



# Port Moody Times

Tuesday  
May 12, 2026  
Day 2

Every Friday is Blues Friday!



## 2 WEEKS AT A GLANCE

### WEEK OF MAY 11-15

| MON-11  | TUES-12   | WED-13   | THUR-14  | BLUES FRIDAY -15                            | SAT/SUN-16/17   |
|---|---|--|--|---|---|
| DAY 1<br>IB GEOGRAPHY PAPER 1 & 2<br>IB BIOLOGY PAPER 1 | DAY 2<br>IB BIO PAPER 2<br>IB ECON PAPER 2<br>JHSC MEETING<br>PAC MEETING 7PM (ELECTIONS)<br>BLUES ICE HOCKEY 2PM | DAY 1<br>IB ECON PAPER 1<br>IB SPANISH PAPER 1&2<br>SR BADMINTON FRASER NORTH<br>GIRLS RUGBY FRASER NORTH @BURNABY LAKE<br>TRACK & FIELD FRASER NORTH @BURNABY CENTRAL | DAY 2<br>IB SPANISH PAPER 2 (LISTENING)<br>IB MATH PAPER 1<br>DISTRICT EMERGENCY RELEASE<br>BLUES ICE HOCKEY 2PM<br>TRACK & FIELD FRASER NORTH @ TOWN CENTRE | DAY 1<br>IB MATH PAPER 3<br>IB CHEM PAPER 1 | INTERNATIONAL DAY AGAINST HOMOPHOBIA BIPHOBIA AND TRANSPHOBIA<br>PMSS MARCHING BAND TO VICTORIA |



DINNER DANCE & AFTERGRAD TICKETS AVAILABLE ONLINE

### WEEK OF MAY 18-22

| MON-18             | TUES-19                      | WED-20   | THUR-21   | BLUES FRIDAY - 22                      | SAT/SUN-23/24                 | LOOKING AHEAD  |
|--------------------|------------------------------|--|---|--|-------------------------------|--|
| HAPPY Victoria Day | DAY 2<br>IB FRENCH PAPER 1&2 | DAY 1<br>IB FRENCH PAPER 2 (LISTENING)<br>IB MATH PAPER 3<br>IB CORE CELEBRATION | DAY 2<br>World Day for Cultural Diversity for Dialogue and Development<br>GIRLS TENNIS @PROVINCIALS | DAY 1<br>SPRING FLING<br>HAPPY SHAYUOT | Komagata Maru Remembrance Day | MAY 25- DH MEETING<br>MAY 26- FIRE DRILL<br>MAY 29- SCHOOL-BASED PRO-D DAY<br>JUNE 1- STAFF MEETING<br>JUNE - INDEGENOUS PEOPLES MONTH<br>JUNE 6- BATTLE OF THE BANDS<br>JUNE 9-11- LITERACY/NUMERACY ASSESSMENTS<br>JUNE 11- AWARDS & ATHLETIC BANQUET<br>JUNE 15- DH MEETING<br>JUNE 16- SUMMER JAZZ CONCERT<br>JUNE 17- GRAD ASSEMBLY<br>JUNE 17- SUMMER ROCK CONCERT |

COMMENCEMENT TICKETS AVAILABLE ONLINE

### LOST & FOUND



If you have lost a phone or watch, please come by the office during lunch or before/ after school to claim by unlocking the device.

### ATHLETIC BANQUET TICKET

PMSS Blues Athletics Banquet on June 11th. All student athletes wanting to attend need to pay the \$25 on School Cash Online to register. **Deadline to register is June 4th.**

2025-26  
**BLUES ATHLETICS BANQUET**

June 11th @ 5:00 pm  
PMSS Main Gym

Catered by Woking Dragon  
Pay \$25 Banquet fee on School Cash Online to register  
Dress Code: Semi-Formal  
Deadline to register June 4th

