



MOODY MATTERS NEWSLETTER

February 16, 2024

**** Please note: New and changed items are in Red ****

You can find past copies of the Moody Matters Newsletter on our school website under About > Newsletters

Hello École Moody Middle Community,

I have the pleasure of being EMMSOTA's new Vice Principal. I started this February and have spent my initial time getting to know our wonderful students, staff, and where we keep the staples.

I came most recently from a VP position at Como Lake Middle and a VP position at Glen Elementary prior to that. I have enjoyed seeing a number of familiar students whom I knew from our time at Glen.

I have been teaching in our district since 2008 and prior to that had started my professional teaching career for half a decade internationally in Tokyo, Japan. Ohayougozaimasu min'na-san.

I look forward to continuing to get to know everyone and contribute to the ÉMMSOTA community.

Regards,
Michael Bird

The Next Two Weeks At A Glance

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
<ul style="list-style-type: none"> Family Day (no school) 		<ul style="list-style-type: none"> Hot Lunch – Chopped Leaf (must be pre-ordered online) Indigenous Leadership Meeting CANCELLED - Ski & Snowboard Club trip to Mt Seymour Gr 8 Boys Basketball at Moody vs Banting 		<ul style="list-style-type: none"> Pro D Day (no school)

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 1
<ul style="list-style-type: none"> Ski & Snowboard Club trip to Mt Seymour 		<ul style="list-style-type: none"> Pink Shirt Day SLC Meeting 		

PLEASE NOTE: The Important Dates 2023-2024 calendar that was included in our September 8th newsletter has had some changes. Please always refer to the calendar on our Moody Middle website or the newest version of Moody Matters for updated information.

Please check our website regularly for daily and current announcements, important dates, school sports and clubs, teacher email addresses and other important information. The website address is:

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

COLD AND FLU SEASON

When a student expresses to their teacher or the office that they are feeling unwell, the school may call home and ask that the student be picked up to go home. We do this in attempts to keep all students and staff healthy. Please continue to monitor how your child is feeling on a daily basis.

A reminder to our EMMSOTA families that as a general rule of thumb, to help lessen the spread of infection, if a student feels unwell, please have them remain at home until they are feeling better (without the use of over the counter medications such as Child’s Tylenol). If they display flu or cold symptoms such as:

fever/diarrhea/vomiting/sore throat/headache, they should stay home from school for 24 hours after the last occurrence. Thank you for helping to keep our school healthy!

Book of the Year 2024

Once again Moody Middle School is taking part in the SD43 Middle School Book of the Year Contest. Some fantastic titles have been chosen for our finalists.



Students must read at least 3 of the books to qualify to vote for Book of the Year. There will be prize draws throughout the contest and the more books you read, the more chances there are to win! Drop by the Library Learning Commons for all the contest details and to check out these amazing books!

EARTH POD HOEDOWN WINNERS

Yeehaw! Moody Middle had their 2nd Annual Hoedown in January, and it was a true hootenanny! All four pods practiced a whole slew of dances for several weeks in preparation for this event: the Chicken Dance, the Macarena, the Cha-Cha slide, the Electric Slide, the YMCA and Slappin' Leather. Not only was this dancing beneficial for cardiovascular wellness and the development of coordination, but it also contributes to community building and allowed the students to appreciate their teachers' sweet dance moves! #sweetdancemoves

We recognized 2 students per pod for their enthusiasm on the dance floor and 2 students for dressing their country best!

From left to right: M. Pillsbury, Anthony Lambourne, Jacob Abe, Hazel Kaldestad, Sofia Mirzaie and Mme Grayston.

Yippee kai-yay!



DIVISIONS 8 & 9 FIELD TRIP TO GROUSE MOUNTAIN

On February 8, students from Division 8 and 9 enjoyed their field trip to Grouse Mountain. From the amazing views of the skyride to the enriching experiences of the Hiwus Feast House, students participated in several fun winter activities. Some other favourites included skating on the outdoor rink and meeting one of the Wildlife Refuge's owls. We extend our gratitude to the staff at Grouse Mountain for their hospitality and for facilitating these experiences for us.





