



Port Moody Times

Thursday
September 11, 2025
Day 1



PMSS Bell Schedule 2025-2026

Monday (All Students)

BLOCK	SCHEDULE
1	7:40 – 8:46
2	8:50 – 9:56
3	10:00 – 11:06
Lunch	11:06 – 11:45
4	11:45 – 12:52
5	12:56 – 2:02

Tuesday – Friday (All Students)

BLOCK	SCHEDULE
1	7:40 – 8:56
Flex	8:56 – 9:22
2	9:22 – 10:38
3	10:42 – 11:58
Lunch	11:58 – 12:40
4	12:40 – 1:56
5	2:00 – 3:16

IB Diploma Programme Only: Tuesday – Friday (IB 11 and IB 12 Students)

BLOCK	SCHEDULE
1	7:36 – 9:05
Flex	8:56 – 9:22
2	9:09 – 10:38
3	10:42 – 11:58
Lunch	11:58 – 12:40
4	12:40 – 1:56
5	2:00 – 3:16

MORNING STUDENT DROP OFF

This is a reminder to parents and students that drop-off and pick-up is to take place only in the lower parking lot - regardless of time of day or weather conditions. If you are dropping off for an early morning class or team practice, please do so in the lower parking lot.

PMSS TIMES: The PMSS Times will be distributed on **Tuesdays** and **Thursdays**, starting **today**. Announcements will not be read over the PA. You will find copies in the Cafeteria under the clock and outside the Library Learning Commons.

PARENT FORMS & STUDENT FEES: School District 43 uses the KEV School Cash Online for both fee statements and District Policies forms. Relevant fees have been uploaded with email notifications.

LOCKERS:

Our enrollment has increased and we are implementing a new program for students to request a locker: Please use the QR code below to request a locker.

Student Locker request form



Students will receive an email in their 088 district email account with the locker number and combination within the next couple of weeks. Thank you for your patience.

ATTENTION GRADE 11/12 students: New Active Living 11/12 classes have been added in both semesters in block 2. If you are interested in taking this class, contact your counsellor ASAP!

STUDENT PARKING PASS: If you will be parking in the lower parking lot, please come to the office during lunch or before/ after school to pick up a Parking Registration form.

THEATRE AUDITIONS

Anyone interested in auditioning for either the Fall Play or the Spring Musical, Auditions are this week! Please see the Drama Room door for more information or e-mail Mr. Meredith at jmeredith@sd43.bc.ca. All grades and abilities encouraged! See you all out at Auditions!



Port Moody Athletics

Annual Apple Fundraiser

Help support our athletic programs this Fall by purchasing a box of farm-fresh



Honeycrisp

or



Ambrosia

apples from

Sun-Oka Fruit Farms in Summerland, BC.



Scan the QR code and order your box. It's as simple as that!

Share the word (QR code) with anyone and everyone you know!!

Fall sports programs running are:

- Boys and Girls Volleyball
- Boys Soccer
- Girls Field Hockey
- Track and Field

CAREER CENTRE

Post-Secondary Information, Admissions Updates, New Post-Secondary Programs, Scholarships, Volunteering, Employment, Career Programs & Training, Leadership and Enrichment Programs

PMSS Career Resource Centre

Main Office. Open from 8:00am – 3:30pm Monday-Friday.
Questions? Email Ms. Chang at mchang@sd43.bc.ca or call 604-939-6656 ext. 2013.
How to keep up with the news? Join the Port Moody Secondary Career center TEAMS page! Code to join: 46n1w80 or follow the Career Centre Instagram or X (Twitter) account @pmsstransitions! Don't forget to check out the [PMSS Online Career Centre website](#)

Post-Secondary workshops and info sessions

StudyIN UK University Fair is coming to Simon Fraser University's Harbour Front Vancouver campus on Friday, October 3rd from 3-7pm. This is an excellent opportunity for your students to meet with representatives from over 50 UK Universities and learn about the options available to them. Students can apply for a 3-year law degree in the UK, directly out of high school, as well as Medicine, Pharmacy, Physiotherapy, Veterinary Science and more. They can meet top-ranked UK Universities such as the University of Cambridge, Birmingham, Bristol, Exeter, Glasgow, Hertfordshire, Leicester, Leeds, Queen's University Belfast, Southampton, St Andrews, UCL and more! For more information, click [HERE!](#)

SFU STEM Speaker series is back with **Cultivating a Career: Lessons from Rocks, Kids, and Microbes** where the speaker will talk about changing direction (like the speaker's experience from a Geological Engineer to a teacher to scientific research) can actually make you stronger in science and why your career path doesn't have to be set in stone. This free talk will take place Saturday, September 20th from 1pm – 2pm virtually over Zoom. If interested, please register [HERE!](#)

Ivy+ Admissiosn Info-Session is happening virtually Tuesday September 9th or 23rd at 4:00pm! Please join us for a session with admissions officers representing each of the Ivy+ Institutions. This group includes Brown University, Columbia University, Cornell University, Dartmouth University, Harvard University, Massachusetts Institute of Technology, Princeton University, Stanford University, University of Pennsylvania, and Yale University. Admissions officers will address issues of particular concern to students applying from Canada. We'll be welcoming questions from attendees during the program and look forward to an engaging program! Register [HERE](#) for Tuesday September 9th, and [HERE](#) for Tuesday September 23rd!

