



Port Moody Times

Thursday
November 13, 2025
Day 1

Every Friday is Blues Friday!

SOAR LEADERSHIP PROGRAM

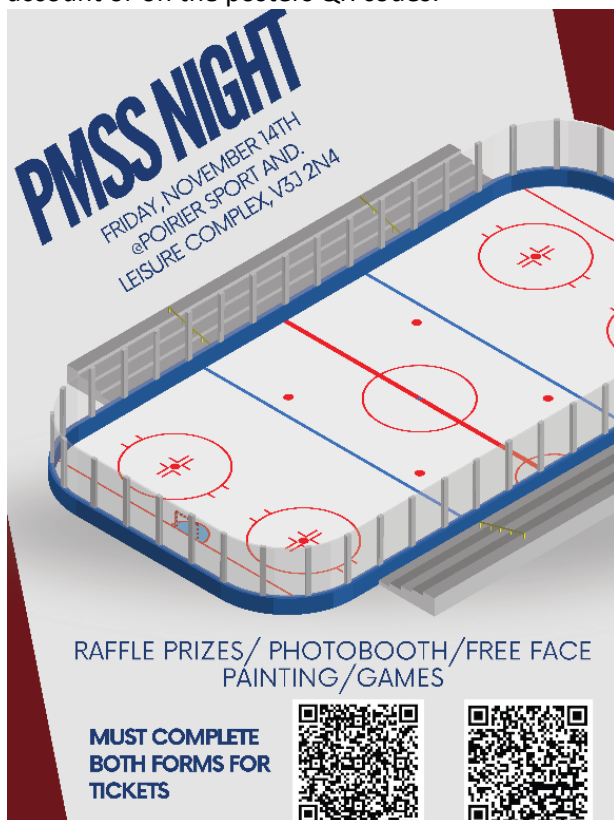
Grade 10 students interested in signing up to be SOAR Leaders for next year can pick up an application form from the door to the Biology Office (Room 3003) between Rooms 323 and 324. You must have 2 PMSS staff recommend you, attach a photo and have a parent sign the form. Forms must be returned to Ms. Tsui in Room 323 by Friday, November 28th at 3:15pm.

BLUES FRIDAY

Hey PMSS, Come get Popcorn and Candy for \$1.00 Cash only at lunch in the MPR on Friday and don't forget to wear your blues merch or blues colours!

HOCKEY NIGHT

Hockey night is almost here! Don't forget to register for your free ticket to come to Poirier Sports and Leisure Complex on **Friday November 14th starting at 7pm!** 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

GRAD COMMITTEE

Are you in grade 12? Do you want to have some influence on grad events? Grad wear? Activities? Sign up to be part of the grad committee. Posters for sign-up are located around the school.

FEMALE ICE HOCKEY

All interested female ice hockey players please meet in the small gym **Wednesday November 19** for an information session about the Coquitlam High School Female Ice Hockey League.

PEER TUTORING

This is for students who want to volunteer as well as students who are looking for a tutor.

If interested, please complete this form: [Peer Tutoring – Fill out form](#)

Peer tutoring will run on Wednesdays and Thursdays at lunch and during block 5.



THE BLUES ARE GOING TO COSTA RICA!

GREAT FUN! WOW FACTS! NEW FRIENDS!

Join this Educational Trip of a lifetime:

MARCH 16-25, 2026

More details in: *Portable 4

***The trip site on TEAMS**

***The QR code on the bulletin board by the Learning Centre**

VAMOS A COSTA RICA!

ONGOING

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.

Please also remember not to use the upper teachers' parking lot to drop off/ wait for their children and/ or to use as a turnabout.

PMSS TIMES: The PMSS Times will be distributed on **Tuesdays** and **Thursdays**. 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.

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.

LOCKERS:
Please use the QR code below to request a locker.



Students will receive an email in their 088 district email account with the locker number and combination.

