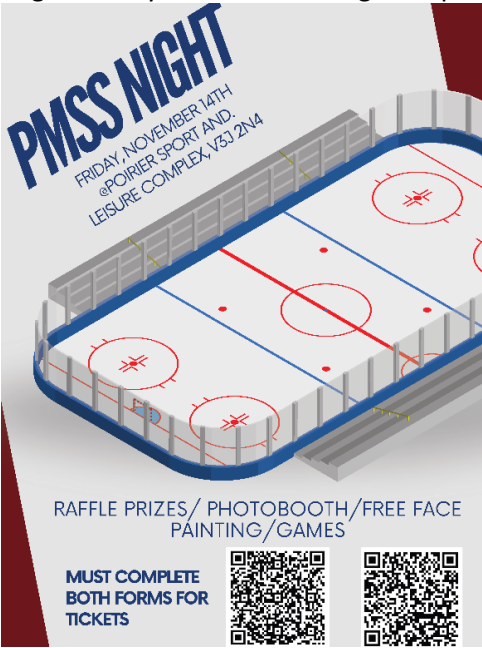




Port Moody Times
Thursday
November 6, 2025
Day 1

Every Friday is Blues Friday!

Hey PMSS! You are invited to a free hockey night at Poirier Sports & Lesiure Complex next **Friday November 14th!** Entry is free, come on down for a fun time with friends with games, huge raffles, photo booth, face painting and more! Register for your tickets through the pmss_bluesleadership instagram account or on the posters QR codes.



YEARBOOK

On a whiteboard in the MPR, you’ll find a list of student names as they will appear in the 2025–2026 yearbook. Please take a moment to review your name and make any corrections if needed. The deadline is November 15.
Thank you! – The Yearbook Team



Looking Ahead ...



ALTERED BELL SCHEDULE
Remembrance Day Assembly
MONDAY, NOV. 10TH, 2025

Block	Schedule
1	7:40 – 8:30
2	8:34 – 9:24
3	9:29 – 10:29
3	10:34 – 11:34
Lunch	11:34 – 12:13
4	12:13 – 1:03
5	1:07 – 2:02

Gr. 12 students who need an off block sticker can pick it up in the office during lunch or before/ after school.

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

For current and ongoing opportunities, please visit [HERE](#)

List of Important Post-Secondary Events & Info Sessions

School Program/ Event	Date	Time	Location
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 [LINK TBA]
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
BCIT: Civil Engineering	Friday November 28 th , 2025	12:00pm – 12:40pm	MPR Booth
LaSalle College	Wednesday, December 3 rd , 2025	12:00pm – 12:40pm (lunch)	MPR booth
Vancouver Film School	Wednesday, December 3 rd , 2025	12:00pm – 12:40pm (lunch)	MPR booth
Scholarship Meeting #2 (Scholarship Package Launch)	Wednesday February 11 th , 2026	12:00pm – 12:40pm	Drama Room

CapU – Open House is happening on Saturday November 29th from 10:30am – 2:30pm at the North Vancouver campus. This event is a great opportunity for prospective students and their families to explore our campus, connect with instructors and current students, and learn more about CapU programs, services and student life. Students can look forward to concerts, portfolio reviews, lab and studio tours and student panels, Q&A with advisors and financial aid and much more! If interested, RSVP [HERE](#)!

General Learning Opportunities

For current and ongoing opportunities, please visit [HERE](#)!

UBC Taste of LFS is a week-long virtual open house designed for prospective students, their families, and high school staff. The series features two LFS General Information Sessions plus program-specific “Deep Dives” into Applied Biology (APBI), Food, Nutrition & Health (FNH), and Food & Resource Economics (FRE). We also highlight career opportunities available to LFS graduates. Please register [HERE](#) if interested!

UVic- Finance 101: Personal Finance for Students Preparing for College & University is offering students an engaging session on Thursday, November 20th on topics like managing money, building credit, saving and investing. Learn practical skills to prepare for university life and future financial independence with Gustavson's Michael King. To register, click [HERE](#)!

YMCA Summer Work Student Exchange (SWSE) is a six-week program (June 27- August 8) that offers Canadian youth 16-17 the opportunity to gain PAID work experience, practice their official language skills, and discover another community within Canada. The student's families must be able to host a youth from another community during the exchange. The cost is only \$200 for the registration fee and the host family is also responsible for providing food for three meals a day, but the program covers the cost of travel to and from the host community and expenses related to activities run by the local coordinator. If interested, apply [HERE](#)! For more information, click [HERE](#)!

BC Food, Nutrition and Health: A Pathway to Medicine Virtual Panel is happening on Wednesday, November 12th, 2025 from 5pm – 6pm online via Zoom. This event highlight show nutrition and health sciences play an essential role in modern medicine. Join us as three current medical students, all graduates from UBC's Food, Nutrition and Health Program, share how their undergraduate experience in LFS helped shape their path to medical school. This panel is perfect for students to explore how FNH program prepares students for diverse careers in health care. Attendees will also have a chance to ask questions and connect directly with speakers. To sign-up, please fill out the registration form [HERE](#)!

Jr. Fire Academy Info Session is happening at PMSS on Friday November 7th, 2025 at 12:00pm – 12:40pm in Rm 320 for Gr. 11 & 12 students. The Junior Firefighting Programs will give applicants a true understanding of the basic components both physical and educational of Fire Rescue's basic training for new recruits. The educational component will test the applicant's knowledge learned in the classroom of firefighting equipment, fire behaviour, the fire tetrahedron and the products of combustion to name a few. The practical component of the program will test the applicant's strength, endurance, and team work skills. Some examples may include: dragging charged hose lines, carrying ladders in a group,

climbing the 4-story hose tower and cutting up cars in teams using the “Jaws of Life”. For more information, see Ms. Chang in the Career Centre!