**SPIRIT WEEK (MAY 19<sup>TH</sup> – MAY 22<sup>ND</sup>)**

Support Spirit Week! Tuesday: Decade Day- wear your look from your favourite decade. Wednesday: White Lie Day0 Wear a white shirt with a white lie for example: I don't love school. Thursday- Grade Colours: Wear your associated colour Grade 9s: Red, Grade 10s: Pink, Grade 11s Black, Grade 12s: Blue, Staff: Blue or Black. Friday: Wear your best spring fit. Wear your best floral or pastel colours! Support your school!

|        |   |
|--------|---|
| MAY 18 | FRAT OUT<br>WEAR A WHITE-TEE WITH SHORTS OR JEANS WITH A BACKWARDS HAT!   |
| MAY 20 | WHITE LIE DAY<br>WEAR A WHITE SHIRT WITH A WHITE LIE!<br>EX. I DON'T LOVE SCHOOL  |
| MAY 21 | GRADE COLOURS - WEAR YOUR ASSOCIATED COLOUR!<br>GRADE 9S - RED                      GRADE 11S - BLACK<br>GRADE 10S - PINK                      GRADE 12S - BLUE |
| MAY 22 | SPRING DAY - SPRING FLING<br>WEAR YOUR BEST SPRING FIT! WEAR YOUR BEST FLORAL OR PASTEL COLOURS!  |

**SPRING FLING**

Spring Fling is next Friday May 22nd. There will be lots of live entertainment, teacher vs teacher Minute to Win It Competition, Food trucks (Triple Os, Rocky Point, Tornado Potato, Japadog) We will be selling pizza, freezies, popcorn, There will be facepaint, club booths, a softball game and much more!

SD43 SKILLED  
**TRADES EXPO**

**CENTENNIAL SECONDARY  
570 POIRIER ST. COQ**

**WED, JUNE 3<sup>RD</sup> 5-7PM**

SCAN FOR  
UPDATED LIST  
OF WHO'S  
COMING

EXPLORE TRADES CAREERS & POST-SEC TRADES PROGRAMS

MEET TRADES EMPLOYERS  
FIND JOB OPPORTUNITIES

OR GO TO:  
**43CAREERS.COM** & CLICK 'READ MORE'



**CONGRATULATIONS TO OUR CO-VALEDICTORIANS FOR  
THE GRAD CLASS OF 2026**

Joyce Li  
Luiza Rodrigues de Almeida

**GRAD DINNER & DANCE / AFTER GRAD / SEAT SELECTIONS**

Grad dinner and dance tickets and after grad tickets are still available for purchase until **May 15<sup>th</sup> (closes at 4pm)**. Seat selections can be done at the office during lunch.

All outstanding fees must be paid and school policy forms must be completed before students can pick their seats for Dinner and Dance. Please log onto your CashOnline account to check for any outstanding/ incomplete items.

**If you have purchased your ticket and have paid all fees, please come by the office to select your seat and pick up your ticket during lunch.**

**PMSS GRAD WEAR**

Order Your Personalized Grad Hoodie Today!! \$50.00 @ SCHOOLCASHONLINE. Deadline is May 31<sup>st</sup>.



**HEY BLUES! GRADS OF 2026**

It's your last final stretch of high school! Let's make it memorable by coming together one last time! Submit all your memories from high school to the link posted around the school for your grad video! This video will be presented at the Grad Assembly upcoming in June. The deadline for this video is June 1st!

Let's make one more memory together before you graduate! Fill out the form for your white shirt for the annual white shirt sign out posted around the school. This sign out is where you sign each other's shirts to commemorate your time together! Deadline for the shirts is next Friday!

**PMSS DEBATE COMPETITION**

Thank you everyone who came out to the PMSS Debate Competition last Thursday at lunch! We were incredibly impressed by everyone's arguments, confidence, and engagement throughout the event.

Here are the winners:

*Outstanding Speaker Award: Andrew L.*

*Leadership Award: Kiefer L..*

*Research Award: Damon H.*

Congratulations to all of our winners, and thank you again to everyone who participated and supported the competition!

