



MOODY MATTERS NEWSLETTER

September 29, 2023

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

Next 2 Weeks At A Glance October

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<ul style="list-style-type: none"> Recognition of Truth & Reconciliation Day – NO SCHOOL 		<ul style="list-style-type: none"> Student Leadership meeting Swim team practice (4:40 - 5:30 pm) at Eagle Ridge Pool 	<ul style="list-style-type: none"> Cross Country meet at Coquitlam River (Maple Creek) 	<ul style="list-style-type: none"> Every Child Matters assembly District Swim Meet at Coquitlam City Centre Aquatic Centre
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<ul style="list-style-type: none"> Thanksgiving - NO SCHOOL 		<ul style="list-style-type: none"> Photo Retakes Subway Hot Lunch (must be pre-ordered online – see details below) 	<ul style="list-style-type: none"> Welcoming Conversations from 2 – 4:30 pm – early dismissal at 2:00 pm Cross Country meet at Mundy Park 	

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.

HOT LUNCH SCHEDULE

The image is a promotional graphic for the Fall 2023 Hot Lunch Schedule. It features the EMMSOTA PAC logo in the top left corner. The main text reads "FALL 2023 HOT LUNCH NOW OPEN!" in red and black, with "Order Now" written in a blue cursive font in the top right. The schedule is organized by month: October, November, and December. Each month lists a specific Wednesday with the restaurant name, the last day to order, and logos for the participating vendors (Subway, A&W, Chopped Leaf, Red Robin, and tcbv).

Month	Day	Restaurant	Last day to order	Vendors
October	11	Subway	October 3	Subway, tcbv
October	25	A&W	October 17	tcbv, A&W
November	8	Chopped Leaf	October 31	The Chopped Leaf, tcbv
November	22	Red Robin	November 14	tcbv, Red Robin
December	6	Subway	November 28	Subway, tcbv
December	20	A&W	December 12	tcbv, A&W

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
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.

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 \(gov.bc.ca\)](http://MyEducation BC: Log On (gov.bc.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.

SCHOOL PHOTOS ARE READY!

**** 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.
- If you do not have your webcode, or require assistance, please email us at help@mountainwest.ca.
- **Your order deadline is: TUESDAY OCTOBER 3RD, 2023 (after the date a late fee is applicable)**

About Retakes:

- Did you miss the first photo day or are needing a retake?
- If you would like **retakes** they will be held at the school on: **WEDNESDAY OCTOBER 11TH, 2023**
- Please visit this link <https://retakes.mountainwest.ca/moodymiddle> and sign up by **SUNDAY OCTOBER 8TH, 2023**

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

Phone: 1.888.644.4494

Email: help@mountainwest.ca

**** If you do not have your student's webcode, please contact Mountain West Studios directly. ****

Student ID cards will be delivered to the school in the next week or two and will be distributed by the teachers.

MOODY MIDDLE CLOTHING IS NOW AVAILABLE FOR PURCHASE!

Please visit the online store to see the options available. **Please be aware of the size that you are choosing as there are adult and youth sizes and there will not be an option for refunds.**

The Online store is located at: <https://store.passionsports.ca/moodymiddle>

Please note that **the online store closes October 8, 2023 and there will be no late orders accepted.**

École Moody Middle School of the Arts
 Online School Apparel Store

store.passionsports.ca/moodymiddle

Order by Oct. 8

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.

ORANGE SHIRT DAY



Orange Shirt Day

September 30, 2023

By wearing an orange shirt on September 30th, you commit to the enduring truth that EVERY CHILD MATTERS everyday and everywhere. -Phyllis Webstad

Wear Orange

Students at EMMSOTA are invited to wear Orange tomorrow, September 29th AND Friday, October 6th for our "Every Child Matters" School-Wide Assembly.

Every Child Matters

School-Wide Assembly

On Friday, October 6th, students and staff at EMMSOTA will gather in the gym for our Orange Shirt Day Assembly. All families are welcome to attend.

Friday, October 6th @ 11:10am.

More Information

For more information on Orange Shirt Day and Truth & Reconciliation in Canada, please check out the following links:

[Homepage - Orange Shirt Society \(orangeshirtday.org\)](http://orangeshirtday.org)

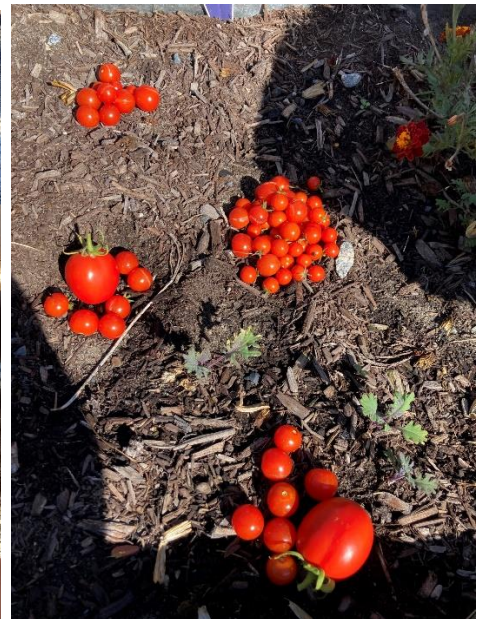
[Beyond 94 | CBC News](#)

ORANGE SHIRT DAY ACTIVITY IN ROOM 303



HOW DOES OUR GARDEN GROW?

The school garden (mostly) survived the summer heat and Garden Club is back up and running to try and keep what we can alive and happy through the fall! There are kale trees, a jungle of tomato plants to pick from while the tomatoes are still happily ripening, and some flowers and herbs. Garden Club students did some seed-saving from our marigold and cosmos flowers before the rain started this week. Club members will be able to bring some seeds home, and we'll save some at school so in the spring we'll be able to try sprouting the seeds indoors and outdoors to see what gives us better results in the garden.



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**

Don't forget about these 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.schoolcashonline.com>
2. Click on "Get Started Today"
3. Create your account
 - Enter first and last name; click continue
 - Enter fields: address, phone number, e-mail address; click continue
 - Choose a password and security question
 - 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: Swim Team and Cross Country

Upcoming Sports: Volleyball and Field Hockey

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.

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.

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 16th by ZOOM.
ZOOM link will be provided closer to the date.

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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
 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.

COMMUNITY INFORMATION



Programs begin the week of September 18

Pomo Chefs Beginner & Intermediate	Basketball	Standard First Aid and CPR-C/AED Workshop
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Pro-D Day Programs

Mountain Biking	Babysitter's Training
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RAD Nights - Out-trip For ages 11-15 years

Rock Climbing Saturday, Oct 14 5-9pm

Visit portmoody.ca/signmeup to register

NOTE – The Rock Climbing class has been cancelled.



Saturday, October 7th

Inlet Theatre: 100 Newport Drive, Port Moody

Reserve seats: <https://bit.ly/2023BCFoodDrive>

The Little Mermaid The Super Mario Bros.



Cannot come? To Simply Donate Only: ▼

<https://sharesociety.ca/bctfd>



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 or call us at (604) 649- 0702

This project is funded by NERSC and directed by Prof. Adele Diamond, Dept. of Psychiatry, UBC.

Glenayre Community Association is having their 2nd Craft Fair on Saturday October 14th
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>