



# MOODY MATTERS NEWSLETTER

October 13, 2023

**\*\* 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**

## Next 2 Weeks At A Glance October

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
<ul style="list-style-type: none"> <li>PAC Meeting 6:30-8:00 pm on ZOOM – link to be provided</li> </ul>		<ul style="list-style-type: none"> <li>Fruit and Veggie Day (baby carrots)</li> <li>Grade 6 School Immunizations</li> <li>Boys Grade 7/8 Volleyball at Maple Creek</li> <li>Girls Grade 7/8 Volleyball at Moody Middle</li> </ul>	<ul style="list-style-type: none"> <li>Great Canadian Shake-Out</li> <li>Cross-Country District Meet at Mundy Park</li> </ul>	<ul style="list-style-type: none"> <li>Pro D Day – No School</li> </ul>
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
<ul style="list-style-type: none"> <li>FSA testing</li> </ul>	<ul style="list-style-type: none"> <li>FSA testing</li> </ul>	<ul style="list-style-type: none"> <li>FSA testing</li> <li>Boys Grade 7/8 Volleyball at Moody Middle</li> <li>Girls Grade 7/8 Volleyball at Moody Middle</li> </ul>	<ul style="list-style-type: none"> <li>FSA testing</li> </ul>	<ul style="list-style-type: none"> <li>Grade 6 School Immunizations</li> <li>“Out in Schools” assembly</li> </ul>

**PLEASE NOTE:** The Important Dates 2023-2024 calendar that was included in our September 8<sup>th</sup> 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.

## HOT LUNCH SCHEDULE

Please see PAC section further down in this newsletter for instructions on how to register for the PAC website so you can order Hot Lunch.

The image is a promotional graphic for the Fall 2023 Hot Lunch program. It features a blue background with a white circle containing the 'MWPAC' logo in the top left. The text 'FALL 2023 HOT LUNCH NOW OPEN!' is written in red, and 'Order Now' is written in blue cursive in the top right. The schedule is organized by month: OCTOBER, NOVEMBER, and DECEMBER. Each month lists specific dates (Wednesdays) and the restaurant partners for that week. Logos for Subway, A&W, Chopped Leaf, Red Robin, and tcbly are included next to the restaurant names. The 'Last day to order' is also specified for each date.

Month	Date	Restaurant	Last day to order	Partners
OCTOBER	WED 11	Subway	October 3	Subway, tcbly
	WED 25	A&W	October 17	tcbly, A&W
NOVEMBER	WED 8	Chopped Leaf	October 31	The Chopped Leaf, tcbly
	WED 22	Red Robin	November 14	tcbly, Red Robin
DECEMBER	WED 6	Subway	November 28	Subway, tcbly
	WED 20	A&W	December 12	tcbly, A&W

## PHOTOS FROM RETAKE DAY NOW AVAILABLE

**\*\* This message is being posted on behalf of Mountain West Studios. Please contact them directly with any questions. \*\***

Hello Families!

Exciting news! Your online gallery from your school photo session is now live!

- Please visit this link to access the gallery: <https://weborders.mountainwest.ca>
- Your webcode to access your images was provided on photo day.
- Any active email address can be used to login.
- Missing your login code? No problem! Click on "No code? Click here". Enter your student's last name, grade and student number. Order your photos.
- **Your order deadline is: FRIDAY OCTOBER 27<sup>th</sup>, 2023 (after the date a late fee is applicable)**

To find out more about ordering, [Click Here](#) for support.

Phone: 1.888.644.4494

Email: [help@mountainwest.ca](mailto:help@mountainwest.ca)

## STUDENT VERIFICATION FORMS ARE ON YOUR FAMILY PORTAL FOR REVIEW AND VERIFICATION

Your student's MyEd BC Student Verification Form is now available to view on the Parent Portal. This information is based on current demographic information within MyEd BC.

Link to Parent Portal: [MyEducation BC: Log On \(gov.bc.ca\)](https://myeducationbc.ca)

**If there are no changes to the information** - No further action is required

**If changes to the information are required** - please print and make the changes on the form and return it to the school office as soon as possible.

## EMERGENCY RELEASE FORMS – DUE AS SOON AS POSSIBLE

Emergency release forms were distributed to students this week. Please complete these forms and return them to your student's teacher as soon as possible.

