



e-Bulletin – January 24th, 2023

Greetings École Moody Middle School of the Arts Community.

IMPORTANT EMMSOTA DATES – 2022-2023

JANUARY	
30	Focus Day Pro-D Day – School not in session
FEBRUARY	
13	PAC Meeting
20	Family Day – Schools not in session
22	Pink Shirt Day
24	Pro D Day (District) – Schools not in session
MARCH	
7	PAC Meeting
9	Report Cards are published
10	Last day of school before Spring Break
13-24	Spring Break – Schools not in session
27	Schools re-open after Spring Break
APRIL	
4-6	Communicating Student Learning 3-way conferences
6	Photo Day (class/pod/school)
7/10	Good Friday & Easter Monday – Schools not in session
11	PAC Meeting
21	Pro-D Day (District) – Schools not in session
25-27	Spring Drama Performance
MAY	
8	PAC Meeting – AGM and Elections
22	Victoria Day – Schools not in session
25	Presentation of Learning Event Tentative
31	Grade 6 Immunizations – Blitz #2
JUNE	
5	Pro-D Day (School-Based) – School not in session
6	PAC Meeting
8	Year-End Music Concert
29	Last School Day / Report Cards are published
29	Year-End Recognition Assembly/Grade 8 Leaving Ceremony
30	Administrative Day – Schools not in session

NOTE: TITLES IN RED ARE NEW OR UPDATED ITEMS

STUDENT ACTIVITY FEES REMINDER

If you have not yet paid your annual Student Fees through School Cash Online, please do so. Student activity fees help us pay for student agendas, student leadership activities, clubs, cultural performances and special events, extra art supplies and opportunities to support projects that enhance learning through the arts and other student activities organized by the school.

ALLERGY AWARENESS

Cucumber and Watermelon Allergy



Please be advised that someone at EMMSOTA on Mondays and Thursdays has a severe allergy to cucumber and watermelon. For this reason, it would be helpful if you do not send cucumbers or watermelon with your students for their snack or lunch. To students and staff:

- If you have cucumber / watermelon in your lunch/snack please advise your teacher immediately (do not keep opened)
- If possible, refrain from eating/disposing of watermelon or cucumber inside - eat and disposed of waste outdoors
- On inside days (plan for alternate place to eat snack/lunch – if Lorenda is working with the class on that day)
- Please make sure to wash hands after touching, eating watermelon and/or cucumber (staff/students)

SCENTS - School District No. 43 (Coquitlam) buildings are scent aware facilities. In order to protect those individuals with fragrance sensitivities and to prevent others from developing such sensitivities, SD43 provides this information and asks for your cooperation towards a scent-reduced environment.

The district is asking for cooperation towards a scent reduced environment. All staff, students and visitors are strongly encouraged to avoid or reduce the use of fragranced products, and to replace them with unscented alternatives.

We recognize the personal right of individuals to use scented products. We believe, however, that this must be balanced with the adverse health effects and extreme discomfort that can be suffered by fragrance sensitive individuals.

This is not an issue about an individual disliking the smell of a particular perfume and not getting what he/she wants in the workplace. This is not a ban on scented products. This is a request to refrain from chemical-based scented products.

What can you do to help? • Be considerate of those who are sensitive to fragrance chemicals. Avoid or using scented products; instead, use unscented alternatives. • If you do use scented products, use them sparingly. A general guideline for scented products is that the scent should not be detectable more than an arm's length away from you. Do not apply scented products in a public area. • Be an informed consumer. Read the product label. A product labeled as "fragrance-free" is likely to be free of fragrance chemicals. A product labeled as "scent-free" or "unscented" may mean that no fragrance chemicals have been added to the product, or it may be that a masking agent has been added to disguise the smell of some of the ingredients. These terms are not regulated, so use your nose or ask the store to check the product for fragrances. • Avoid using products (e.g. air fresheners or potpourris) that give off

chemical-based scents in your work area. • Avoid using laundry products or cleaning agents that are scented. Air out dry-cleaned clothing before wearing.

