



# Port Moody Times

Tuesday  
May 19, 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 IB GEOGRAPHY PAPER 1 & 2 IB BIOLOGY PAPER 1	DAY 2 IB BIO PAPER 2 IB ECON PAPER 2 JHSC MEETING PAC MEETING 7PM (ELECTIONS) BLUES ICE HOCKEY 2PM	DAY 1 IB ECON PAPER 1 IB SPANISH PAPER 1&2 SR BADMINTON FRASER NORTH GIRLS RUGBY FRASER NORTH @BURNABY LAKE TRACK & FIELD FRASER NORTH @BURNABY CENTRAL	DAY 2 IB SPANISH PAPER 2 (LISTENING) IB MATH PAPER 1 DISTRICT EMERGENCY RELEASE BLUES ICE HOCKEY 2PM TRACK & FIELD FRASER NORTH @ TOWN CENTRE	DAY 1 IB MATH PAPER 3 IB CHEM PAPER 1	INTERNATIONAL DAY AGAINST HOMOPHOBIA, BIPHOBIA AND TRANSPHOBIA 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 IB FRENCH PAPER 1&2	DAY 1 IB FRENCH PAPER 2 (LISTENING) IB MATH PAPER 3 IB CORE CELEBRATION	DAY 2 World Day for Cultural Diversity for Dialogue and Development GIRLS TENNIS @PROVINCIALS	DAY 1 SPRING FLING HAPPY SHAVUOT	Komagata Maru Remembrance Day	MAY 25- DH MEETING MAY 26- FIRE DRILL MAY 29- SCHOOL-BASED PRO-D DAY JUNE 1- STAFF MEETING JUNE- INDEGENOUS PEOPLES MONTH JUNE 6- BATTLE OF THE BANDS JUNE 9-11- LITERACY/NUMERACY ASSESSMENTS JUNE 11- AWARDS & ATHLETIC BANQUET JUNE 15- DH MEETING JUNE 16- SUMMER JAZZ CONCERT JUNE 17- GRAD ASSEMBLY 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.**



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

Support Spirit Week! **Tuesday:** Frat out: Wear a white-tee with shorts or jeans and a backward hat. **Wednesday:** White Lie Day: 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!



**SPRING FLING**

Spring Fling is here this week! Make sure you wear your Spring vibes for the day! We will be having live performances from many different musicians at our school, Minute to Win It competitions where our favourite teachers will be competing with one another for ultimate glory, club booths where every completion of an activity will provide you one raffle ticket towards winning a chance of one of three gift cards, karaoke in the MPR where you can sing your hearts out, food trucks such as Triple Os, Rocky Point, Tornado Potato, Japadog. Leadership will also be selling pizza \$2.00 for a slice or 3 slices for \$5.00 and freezies, popcorn, crush cans for \$1.00. Most importantly, the long awaited teachers vs students softball game starting at 12:30pm! Who will win?

**ALTERED BELL SCHEDULE**

**Spring Fling**

**FRIDAY, MAY 22<sup>nd</sup>, 2026**

<b>Block</b>	<b>Schedule</b>
<b>1</b>	<b>7:40 – 8:56</b>
<b>FLEX</b>	<b>8:56 – 9:22</b>
<b>2</b>	<b>9:22 – 10:38</b>
<b>3</b>	<b>10:42 – 11:42</b>
<b>Spring Fling</b>	<b>11:42 – 1:10</b>
<b>4</b>	<b>1:10 – 2:10</b>
<b>5</b>	<b>2:14 – 3:14</b>

**GR. 12 IB STUDENTS**

Please remember to hand in your student parking pass by next Wednesday, May 20<sup>th</sup>. Otherwise, a \$5 fee will be added to your account.

### **COMMENCEMENT TICKETS ON SALE (May 18<sup>th</sup> - 29<sup>th</sup>)**

Commencement tickets are now available for sale on School CashOnline until May 29<sup>th</sup>. Tickets are \$10 each. Graduating students do not need to buy tickets, but all other guests will need to purchase tickets. There is a limit of up to 5 tickets per graduating student.

**REMINDER:** Commencement is on Monday June 22<sup>nd</sup> at the Centre Vancouver at 7pm. Doors open at 6:15pm. Open Seating.