LIBRARY
The library currently has over 100 books overdue. Check your school email every Monday to see if you have any overdue library material. Please remember that our loan period is 3 weeks for most things except technology. Technology loans are for one class only and are due back at the end of the day. Thanks for helping us by bringing back your overdue library materials so others can enjoy them!

STUDENT ID CARDS
Student ID cards are now available for pick up. Please come by the office during lunch or after school to pick up.

OFF BLOCK STICKERS
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](#)
***NEW* UBC Biomedical Engineering Open House** invites students in high school and their families on Saturday, November 22nd anytime from 10am – 2pm, to visit the recently opened Gordon B. Shrum building at UBC. Learn more about what Biomedical Engineering is – how technology and innovation are transforming health care, experience the new building, step inside our state-of-the-art teaching labs, connect with SBME students and faculty and join the SBME Scavenger Hunt (where you can take home exclusive SBME swag)! If interested, register in advance [HERE](#)!
***NEW* UBC Engineering Virtual Program Fair** is happening on Friday November 14th at 6:00pm online. Look forward to live Q&A with each of our 14 engineering programs offered at both UBC-O and UBC-V, speak with academic advisors and hear from our esteemed professors and current students to hear what makes UBC Engineering stand out. If interested, register [HERE](#)!

List of Important Post-Secondary Events & Info Sessions

School Program/ Event	Date	Time	Location
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

General Learning Opportunities
For current and ongoing opportunities, please visit [HERE](#)!
***NEW* Vimy Pilgrimage Award** consists of a fully funded week long (April 3-11) educational program in Belgium and France to study Canada's First World War contributions, within the context of a global conflict. The program features daily visits to important First World War sites including museums, cemeteries, and historic battlefields. VPA recipients are 15-17 years old who demonstrate an outstanding commitment to their communities through positive contributions or notable deeds. If interested, apply [HERE](#) by November 25th, 2025!

***NEW* UBC Black Outreach Presentation** is being held on Thursday November 20th at the ELC/ Coquitlam School Board Office (1080 Winslow Avenue) for Gr. 11 & 12 SD43 students who identify as Black. They will learn more about the university, as well as opportunities and scholarships available for Black students. If you're interested, please fill out the form (found on PMSS Career Centre TEAMS or Career Centre website) and return to Ms. Chang (either email mchang@sd43.bc.ca or in-person – Rm 2013 in the main office) by November 17th.

***NEW* Ivey AEO Essay Writing Workshops (High School Students)** is happening virtually on Tuesday, December 9th at 4pm PST. If you are applying to the Ivey Honours Business Administration program through the Advanced Entry Opportunity pathway and need help with your supplemental essays, this is your opportunity to get insider tips and expert guidance directly from Ivey Admissions teams. Expect to see a walkthrough of what makes a strong supplemental, real examples, and live feedback for those willing to share. If interested, register [HERE!](#)

***NEW* UBC Chemical and Biological Engineering – High School Student Visits** is welcoming Gr. 11 & 12 students for a FREE one day experience to learn about the exciting careers of chemical and biological engineers through participating in fun, interactive workshops, attend short lectures, tour laboratories and meet professors and current students! If interested, this event is taking place on Saturday November 29 or Saturday February 28 from 9am – 4pm! If interested, apply [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!](#)

Trades and Apprenticeship Information

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

***NEW* SD43 Jr. Firefighters Program** is accepting applications until December 5th, 2025. Grade 11 & 12 students are able to apply for and participate in one of the two programs – Coquitlam (March 13 – 20, 2026) or Port Moody (April 22 – 25, 2026). The Junior Firefighting Programs will give the applicants a true understanding of the basic components both physical and educational of Fire Rescue's basic training for new recruits. Click [HERE](#) to complete Part 1 of the application form and to access Part 2. Complete Part 2 and submit it to Ms. Chang (mchang@sd43.bc.ca or Rm 2013 – Main Office). Both parts are due December 5th, 2025.

