10:35 – 10:50	
<i>Nutrition Break</i> 10:20 – 10:30		<b>2</b>	<b>10:55 – 12:25</b>
<b>3</b>	<b>10:35 – 11:25</b>	<i>Lunch</i> 12:25 – 1:00	
<b>4</b>	<b>11:25 – 12:15</b>	<b>BRICK</b>	
<i>Lunch</i> 12:15 – 12:50		<i>Lunch</i> 12:25 – 1:00	
<b>5</b>	<b>12:55- 1:45</b>	<b>3</b>	<b>1:05 – 3:00</b>
<b>6</b>	<b>1:45 – 3:00</b>		

**\*\*Getting to school on time is a key factor in establishing successful learning routines!\***

### EMMSOTA PAC Facebook Page:

"Like" our page to receive updates on events, meetings and fundraising initiatives:

<https://www.facebook.com/EMMSOTAPAC/>

### **Follow us on Twitter**

**Twitter name – @43moody**

\*Did you know? EMMSOTA has a [Twitter](#) account! Please find us **@43Moody** for updates.

. . . 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](mailto:moodymiddlesecretary@sd43.bc.ca)

[PAC Website](#)

[School Website](#)

[District Website](#)



## After School - Out of School Programs

Support Their Dreams ★ Stir Their Imagination ★ Nurture Their Abilities ★ Believe in Them  
So, Kids Can Grow Up Great!

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[www.tckm.ca](http://www.tckm.ca)

Tri Cities Kids Matter

<https://www.tricitieskidsmatter.ca>

Tri Cities Children's Charter of Rights

<https://www.tricitieskidsmatter.ca/childrens-charter/tri-cities-childrens-charter>

Tri Cities Healthy Living Working group – want to create better healthy habits (local download) 3-12yrs

SCOPE – <https://www.live5210.ca/resources/downloads/> get the Live 5-2-1-0 App

## REGISTRATION is OPEN

Place Maillardville Community Centre Call 604-933-6166

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

Place Des Arts

<https://placedesarts.ca>

Port Coquitlam Parks and Recreation

<https://www.portcoquitlam.ca/recreation/children-youth-services/>

Port Moody Parks and Recreation [Recreation - City of Port Moody](#)

Coquitlam Recreation

<https://coquitlam.ca/294/Registration>

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## REGISTRATION is OPEN

**Do What U Luv** - Out of School Programs & Experiences <https://www.dwul.io/>  
( Soccer, Volleyball, Martial Arts, Dance, Chess, STEM, Coding )

Volunteer opportunities with **Moresports BC** – Tri Cities HUB (Ages 12-18)

<https://forms.gle/6ypvunYnDVrPTveg6>



# Moody Middle Youth Club

## Cooking

24230 Monday, Jan. 10-Mar. 7 3:10-4:25pm

24229 Tuesday, Jan. 11-Mar. 8 3:10-4:25pm

You will learn new skills in the kitchen, kitchen safety and make tasty recipes.

Register  
Online  
Tuesday, Dec. 7  
at 8am

## Yoga for Youth

24369 Wednesday, Jan. 12-Mar. 9 3:10-4:10pm

This program will introduce yoga poses, breathing exercises and relaxation techniques. Classes incorporate creativity, self-acceptance, interpersonal skills and positive thinking. Mat will be provided.

Visit [portmoody.ca/signmeup](http://portmoody.ca/signmeup) to register