## SWIM TEAM DISTRICT MEET RESULTS



The 15 members of our school swim team had a great time at the District swim meet on Friday October 6<sup>th</sup>. Everyone swam well and we ended up placing THIRD out of 14 competing middle schools in the overall standings!

Special congratulations to:

- Sarah Canon for taking 1st place in the girls' 50m backstroke and 3rd place in the girls' 50m butterfly
- Chella Lane for taking 2nd place in the girls' 50m freestyle and 3rd place in the girls' 50m breaststroke
- Jax Yoon for taking 3rd place in the boys' 50m breaststroke
- The girls' freestyle relay A team (Aylin Khanlou, Rachel MacPherson, Sarah Canon, and Chella Lane) for their 2nd-place finish
- The boys' freestyle relay team (Ethan Peng, Henry Thompson, Jameson Bobrysheva, and Jax Yoon) for their 2nd-place finish

## ORANGE SHIRT DAY ACTIVITY IN ROOM 303

**Mrs. Banks in action**





Fall School Newsletter

## Grade 6 immunizations are starting soon at school

Public Health will send home an immunization consent package for Grade 6 students.

When children are in Grade 6, we review their immunization records and offer all routine vaccines they need for their age.

When you receive the consent package, please do all of the following:

- ✓ Review the consent package with your child, which includes past immunizations.

- ✓ Check that your child's immunization history report is complete.

If it is not complete, you can submit the record one of these ways:

- Include it with the signed consent form.
- Submit it online to us at [FraserHealth.ca/immunizationform](https://FraserHealth.ca/immunizationform).



- ✓ Talk with your child about why vaccines are important.

- ✓ Complete and sign the consent form.

Please note – The consent is valid for 2 years unless you cancel it.

- ✓ Return the signed consent form, and updated immunization record if needed, to the school sealed in the envelope provided.

For more information, please contact your local public health unit or visit our website at [FraserHealth.ca/immunize](https://FraserHealth.ca/immunize).



### To view this in other languages, scan the QR code



العربية (Arabic)	Français (French)	Española (Spanish)
简体中文 (Chinese Simplified)	한국인 (Korean)	اردو (Urdu)
繁體中文 (Chinese Traditional)	ਪੰਜਾਬੀ (Punjabi)	Tiếng Việt (Vietnamese)
فارسی (Farsi)	Soomaali (Somali)	

Public Health Units					
Abbotsford 604-864-3400	Agassiz 604-793-7160	Burnaby 604-918-7805	Chilliwack 604-702-4900	Cloverdale 604-575-5100	Guildford 604-587-4750
Hope 604-860-7630	Langley 604-539-2900	Maple Ridge 604-476-7000	Mission 604-814-5500	New Westminster 604-777-8740	TriCities (Port Moody) 604-949-7200
Newton 604-592-2000	North Delta 604-507-5400	North Surrey 604-587-7900	South Delta 604-952-3550	White Rock 604-542-4000	

[www.fraserhealth.ca](https://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

## ÉCOLE MOODY MIDDLE SCHOOL LIBRARY LEARNING COMMONS

Our collection of books in the Library Learning Commons here at EMMSOTA continues to grow and evolve. We have graphic novels, picture books, e-books, as well as non-fiction and fiction books in both English and French. Our collection is suitable for students ranging in age from 8 through 14+. As such, there are some fiction materials in our collection that may be suitable for more mature students only; these books are marked with a “TEEN” or “Mature Read” sticker. We recognize that age does not necessarily convert to maturity, so we have decided not to restrict students from taking out “TEEN” books if they choose to do so. However, we want to make our school community aware of the denotation of “TEEN” and what it may mean about what your child chooses to read from our Library. If you are concerned about your child taking out a book too mature for them, please have a discussion with your child about not taking out “TEEN” books until you feel they are ready to do so.

Here is what you need to know about Middle Grade and Young Adult distinctions in literature.