AVOID PRODUCTS INCLUDING: • Perfume • Cologne • Aftershave • Deodorant • Soap • Shampoo • Hairspray • Body spray • Makeup and powders • Air fresheners • Fabric softeners • Laundry detergents • Cleaners • Carpet deodorizers • Facial tissues • Candles

STAFF VERSUS GRADE 8 VOLLEYBALL

On January 18th our Grade 8 Volleyball teams challenged the staff. We had a full house of spectators and a solid win for the teachers.

Final score: 42 Staff - 23 Students.

Great job, everyone!



Winter Sports

The following winter sports will begin soon:

Basketball

Badminton Club

Wrestling

Ski and Snowboard (participants have already been confirmed)

MOODY MIDDLE ATHLETICS
2022 - 23 Winter Practice Schedule

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM (7:30 a.m.)					
Lunch	Gr. 8 Girls BB practice 12:20-12:50	Gr. 6 Boys & Girls BB practice 12:20-12:50	Dodgeball Intramurals 12:20-12:50	Gr. 6 Boys & Girls BB practice 12:20-12:50	Dodgeball Intramurals 12:20-12:50
PM (early) (3:00 p.m.)	Gr. 8 Boys BB Practice 3:10-4:15	Gr. 7 BB Game Day (Schedule TBA) Badminton Club Practice 3:10-4:15 (Until BBall games start, Alternating weeks for Gr. 6, 7, 8)	Gr. 8 BB Game Day (Schedule TBA) Gr. 8 Boys BB Practice 3:10-4:10	Gr. 7 Boys BB Practice 3:10-4:15 Ski and Snowboard @ Mt. Seymour Bus leaves 2:30pm Bus returns 9:15pm	Wrestling Practice 3:10-4:15
PM (late) (4:30 pm onwards)					

Athletic Fees - Reminder

Just a reminder that if your student is participating on a school sports team, please pay your \$15 Athletic Fee through School Cash Online.

Grade 6 Immunizations

Our school immunizations for grade 6 students took place on November 28th. The 2nd set will take place on **May 31, 2023**.

If you have a question for a Public Health Nurse, you can email them at SchoolNurseTricities@fraserhealth.ca or call them directly at 604-949-7251.

Pod Terre Olympics Begin!

Hot on the heels of the FIFA World Cups, Pod Terre is riding the wave of international competition with our own Olympics! Grades 6, 7 and 8 students of Late French Immersion have been divided into 6 French-speaking teams: the Ivory Coast, Belgium, Gabon, Cameroon, France and Canada, to compete in a series of intra-mural games. The members of each country showed their team spirit by creating a chant, a mascot, a motto, and a celebratory dance to represent their country. Students will participate in a series of activities like shooting hoops, bowling and testing their aim with bean bags and points will be awarded both for accuracy and for team spirit and enthusiasm! Go Pod Terre!

La Cote D'Ivoire



La France



La Belgique



Inclement Weather

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. For school closures due to inclement weather, check our website or listen to a local radio station for updates by 6:30am on school days.

The SD43 **HOME PAGE** is the official primary source of SD43 information. Always check here first.

- Look for a STATUS BANNER at www.sd43.bc.ca (example shown below).
- Click its main title to learn more.



Status Update Banner During Emergencies and Inclement Weather

This is what the emergency status banner will look like posted on the SD43 website homepage, and in some cases on school websites.

2. Information may also be announced on secondary sources including:

- [@sd43bc Twitter feed](https://twitter.com/sd43bc)
- CKNW AM 980, CKWX 1130 and CBC (690) radio stations (AM band).

Rainbow Club! We are excited and happy to be here!

Rainbow Club is an inclusive space for all queer and trans students and allies. Its structure is largely student-directed: as of now, most students seem to be seeking a safer space where they can chill and just exist as they are without fear of judgement. Rainbow Club meets in the library on Mondays at Lunch.

EMMSOTA PAC

Next PAC Meetings (save the dates):

- Monday February 13th
- Tuesday March 7th
- Tuesday April 11th
- Monday May 8th – AGM and Elections
- Tuesday June 6th

Meetings will be in the library at school.

