



Port Moody Times

Tuesday
November 1, 2022
Day 2

STUDENTS GO CARDS:

The Re-takes Go Cards are now ready for pickup. Please come to the office for your Go Card (ID) at lunch or after school

LOST & FOUND: If any of the following items belong to you, please come to the office to claim.

- Air Pods
- Apple Watch
- Bank Card
- Wallet

SLC MEETING

SLC SD43's November general meeting is happening this week!! Our theme for the month is **self love x confidence**



We will also be introducing the student initiatives funds applications for the year - an opportunity for YOU to apply for funding for initiatives you are PASSIONATE about in the community. Join us on **November 4th** from **4-5:15 pm** at the education centre (**1080 Winslow Avenue, Coquitlam BC V3J 0M6**) for an afternoon of fun and meaningful activities. Please arrive at **3:55 pm** and **react to the teams (code: f59ms7e)** message to RSVP for our meeting so we can order enough pizza and snacks! Stay tuned and see you soon 😊

LANGUAGE CHALLENGE EXAMS 2023

Delta School District is again offering Language Challenge Exams for students fluent in a language they are not currently studying at PMSS. The exams are held in Delta on January 28th and 29th 2023. Posters are up around the school with Delta's website - where you can access more information as well as the online application form. For further information go to their website <https://www.deltasd.bc.ca/schools/secondary/challenge-exams/> or contact Mr. Gibney at jgibney@sd43.bc.ca.

ATTENTION ALL INTERNATIONAL STUDENTS

If your program is expiring this semester and you wish to remain in the Coquitlam School District for next semester, your program fees are due by November 1st 2022. It is also important that your parents sign the reapplication form. Fees received after November 1 will be subject to a \$500 late charge.

If you have any questions please email Ms. Upton @ hupton@sd43.bc.ca

SKI AND SNOWBOARD

There is a meeting tomorrow (Wednesday Nov. 2nd) at lunch in the drama room

PMSS SWIM TEAM

At the North Fraser Zone Swim Meet there were many great races from the PMSS athletes! The swim team qualified 4 relay events and 9 individual events to provincials, for a total of 11 swimmers. Additionally, new meet records were set by Michelle L. in 50m butterfly, 100m freestyle, and 100m IM, as well as Kyu C. in 100m breaststroke.

INVITATION FOR IRANIAN STUDENTS

Social Justice Club would like to invite all Iranian students to join us in a safe space to brainstorm action ideas to support the women's right protests in Iran. There will be a meeting during lunch on Friday, November 4th in Ms. Linares' classroom (portable 4). Feel free to email 088-egjin@sd43.bc.ca if you have any questions.

ONGOING

PARENT FORMS & STUDENT FEES: School District 43 uses the KEV School Cash Online (<https://sd43.schoolcashionline.com>) for both fee statements and District Policies forms.

STUDENT PARKING PASS: If you will be parking in the lower parking lot please come to the office at lunch or after school to pick up a Parking Registration form.

PMSS TIMES NEWSLETTER: The PMSS Times newsletter will be emailed to parents and students on **Tuesdays** and **Thursdays**. Announcements will not be read over the PA. You will find copies of the PMSS Times outside the office, in the Cafeteria under the clock, and in the Library Learning Commons beside the circulation desk.

CAREER CENTRE

Post-Secondary Information, Admissions Updates, New Post-Secondary Programs, Scholarships, Volunteering, Employment, Career Programs & Training, Leadership and Enrichment Programs

GENERAL LEARNING OPPORTUNITIES

NATIONAL PORTFOLIO DAYS (IN-PERSON)

What: Visit with counselors, admissions team members, and faculty from art and design schools for a review of your portfolio before applying to colleges or universities.

Where: Wilson School of Design at Kwantlen Polytechnic University

When: Saturday November 5th 2022 at 11am – 3:00pm

CITY OF PORT MOODY - STANDARD FIRST AID AND CPR-C/AED WORKSHOP

Cost: \$185.00

For: Youth 13-18

When: November 5th & 6th from 9am – 5pm

Where: Glenayre Centre- Main Hall

SD43 X POMO FIRE RESCUE - JR FIRE ACADEMY INFO SESSION

What: Learn more about the 2023 Jr Firefighter Program where one would learn the basics of the physical and educational components required for new recruits to firefighting!