(Source: <https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/what-parents-need-to-know-about-middle-grade-and-young-adult.html>)

### **Middle Grade Books:**

- Ages: 8-11 years
- Grades: 3-6
- Length: 30-50K words
- Characters: Protagonist (main character) is around the age of the reader, 8-11 years old or younger
- Topics: friendship, family, the character's life and world, external conflict vs internal
- Point of View: often third-person, meaning the narrator is outside the story looking in
- Content restrictions: no profanity, graphic violence, or sexuality permitted Examples: *Diary of a Wimpy Kid* series, *Sisters* (by Raina Telgemeier), *Harry Potter and the Sorcerer's Stone*, *Wonder* (by R.J. Palacio)

### **Young Adult Books:**

- Ages: 12-18 years
  - Grades: 7-12
  - Length: 50-75K words
  - Characters: Protagonist is older, 12-18 years old
  - Topics: self-reflection, internal conflict vs external, analyzing life and its meaning
  - Point of View: often first-person, meaning the narrator is telling the story about himself or herself
  - Content restrictions: profanity, violence, romance and sexual situations permitted
- Examples: The *Divergent* Trilogy, *The Fault in Our Stars*, *The Hunger Games*

Now, these guidelines are just that—guidelines. Often the lines may be blurry in some books, which makes categorizing them difficult. If you are ever confused or concerned or want to learn more, read the book yourself to see if it is a good fit for your child. You are the best gauge, as the parent. You know best what your child can and cannot handle.

## SCHOOLCASH ONLINE TO-DO

Please check your SchoolCash Online account for required fees and forms to be completed.

New items that have been added to SchoolCash Online:

- Yearbooks
- Volunteer Application Form
- Volunteer Driver Form
- **Student Athletic Fees and Registration – if your student is participating in school sports, you must complete the online registration form and fees.**

**Don't forget about these required items to be completed as soon as possible:**

- **District School Policies**

- **Student Activity Fees**

If you have not yet registered for a SchoolCash Online account, please see below.

School District 43 uses the KEV School Cash Online payment system to allow parents to view and pay for their child's student fees, year books, t-shirts, field trips, and other things safely and conveniently online.

If you don't already have an account, we encourage you to register your account online now by clicking on the link below and following these easy instructions. If you do have an account you can use the link to easily log into your account.

Here's how to get started:

1. Go to <https://sd43.schoolcashionline.com>
2. Click on "Get Started Today"
3. Create your account
  - o Enter first and last name; click continue
  - o Enter fields: address, phone number, e-mail address; click continue
  - o Choose a password and security question
  - o Make sure to OPT IN to receiving e-mail notifications for updated school information

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

## **ATHLETICS**



Current Sports Underway: Volleyball

If your child is participating in athletics, please be sure to log into your SchoolCash Online account to pay the \$15 Athletic Fee and agree to the athletic code of conduct.

## **MOODY MIDDLE SCHOOL WEBSITE**

Please check our website regularly for 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#/=>

## **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.


[Home - École Moody Middle School of the Arts \(sd43.bc.ca\)](https://www.sd43.bc.ca/school/moody/Pages/default.aspx#/=)

When accessing our school website from a laptop or desktop computer, the link to the absence/late/early dismissal report can be found on the right side of the page under "Quick Links":

130 Buller Street, Port Moody, BC, V3H 2C6 | Phone: 604-461-7384 | Contact Us

École Moody Middle School of the Arts  
School District No. 43 (Coquitlam)

Home About Programs & Services Staff Parents Intranet Publications Search



**ÉMMSOTA Button Blanket**

For our school opening in 2018, Aboriginal students, with the support of Elder, Dawn Brown, handcrafted this beautiful button blanket that represents this place we learn, work, live and play. We respectfully acknowledge that we learn, work, live and play on the unceded core traditional territory of the Kwikwetlem First Nation, which lies within the shared territories of the QayQayt, Tsleil-Waututh, Katzie, Musqueam, Squamish and StoLo Nations.

**Current Announcements**

Daily Announcements for Tuesday October 10, 2023

Good morning, Moody. Please welcome Mz. Zubick who is in for Ms. Lalani. Today's Nut Break supervisors are Mr. Lynch, Mr. Budol, Mme Grayston and Ms. Zubick. Girls grade...