We are working on having parents also join by ZOOM if they are unable to attend in person. If joining by ZOOM would work for you, please email emmsotapac@gmail.com. We'd like to get an idea if there is interest in having a combined meeting.

Upcoming Hot Lunch Dates:



The poster features the EMMSOTA PAC logo in the top left corner, which consists of three stylized 'M' shapes in red, blue, and blue, with 'PAC' written below them. The main title 'WINTER 2023 HOT LUNCH NOW OPEN!' is written in a large, white, outlined font. To the right, the words 'order NOW' are written in a blue, bubbly font. The poster is divided into sections for each month: JANUARY, FEBRUARY, and MARCH. Each section lists a specific date (marked as a Wednesday), the restaurant name, the last day to order, and logos for the participating vendors (tcbly and the restaurant's logo).

**WINTER 2023
HOT LUNCH NOW OPEN!** order NOW

JANUARY

- WED 11** **Dominos Pizza** Last day to order: Jan 4  
- WED 25** **Subway** Last day to order: Jan 18  

FEBRUARY

- WED 8** **A&W** Last day to order: Feb 1  
- WED 22** **Hot Dogs & Sushi FUEL** Last day to order: Feb 15  

MARCH

- WED 8** **Taco Del Mar** Last day to order: Mar 1  
- WED 29** **Subway** Last day to order: Mar 22  

PLACE ORDERS: emmsota.parentcouncil.net

Upcoming PAC fundraisers:

- More are in the works - stay tuned!



2022/2023 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)

No sorting required, and 5% 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.



This is our newest year-round fundraiser. Purchase **Tru Earth** laundry products through our PAC online store to donate 20% of your purchase to the PAC. Keep watch on our PAC Facebook page and Parent Portal for sales throughout the year.
<https://fundraising.tru.earth/moodymiddle>

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

Join us on the Parent Portal - PAC's Communication Hub:

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

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.

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>

EMMSOTA PAC Facebook Page:

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

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

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

moodymiddlesecretary@sd43.bc.ca

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

COMMUNITY INFORMATION

Tri-City Minor Ball Hockey Association

[Registration Link](#)

Online Registration is Now Open for the 2023 Season.

We also have a contest if you're able to send that out as well.

TCMBHA Contest: \$50 off your Registration Fee, how to participate:

1. Like & Subscribe to our Social Media accounts - YouTube, Facebook, Instagram & Twitter
2. Like our Registration Post & Tag a Friend (extra entries for additional tags)
3. Share our Registration Post, Tag Us & don't forget to use #TCMBHA & #TriCityBallHockey

One Entry per Social Media Platform, links are below. Winner will be picked before the season starts!



**Tri-City
Minor Ball Hockey
Association**

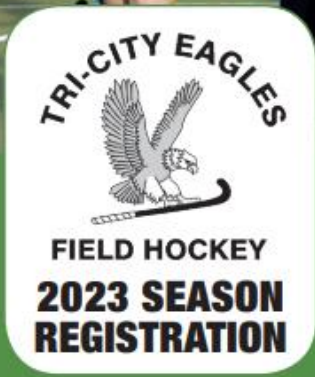
Online Registration

Now Open for Returning & New Players
TCMBHA.com

Follow Us

#TCMBHA     #TriCityBallHockey

TRI-CITY EAGLES FIELD HOCKEY



Girls born 2005-2019 and boys born 2007-2019
are invited to get involved in one of
the world's most popular sports.

U-10 MINI & MITE HOCKEY

The Club also offers a Mini-Hockey Program for U-10 girls and boys (minis born 2013-2014 & mites born 2015-2019).
Season fee for Minis & Mites is \$125.

**EARLY BIRD REGISTRATION DEADLINE FOR U-10 PLAYERS:
MIDNIGHT, FEBRUARY 19TH**

A \$10 late fee will be charged after if space is available.