LES CRÊPES WITH CHEF KEVIN

Earth Pod Students had a visit from Chef Kevin Houssais and learned simple and effective techniques to create the perfect crêpe! We learned about the proper way to crack a fresh egg, how to separate the essence of vanilla from its pod and that counting to 5 while pouring the milk all contribute to the perfect crêpe! Students all went home with this simple and delicious recipe. For more information on Chef Kevin:

www.lespetitschefs.ca

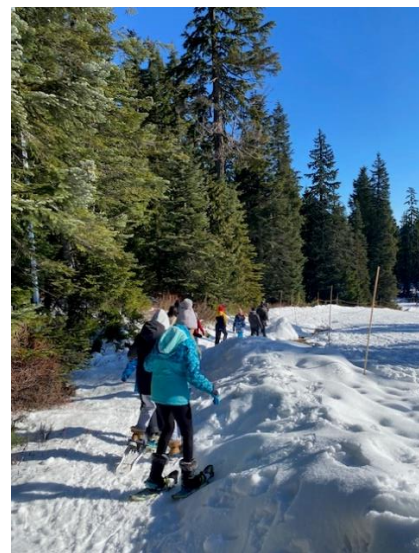
Bon appétit!





WATER POD FIELD TRIP TO MOUNT SEYMOUR

Water Pod visited Mount Seymour on Tuesday and participated in their Snowshoe Showdown program. There was just enough snow for students to use snowshoes to explore the mountain a bit and play some fun outdoor games, and the weather was beautifully sunny! The field trip finished with hot chocolate and lunch on the mountain and a final chance for photos in the snow before heading back to school. Everyone was very glad that the field trip was able to be snowshoeing and not mud-shoeing!



**BABYSITTING COURSE BEING OFFERED AT EMMSOTA
FRIDAY APRIL 19th, 2024 (Pro-D Day)
FOR STUDENTS AGED 11 – 15 years**

This course offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families.

COURSE CONTENT

- How to be responsible and demonstrate leadership
- How to make good decisions and manage difficult behaviours
- Information on children’s developmental stages, and specific strategies for each stage
- How to feed, diaper, dress, and play with children and babies
- How to recognize and prevent unsafe situations, make safe choices and promote safe behaviours
- First aid skills
- The business of babysitting

We will need a minimum of 20 students to sign up in order to offer this course, but there will be a maximum of 30 spots available. Registration will be available through SchoolCash Online after spring break. Stay tuned for further updates.



BABYSITTING COURSE

CANADIAN RED CROSS
TRAINING PARTNER

IN SCHOOL 11+ YEARS OLD

COST: \$39

WHAT TO BRING: a sport helmet, an extra long sleeve shirt, pencil, snacks, lunch + water

MARYLENE DESROCHES
CERTIFIED RED CROSS FIRST AID, CPR + YOUTH LEADER INSTRUCTOR | 604. 848. 8423

<p>COURSE CONTENT</p> <ul style="list-style-type: none">• Look after babies, toddlers, preschoolers and school-age children. Care for himself/herself and siblings when home alone.• Create a safe environment, and deal with phone calls and unexpected visitors.• React confidently in case of an emergency, such as choking, bleeding, poisoning or burns.• Cope with common problems, such as tantrums and crying.• Play games and organize activities to keep kids of all ages entertained.• Manage a babysitting business. This includes creating a resume and a business card and asking the right questions before accepting a babysitting job.	<p>FIRST AID CONTENT</p> <ul style="list-style-type: none">• Check, Call, Care• Glove removal• Recovery position• Conscious choking (child/baby/alone)• CPR (baby/child)• Illness• Asthma (includes use of inhaler and spacer)• Anaphylaxis (includes use of EpiPen)• Poisoning• Insect stings• Wound care (i.e. minor cuts and scrapes, splinters, nosebleeds, bumps and bruises)• Life-threatening bleeding• Burns• Broken bones• Seizures
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SCHOOLCASH ONLINE TO-DO

If you have not done so already, please complete the following on SchoolCash Online:

- District School Policies Form 23-24
- Student Activity Fees

The District School Policies covers things like walking field trips and photo permissions so we can include photos of student activities in the Moody Matters newsletter!

Please check your SchoolCash Online account for required fees and forms to be completed and permission forms for upcoming field trips.

To log in, go to this website and click the blue Sign In button: SchoolCashOnline.com: Welcome

If student activity fees present a financial hardship, please contact our principal Mrs. Banks.

PLEASE NOTE – it is best to access SchoolCash Online using a laptop or desktop computer to avoid any errors or issues.

ATHLETICS



Current sports: Wrestling and Basketball

Please check the school website under Programs & Services > Sports/Athletics for practice schedules.

If your child is participating in athletics, please be sure to log into your SchoolCash Online account and complete the “Student Athletic Fees and Registration” item. If you do not complete this item, your student will not be able to participate. If the fees present a hardship for your family, please contact the principal, Mrs. Banks.

