



Port Moody Times

Thursday

December 4, 2025

Day 1

Every Friday is Blues Friday!

HOLLY GRAMS

Junior Leadership will be selling Holiday Candy Grams bundles for students and staff to gift to one another. \$2.00 for one and 3 for \$5.00. Attached is the [Holly Grams Order Form – Fill out form](#) to complete & payment will be occurring in the MPR November 28, December 5 and 12th! Deliveries will be occurring Block 3 on Wednesday December 17th or pick up in MPR.



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.schoolcashonline.com/Fee/Details/163052/108/False/True> or scan the QR code to order:



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!

ATHLETIC

Any students who participated in athletics for the FALL Season of play and you have not picked up your athletic t-shirt, please see Mr. Straumford.

SHARE FOOD BANK DRIVE

Our annual Food Bank Drive back and is currently running until December 15th! This is a great chance for us to come together as a school and help those in need during the holiday season to spread some cheer!
For this drive we’re collecting canned foods, pasta or instant noodles, granola bars, and dry cereals. Every item makes a difference! We are hoping to get to our goal of \$250.00 & 1300 canned goods to donate to SHARE Community Food Bank.

And to make things a little more fun, we’re holding a Block 3 competition to see which class can raise the most donations. The winning class will earn a special prize, so make sure to bring in what you can and support your Block 3 class! This will count towards the class decathlon events & spirit week points earned! The class who has the most points will win & the top 4 teachers will get points for their Staff Showdown!
Leadership will be coming around your Block 3 classes on Friday and next week Monday, Wednesday & Friday!

There is also a virtual food bank drive for SHARE. The school’s goal is \$250. Please click on link <https://bcvfd.foodbank.bc.ca/team/412/236#> or QR code to donate.



DECATHLON & SPIRIT WEEK

Continuing on with the Winter Holiday Events, the Class Competitions are back! Please read below the Decathlon & Spirit Week Events for December 8th to 19th that will be a part of our class competition & food bank fundraiser for SHARE.

Decathlon: December 8-12th

- **Monday: Door Decorating**
 - Classes have until Monday, December 8th, at midnight to decorate their classroom door. Submit a photo of your door to a Microsoft form that will be sent out to participating classes.
- **Tuesday: Name That Song**
 - Three 10-second snippets of Christmas songs will be played over the PA. On a Microsoft form that will be sent out, classes need to name the title of the song as well as who it's by.
 - Accuracy is prioritized, then time (how fast the form was submitted).
- **Wednesday: Wrapping An Object into Something It's Not**
 - Pick any classroom item and wrap it up into the shape of another object, e.g. wrapping a stapler as a table.
 - Wrapping paper will be provided.
- **Thursday: Christmas Rap**
 - Compose a minimum 20-second song/rap using three words provided by the Leadership class. Upload your submission to us via a Microsoft form that will be sent out.
 - Max 5 minutes for songs.
- **Friday: Stacking**
 - Encourage all students to bring boxes from home that are wrapped with wrapping paper. Tallest stack wins. Leadership students will come by each class after the first 10 minutes to measure your stack.

Spirit Week: Dec 15-19

- **Monday: Christmas Characters**
 - Dress up as a Christmas/Winter Character. Wear a Santa hat, reindeer ears, dress like a snowman, etc.
- **Tuesday: Candy Cane**
 - Wear red or white and form a candy cane with your friends!
- **Wednesday: Ugly Sweater**
- **Thursday: White Lies**
 - Tape a white piece of paper to the front of your shirt and write a white lie on it!
- **Friday: Pajama Day**

December Decathlon Rules

Sign up by: Friday, December 5th using this form: [December Decathlon 2025 Class Sign-Up – Fill out form](#)
The class with the most points after December 17th wins a pizza party, the Decathlon Cup/Title, and top 4 teachers will receive points for the Staff Showdown!

Ways to earn points:

- Food Drive: 1 item = 1 point
- Spirit Week: Class participation % * 20 points
 - e.g. 13/26 students participated -> 50% * 20 -> 10 points awarded
- December Decathlon Events:
 - 1st: 30 points
 - 2nd: 20 points
 - 3rd: 10 points

*An IB class which wins a decathlon challenge will win 1.5x the number of points because they can only participate in every other challenge.

BLUES FRIDAY

Wear your Blues this Friday and next Friday and come to the MPR at lunch to get a raffle ticket to win Giftcards & Blues Merch! We will be selling popcorn and more in the MPR at lunch on Friday! Cash only.

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.

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.



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](#)

UBC Black Futures is for Black-identifying students in Gr. 11 & 12 who do not need to necessarily be planning on attending UBC, but would like to learn more about post-secondary options and career possibilities. The program consists of four in-person meetings at UBC. High school students will meet with UBC students, as well as a variety of faculty and other professionals. There is no cost for students to attend. Transportation to and from UBC will be provided and students will be chaperoned by SD43 teachers. If interested, please fill out this form [HERE](#) by Thursday, December 18th, 2025 or contact Ms. Chang (mchang@sd43.bc.ca or in Rm 2013 of the Main Office counselling area).