**BLUES FRIDAY**

Blues Friday- Don't forget to wear your Blues Wear or the colour blue on Friday and come get a freezie or popcorn for \$1 on Friday!

**THE PMSS POSTCARD STORY CONTEST**

The PMSS Postcard Story Contest had around 300 entries and those have been narrowed down to a Top 10 List that includes stories from: Lainey M., Yuna J., Irene Q., Tatiana B., Jalian J., Emma R., Phillip Y., Ruiyi, X., Angela H. and Woohyun K. Look out for the Top 3 printed around the school this week!

# ONGOING

## LIBRARY PHONE CHARGER

The library phone charger is back in service as of, Monday, March 30th, with some changes.

Students using the library phone charger will exchange their phone for a wooden token when placing their phone in the locker. This token can then be placed in the classroom phone hotel.

When retrieving their phone from the charging locker students return the wooden token to the locker for the next user to take.

Please ask a member of library staff for help as we implement this new system.

## 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.

## 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.

## 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!

# 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](mailto: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\* University of Ottawa – Bled Leadership Forum for Black and Indigenous Youth (BFALF)** is held from July 12 – 18 in Ottawa, Ontario. The forum features interactive programming that promotes leadership, confidence, self-exploration, cross community collaboration, and financial literacy as tools for creating positive change in their communities. The forum is all expenses paid which include transportation to and from Ottawa, transportation during the forum, meals and accommodations, programming and a safe and inclusive environment where all will be welcomed. If interested, register [HERE](#) by Monday May 25<sup>th</sup>, 2026!

**\*NEW\* UBC Black and Indigenous MD Admissions Workshop and Mini Med School** is taking place this summer in June and July 2026! The MD Admissions workshop will be taking place at Prince George at UNBC on Wednesday July 8 – Friday July 10. To sign-up for the Black MD Admissions workshop, please click [HERE](#) and submit by June 19. To sign-up for the Indigenous MD Admissions workshop, please click [HERE](#) and submit by June 26<sup>th</sup>! The Mini Med School workshop will be happening on Friday June 26<sup>th</sup> at UBC Vancouver campus. Interested students can click [HERE](#) and submit by June 11<sup>th</sup>!

## **General Learning Opportunities**

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

**\*NEW\* Minerva Rise and Shine Program** is an online program for young women and gender diverse youth ages 15-24 to learn and practice strategies to strengthen their mental and emotional wellness and shine their brightest. The program consists of five sessions developed by mental health experts, giving participants the opportunity to connect with supportive peers and mentors in a safe, nonjudgemental space. Throughout the program, youth will explore topics related to mental and emotional wellness, develop resilience, and build meaningful connections. Each session includes a workshop with interactive activities allowing participants to practice valuable skills in a fun and encouraging environment. They will take place July 27-31 from 10am – 11:30am. If interested, apply [HERE](#) by Thursday, July 23<sup>rd</sup>!

**UBC SALA's Summer Design Discovery Program – Architecture** consists of two two-week courses (Designing for Experience – July 6-17; Designing for Behaviour – July 20 – July 31. Both M-F 9-5pm) designed to give high school students, college students, graduates and second career professionals an introduction to the world of design. These courses can be taken individually or together, allowing participants to explore the field at their own pace, and based on their specific interests. You will build skills, develop projects for a portfolio, and -most importantly- learn if a career in design is right for you. If interested in applying or want more information, click [HERE!](#)

**ISS of BC – Multicultural Youth Circle (LITE): Leadership Training** is a free 8 week (Saturdays June 6-July 25 from 9:30am – 4:00pm) in-person youth engagement initiative designed to support leadership development, peer connection, and meaningful community participation among newcomer youth. This program provides youth with opportunities to build confidence, strengthen communication and leadership skills, and engage culturally diverse group activities in a supportive environment. Benefits students would get is completion of volunteer hours, and opportunities for future paid Youth Facilitator roles! This is open to Permanent Residents and Protected Persons only. If interested, register [HERE!](#)

**Gleneagle** is hosting a free **Explore your Possibilities Career Event** at Gleneagle Secondary School on Friday May 15<sup>th</sup> from 6-8pm. their mission is to educate and inspire high school students about their future career through our career showcase. This event will put ~9 speakers under the spotlight from a diverse variety of career fields (Mayor of Coquitlam, Surgeon, lawyer, and more are slated to speak). There will be 2 Q&A panels that includes all speakers and light refreshments will be provided. All students Gr 9-12 from SD43 are welcome!