WRESTLING

A big shout out to the wrestlers who represented Moody Middle at Eagle Mountain last night. Way to go Dylan, Kai, Kevin and Julian!

STUDENT ABSENCES / LATES / EARLY DISMISSALS

If your student is going to be absent, please complete the ‘Absence/Late/Early Dismissal’ online form available on Moody Middle’s website home page under ‘Quick Links’ or call the office at 604-461-7384. **If submitting an online form for an early dismissal, please remember to include the time that the student will be leaving.**

Please remind your students that when they are feeling ill or want to go home, they should go to the office to have staff call home for parent permission to leave. Students should not be calling or texting parents directly as the office staff must speak with a parent or caregiver.

PHONES AT SCHOOL

Cell phones are important tools of communication. They are not, however, necessary for the day-to-day happenings at school. To help minimize distractions during learning and school time, EMMSOTA school policy asks students to leave their phones safely tucked in their lockers during school hours. This includes the morning nutrition break and lunch.

EMMSOTA PAC

WINTER 2024 HOT LUNCH DATES!



The graphic is a blue rectangular poster for the Winter 2024 Hot Lunch schedule. At the top left is the EMMSOTA PAC logo, which consists of three stylized 'M' shapes in red, blue, and blue, with 'PAC' written below them. To the right of the logo, the text 'WINTER 2024 HOT LUNCH' is written in a white, hand-drawn font. Further right, the words 'order NOW' are written in a blue, hand-drawn font with small circles around the letters. The schedule is organized by month: JANUARY, FEBRUARY, and MARCH. Each month lists specific dates (marked 'WED') and the restaurant for that date, along with the last day to order. Logos for the restaurants and the 'tcbly' logo are included for each entry. At the bottom, the text 'PLACE ORDERS: emmsota.parentcouncil.net' is written in white.

WINTER 2024 HOT LUNCH

JANUARY

- WED 10** Dominos Pizza (Last day to order: Jan 2)
- WED 24** Subway (Last day to order: Jan 16)

FEBRUARY

- WED 7** A&W (Last day to order: Jan 30)
- WED 21** Chopped Leaf (Last day to order: Feb 13)

MARCH

- WED 6** Red Robin (Last day to order: Feb 27)
- WED 13** Subway (Last day to order: Mar 5)

PLACE ORDERS: emmsota.parentcouncil.net

The next EMMSOTA PAC Meeting will be held on Monday April 15th, 2024 at 6:30 pm in the school library.

Future meeting dates:

Monday May 13 at 6:30 (in person in EMMSOTA school library) – AGM

Monday June 10 at 6:30 (in person in EMMSOTA school library) – final meeting of the year

The Parent Council Site is the EMMSOTA PAC's Communication platform. This is the parent hub for information regarding fundraising, school updates, hot lunch ordering and more. You will also find information for our PAC meetings like agendas and meeting minutes. It's a one-stop shop for all things PAC. On-line Registration is currently open and hot lunch ordering has begun for the school year.

To register for the PAC website, visit the Moody Middle website, click on the PARENTS link and then the PAC link – full instructions are available there.

If you have any questions about the Parent Council site, please email us at emmsotahotlunch@gmail.com

Questions about the PAC? Our email is emmsotapac@gmail.com

And please join our Facebook page: <https://www.facebook.com/EMMSOTAPAC>

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



2023/2024 PAC Year-Round Fundraisers



COBS Bread - Suter Brook Village

When you visit COBS Bread in Suter Brook Village, please mention **Moody Middle** when you make a purchase, and COBS will donate 5% back to our PAC.



Return-It Express

(104 - 2560 Barnet Hwy, Coquitlam)
Or at any Return-it Express Kiosk

No sorting required, and **ALL** money from your returnables comes back to **Moody Middle PAC!** Bag your returns in see-through plastic bags and drop off at the address above or **ANY** Encore Return-It Express location. Enter the school's phone number —(604) 461-7384— at the Express kiosk, print out the label(s) and place one on each bag you return.



Port Moody Liquor Store (2929 St. John's Street (near 7-11).

Mention "Moody Middle" when you make a purchase at Port Moody Liquor Store or online (put 'Moody Middle' in the "notes" when checking out), and 5% will come back to the PAC.