**Bell Schedule**

Monday – Thursday	Friday
Band 7:50 – 8:40	Band / Choir 8:15 – 9:00
Warning Bell ⚡ 8:40	Warning Bell ⚡ 9:00
Daily Arts/ Circle 1 8:45 – 9:55 2 9:55 – 10:45	Daily Arts/ Circle 1 9:05 – 10:50

**Quick Links**

- ABSENCE / LATE / EARLY DISMISSAL REPORT
- FSA Log In

When accessing our school website from a smart phone, scroll all the way down to the bottom of the home page to find the “Quick Links” section:

11:01 | sd43.bc.ca

**Quick Links**

- ABSENCE / LATE / EARLY DISMISSAL REPORT
- FSA Log In
- MDI
- Newsletters
- Parent eForms
- Publications
- School Cash Online (Online Payments)
- SD43 Getting Started with the Family Portal
- Student Learning Survey

## **BYOD – BRING YOUR OWN DEVICE**

Technology, along with 21st Century skills, plays an important role in the lives of students today. Our school is committed to improve student learning in the use of computer technology through its integration in all subject areas. Our teachers encourage their students to use technology tools available in our school and, particularly, to use them to present ideas, enhance creativity, organize thoughts and communicate effectively in a variety of ways. Students who are attending École Moody Middle School of the Arts are invited to send a device to school each day to be used in learning activities. Our BYOD Guide refers to the practice of “Bring Your Own Device,” which is technology that is parent-owned but used by students at school for learning.

**More BYOD information and the application form can be found on the Moody Middle website under Programs & Services > Technology.**

## **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.

## **LOCKERS**

Students have been assigned their lockers. Please remind your student to ensure they close and lock their locker each time they use it, and that they only use the lock provided by the school. **There is a \$5 replacement fee for students that lose their locks so please ensure students are LOCKING their lock on their locker every time they use it.**

## **BC DEMOGRAPHICS SURVEY**

We all deserve to live in a province where we have equitable opportunities to thrive. But many of the systems and structures our society is built on turn a blind eye to the unique needs of Indigenous Peoples and racialized people. That's why the B.C. government is running two important initiatives. They're asking everyone in B.C. to fill out the BC Demographic Survey to help identify and eliminate systemic racism from government programs and services. The survey is available online in 15 languages until Oct. 15 and will take about 15 minutes of your time. It is available at <https://antiracism.gov.bc.ca/bcdemographicsurvey>

The B.C. government is also asking for public input in developing anti-racism legislation that will hold government accountable for addressing systemic racism within its programs and services, and to provide supports to those who have been negatively impacted. No matter what your experiences or background is – your input matters! The public questionnaire is available until Oct. 15 in 15 languages and takes about 10 minutes to complete. It is available at <https://engage.gov.bc.ca/antiracism>

So, don't wait! Your feedback is anonymous and will help us make our province work better for everyone. Every person's perspective counts.



## EMMSOTA PAC

The next EMMSOTA PAC Meeting will be held on Monday October 16<sup>th</sup> by ZOOM.  
ZOOM link will be provided.

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.

### **Registering is easy – here's how:**

1. Go to [emmsota.parentcouncil.net](http://emmsota.parentcouncil.net)
2. Click the "**REGISTER**" menu at the top right-hand corner to sign up. Our school code is **EMMSOTA1** (*needs to be in ALL CAPS*).
3. Enter your name, email address and phone, then a user id that you will use for access to the parent council site. Enter a password and then enter it again to verify that it is correct.
4. Once registered, you will be logged into the website.
5. Please add your students by clicking on the "**STUDENTS**" button below or the "**PROFILE**" menu tab to proceed. Once your child(ren) has been added to the system, you will be able to place lunch orders immediately by clicking the "Order" button below each child's name.

Not participating in hot lunch? We encourage you to register even if your child does not participate so that you are able to receive emails and reminders from the PAC, as well as receive information on any events happening at EMMSOTA.

If you have any questions about the Parent Council site, please email us at [emmsotahotlunch@gmail.com](mailto:emmsotahotlunch@gmail.com)  
Questions about the PAC? Our email is [emmsotapac@gmail.com](mailto: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** (2029 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](http://tru-earth.sjv.io/MoodyMiddle)

If you have any questions, please email us at  
[emmsotapac@gmail.com](mailto: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!*



1080 Winslow Ave., Coquitlam, British Columbia V3J 0M6 • Phone 604-939-9201

October 6, 2023

### A Message to SD43 families: Safe and Appropriate Halloween

Halloween across all schools in SD43 is a fun and festive day which brings the school community together. Typically, the time around Halloween is incident-free and very respectful.