## **Trades and Apprenticeship Information**

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

**SD43 Skill Trades Expo** is back! Join us on Wednesday, June 3<sup>rd</sup> from 5-7pm at Centennial Secondary school. Wondering about post-secondary programs in trades? If you are curious about the skilled trades and want to learn more about the career pathway in trades, this is the event for you! Meet with Trades employers, and find job opportunities for the summer!

## **Volunteer/Employment Opportunities**

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

**\*NEW\* International Education Summer School** is looking for volunteers who are reliable, friendly and comfortable starting conversations with people they don't know yet. This is a great opportunity for students who enjoy helping others, are open to different cultures, and can be flexible with their schedule and placement. You will be joining small group conversation practice, helping students participate in games and learning activities, and support teachers with simple classroom tasks (handouts, organizing materials...). This takes place from July 2- Aug 7 from 8:30am – 12:00pm – can volunteer for one or more weeks depending on availability and need. If interested, apply [HERE](#) by June 10<sup>th</sup>, 2026 (though apply early as apps may close if positions are filled). If you have questions, please email Ms. Ferrer at [mferrer@sd43.bc.ca](mailto:mferrer@sd43.bc.ca).

**\*NEW\* The City of Port Moody** is seeking **Specialty Instructors** (\$21.50/hr) to work from June 29 – Sept 4 on weekend shifts (Saturday & Sunday) only from 8:30am – 3:00pm. The Port Moody Community Services Department is currently seeking personable, experienced, reliable and dynamic Specialty Instructors to lead a variety of preschool school-aged children sports and arts program in a recreational setting. Applicants must have related experience working with preschoolers or children, Emergency First Aid with CPR-C, strong leadership and excellent communication. High Five Certification is an asset. If interested, apply [HERE](#) by June 11<sup>th</sup>, 2026!

**\*NEW\* Canadian Blood Services** is looking for in-centre volunteers to play an important role in Canada's Lifeline. We offer an environment to engage with donors, listen to their stories. There will be training and support. You will learn to problem solve and deal with situations as they arise. There is opportunity to become a Volunteer Team Leader. Reference after 6 months of volunteering is available. Duties will include ensuring donor safety, restocking refreshments, promoting special treats, cleaning and donor appreciation. Applicants must be 17+. If interested, or want more info, apply [HERE](#). If you have questions, email [sanvi.jethi@blood.ca](mailto:sanvi.jethi@blood.ca)!

**City of Port Coquitlam** is searching for an **Aquatic Attendant (Seasonal Casual)**. This position pays \$21.52/hr + 12% in lieu of vacation and statutory holiday pay. Candidates should have sound knowledge of the theory and practice of lifesaving, artificial respiration, aquatic emergency procedures and first aid. Candidates should also have completed Gr. 10 with their Standard First Aid with CPR Level "C" and AED, along with their Bronze Cross. If interested, apply [HERE](#) by Tuesday, May 10<sup>th</sup>, 2026!