Purchase **Tru Earth** laundry products through our PAC online store and 20% of your purchase comes back to the PAC. Keep watch on our PAC Facebook page and Parent Portal for sales throughout the year.
tru-earth.sjv.io/MoodyMiddle

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

Join us on the Parent Portal - PAC's Communication Hub and where to order Hot Lunch:

<http://emmsota.parentcouncil.net/>

To create a new account: Click "register". School Code: EMMSOTA1

Request to join our PAC's Facebook Page so you can stay updated all year round!

Moody Middle PAC Facebook page:
<https://www.facebook.com/EMMSOTAPAC>

Thank you!

COMMUNITY INFORMATION

MINISTRY OF EDUCATION AND CHILD CARE INFORMATION PARENT SESSIONS ON YOUTH SUBSTANCE USE – FEBRUARY 2024

This is a great, and FREE, opportunity for parents to gain insight, tips and resources around youth and substances! Space is limited!

We are pleased to share the following information with you. The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Key Takeaways for Participants:

- Learn why children/teenagers are drawn to substances.
- Understand what causes and maintains substance use disorder and needs.
- Increase your child's ability to make positive choices about substances.
- Acquire practical conversation tools for discussing substances in the home.

Participants must register in advance due to limited capacity. Session dates are:

- February 20, 6:00 – 7:30 pm PST - [Click here to Register](#)
- February 22, 6:00 – 7:30 pm PST – [Click here to Register](#)
- February 28, 6:00 – 7:30 pm PST - [Click here to Register](#)

MORESPORTS BC SPRING BREAK CAMPS AT SD43 SCHOOLS

**Spring Camp Registration is open at all three locations!
Everyone is Welcome!**

March 18 to 22 Only
9:00 am to 2:45 pm daily
snacks and lunch included
Registration questions EMAIL
Registration@DWUL.io

[Here are the links to register:](#)

Community Schools Powered by Moresports:

Miller Park Elementary (K – Gr 6)

<https://www.karelo.com/register.php?BID=558&BT=10&Ev=21714>

Registration Questions: nnurani@sd43.bc.ca

Community Schools Powered by Moresports:

Pitt River Community Middle (K – Gr 7)

<https://www.karelo.com/register.php?BID=536&BT=10&PrivEv=21710>

Registration Questions: jpakulak@sd43.bc.ca

Hillcrest Elementary (K – Gr 7)

This camp is full

If your students are interested in volunteering with Moresports BC please see the link below.

Moresports BC Youth Leadership (Gr 8 - 12) a Volunteer Mentor Program

Sign up here:

<https://forms.gle/2kAsn1LLBT6CDu967>



SAFER
SCHOOLS
TOGETHER



Erase/Safer Schools Together are pleased to announce that they have opened registration for four more 60-minute Social Media Awareness Family sessions through the Ministry of Educations' erase strategy in January and February 2024. All sessions are online.

Family Session: Establishing Safe, Caring & Respectful Digital Communities – Everyone Welcome!
Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up to facilitate the conversation of safe and caring use of technology at home and in the community. This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sextortion. Some of the most prominent concerns currently surrounding the use of social media platforms, smartphones, and artificial intelligence will be discussed.

Upcoming Dates:
February 28

Please click on the link below to register:
[erase Family Sessions](#)

GRADE 6 STAY ACTIVE PASS

The Grade 6 Stay Active! Pass provides 12 free admissions to either drop-in swimming, skating and gymnasium-based activities in the cities of Coquitlam, Port Moody and Port Coquitlam. These passes are valid Sept. 5, 2023 – Sept. 2, 2024 for the 2023/24 school year.



For Coquitlam residents, read more: <https://ow.ly/IMPi50PWBCZ>
Apply for Grade 6 Passes online here (for Coquitlam residents only): <https://ow.ly/4eIF50PU1tz>
For Port Moody residents, read more: <https://ow.ly/1ICx50PU2ef>
For Port Coquitlam residents, read more: <https://ow.ly/JUtE50PU2eA>
NOTE – You can get the Moody Middle registration letter from the Moody Middle office.



Parent Information Sessions



Time to Talk About Middle School – March 5th

School District 43 invites parents and caregivers of elementary school students with developmental delays, disabilities, and diverse learning needs to an information session discussing the differences between Elementary and Middle School. We will focus on the transition process, Middle School culture and routines, structures to support student success, and the benefits of meaningful collaboration to develop the student's program.

When: 7:00pm - 9:00pm (doors open at 6:30pm)

**Location: Education Learning Center - Room B103/B104
1080 Winslow Avenue, Coquitlam**

Questions? Please contact Colleen Lambert at colambert@sd43.bc.ca

Please note, registration is required. Click [HERE](#) to register