BCIT Big Info Night is happening October 8th from 4:00pm – 7:00pm at the BCIT Burnaby campus! Big Info is the largest program expo and information session at BCIT. It's your chance to find out about all our programs - from business and media, computing and IT, engineering, health sciences, trades and apprenticeships, and applied and natural sciences. It's free. It's lively. It's a night of possibilities. Have a chance to win 1 of 3 \$1000 tuition by completing the registration below. Registrants will be emailed a post-event survey after the event to complete in order to enter. Register or find more info [HERE](#)!

Study and Go Abroad Fair is coming on Saturday, Oct 18th from 1pm – 5pm at the Pinnacle Hotel Harbourfront! Meet with top universities, graduate schools, and professional schools from Canada and around the world. Please see the website [HERE](#) to register and to see the list of countries and schools that are going to be attending!

List of Important Post-Secondary Events & Info Sessions

School/ Program/ Event	Date	Time	Location
McMaster University	Emailed – (Waiting for scheduling)		
Simon Fraser University	Emailed – (waiting for scheduling)		
UBC	VIRTUAL ONLY – 2x per month	-----	LINK
UBC MD Faculty of Medicine	Emailed – Waiting for scheduling		
University of Toronto	Wednesday, September 17 th , 2025	12:00pm – 12:40pm	Small Gym
Western University	Emailed (waiting for scheduling)		
Common App walkthrough – EducationUSA Canada	Wednesday, September 24 th , 2025	6:00pm – 7:00pm	VIRTUAL [LINK]
How to Apply to Post-Secondary Presentation – Ms. Chang	Wednesday, September 24 th , 2025	12:00pm – 12:40pm	Library
Canadian Universities Event (CUE) (public)	Monday, September 29, 2025	6:00pm – 8:00pm	Delta Hotel, Burnaby
Canadian Universities Event (CUE) (SD43)	Wednesday, October 1 st , 2025	9:00am – 10:30am	Riverside Secondary School
University of Alberta	Thursday, October 9 th , 2025	12:00pm – 12:40pm (lunch)	Drama Room
BCIT Health Sciences	Wednesday, October 15th	12:00pm – 12:40pm (lunch)	Drama Room
University of Calgary	Wednesday, October 22 nd , 2025	12:00pm – 12:40pm (lunch)	Booth in MPR
University of Victoria	Thursday, October 23 rd , 2025	12:00pm – 12:40pm (lunch)	Drama Room
UBC – Faculty of Pharmaceutical Sciences	Monday October 27 th , 2025	5:00pm – 6:00pm	VIRTUAL [LINK]
Queen’s University	Wednesday, October 29 th , 2025	2:00pm – 2:30pm (Block 5)	Library
University of Waterloo	Thursday, November 6 th , 2025	12:00pm – 12:40pm (lunch)	Drama Room
EducationPlannerBC – Parents as Educators and Career Coaches – Regional SD 36, 37, 38, 40 & 43	Wednesday November 12 th , 2025	6:30 pm – 7:45pm	MS TEAMS
SFU Beedie	Wednesday, November 12 th , 2025	12:00pm – 12:40pm (lunch)	Drama Room
Post Secondary BC Fair (PSBC)	Tuesday November 25 th , 2025	1:00pm – 3:00pm	Small Gym

General Learning Opportunities

***NEW* WORTH: Women in Orthopaedics Workshop** is inviting female students in Grade 10-12 to register for the annual Fall Women in Orthopaedics (WORTH) workshop on Saturday, October 25th, from 9 am to 12:30 pm at BC Children’s Hospital (virtual option available). This invite includes women-identifying individuals and non-binary and gender non-conforming students interested in pursuing a career in healthcare and engineering, specifically in orthopaedics. Goal is to provide more insight and clarity on careers particularly in the areas of orthopaedics and engineering. For more information, click [HERE](#)! To apply, click [HERE](#)! Deadline to apply is October 20th!