EA Teen Animation Scholarship Program is a FREE 4 month animation program for teens aged 15-19 that will take place from Jan 13-May 19 (Tuesdays from 4:30pm – 7:30pm) at Arts Umbrella’s Moffat Media Arts Hub. Students develop a strong portfolio for post-secondary school applications with the support of industry professionals. Students will learn the methods, techniques and technologies used in animation and have the chance to showcase their work at the end of this program. If interested, apply [HERE](#) by December 1st, 2025. For more information, click [HERE](#)!

National Portfolio Day is taking place Saturday November 8th, 2025 from 11am – 3pm at Emily Carr University of Art & Design (520 East 1st Ave). Showcase your artistic evolution! Visit with counselors, admissions team members, and faculty from art & design for a portfolio review before applying to colleges or universities! If interested, register [HERE](#)!

Trades and Apprenticeship Information

For current and ongoing opportunities, please visit [HERE](#)!

Volunteer/Employment Opportunities

For current and ongoing opportunities, please visit [HERE](#)!

FCSS | FESC JEDI Champions Program is a program that allows students to obtain up to 40 community involvement hours as part of their requirements for graduation. This volunteering program is completely remote and self-paced within a timeline, and available to all secondary students in Canada. The overall goal of the JEDI program is to provide students with the opportunity to gain crucial skills required in their academic careers, with an end objective for students to develop a project proposal relating to a world issue. If interested, apply [HERE](#)!

City of Coquitlam – Park Spark Light Brigade is looking for volunteers for Metro Vancouver’s largest free outdoor light display, Lights at Lafarge! These Light Brigade workshops provide an opportunity for the community to be a part of Lights at Lafarge by assisting in the creation and fabrication of lit elements that contribute to the lights display. Please bring a recycled plastic bottle to the workshop to be used in the lights display. This will happen daily from Nov 17th – 28th with times available between 10:30 – 4:30pm. For more information, or to register, please email parkspark@coquitlam.ca!

Scholarship / Awards

For current and ongoing opportunities, please visit [HERE](#)!

Terry Fox Humanitarian Award (\$28,000) is open to all Canadian citizens, landed immigrants or permanent residents in good academic standing that are graduating from high school. Applicants must be involved in voluntary humanitarian activities (for which they have not been compensated) and are planning to or are already studying towards their first university degree or diploma at a Canadian post-secondary institution. If interested, apply [HERE](#) by December 1st!

The Launchpad Scholarship by Tundra Technical (\$1000 x 5) is available to students in Gr. 10-12 who identify as non-binary or women and wish to pursue a career in STEM. The scholarship application will test the applicant’s research skills and STEM knowledge by writing a 1500-2000 word essay or project plan to create an innovative solution to a national problem for the government of Canada. If interested, apply [HERE](#) by December 3rd, 2025.

Beedie Luminaries Scholarships offers two streams – SHINE (\$44k for 4 years undergraduate degree or \$22k for 2 year diploma/ certificate) and BUILD (up to \$20k towards completion of the Red Seal). For both, students must be a Canadian citizen, permanent resident or a protected person in Canada (international students are not eligible), residing in BC. The applicant must be able to demonstrate their and/ or their family’s financial adversity and how it has affected them. For SHINE specifically, the student must have a minimum average of 75% in the most recently completed school year and plan to be a full-time student, while applying to one of the eligible post-secondary institutions. For BUILD, the student must satisfy BCIT’s entrance requirements while intending to pursue BCIT’s programs of one of the following trades: carpentry, electrical (construction), plumbing, welding and sheet metal. If interested, apply to one of their scholarships [HERE](#) by December 15th, 2025.

Schulich Leader Scholarships (\$120K for Engineering students, or \$100k for Science and Math disciplines) is open to Gr. 12 Canadian citizens (permanent residents and international students are *not* eligible) who demonstrate academic excellence, leadership, charisma and creativity. Applicants must be intending to pursue a career in technology, engineering, entrepreneurship and business enterprises, and applied scientific research. This scholarship is *not* intended for students who focus on activism, or intend to be a practicing physician and/ or medical researcher, as well as intend to pursue a career in academia or conduct theoretical research. Strong consideration is also given to students with financial need. The student *must be nominated* by Port Moody Secondary school in order to apply. Our nomination deadline is Wednesday, December 10th, 2025. For nomination forms, please see the PMSS Career Centre TEAMS page, the [SCHOOL WEBSITE](#), or see Ms. Chang in RM 1013 of the main office. For more information about the scholarship, click [HERE](#)!

DB Perks & Lifesaving Society Scholarships (\$1000) is for current holders of Lifesaving Society awards. The applicant must be actively employed by a BC/ Yukon branch affiliate as a lifeguard or Lifesaving Society Instructor (part-time or full-time) and will be pursuing post-secondary education in the subsequent term at a university, college or vocational school. If interested, apply [HERE](#) by January 31st, 2025.

Allied Van Lines Scholarship (\$1000 x 4) is open to Canadian citizens or permanent residents enrolled or enrolling as a full-time student at an accredited college/ university within a Canadian province for completion of an undergraduate

Kin Canada Bursaries (<\$1000) is open to Canadian or Permanent Resident students that are in the process of graduating from high school. Applicants will be evaluated on their community and school involvement, knowledge of Kin Canada and financial need. If interested, apply [HERE](#) by February 1st, 2026!

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