From time to time, a few students “in character” push the boundaries of what is socially acceptable, or what is appropriate behavior in schools, sometimes at the expense of others. With that in mind, for student safety and school climate reasons, and to ensure that every student and adult in our community enjoys the time around Halloween, we would like your assistance in reinforcing these guidelines with your children:

- Students in costume should be easily recognizable and/or identify themselves to any staff member when queried. Also, students “in character” are to conduct themselves appropriately. Behaviors which intimidate, harass, or humiliate members of the community do not contribute to a fun, festive, and safe environment.
- Replica weapons (guns, knives, etc.) are inappropriate, as are costumes which are hyper-sexualized, or costumes which depict elements of sexual exploitation.
- It is also important to note that costumes which portray negative stereotypes or that demean or make fun of any group of people are inappropriate. Costumes should not make light of anyone’s religious, cultural, ethnic or racial group.

As a reminder, by law and School District expectations, the use and possession of firecrackers or fireworks at school is strictly prohibited. This pertains to students before, during or after school, on or offsite.

With respect for each other, we can avoid any disruption to school communities in the form of vandalism and/or disrespectful, potentially dangerous behaviour. Students and parents need to be mindful that inappropriate behaviour will be addressed by school administration under the authority granted by the BC School Act and with the involvement of police where appropriate.

Please refer to these readily available public websites for more information:

<https://www.coquitlam.ca/286/Fire-Safety-Tips>

<https://www.portcoquitlam.ca/city-services/fire-emergency-services/fire-safety-information/>

<https://www.portmoody.ca/en/city-services/fall-safety-tips.aspx#Halloween-Safety>

Have a safe and happy Halloween.

Sincerely,

Patricia Gartland  
Superintendent/CEO

## COMMUNITY INFORMATION

### 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>



Questions regarding general *erase* training may be emailed to: [erase@gov.bc.ca](mailto:erase@gov.bc.ca)

Training Offering	Dates	Delivery	Registration Link
<b>Family Session: Establishing Safe, Caring, &amp; Respectful Digital Communities – Everyone Welcome!</b> Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way 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/sexortion. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.	<b>November 8, 2023</b> 6:30pm – 7:30pm	online	<a href="https://www.eventbrite.ca/e/732334942527?aff=oddtcreator">https://www.eventbrite.ca/e/732334942527?aff=oddtcreator</a>
	<b>November 28, 2023</b> 7:00pm – 8:00pm	online	<a href="https://www.eventbrite.ca/e/732343096917?aff=oddtcreator">https://www.eventbrite.ca/e/732343096917?aff=oddtcreator</a>
	<b>November 30, 2023</b> 6:30pm – 7:30pm	online	<a href="https://www.eventbrite.ca/e/732346587357?aff=oddtcreator">https://www.eventbrite.ca/e/732346587357?aff=oddtcreator</a>



# Youth Club

The City of Port Moody's Community Services and School District 43 are excited to team up to offer great programs! Meet new friends, stay active and have fun.

**Moody  
Middle**

Register  
Tuesday,  
Oct 3  
8am

For youth in grades 6-8

## Exploring the Arts

You will explore with a variety of mediums such as painting, clay, canvas and nature art.

37064 Tuesday, Oct 17-Dec 5 3:10-4:25pm

## Cooking

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

37063 Thursday, Oct 19-Dec 7 3:10-4:25pm

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





# Youth Skate

\$2.25  
per youth

Starting Friday, October 13

8-9:15pm      Arena 2

Grades 6-12 (must show go-card at door)

**NEW** Advance registration required,  
no drop-ins permitted, no exceptions.

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



 @pomoyouth | [portmoody.ca/Youth](https://portmoody.ca/Youth) | 604.469.4556

**PORT MOODY**  
CITY OF THE ARTS

YOU ARE INVITED TO

# "HOW TO TALK TO YOUR YOUTH ABOUT SUBSTANCE USE"



Join SHARE's Youth Substance Use Services Program in a virtual presentation around supporting youth on the topic of substances and substance use.

**OCTOBER 25TH 6:30-8:00**  
**VIRTUAL ON ZOOM**

RSVP via link or QR code here:

<https://forms.office.com/r/RQGbsg37b2>

## Topics will include:

- Adolescent brain development
- Adolescence and substance use
- Adolescence and mental health
- Continuum of use and parenting at various stages
- Tips for your approach
- Self-Care
- Time for Q&A
- Resources for further support and learning



Visit our website for more resources

## "How to Talk to Your Youth About Substance Use" Presentation

SHARE's Youth Substance Use Services team would like to invite parents and caregivers to their virtual presentation "How to Talk to Your Youth About Substance Use."