SFU Applicant Workshop | Gr. 12 Students in BC is happening online via Zoom on Thursday December 18th from 6-7pm!

If you are a Gr. 12 student applying to SFU for your undergraduate studies starting in Fall 2026 and would like to navigate the admissions process, step-by-step walkthrough of our online application portal, tips to support your application, guidance on completing supplemental applications for Beedie School of Business and the School of Contemporary Arts in the Faculty of Communication, Art and Technology, Scholarship opportunities and live Q&A sessions, then click [HERE](#) to register!

KPU Discovery Days – Kwantlen Polytechnic University invites students to be students for a day! Join us for a fun-filled experience with interactive activities to help you explore your educational path that's right for you. Participate in workshops and lectures with KPU instructors, get to know our beautiful campus and university life, enjoy complimentary pizza and snacks, and receive a free t-shirt and a chance to win AirPods! There are three dates you can join at our three campuses – Langley (Monday Feb 9), Richmond (Thursday Feb 13) and Surrey (Feb 20) all from 11am – 3pm. If interested, register [HERE](#)!

List of Important Post-Secondary Events & Info Sessions

School/ Program/ Event	Date	Time	Location
UBC	VIRTUAL ONLY – 2x per month	-----	LINK
Scholarship Meeting #2 (Scholarship Package Launch)	Wednesday February 11 th , 2026	12:00pm – 12:40pm	Drama Room
BCIT: Geomatics	Thursday February 12 th , 2026	12:00pm - 12:40pm (lunch)	MPR (booth)
Douglas College - Next Steps	Wednesday February 18 th , 2026	12:00pm - 12:40pm (lunch)	Library

General Learning Opportunities

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

SFU STEM Speaker Series – STEM Career in Government invites high school students to this FREE online talk on Saturday December 6th from 1-2. Mischelle Remigio will be providing an introduction of her career in the contaminated sites field. This presentation will also cover a variety of topics related to contaminated site management in Canada with a focus on sites in the Northwest Territories. If interested, please register [HERE](#)!

Ingenious+ is for 14-18 year old Canadian or Permanent Resident students who have an idea that can make a difference. Whether your innovation helps your community, tackles climate change, or supports well-being, Ingenious+ is here to celebrate and support your work. This is your chance to receive \$1000 (or more – up to \$10,000) plus mentorship and learning opportunities to grow your innovation. If interested, apply [HERE](#) by Friday, January 23rd, 2026!

New Westminster Student Police Academy is anticipated to be back for Canadian or Permanent Resident Gr. 10-12 students ages 16-18 from March 16th – March 20th 2026! Participants will have the opportunity to engage in hands-on activities, learn from experienced professionals, and develop valuable skills that extend beyond the classroom. This is your opportunity to see what it takes to be a police officer! If interested, apply [HERE](#) by January 7th, 2026!

UBC Research Exploration Opportunity (REO) is open to curious high school students wanting to know what real research looks like. REO gives you the chance to step inside university labs, learn hands on techniques, and be mentored one on one by real researchers during Spring Break (March 16-20) at UBC Vancouver campus! This free program is designed especially for students from underrepresented groups in STEM. No prior research experience needed. If interested, apply [HERE](#) by January 9th, 2026!

University of Toronto – Law March Break Youth Program (YSP) is open to Gr. 10-12 students who want to explore the field of law at University of Toronto's Faculty of Law during March 16 – 20th. Through interactive workshops, lectures, field trips and legal simulations, students will immerse themselves in the world of legal thinking and advocacy and step into the shoes of a law student. Cost is \$1125 per module fee plus a \$98 registration fee (participants responsible for covering their own flights and accommodations). Interested students can register [HERE!](#)

UBC – Engineers without Borders Case Competition is inviting students at Port Moody Secondary School to express their interest in participating in the competition hosted at UBC. This year's competition focuses on designing a Disaster Relief Kit. Throughout the competition, we would like to emphasize Sustainability, the Engineering Design Process and Practical Design. A firm date is not set yet, but projected to land on either Saturday Jan 24, 31 or Feb 7 from 10am – 4pm. This is an opportunity to grow your confidence in your ability to be proactive problem solvers, collaborate with others, and gain real world engineering experience. If interested, please fill out the form [HERE!](#)