U-11 TO U-18

U-11 to U-18 Girls teams (Birthdates 2005-2012) compete in the Greater Vancouver Junior Field Hockey league from Late-March to June. Season Fee \$155.

JUNIOR BOYS

The Club offers a program for Junior Boys born 2007 to to 2012.
Boys born 2013 to 2019 are registered as Mini or Mite players

**REGISTRATION DEADLINE U-11 TO U-18:
RETURNING PLAYERS & NEW REGISTRANTS
EARLY BIRD REGISTRATION DEADLINE:
MIDNIGHT, FEBRUARY 5TH**

All players registering after the Early Bird Deadlines will be charged a \$20 late fee and will be waitlisted and only be registered if space is available.

HOW TO REGISTER?

Please visit:

tcfieldhockey.com

Players must first register with
Field Hockey British Columbia
to obtain a player identification number – required to
complete registration with Tri-City Field Hockey.

See our website for details.

QUESTIONS?

604.619.4034

brian@tcfieldhockey.com

**Follow us on Instagram
@ tcfieldhockey**





Winter Recreation for Youth



Badminton	Basketball	NEW Improv for Youth
Pomo Chefs Beginner & Intermediate	Pro-D Day Babysitter's Training	Volleyball

RAD Nights - Out-trips

For youth in grades 6-12

Extreme Air Park	Laser Tag	Central City Fun Park
------------------	-----------	-----------------------

Visit portmoody.ca/signmeup to register.

 @pomoyouth | portmoody.ca/Youth | 604.469.4556

PORT MOODY
CITY OF THE ARTS

These winter afterschool programs will be happening at Moody Middle! Registration begins Tuesday December 6th.



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.

For youth in grades 6-8

Moody
Middle

Register
Tuesday,
Dec 6
8am

Cooking

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

30581 Monday, Jan 9-Mar 6 3:10-4:25pm

Improv for Youth

Through a variety of improv games and theatre sports, you will learn to think on your feet, gain confidence performing in front of a small audience and have fun while using your creativity.

30584 Tuesday, Jan 10-Mar 7 3:10-4:25pm

Youth Lounge Drop-in - FREE

Come hang out in the Youth Lounge after school. Play some foosball, board games and chill with your friends.

Wednesday, Jan 4-Mar 8 3-4:30pm

Thursday, Jan 5-Mar 9 3-4:30pm

Visit portmoody.ca/signmeup to register



portmoody.ca | 604.469.4556

PORT MOODY
CITY OF THE ARTS

SHARE'S YOUTH SUBSTANCE USE SERVICES INVITES YOU TO:

Parent & Caregiver's Circle

Virtual drop in education and support for parents and caregivers who are concerned about their youth and substance use.

The journey of parenting can have many highs and lows. This is especially true when faced with the challenging task of parenting a teenager. Each week there will be a different topic to discuss.

WHEN:

Thursdays from 7pm to 8pm

WHERE:

On Zoom. Link distributed weekly.

This is a drop-in group. Come for all 8 weeks or come when you can.

Parents/Caregivers can join anytime, but must have an orientation with a facilitator before attending their first session.



TO REGISTER:

Click on the date below to sign up for each drop in session. You must register by the Monday at noon of each week's session in order to set up an orientation time with a facilitator before your first group session.

TOPICS INCLUDE:

[Nov. 10:](#) Adolescent Development and Attachment

[Nov. 17:](#) Having Hard Conversations

[Nov. 24:](#) Continuum of Substance Use and Stages of Change

[Dec. 1:](#) Mental Health and How to Navigate the Systems

[Jan. 12:](#) Boundaries and Managing Conflict

[Jan. 19:](#) NaloxHome and Harm Reduction

[Jan. 26:](#) Youth Offering Listening Opportunities Event (6:30 to 8:30 separate registration to come)

[Feb. 2:](#) Burnout and Self Compassion

FOR MORE INFORMATION, OR IF YOU ARE HAVING TROUBLES WITH REGISTRATION LINKS,
CONTACT SHARE FAMILY & COMMUNITY SERVICES INTAKE AT
604.540.9161