



Port Moody Times

Tuesday
November 18, 2025
Day 2

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!

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 19th in FLEX** for an information session about the Coquitlam High School Female Ice Hockey League.

RUGBY

All those interested in playing rugby in the spring, please come for a quick meeting at the beginning of lunch in Room 310 on **Thursday November 20th.**

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.





ALTERED BELL SCHEDULE
Parent/ Teacher Conferences
THURSDAY, NOV. 20TH, 2025

Block	Schedule
1	7:40 – 8:40
2	8:44 – 9:44
3	9:48 – 10:48
Lunch	10:48 – 11:23
4	11:23 – 12:23
5	12:27 – 1:27
Parent Teacher Conferences	2:00 – 4:00 Online Booking
	5:00 – 7:00 Drop-in (Gym)

PINK SHIRT SALE

Pink Shirt Day is on Wednesday, February 25, 2026.
T-shirts and hoodies are available to purchase on School Cash Online. Deadline is Dec. 4th.
Link to School Cash Online: <https://sd43.schoolcashionline.com/>

Anti-Bullying T-Shirt Order Form

New look: "KINDNESS IS A SUPER POWER"



\$13 each

\$35 each

Terry Fox Leadership classes have designed new black T-shirts (with pink text) or pink T-shirts (with black text) anti-bullying shirts, "KINDNESS IS A SUPER POWER". We have also added a Black Hoodie with the hopes of raising awareness and \$\$ to provide needed funds to Kidsport Tri Cities to help youth get involved in organized sports. Staying active through sports creates a positive atmosphere for our youth in the Tri Cities.

Let's make a difference that lasts!

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* SFU Applied Sciences: CTRL + F Your Life** invites students on Wednesday December 3rd from 4:30pm – 7:00pm to SFU Burnaby Campus (Applied Sciences building) to explore what your future in engineering and computing could look like! Join us for student project showcases, a thought provoking talk by Dr. Cukierman on the future of AI, campus tours, and an opportunity to ask questions to program and co-op advisors. You'll see how innovation starts at SFU! To register, click [HERE](#)!

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](#)!

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](#)!
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!

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.

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](#)!

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](#)!

Trades and Apprenticeship Information

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

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* Lower Mainland Green Teams** is inviting volunteers to **Remove Invasive Himalayan Blackberry and English Ivy plants** on Sunday November 30th from 9:45am – 1:00pm at Seaview Park (1255 Cecile Drive, Port Moody). Boost biodiversity and steward this community green space so native plants can thrive! No experience needed! All ages & abilities are welcome! Bring your friends and family! Come for as little or as long as you'd like. Tools, gloves, snacks and educational instruction will be provided. You just need to come with long sleeves, long pants & closed- toe shoes. For more information, or to sign-up, click [HERE](#)! If you have any questions, please email Max@GreenTeamsCanada.ca.

***NEW* PAC: Krispy Kreme Fundraiser for PMSS 2026 After Grad** is preparing for their Krispy Kreme sales event on Sunday, November 23rd with shifts between 9am – 5pm and will need some parent and student volunteers to make this a successful event! There are three locations (Save-on-Foods – Heritage Mountain (Newport), Save-on-Foods – North Road, Wal-mart – Austin – Lougheed Mall) where we will be selling Krispy Kreme Donuts and we will need 2 adults and many students at each location to create energy and ask for support for their After Grad! If you are a student and would like to sign-up, please click [HERE](#)! If you are a parent, click [HERE](#)!

***NEW* Holiday Gift Wrap and Toy Bank Kiosk** is being organized by SHARE and they are looking for volunteers to help operate the kiosk! Toy Bank Kiosk is between Nov 23 – Dec 24, while Gift Wrap Kiosk is between Dec 5 – 24 at Coquitlam Centre. If interested, sign up [HERE](#)!

***NEW* Friendly Forest Pre-School** is looking for volunteers for their **Breakfast with Santa** event at the Anmore Hub on Sunday, November 30th between 9am – 1:30pm. They're looking for volunteers to assist with set-up, games and crafts, serving food and clean-up. All hours count towards high school volunteer requirements, and it's a fun, festive way to give back to the community during the holiday season. Free breakfast will be included for volunteers. If interested, email Alessia at social@friendlyforestpreschool.com.

***NEW* Rudolph Run**, in support of SHARE Food Bank, is looking for volunteers for Saturday, December 6th, 2025 from 9:30am – 1pm at Mundy Park, Coquitlam. Duties include handing out medals, serving water at water stations, flaggers, set-up and take down. If interested, please sign-up [HERE](#) or email info@kaminorunning.ca!

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](#)!

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.

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

Scholarship / Awards

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

***NEW* Western National Entrance Scholarship** (\$2500 - \$100,000) is now available for NOMINATION. Students need to be nominated by the school first in order to apply. Applicants must be Canadian citizens or permanent residents with outstanding academic performance (90% average), demonstrated ability for creative and innovative thought, a demonstrated passion for the pursuit of learning, exceptional achievement in extracurricular activities and demonstrate commitment to community service through ongoing contributions to school and community life. If interested, you can find more information [HERE!](#) Students must apply for nomination to moodyscholarshipsubmission@sd43.bc.ca by Friday, January 9th 2026. Nomination forms can be found at the Career Centre (TEAMS, website, in-person). Please ask Ms. Chang if you have any questions!

***NEW* BCSTA Student Citizenship Awards** (\$750 x 3) is open for graduating Gr. 12 students who are BC residents that attend one of BC’s public schools. Students must plan to attend a recognized post-secondary institution or a skill and career training program. Students must demonstrate exceptional dedication to citizenship in their school or community. There is also a separate category for those of Indigenous ancestry and for students who have overcome significant life obstacles to complete their educational journey. If interested, apply [HERE](#) by Sunday, February 16th, 2026!

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!

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.

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

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