For: Gr. 11 & 12 students

Where: In the library

When: Monday Nov 7th at lunch (10:50am)

SD43 – OCCUPATIONAL FIRST AID (OFA) – LEVEL 1 ****NEW****

Dates available: November 9, November 26th, December 10th (all from 8:30am – 4:30pm)

Where: Universal health and Safety at #201 – 4199 Lougheed Hwy, Burnaby

For: Any students 16+

Fee: \$84 total

UBC BLACK FUTURES PROGRAM

What: This program aims to facilitate access to higher education for Black students who many not have considered university as an option or who may not have envisioned post-secondary as part of their academic trajectory

For: Students identifying as Black in Gr. 11 & 12

Deadline to apply (See Career Centre or Ms. Nembhard to apply): November 10th 2022

FRASER HEALTH – HEALTH CAREER ACCESS PROGRAM INFO SESSION (VIRTUAL)

What: The Health Career Access Program (HCAP) provides a path for applicants with no health care experience to get hired and receive paid employer-sponsored health care assistant training as part of their employment.

When: November 22nd at 6pm

SHAD 2023

What: Now offering ShadOnCampus and ShadAnywhere! This summer, connect with the latest STEAM and entrepreneurship from nationally recognized leaders, innovative hands-on workshops, academics from universities across Canada and the best on-campus or digital community ever!

Cost: \$6350 for ShadOnCampus, \$3365 for ShadAnywhere

Runs: July 2-28: 24/day, 7 days a week (ShadOnCampus), or Summer M-F 11am – 5pm (ET) (ShadAnywhere)

Application deadline: December 5th 2022

VOLUNTEER/ EMPLOYMENT OPPORTUNITIES

FOYER MAILLARD RETIREMENT RESIDENCE (VOLUNTEER)

What: Foyer Maillard is in the process of restarting their volunteer program and are looking to add dynamic caring people to their team! Some positions that may be available is Hair Salon Assistant, walking partner, and activity assistant.

For: Ages 13+

Where: Foyer Maillard Retirement Residence in Coquitlam

To apply: See Career Centre for application form

CLASS ASSISTANT OPPORTUNITY AT BANTING MIDDLE SCHOOL

For: All high school students interested in technology science and engineering and in working with younger students.

When: Thursdays starting Nov 3 – Dec 15th

Where: Banting Middle School

PORT MOODY WINTER FARMERS MARKET (VOLUNTEER)

For: Youth 13+

Runs: Every Sunday from Nov 6 2022 – April 30th 2023 between 8:00am – 3:30pm (2 hour shift minimum)

Where: Parking lot of 300 loco Road

RIDEAU RETIREMENT RESIDENCE (VOLUNTEER)

WHAT: LOOKING FOR BINGO ASSISTANTS AND MUSICIANS/ PERFORMERS/ ENTERTAINERS

WHERE: RIDEAU RETIREMENT RESIDENCE IN BURNABY

FOR: STUDENTS 13+

SCHOLARSHIP/ AWARDS

UNIVERSITY OF TORONTO: LESTER B. PEARSON INTERNATIONAL SCHOLARSHIP

****You must be nominated by your school to apply****

Value: U of T tuition + residence + books

PMSS Nomination Deadline: November 10th 2022

TD SCHOLARSHIPS FOR COMMUNITY LEADERSHIP

For: Students in their final year of high school that have demonstrated leadership with a minimum overall grade average of 75%.

Value: Up to \$70,000 over 4 years

Deadline: Tuesday, November 15th 2022

QUEEN'S CHANCELLOR MAJOR ADMISSION AWARD

What: Requires high school nomination. Valuing superior academic ability (90%+), creative and original thinking and leadership skills

Value: \$48,000 at Queen's University

PMSS Nomination deadline: November 15th 2022 at 3:00pm to Ms. Campbell

For a nomination form, see the Career Centre or go to PMSS Career Centre TEAMS

SCHULICH LEADER SCHOLARSHIPS

Value: \$120k for Engineering students, \$100k for all other STEM categories

PMSS Nomination deadline: Friday Dec 2nd 2022 3:00pm

Find nomination forms on PMSS Career Centre TEAMS or see Ms. Chang. YOU MUST BE NOMINATED BY YOUR SCHOOL IN ORDER TO APPLY

WEST KELOWNA ORTHODONTICS SCHOLARSHIP

What: Can be in any field of study. Need to submit essay on ways orthodontics treatment can make a difference in a person's life.

Value: \$500.00

Application deadline: December 31st 2022



PMSS 2022-23 Post-Secondary Info sessions, Presentations & University Fairs

School/ Program Name	Date	Time	Location
McGill University	Tuesday November 15 th 2022	7:00pm – 8:00pm	Heritage Woods Secondary School Theatre
University of Waterloo	Wednesday November 16 th 2022	11:35am – 12:25pm (lunch)	Drama Room
University of Calgary	Tuesday November 22 nd 2022	11:35am – 12:25pm (lunch)	Booth in MPR
University of Victoria	Monday November 28 th 2022	10:50am – 11:40am	Drama Room
University of Alberta	Thursday December 1 st 2022	11:35am – 12:25pm (lunch)	Drama Room
Langara College	Wednesday December 7 th 2022	11:35am – 12:25pm (lunch)	Drama Room

