



# Moody Elementary

## October Newsletter

### Calendar of Events

#### October

Oct 6 & 7 Welcoming Conversations- early dismissals @ 1:40pm

Oct 8 Photo Day

Oct 11 Thanksgiving Day

Oct 12 PAC Meeting (Zoom)

Oct 15 Moody Shirt Day

Oct 22 Provincial Pro D Day (no school)

Oct 29 Halloween Parade 9:15am outside (more details to come)



### Principal's Message

Hello, Moody Families,

Thank you for a great start up. It has been wonderful to have everyone back in the building. The students are enjoying playing outside without designated zones; siblings, family friends and old friends are finding each other during breaks which is great to see! Thank you also for your cooperation with the new requirements for masks for K-12. We continue to work hard to keep your children safe and thriving at school.

We're looking forward to a great year!

Sheila Rawnsley



#### PAC Executive:

**Chair:** Jen Kasuya

**Vice Chair:** Brittany Hull

**Treasurer:** Ted Baggott

**Secretary:** Lisa Glover

**Member-at-Large:** Jenny Smith

**District PAC Reps:** Jacalyn Brown & Tara Cain

**Hot Lunch Leads:** Alisa Nelson and Jillian Eaton

**Communication Leads:** Danielle Kelliher & Naghmeh Mansouri

Our PAC works hard to fundraise and support classroom and school-wide initiatives. We appreciate all of their time and effort to provide opportunities for our students and to help make our school community a better place. If you'd like to reach out to them: [moodypac@gmail.com](mailto:moodypac@gmail.com)

We would like to acknowledge that School District No. 43 (Coquitlam) is on the core territory of the kʷikwə́łəm (Kwikwetlem)(Kwee-kwet-lem) First Nation and lies within the shared traditional territories of the Tsleil-Waututh(Slay-wa-tuth), Katzie(Kate-zee), xʷməθkʷəy̓əm (Musqueam), Sḵwx̱wú7mesh Úxwumixw (Squamish), Quay Quayt(Key-Kite) First Nation and Sto:lo Nation.

# September Happenings

## Orange Shirt Day Sept 29, 2021

At Moody, we have been learning about truth and reconciliation through stories, art and discussions. On Sept 29, Ms. Bolzan's grade 4/5 class (below) led a virtual assembly to share about the origins of Orange Shirt Day and about what we can do going forward. We read "You Hold Me Up" by Monique Gray Smith and focused on kindness. We are committed to continuing this important work with our students throughout the year. As Chief Ed Hall of the Kwikwetlem First Nation said in the Sept 30 edition of the Tricity News (p. A17), "We hope that you will learn about the diverse culture, and the language of the First Nation in your community, and teach it in your schools, and share the teachings with your family and friends."



### Reminders about WestCoast Recess:

We want students to get outside as much as possible for fresh air, exercise and mask breaks, so we will be going out every day, rain or shine. Please ensure you have sent your child with rainboots, a raincoat and an umbrella if needed. If your family requires financial assistance for these items, please contact Ms. Rawnsley or Ms. Armstrong.

### Casual Noon Hour Supervisors

School District #43 Coquitlam is looking for Casual Noon Hour Supervisors. This position requires individuals to be available on an On-Call basis to supervise students indoors and outdoors during lunch break (one hour per day) at various schools throughout the District in Coquitlam, Port Coquitlam, Port Moody and Anmore.

Previous experience working with groups of children is an asset. Successful candidates will be available over the lunch hour Monday – Friday, 5 days per week while the school is in session and be willing to accept callouts to all schools in our District. We offer \$21.86 per hour plus 16% in lieu of benefits.

To apply, please click on the following link and create a user account/profile. <https://ejp.sd43.bc.ca/postings/Account/Login>. Once you have completed your profile you will have access to the job postings.

## Lost & Found







# Afterschool 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 Elementary**

Registration begins Oct. 4 at 8am

## Outdoor Adventures

For children in grades 1-5. Get ready for some fun and exciting indoor and outdoor games, crafts and activities.

**23678** Tue, Oct. 19-Nov. 30 2:50-4:20pm

## Games Zone

For children in grades 1-5. This active program will promote teamwork and fair play, and allow kids to participate in fun games and activities. Please come dressed for the weather as this program may go outside.

**23679** Fri, Oct. 29-Dec. 3 2:50-4:20pm





# We Are Families

and we serve families

Are you looking for help or information about mental health support and services for your child or youth?

We know how important you are, and that you might need some support now too. We are also parents of kids with mental health and/or substance use challenges. We are here for you and we want to help.

Here are some of the ways we can offer support to you and your family:

## PARENT PEER SUPPORT

We provide emotional support, information, resources, and help in navigating services for parents & caregivers of a child, youth or young adult with a mental &/or substance use challenge.

## EVENTS

Every month, we host events called 'in the know.' We watch a video and share experiences and strategies that help in the hard moments. We help focus on strengthening our understanding & connection with our kids. Events are facilitated by FamilySmart Parent Peer Support Workers. Offered online and in person in some communities.

## RESOURCES + VIDEOS

Our website has free resources and videos on topics important to families who are parenting a child or youth with a mental health and/or substance use challenge.

## WORKSHOPS + TRAINING

We offer workshops for parents and caregivers whose child/youth has been a patient in a psychiatric unit. It's really tough when your child is struggling and ends up in crisis - and we want to help.

We also offer training that brings together young people, parents/caregivers and professionals to learn with and from each other to help experiences between them go better.

## OUR SERVICES ARE FREE. NO WAITLIST. WE GET IT.

Email: [info@familysmart.ca](mailto:info@familysmart.ca)  
Phone: 1 (855) 887 8004

[familysmart.ca](http://familysmart.ca)