***NEW* Minerva Learning to Lead Program** is a FREE online virtual leadership program for self-identified girls in Gr. 10-12 to help them explore their leadership potential, build confidence and create a supportive network for their educational and career journeys. One participant will be awarded the Youth Leadership Award (\$1000), while another will receive full scholarship to the SHAD Canada Summer Program! Commitment is Wednesdays Oct 8th, 15th, 22nd, and 29th from 6-8pm. For more information, click [HERE](#). To apply, click [HERE](#)!

Watershed Workforce: Lower Fraser is a free two-day (Sept 27-28) immersive experience designed for youth (ages 15-20) interested in discovering career paths that support watershed health and their communities. Get hands-on with a local project that contributes to watershed health and paddle in a Voyageur canoe with local experts and knowledge holders! This event takes place in Langley and Coquitlam. Interested students must register [HERE](#) by September 19th, 2025.

The 2025 Gairdner High School Symposium is a half-day event (October 20th, 2025 from 9am – 12:15pm) that takes place at the Chan Centre for Family Health Education at BC Children’s Hospital Research Institute each fall that gives Gr. 10-12 students and teachers the opportunity to interact with Gairdner award-winning scientists and BC Children’s Hospital Researchers. Students have the option of participating virtually, or in-person. Students need to apply by September 21st, 2025 to be considered for participation. For more information, click [HERE](#). To register, click [HERE](#)!

Trades and Apprenticeship Information

Volunteer/Employment Opportunities

Youth Justice Link is looking to fill their Executive Volunteer positions! If you are in Gr. 10-12 and passionate about promoting access to justice for youth, solving inequalities in our legal system, or want to be a legal professional in the future, apply! It is a one year commitment with weekly online team meetings and monthly in-person meetings. If interested, apply [HERE](#) by September 15th, 2025!

Place des Arts: Youth Arts Council is looking for high school volunteers that participate in 7 council meetings throughout November to May and attend at least 2 events at Place des Arts (Family day on Sunday Feb 8 and YAC Event on Friday May 1). The student must have a strong interest in the Arts (i.e. visual, music, dance, performing or literary arts). If interested, complete the application form [HERE](#) by September 26th! If you have any questions, please email volunteer@placedesarts.ca.

Burke Mountain Clean-up Day is looking for volunteers for Saturday, Sept 27th, 2025 from 1am – 1pm! Earn 3 official volunteer hours logged by the City of Coquitlam with supplies provided by the Park Spark team! Volunteers will help clean local parks and trails, supporting environmental stewardship while gaining valuable community experience. If interested, please email boroandbeyond@gmail.com!

Neulbom Korean School is looking for **Korean School Assistant Volunteers** at Douglas College (Coquitlam Campus) on Saturdays from 2:00pm – 5:00pm. Students must have conversational fluency in Korean. If interested, please email neulbomkorean@gmail.com!

2025 Volunteer Fair is happening on October 4th from 10am – 2pm at Mabbett Hall Port Coquitlam Recreation Centre! Discover the power of community and volunteerism at our 2025 Volunteer Fair. This annual event is **FREE** to the public and an opportunity to explore exciting volunteer roles and meet amazing non-profit staff. It's an event that brings people of all ages and abilities together. Connect with staff that manage volunteers and learn how you can make a difference in your community. Please click [HERE](#) for more info!

Scholarship / Awards

LORAN Awards (\$100,000) are now open for students entering university for the first time in September 2026! Students must present a minimum cumulative average of 85% and be a Canadian or Permanent Resident. To learn more, you can attend an online info session on [Tuesday, September 16th](#) or [Thursday, September 18th](#). If interested, please apply [HERE](#) by Thursday, October 16th, 2025.

TD Scholarships for Community Leadership (<\$10,000) is open to Canadian/ Permanent Resident/ Refugee students who have demonstrated community leadership and are in their final year of high school. The student must also have achieved a minimum of 75% in their most recently completed school year. If interested, apply [HERE](#) by October 22nd, 2025!

Jake Weitz Memorial Scholarship (\$10,000) is open to Canadian or Permanent Resident students who have taken Eng 12, Math 11, Physics 11, and a Science 11 and is intending to apply to post-secondary for Automotive Services, Heavy Duty, or Aviation. Preference is given to students who demonstrate financial need. Please apply [HERE](#) by March 1st, 2025.

Basant Motors Scholarship 2025 (\$34, 000) is open to all graduating high school seniors with a minimum GPA of 3.2 (~83%) and demonstrates the attributes of good citizenship and service in school and the community. The student also must be planning to attend a post-secondary institution in 2026. Please apply [HERE](#) by Sunday, September 28th, 2025.

PARENTS

PMSS 2025-2026 SCHOOL CALENDAR: Please click [HERE](#) for the 2025-2026 School Calendar

For information regarding **PAC**, please visit <https://www.sd43.bc.ca/school/portmoody/Parents/PAC/Pages>