PARENTS

Please join us for our PAC meeting TONIGHT Tuesday November 1st at 7pm in the library

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

Please mark your calendars for upcoming PAC Meetings:

- **Tuesday, November 1st at 7pm (tonight)**
 - Tuesday, December 6th at 7pm
 - Tuesday, January 10th at 7pm
 - Tuesday, February 7th at 7pm
 - Tuesday, April 4th at 7pm
 - Tuesday, May 2nd at 7pm
 - Tuesday, June 6th at 7pm

YOU ARE INVITED TO

"HOW TO TALK TO YOUR YOUTH ABOUT SUBSTANCE USE"

Join Sabrina Hayward and Jordyn Sinkie, Health Promotion Facilitators with SHARE's Youth Substance Use Program in a conversation and presentation on speaking with youth about substances and substance use.

**HERITAGE WOODS
SECONDARY THEATRE
NOVEMBER 23RD 6:30-8:00**

RSVP via link or QR code here by November 20th
<https://forms.office.com/r/tP00xkVA3k>
Spots are first come first serve



Visit our [website](#) for more resources

Topics will include:

- Adolescent brain development
- Adolescence and substance use
- Adolescence and mental health
- Building relationship
- Continuum of use and parenting at various stages
- 7 tips for your approach
- Self-Care
- Time for Q&A
- Resources for further support and learning



NALOXHOME
THE OVERDOSE CRISIS HITS CLOSE TO HOME.
NALOXONE SAVES LIVES.

NaloxHome is a youth-run initiative that formed in 2021. We can be booked by teachers, coaches, and team leaders to provide comprehensive, destigmatizing education about BC's overdose crisis to classes and teams.

 BC'S OVERDOSE CRISIS Straight talk about drugs, the overdose crisis, and shocking statistics	 STIGMA We teach about the deadly stigma around substance use, and how you can end it	 NALOXONE All things naloxone—where to get it, what it is, how to use it
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KNOWLEDGE IS POWER
Book Us Today!
info@naloxhome.com NaloxHome.com

COMMUNITY

This season, Cycling BC is offering a new way for students to build skills, confidence, and make friends through cycling. We are partnering with the Burnaby Velodrome Club to provide after-school vehicle transportation for students (Grade 5-12). We are seeking schools that would like to partner as an affiliated pickup location or share the opportunity with their students.

We are focusing on schools within 10 minutes of the velodrome, located on the west end of Barnet Highway. We have 14 spots in the vehicle, with 20 spots available if some children wish to make their way to the facility in time for the 4:30-6:00 pm session. Bicycles, helmets, and expert instruction are provided. Parents pick up students at 6:00-6:15 pm at the facility, with students over 12 allowed to checkout themselves.

The cost of each 3-week program is <\$30 per session, cheaper if they already have a membership with us.

Introductory Article - <https://hopen.cyclingbc.net/2022/10/02/hopen-bvc/>

Event Pages:

- Oct 27, Nov 3, Nov 10 @ <https://hopen.cyclingbc.net/event/hopen-2022-10-27/>
- Nov 24, Dec 1, Dec 8 program @ <https://hopen.cyclingbc.net/event/hopen-2022-11-25/>

PARENT & CAREGIVER CIRCLE

Virtual drop in education and support for parents and caregivers who are concerned about their youth and substance use. The journey of parenting can have many highs and lows. This is especially true when faced with the challenging task of parenting a teenager. Each week there will be a different topic to discuss.

WHEN:

Thursdays from 7pm to 8pm

WHERE:

On Zoom. Link distributed weekly.

This is a drop-in group. Come for all 8 weeks or come when you can.

Parents/Caregivers can join anytime, but must have an orientation with a facilitator before attending their first session.

TO REGISTER:

Click on the date below to sign up for each drop in session. you must register by the Monday at noon of each week's session in order to set up an orientation time with a facilitator before the week of group

TOPICS INCLUDE:

Nov. 10: Adolescent Development and Attachment

Nov. 17: Having Hard Conversations

Nov. 24: Continuum of Substance use and Stages of Change

Dec. 1: Mental Health and How to Navigate the Systems

Jan. 12: Boundaries and Managing Conflict

Jan. 19: NaloxHome and Harm Reduction

Jan. 26: Youth Offering Listening Opportunities Event (6:30 to 8:30, separate registration link to follow)

Feb. 2: Burnout and Self Compassion

FOR MORE INFORMATION, OR IF YOU ARE HAVING TROUBLES WITH REGISTRATION LINKS, CONTACT SHARE FAMILY & COMMUNITY SERVICES INTAKE AT 604.540.9161

**SHARE'S YOUTH SUBSTANCE USE SERVICES
INVITES YOU TO:**

Parent & Caregiver's Circle

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