**ParaSpace Landscaping** has a **Summer Internship** opportunity (\$24.53/ hr + 4% vacation pay) – no experience required! Employees will have weekends and holidays off, free training, safety gear, access to free in-house education, fun staff events and SWAG, scholarship opportunities, as well as the opportunity to return every summer with us – or start a career! The successful candidate(s) will work outdoors with local crews learning new skills in a diverse and supportive

team. They will start off working 3 days/ week with the opportunity to work full-time if comfortable! They'll also have the chance to engage in our Horticultural education program by attending at least 3 of our in-house seminars (held in the evenings outside of working hours at our office with dinner provided or online)! If interested, apply [HERE!](#)

**Pedal Heads** is seeking to hire a **Summer Soccer Camp Manager** (\$24-26/ hr) on Saturday & Sunday mornings Monday to Friday June 29-August 28<sup>th</sup>. They are responsible for managing all activities at their respective camps. You don't have to be a soccer expert because we provide training for our programs for you to get going in your new role! Experience managing, coaching or supervising a team, 2+ years with children, First Aid (or willing to get) with CPR-C certificate is required. If interested, apply [HERE!](#)

**BC Dumpling Festival** is looking for volunteers ages 15+ for Saturday August 15<sup>th</sup> to work in shifts between 11am – 8pm at Town Centre Park. Connect with others who share your passion for food and culture, make a positive impact in your community and eat dumplings! If interested, sign-up [HERE!](#)

**SD43 Summer Learning Program** is looking for volunteers! Last year, we placed over 40 students into SD43 Summer Learning Classrooms, a valuable experience for students and teachers! Successful volunteers will be placed in local elementary or middle classrooms and earn necessary volunteer hours as well as a letter of reference from their sponsor teacher. Spots are limited, so submit a completed application early. Only students who can commit to and be available for all instructional days should apply. The volunteer time takes place July 6-24 (Elementary 9am – 12pm daily; Middle 8:45am – 11:45am daily). If interested, apply [HERE](#) by Friday, June 5<sup>th</sup>, 2026 (this includes the police information check for the vulnerable sector). If you have questions, please contact Mr. Sawchuck ([wsawchuck@sd43.bc.ca](mailto:wsawchuck@sd43.bc.ca)).

## **Scholarship / Awards**

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

**\*NEW\* Geotab Future Leaders in Engineering Scholarship** (\$3000 x 2) is open to high school students graduating in 2026 who are focusing on STEM (Science, Technology, Engineering and Math) in their post-secondary school studies with an 85% average or higher. Applicants must have either Canadian or American citizenship. If interested, apply [HERE](#) by Friday, May 29<sup>th</sup>, 2026!

**\*NEW\* Pathfinder Scholarship Award** (\$1000) is open to Gr. 12 students pursuing Business or Tourism with an average of 75% or higher that can demonstrate potential, commitment and drive to make a meaningful impact in those chosen careers. If interested, apply [HERE](#) by Saturday, May 30<sup>th</sup>, 2026!

**\*NEW\* MADD Youth Bursary Fund** (<\$10,000) is open to Canadian citizens who themselves have been severely injured or have had a parent (or legal guardian) or sibling killed or severely injured as a result of impaired driving crash. The applicant must be enrolled in a full-time, ministry-approved post-secondary program. Injuries must be catastrophic or severe and have had a significant impact on the applicant's lives. Proof of injury and relation to impaired driving will be required. If interested, apply [HERE](#) by Sunday, May 31<sup>st</sup>, 2026!

**\*NEW\* Vancouver Korean-Canadian Society Foundation Scholarship** (\$1000 - \$5000) is open to full time students for the 2026-27 academic year that are residents of Greater Vancouver (Canadian or Permanent Resident) of Korean heritage attending school in BC or elsewhere with local ties OR international students of Korean heritage in Greater Vancouver OR non-Korean heritage students pursuing Korean studies in BC. Applicants must have excellence in academic or vocational training and have active involvement and leadership in the community. Financial need is considered. If interested, apply [HERE](#) by Sunday, May 31<sup>st</sup>, 2026!