Volunteer/Employment Opportunities

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

***NEW* Ugly Christmas Sweater Dash** is looking for volunteers for December 6th, 2025 at Lions Park, Port Coquitlam. The dash is a 5km walk, run, stroll through Gates Park in PoCo. It is a not-for-profit event and this year the proceeds are being donated to the Port Coquitlam Community Foundation. We will provide confirmation of hours if students need them. If interested to volunteer, register [HERE!](#)

***NEW* Coquitlam Optimist Club: Walk for Youth** is looking for Gr. 10-12 volunteers for Sunday November 16th from 9am – 1pm. Volunteers will meet at Poirier Rec Centre (South Entrance) and do tasks such as route-marking and prep work before the walk starts. Confirmation of volunteer hours will be provided. If interested, please contact Al Kersey at 778-988-4337 (texting is fine) or akersey@telus.net.

***NEW* Growing Spoons** is looking for a variety of online and in-person volunteers including creating online, and handmade cards for pediatric patients and youth homeless shelters, research projects, infographics and storybooks to support our mission, and in-person fundraising events and community initiatives. All volunteers will gain meaningful experience, contribute to a positive cause, and can earn community service hours. Students can participate from home or in-person depending on their availability. For more information, or to sign-up click [HERE](#) or contact growingspoons@gmail.com

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!](#)

***NEW* Mini Med School Scholarship** (\$1000) is open to current Gr. 12 students enrolled at a BC private or public school and graduating in 2026 that were selected to attend Mini Med School (in-person, virtually live OR on-demand) scheduled in October 2026 and have participated in all 4 Mini Med School 2025 sessions in October & November (attendance tracked by program organizers). If you meet the requirements, apply [HERE](#) by Friday, January 9th, 2026!

***NEW* The Dalton Camp Award** (\$10,000) is open to any Canadian citizen or permanent resident of Canada. Applicants must write a 2000 word essay on the link between Media and Democracy. If interested, apply [HERE](#) by January 5th, 2026.

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.

PARENTS

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

Next PAC Meeting is on Tuesday, December 2nd at 7pm in Room 222.

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

AFTERGRAD

SHOP OUR FUNDRAISERS!



Growing Smiles
Winter Plant Sale



Krispy Kreme
Doughnuts



Global Coffee



Purdys Chocolatier



FlipGive



AfterGrad Donation
School Cash Online



Return-It Depot



Neufeld Farms



MORE INFO: PORTMOODYAFTERGRAD@GMAIL.COM

🍩 PMSS Class of 2026 – Krispy Kreme Fundraiser! 🍩

The PM35 After Grad Committee

[illegible]

Signature confirming pickup

COMMUNITY



FOCUS VOLLEYBALL CLUB TRYOUTS FOR 13U TO 18U ATHLETES VARIOUS DATES: NOV. 9- DEC.7

Focus Volleyball Club is based out of the Burnaby-Vancouver and TriCities area but we have athletes from all over the Lower Mainland in our organization.

We offer a variety of teams for boys and girls ages 12 to 18.. Where there is more than one team, each team will be **tiered by ability**, with **high-performance options** for top athletes ready to compete at the highest level.

Our club has won over 60 provincial medals since forming. Our 13u/14u program in particular has been success winning over 40 provincial medals. Our 13u/14u boys program has recently won a National Championships and in the past two years alone has won 10 provincial medals including 4 gold medals.

All Athletes Welcome whether you're just starting out or aiming for the podium, we invite **athletes of all skill levels** to be part of our programs.

Specific information regarding tryouts for each age group/gender are available at our website.

Visit our website for more details:
www.FocusVolleyball.ca

École Westwood Elementary PAC
INVITES YOU TO OUR
Winter
MARKET
NOVEMBER **29** 10AM TO 4PM
3610 HASTINGS ST, PORT COQUITLAM
LOCAL VENDORS | JR VENDORS
GAMES | SILENT AUCTION | DOOR PRIZES
FOOD & DRINK FOR PURCHASE
\$5 ADMISSION
OR \$2 ADMISSION WITH FOOD BANK DONATION
KIDS 12 & UNDER FREE