Trades and Apprenticeship Information

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

Volunteer/Employment Opportunities

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

Vancouver Sun Run – Big Brothers Charity are looking for volunteers for April 17 – 18 at various shift times between 9am – 6:30pm for duties such as Expo package pick-ups, wrap party set-up and wrap party & finish line cheer. This will take place in Vancouver BC. Each volunteer will receive a special souvenir T-shirt and refreshments. Student volunteers will receive a letter of completed volunteer hours via email (one week after the race). For more information or to apply, click [HERE!](#)

West Coast Kids Cancer Foundation is looking for volunteers for Spring Break City Camp 2026 (March 19 & 20th, 23rd – 28th). If you're passionate about creating fun, supportive experiences for kids, we'd love to hear from you. This will be located at a school in Surrey. Applicants who can commit to the dates listed will be prioritized. Applicants must be at least 16+ years of age with reliable transport to Surrey and willing to undergo a vulnerable sector criminal records check and up-to-date immunizations. For more information, click [HERE!](#)

Scholarship / Awards

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

BC Excellence Award (\$5000) is open to Canadian or Permanent Resident Gr. 12 students who are averaging a B and above in their academic subjects and involved in extracurricular/ community activities outside of school. Applicants must be nominated by Port Moody Secondary in order to apply. The nomination deadline is Monday, January 12th, 2026. Nomination forms can be found on PMSS Career Centre TEAMS/ [website](#) or see Ms. Chang in the Career Centre. For more information, click [HERE!](#)

CMOLIK Award (\$50,000) is open to any residents of BC (that has lived in Canada for at least 7 years), in Gr. 12 and have faced adversity. Students must plan to attend and study full-time at a post-secondary institution or college and must demonstrate financial need (total annual family income not exceeding \$80,000). Applicants must be nominated by Port Moody Secondary in order to apply. The nomination deadline is Friday, January 9th, 2026. Nomination forms can be found on PMSS Career Centre TEAMS/ [website](#) or see Ms. Chang in the Career Centre. For more information, click [HERE!](#)

York University – President's International Scholarship of Excellence (\$180,000) is open to international high school students (non-Canadian requiring a study permit) that are applying to York University. They must demonstrate strong academic performance (minimum average of 80% or equivalent) and leadership skills and active involvement in volunteer work and extracurricular activities.). Applicants must be nominated by Port Moody Secondary in order to apply. The nomination deadline is Monday, December 15th, 2025. Nomination forms can be found on PMSS Career Centre TEAMS/ [website](#) or see Ms. Chang in the Career Centre. For more information, click [HERE!](#)

Be the Light Scholarship (\$2500 x 20) is open to Gr. 12 girls of South Asian descent with a sufficient academic record, planning on pursuing post-secondary education, demonstrates community involvement and demonstrates financial need. If interested, apply [HERE](#) by Saturday, February 21st, 2026.

Soroptimist – Bea Kelly Teen Volunteer Award (\$1500) is open to Gr. 12 young women who are planning to attend an accredited post-secondary institution after graduation and have had significant and noteworthy accomplishments as volunteers. Applicants must live or attend school in the Tri-Cities area of BC: Coquitlam, Port Coquitlam, Port Moody, Anmore, or Belcarra. If interested, apply [HERE](#) by January 15th, 2026.

Soroptimist – Spread your Wings Award (\$1500) is open to female refugees or immigrants to Canada who have arrived within the past 10 years and are enrolled in or planning to attend a vocational/ skills training program or undergraduate degree program. If interested, apply [HERE](#) by January 15th, 2026.

Health Sciences Association Scholarships and Bursaries (\$2000) is open to applicants who are HSA members in good standing or the child of an HSA member who is continuing or proceeding in a full-time program in any field leading to a recognized certification, diploma, or degree at a public post-secondary educational institution. Applicants must demonstrate solidarity and leadership skills along with including a short answer response about benefits of a strong labour movement in Canada. If interested, apply [HERE](#) by January 9th, 2026.

2026 CMOLIK Foundation Scholarship (\$50,000) is open to Gr. 12 residents of BC (lived in Canada for at least 7 years) that plan to attend full-time at a post-secondary institution or college. Applicants must have faced adversity, be

ineligible or BC Tuition Waiver Program (for former youth in care), and have demonstrated financial need (total annual family income not exceeding \$80,000). To apply for this scholarship, you first must be nominated by Port Moody Secondary. Nomination forms can be found in PMSS Career Centre TEAMS, website, or Ms. Chang’s office. Please return completed forms to moodyscholarshipsubmission@sd43.bc.ca by Friday January 9th, 2026. If nominated, the completed application to CMOLIK needs to be completed by Saturday, February 7th, 2026. For more information, click [HERE](#)!

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>

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



ICE SHOW



Holiday
MOVIE NIGHT



SATURDAY
6 DECEMBER, 2025

SHOWS AT 9AM & 11 AM
AT PORT MOODY REC CENTER

TICKETS AVAILABLE NOVEMBER 15TH
WWW.INLETSKATINGCLUB.COM