**\*NEW\* Canadian Beef Check-Off Agency Scholarship** (\$2000) is open to Canadian or Permanent Residents accepted to or attending a full-time program relating to agriculture or agricultural business, marketing, Communications, or Public Relations, Science and Research including veterinary medicine, human health and nutrition and policy and economics. Preference is given to applicants who are active beef producers or have a background in agriculture, but it isn't a requirement. Applicants must create a 2 minute video, showcasing how their background in agriculture, paired with their education can help grow the future of beef and veal industry in Canada. If interested, apply [HERE](#) by Tuesday, June 30<sup>th</sup>, 2026!

**\*NEW\* Canadian Iranian Foundation Scholarship** (~\$1500) is open to Permanent Residents or Canadian citizens residing in BC enrolled in a Canadian post-secondary institution that is well rounded and demonstrate a good standing in art, leadership, humanitarian work, sports and academics. They must show great effort in trying to integrate into Canadian and Iranian society by volunteering at least 20 hours of community service. Successful applicants must become members of the Canadian Iranian Foundation before the interview process and also volunteer 20 hours at CIF events in person before or receiving their scholarship. They must write a 300 word essay about what sets them apart as an applicant of this scholarship. If interested, apply [HERE](#) by Sunday, June 28<sup>th</sup>, 2026!

**\*NEW\* A Voice for Animals Contest** (\$500 x 21) is open to all students enrolled in middle or high school (age 14+) regardless of nationality, citizenship or country of residence. Applicants must submit an essay or video entry that addresses either the suffering; or the preservation of one endangered species, occurring anywhere in the world, and potential solutions to alleviate animal suffering. The entry should fall into one of the following categories: Companion animals, farm animals, wildlife on land, wildlife in the oceans, insects/ invertebrates, or this year's special category: The Endangered Species Act. If interested, apply [HERE](#) by Monday May 25<sup>th</sup>, 2026!

**Phones Down, Eyes Up Scholarship** (\$2500 x 4) is open to high school students graduating in 2026 who are focusing on Arts, Creative Arts, or music in their post-secondary studies. They are looking for students who also have community and volunteer experience. If interested, apply [HERE](#) by Friday, May 15<sup>th</sup>!

**Future of Play Scholarship Program** (\$12,500) is open to applicants from an equity seeking community (BIPOC, 2SLGBTQIA+, disabilities, women) in three categories: 1) Entertainment – Demonstrated passion for animation or creative production who applied to a relevant program of study in Canada, 2) Toy Design – Demonstrated passion for toy design or packaging who applied to a relevant program of study in US or Canada and 3) Digital Games – Demonstrated passion for digital games/ app design who applied to a relevant program of study in Canada. If interested, please apply [HERE](#) by Friday, June 12<sup>th</sup>, 2026!

**The Fay and Ken Golden Annual Scholarship Fund** (\$2500) is open to Canadians or Permanent Residents that are planning to enroll in post-secondary academic programs provided by an accredited, certified educational institution in Canada. Applicants must also have an annual household income below \$60,000. If interested, apply [HERE](#) by Sunday, May 31<sup>st</sup>, 2026!

**Alana James Memorial Culinary Bursary** (\$14,000) is open to Canadian citizens, Permanent Residents or refugees that plan to enroll or are already enrolled at a Canadian post-secondary institution that offers an accredited culinary program. Must demonstrate financial need. If interested, apply [HERE](#) by Sunday May 31<sup>st</sup>, 2026!

**BC Lung Foundation – Smoke-Free Generation Video Contest** (<\$1000) is open to Gr. 8-12 students residing in BC. We are inviting students to look past the marketing of vaping and smoking and uncover the truth – challenging common myths, exposing the tactics used to hook new users, and revealing the real, often hidden harms to health. If interested, apply [HERE](#) by Monday, May 25<sup>th</sup>, 2026!

**Rose Family Student Bursary** (\$750) is open to BC resident students who have lost a parent or guardian and about to attend a post-secondary institution in the Fall. Financial Need is taken into consideration. If interested, apply [HERE](#) by Sunday, May 31<sup>st</sup>, 2026!