### **COMPASS GRADPASS**

Grade 12 students who have not received their complimentary COMPASS GRADPASS tickets, please come to the office at lunch or after school to pick them up. Please remember your student ID. Each pass gives you one free day of unlimited travel on bus, SkyTrain, SeaBus and West Coast Express. The Compass GradPasses must be used in conjunction with your valid school ID or government issued photo ID. COMPASS GRADPASSES are valid until the end of June.



## **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 29<sup>th</sup>**. 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>**.



**If you have already ordered a Grad hoodie, please pick it up at the Nest at lunch.**

### **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!

### **LIBRARY**

Library - All library materials are due on or before June 8th, 2026. Please check your library account by logging into the Destiny Discover library catalogue and clicking the My Stuff button.

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'

### **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.

**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.

### **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.

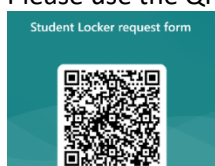
Please also remember not to use the upper teachers' parking lot to drop off/ wait for their children and/ or to use as a turnabout.

**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.

# 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](#)

**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!

**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!](#)

**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>!

## Trades and Apprenticeship Information

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

## Volunteer/Employment Opportunities

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

**\*NEW\* Help Fight Blindness – Move for Sight** is an annual fundraising event for Fighting Blindness Canada, to raise funds and awareness for vision research, treatments, and education, bringing hope to those experiencing vision loss. We need volunteers to help with registration, route marshalling, refreshments monitoring, Activities Zone and set up/ tear down. This year, the event will happen on Saturday, June 6<sup>th</sup> at Rocky Point Park. If you are able to volunteer, please sign-up [HERE!](#) If you have questions, please email [jmaxwell@fightingblindness.ca](mailto:jmaxwell@fightingblindness.ca)!

**\*NEW\* Friendly Forest Pre-School Carnival** is looking for volunteers on Saturday, May 30<sup>th</sup>, 2026 from 11:00am – 2:00pm at Spirt Park, Anmore. Friendly Forest is a parent-run non-profit preschool and this event is a major fundraiser to help keep our school thriving for future families. Help with games and activities, crafts and face painting, tickets and food and beverage stations, set up and clean-up. If interested, please email [social@friendlyforestpreschool.com](mailto:social@friendlyforestpreschool.com) to sign-up!

**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).

**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!

**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)!

### **Scholarship / Awards**

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

**\*NEW\* Tessa Beauchamp Gr. 12 Scholarship** (\$1000 x 2) is open to Gr. 12 students graduating in BC that provide a "snapshot" of related activities and endeavours in their own lives. Applicants may choose to provide information in the format of their choice – written response, video or movie. If interested, apply [HERE](#) by Monday, June 15<sup>th</sup>, 2026!

**\*NEW\* Bill 7 Award** (\$4000) is open to students who demonstrate financial need and are attending or accepted by a post-secondary educational institution in the Province of Ontario. Applicants must be pursuing their first post-secondary program of study and identify as 2 Spirit, Lesbian, Gay, Bisexual, Transgender, or Queer (2SLGBTQI+). If interested, apply [HERE](#) by Monday, August 3<sup>rd</sup>, 2026!

**\*NEW\* Jack and Gillian Linington Scholarship** (\$4000) is open to any Canadian citizen or Permanent resident of Canada student entering or continuing studies leading to a career in road building, road maintenance, or heavy construction. Program of study may be full-time or part-time at any BC college, university, technical or trades institute, union training program or BCRB & HCA Training program. It can be used for accredited programs in apprenticeship, Civil Engineering, Road Builder Certifications, Supervision and Leadership. Preference is given to Association Members' Families, First Nations & underrepresented groups in the industry. If interested, apply [HERE](#) by Thursday, June 30<sup>th</sup>, 2026!

**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!

**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!

**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!

**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!

**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!

**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!

**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!

# PARENTS

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

## **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** WOMEN'S SUIT 1979

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 [flipgive.com/](http://flipgive.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**

DONATION AFTER GRAD

AfterGrad PMSS 2026 Available now on SCHOOL CASH ONLINE

ALL YEAR NOW-JUNE

PORT MOODY liquorstore

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

AfterGrad PMSS 2026 Mention: "PMSS AFTER GRAD"

## 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

MARYLENE DESROCHES | 604. 848. 8423 | SEA2SKYSERVICES.COM  
CERTIFIED RED CROSS FIRST AID, CPR + YOUTH LEADER INSTRUCTOR



## 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