**Where?**

Virtually on Zoom. Links will be sent out to those who register via links/QR code below.

**When?**

**October 25th 2023 6:30-8:00**

RSVP via link or QR code here: <https://forms.office.com/r/RQGbsg37b2>



**What is required of me?** Participation can include attending with your camera on and off. Discussion and poll questions will be provided for those who want to interact via the chat or by unmuting their mics.

**What will I learn?**

This presentation will include information and a discussion on:

- Philosophy of our program and health promotion in schools
- Adolescent brain development
- Adolescence and substance use
- Adolescence and mental health
- Continuum of use and parenting at various stages
- Tips for your approach
- Self-Care
- Resources for further support and learning
- Time for Q&A

**Registration is required. Links to the zoom event will be distributed via email closer to the date of the event.**

If you have any questions, please contact Jordyn at [jordyn.sinkie@sharesociety.ca](mailto:jordyn.sinkie@sharesociety.ca)





Could your child benefit from  
better executive functions  
(attention, memory, problem-solving)  
or better balance and agility in movement?



What if just 15 minutes a day, at home, doing  
simple activities, could improve your child's  
executive functions and maybe also balance?



We believe it can and we're conducting a study to test that.

**We are recruiting 8-12 years-old boys and girls who could use  
Some improvement of their executive functions and balance.**

**Call or email us to find out more.**

**Contacting us in no way obligates you or your child to participate.**

The same or overlapping brain regions underlie both cognitive & motor functions.

**Some children will be randomly assigned to do simple balance  
exercises (like standing on one leg, walking on a balance beam)  
at home for 15 minutes, 3 times a week for 12 weeks.**

Music improves mood and a happy mood leads to better executive functions.

**Some children will be randomly assigned to watch music videos  
at home for 15 minutes, 3 times a week for 12 weeks.**

If you or anyone you know MIGHT be interested in participating, or  
would just like more information, please email us at

**[pspaz@student.ubc.ca](mailto:pspaz@student.ubc.ca) or call us at (604) 649- 0702**

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**Glenayre Community Association is having their 2<sup>nd</sup> Craft Fair on Saturday October 14<sup>th</sup>**  
10am to 2:00pm at the Glenayre Community Center, 492 Glencoe Drive, Port Moody  
Food Donations for Share food bank are being accepted.

# Fraser Health's Topic for October is: Child health screenings: vision, hearing and dental



## Make dental, hearing and vision checks part of a healthy routine

Health screenings help find issues early which can make treatment easier and more effective. It's important for your child to have regular eye exams and routine dental checkups. It is also important to recognize any hearing loss early as this is essential for speech and language development. Read on to learn when and how to access services for your child.

### Dental

Tooth decay is the most common, but preventable, childhood chronic disease. It is important to establish good oral hygiene at a young age and have children's teeth checked by a dentist regularly. To find a local dentist near you who is accepting new patients, visit the BC Dental Association's [Find a Dentist database](#). If you are a member of a low-income family and you do not have extended health coverage, there are several programs that can help you access [affordable dentistry for your children](#). You can also contact the dental program at your [local public health unit](#) and ask about resources available in your community.

### Vision

[BC Doctors of Optometry](#) recommends children receive their first eye exam when they are six to nine months old with a follow up exam at least once between the ages of two and five and then yearly once they enter school. You can find an optometrist accepting new patients near you at the College of Optometrists of British Columbia's [Find an Optometrist database](#). In B.C., basic eye exams, one per year, are free up to the age of 18. Some optometrists may charge a small user fee of about \$35 per visit so be sure to ask about any fees before you make an appointment.

### Hearing

Good hearing is essential for speech and language development and plays an important part in a child's social and emotional growth. It is important to recognize hearing loss early and seek out testing and treatment if needed. Fraser Health's Public Health community audiologists provide hearing services for children from birth to 19 years of age. If you have a concern about your child's hearing, referrals can be made by a parent or caregiver, a health care provider or education professional to your [local public health audiology \(hearing\) clinic](#).

Find more information on child health screenings and how to access free vision, hearing and dental exams on Fraser Health's website: <https://ow.ly/oK9z50PegZB>