**Medavie Scholarship** (\$7000) is open to Canadians/ Permanent Residents that are enrolled in a full-time studies at a recognized post-secondary educational institution based in Canada and is pursuing a health-related field of study (i.e. medical school, nursing, psychology, kinesiology, physiotherapy, nutrition, paramedicine, chiropractic care, public health, health research etc.) and living with a mental health challenge of their own or that of a family member. If interested, apply [HERE](#) by Friday, May 29<sup>th</sup>, 2026!

**Fraser Institute Student Essay Contest** (\$1500) is open to ALL high school students in Canada, to Canadians studying abroad and to international students studying in Canada. Applicants must write an essay on the theme “What would the [Essential Scholars](#) say about Canadian economic prosperity today?”. If interested, apply [HERE](#) by Friday, June 5<sup>th</sup>, 2026!

## PARENTS

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

### Upcoming Meetings

- **Regular PAC AGM Meeting:** May 12 at 7 pm — [Election Night](#)

### Why We Need You

We would love to see more parents join us at the April meeting. May is election month, and we need people to step into roles—the Chair position must be filled. For the past three years, the same five people have been covering all positions, and we truly need more support.

High school PAC is very different from Elementary or Middle School:

- Meetings are shorter.
- There is one main responsibility: deciding how to distribute the annual gaming grant to school clubs.
- To receive a gaming grant of **over \$25,000**, we must have a **Chair, Treasurer, and Secretary**.

If your child participates in any sport or club, these roles directly impact them. Without these positions, **there will be no gaming grant in the fall**, and clubs will not receive funding.

Attached a sample of this past year and clubs we supported.

PAC also oversees the Grade 12 After Grad event. This requires parent involvement, as a significant amount of fundraising is done to support the celebration.

At many schools, Grade 11 parents lead the planning so Grade 12 parents can enjoy the final year with their kids. Unfortunately, our school has had low volunteer turnout. Two years ago, the event had to be cancelled due to lack of volunteers.

Parents from all grades are encouraged to attend meetings and get involved. Volunteering gives you a clear picture of what happens and helps ensure the event continues for future years.

All caregivers are welcome—grandparents, aunts, uncles, anyone who enjoys helping out. If you're missing the social connection that came with elementary school pick-ups and playdates, PAC is a great way to meet new people.

### Interested in Helping?

If you'd like more information about volunteering with After Grad or taking on a PAC role, we welcome co-positions if you'd like to ease into things.

Our website and social links are available on our Linktree:

<https://linktr.ee/portmoodyaftergrad#535524388>

If you have connections to any businesses that may want to sponsor the Science World event or donate to the silent auction, please reach out.

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

# AFTERGRAD

**Calling all Grads!**



**TIP.TOP** EST. 1999  
ENGLISH | FRANCAIS

**PROM PLEDGE 2026**  
Port Moody Secondary



School Code: SCHOOL-BC-00062

**Your prom look = \$25 for your school**

- Buy any suit or prom outfit and they'll donate \$25 to PMSS
- Just show the barcode or ender code at checkout
- Works in store and online

**Flip Give Online Shopping & Gift Cards** – Shop at participating stores year-round using our team code **CJWDGL**. A percentage of each purchase supports After Grad. This is the perfect opportunity to support After Grad whether shopping for gifts or everyday essentials.



by using **flipgive**


Download the FlipGive App; visit [flippgive.com/](http://flippgive.com/) join or use the QR code to sign up and start supporting PMSS 2026 After Grad today!  
Enter Team Code: CJWDGL



**PMSS 2026 AfterGrad**  
Port Moody Secondary School

**Return It Express** – Recycling bottles and cans at any Return It Express is a great way to support PMSS After Grad throughout the year. Simply use account "update your account settings to have you returns donated to PORT MOODY AFTER GRAD when you drop off your recyclables, and this will go towards After Grad fundraising efforts.

**SCHOOL CASH ONLINE**



**AfterGrad** Available now on SCHOOL CASH ONLINE  
**PMSS 2026**

**ALL YEAR NOW-JUNE**

**PORT MOODY liquorstore**

Mention "PMSS After Grad" while shopping to support Port Moody After Grad.



