



MOODY MATTERS NEWSLETTER

[Moody Middle Website](#)

Phones, Screen Time and Social Media

Dear Families,

As we continue working together to support the well-being and success of our students, I would like to take a moment to address an important topic: social media use and overall screen time.

Middle school is a critical stage of development. While technology and social media can provide opportunities for creativity, connection, and learning, they can also present challenges such as distractions from schoolwork, exposure to inappropriate content, cyberbullying, and disrupted sleep patterns.

We have dealt with a few instances over the past weeks, that have involved poor decisions on social media which have spilled into the school and have affected the school environment.

We encourage families to actively monitor and guide their child's online activity. This includes:

- Knowing which apps and platforms your child is using, their content and minimum age limit
- Reviewing privacy settings and discussing online safety
- Keeping devices in shared family spaces when possible
- Having open conversations about digital behavior and responsibility

Most importantly, know WHAT your child is posting, and to WHOM.

Pay particular attention and educate yourself with the app SNAPCHAT.

In addition, setting reasonable limits on daily screen time can help students maintain a healthy balance between academics, extracurricular activities, family time, and rest. Establishing tech-free times (such as during meals and before bedtime) can significantly support focus, emotional well-being, and healthy sleep habits.

Your involvement makes a meaningful and significant difference. When schools and families work together, we create a stronger, safer environment for our students to grow both academically and socially.

Thank you for your continued partnership and support.

Mrs. Banks

March 2, 2026

UPCOMING EVENTS

Mar 4 – PAC Hot Lunch
(Subway)

Mar 11 – PAC Hot Lunch
(Dominos)

Mar 13 – Last Day of School
before Spring Break (March
16-27)

Mar 30 – Schools re-open
after Spring Break

Apr 1 – PAC Hot Lunch
(A&W)

Apr 3 – Good Friday (School
not in session)

Mrs. Banks
Principal

Mr. Sclater
Vice Principal

Office: 604-461-7384



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PAC Hot Lunch

Winter Dates - Orders are open! Please visit the link below.

<https://munchalunch.com/schools/moodymiddle>

**WINTER 2026
HOT LUNCH NOW OPEN!**

Month	Date	Restaurant	Last day to order
JANUARY	WED 21	Loz Takos	January 13
	WED 4	KMT Sushi	January 27
FEBRUARY	WED 18	A&W	February 10
	WED 4	Subway	February 24
MARCH	WED 11	Domino's Pizza	March 3
	WED 1	A&W	March 24

order NOW →  **QUESTIONS?**
emmsotahotlunch@gmail.com

<https://munchalunch.com/schools/moodymiddle>

COBS Bread Fundraiser!

From now until March 7th, 2026, COBS Bread located in Suter Brook Village will be participating in two fundraisers for Moody Middle School!

The next time you are visiting the COBS at Suter Brook, the staff will ask customers if they would like to donate to Moody Middle School. It's that easy!



March 2, 2026



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Grade 8's - Course Selection for Grade 9

On March 12th, three secondary schools will be visiting our grade 8's to talk about programs and begin course selection for grade 9. See the schedule

- 8:50am Gleneagle
- 9:00am Heritage Woods
- 1:30pm Pinetree

SchoolCash Online

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
 - 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

If you are interested in being a School Volunteer or Volunteer Driver, please complete the below applications. (*Drivers must complete both*)

- District – School Volunteer Application 2024-2025
- District – Volunteer Driver Application 2024-2025

As a reminder, Criminal Record Checks are required for **all** Volunteers and letters can be picked up in the office. A Driver's Abstract will also be required for all Volunteer Drivers through ICBC and must be submitted to the office once completed.

March 2, 2026

Current Items Available

-Student Activity Fee

-Student Athletic Fee

- Student School Planner
Fee

-Volunteer Driver

Applications

-School Volunteer

Applications

PLEASE NOTE

It is best to access

SchoolCash Online using a

laptop or desktop computer

to avoid any errors or issues.



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Community Information

Pitt River Middle School Grades 6 - 8

**ÉCOLE PITT RIVER
COMMUNITY SCHOOL**
SPRING BREAK CAMPS 2026

Registration Date: Saturday, February 14 at 9:00 am
Registration Closes: Friday, March 13 at 9:00 am
Our camp is for students in Grades 6 - 8

Dates: Monday, March 16 - Friday, March 23, 2026, and Monday, March 23 - Friday, March 27 2026

Time: 10 am - 12 pm or 12 - 2 pm

Cost: \$125 - per program

For Students currently in Grades 6 - 8

[Click here for Brochure](#)

For any questions, please contact Nurani, Neelo nnurani@sd43.bc.ca

Spring Basketball Academy at Heritage Woods Secondary

Please see the attached letter for more information regarding this program.

March 2, 2026



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Community Information

City of Port Moody Spring Break Camps

EPIC Spring Break Camps: March 16-20 and March 23-27, 9am-3pm. These active and engaging day camps are a great way for youth to stay active, make friends, and have fun during their break. Activities include swimming, bowling, laser tag, sports, hiking, cooking (and eating what you cooked), Extreme Airpark and more.

Youth Spring Programs: (March through June)

- **Fresh Fix - Cooking for Youth:** Discover the power of healthy eating in this hands-on cooking experience. Please note: This program is not suitable for those with severe food allergies.
- **Babysitter's Training:** Scheduled on Pro-D Days, Session 1 - April 24 / Session 2 - June 26, 9am-5pm. These full-day programs focus on safety, and boost understanding and assist developing the skills needed to babysit with confidence. Certification upon completion.
- **Other activity based and sports programs available for youth include** Mountain Biking, Yoga, Cooking, Creative Writing, Volleyball, Tennis, Pickleball, and Badminton. All experience levels welcome.

For more information, or to register click this link: [Youth Recreation | City of Port Moody](#) or contact us at 604-469-4556.

Moresports BC Spring Break Camp

March 16 - 20 at Hillcrest Middle School. Lunch and snacks are included.

Register at: www.DWUL.io and search **Hillcrest**.

Grade 8 students can join the volunteer program: <https://bttr.im/eupp9>