**AfterGrad** Mention: "PMSS AFTER GRAD"  
**PMSS 2026**

# COMMUNITY

## STAY SAFE COURSE

**CANADIAN  
RED CROSS**  
TRAINING PARTNER

### IN SCHOOLS

**9+**  
YEARS OLD



#### STAY SAFE CONTENT

- Following the Rules
- Making responsible choices
- Bike and Fire Safety
- Calling 911
- Check, Call, Care
- Unconsciousness
- Choking
- Asthma
- Anaphylaxis
- Minor Cuts
- Severe Bleeding
- Nosebleed

#### \$23 PER STUDENT NO TAX

- Offered in French or English.
- \$23 per student.
- Takes place in your classroom.
- Fun & interactive course where students are doing first aid on each other.
- Participants should bring a sports helmet.
- Red Cross Training Partner certificate issued.
- BONUS TOPIC- CPR

**HOW TO BOOK US:** Please send us an email at [Marylène@sea2skyservices.com](mailto:Marylène@sea2skyservices.com) with your preferred dates. Course is a full day, follows regular school hours, delivered in your classroom. Minimum 20 and maximum is 30 students per session.

**PRO D DAY:** Supervision is required for the morning recess and lunchtime

**FOR MORE INFORMATION, PLEASE CONTACT**

MARYLENE DESROCHES | 604. 848. 8423 | [SEA2SKYSERVICES.COM](http://SEA2SKYSERVICES.COM)  
CERTIFIED RED CROSS FIRST AID, CPR + YOUTH LEADER INSTRUCTOR



## BABYSITTING COURSE

**CANADIAN  
RED CROSS**  
TRAINING PARTNER

### IN SCHOOLS

**11+**  
YEARS OLD



**COST:** \$39

**HOURS:** follows regular school schedule

**# OF STUDENTS:** minimum 20, maximum 30

**PRO D DAY:** supervision is required for the morning recess and lunchtime

**WHAT TO BRING:** an extra long sleeve shirt, pencil, snacks, lunch + water

#### COURSE CONTENT

- Look after babies, toddlers, preschoolers and school-age children. Care for himself/herself and siblings when home alone.
- Create a safe environment, and deal with phone calls and unexpected visitors.
- React confidently in case of an emergency, such as choking, bleeding, poisoning or burns.
- Cope with common problems, such as tantrums and crying.
- Play games and organize activities to keep kids of all ages entertained.
- Manage a babysitting business. This includes creating a resume and a business card and asking the right questions before accepting a babysitting job.

#### FIRST AID CONTENT

- Check, Call, Care
- Glove removal
- Recovery position
- Conscious choking (child/baby/alone)
- CPR (baby/child)
- Illness
- Asthma (includes use of inhaler and spacer)
- Anaphylaxis (includes use of EpiPen)
- Poisoning
- Insect stings
- Wound care (i.e. minor cuts and scrapes, splinters, nosebleeds, bumps and bruises)
- Life-threatening bleeding
- Burns
- Broken bones
- Seizures

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VANCOUVER  
INTERNATIONAL  
**CHILDRENS**  
FESTIVAL

**Make a friend, lend a hand!**  
**Work with kids, have fun, and make friends!**

**Sign up today! Don't delay!**



P.S: Mention you were recruited by Lisa Naumov!

**Need volunteer hours? We got you covered.**



**Vancouver International Children's Festival**

**PERKS:**

- FLEXIBLE HOURS**
- FLEXIBLE POSITIONS**
- SNACKS**
- MAKE FRIENDS**
- CONFIRMATION FOR # OF HOURS VOLUNTEERED**
- REFERENCE LETTER FOR PEOPLE WHO VOLUNTEER MIN. OF 24 HOURS**



Mention you were recruited by

✨ Lisa Naumov ✨



236-466-1480



Volunteer@childrensfestival.ca