



Port Moody Times

Thursday
November 10, 2022
Day 1

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

ALL GRADE 12 STUDENTS

PMSS Counselling department presents: How to Complete Student Transcript Service Request on Monday November 21st in the large Gym at 2:05. This presentation will help students navigate the Ministry Transcript Service website and complete their transcript requests as part of the post-secondary application process. ALL grade 12 students applying to post-secondary schools should attend this session.

MOVEMBER

Students and staff alike. An opportunity like this comes around but once a year. The chance to see the bravest of souls do something that can change their lives and the lives of others. "What is that something?" you may ask. Well, grow a moustache for Movember. The confident, "Thirteen Moustache-eers" are risking ridicule and public gawking by growing facial hair for charity. The likes of Canuel, Roberts, Sabot, Bolognese, Won, Conley, Straumford, Tam, Wong, Lenihan, Fraser, Podwyssocki and Tuason. How can you help? Donate to the cause, starting next week. Put your donations into the jar with your favourite moustache grower. The teacher raising the most money will have to keep that moustache until winter break. More details to come.

THE WORLD CUP

The World Cup is right around the corner, and it's your chance to take a shot at predicting the winner of the 2022 World Cup Tournament.

We are introducing our first ever PMSS World Cup Bracket Challenge, open to all staff and students!

The Challenge will be broken up into two forms:

Part I – Group Stage

- This form will remain active until Nov 19th. You will rank all 32 teams in their groups from best to worst. For each accurate ranking, you will be awarded 1 point. This will grant you a total of 32 points.

Part II – Knockout Stage

- You will have one day to fill out the Knockout Stage form once the brackets are set. You will be picking:
 - the 8 teams that advance to the quarterfinals (2 points for each correct team)
 - the 4 teams that advance to the semifinals (4 points for each correct team)
 - the 2 teams that advance to the finals (8 points for each correct team)
 - the overall winner of the World Cup (10 points for the correct team)
- This will grant you a total of 58 points

The person with the highest points accumulated out of 90 points will be PMSS's World Cup Bracket Champion, and will be awarded a nice prize! 😊

To enter the challenge, fill out **Part I – Group Stage** form by using this link (<https://forms.office.com/r/C5YAneK8n5>) or by scanning the QR Code. Reminder this form must be filled out by 11:59PM on Nov 19th, 2022.



Do your research, best of luck!

LAST DAY OF BUBBLE TEA PRE-SALES

Hi PMSS! UBC Cancer Association Club and Doctors Without Borders and BUC Cancer Association Fundraiser are holding a bubble tea fundraiser to raise money for cancer research. The teas are \$6 each, and we have original pearl milk tea, brown sugar, milk tea, and mango green tea. Today is the last day for pre-sales, so if you have not ordered yet, make sure to come to the MPR at lunch to order. Cash and e-transfer are both accepted.

YEARBOOK COVER COMPETITION EXTENDED

If you haven't gotten your yearbook cover (app. 11X17 landscape for cover spine and back) in yet, we've extended the deadline to November 14 to allow for any additional covers to be considered! Please send your submissions to Mr. Smith at csmith@sd43.bc.ca



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

Quick Introduction

Hello, my name is **Jovita Rose** and I'm temporarily taking over Megan Chang's role as a Post-Secondary & Career Advisor here at Port Moody Secondary School. I will be here from now until April 29, 2024. I'll be in the **Career Resource Centre Room 3065** from **8:00 am – 3:30 pm**. Come in and say hello!

PMSS 2022-2023 Information Sessions, Presentations & University / College 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

Virtual / In-person Information Sessions, Presentations & University / College Fairs

- **Capilano University** OPEN HOUSE Saturday, November 19, 2022 11 a.m. to 4 p.m. CapU Main Campus North Vancouver, B.C. Register for this event at capilanou.ca/explore
Virtual sessions will also be available **RSVP AT CAPILANOU.CA/EXPLORE**
- **Virtual UBC Application Workshop** **When:** Tuesday, November 15, 2022 **Time:** 4:00 pm – 5:30 pm **Where:** Online
To in-depth look at the application process for UBC's undergraduate programs. The session will cover general information and take a closer look at how to write your Personal Profile. This workshop will require participation and virtual discussion.
To register [Login \(ubc.ca\)](http://login.ubc.ca) create account.

All About UBC for Indigenous Students

When: Tuesday, November 15, 2022 **Time:** 06:00 p.m. – 07:00 p.m. PST **Where:** Online For self-identifying First Nations, Métis and Inuit students attending school in BC, join to learn more about UBC's Okanagan and Vancouver Campuses and the programming, services and spaces available to Indigenous students. **To register** [Login \(ubc.ca\)](http://login.ubc.ca) create account. Or **email** indigenous.recruitment@ubc.ca

- **Simon Fraser University Ask-Me-Anything** Questions about becoming an SFU student? If you're curious about anything from the admission process to their programs. **When:** November 16, 2022 4:30 to 5:30 PM November 22, 2022 4:00 to 5:00 PM December 6, 2022 1:00 to 2:00 PM **Visit** [Ask me anything - Undergraduate Admission - Simon Fraser University \(sfu.ca\)](http://askmeanything-undergraduateadmission-sfu.ca)

INDIGENOUS ADMISSIONS AND STUDENT LIFE. If you self-identify as First Nations, Métis, or Inuit, this session is for you. **Event:** [20221213- 1237 – SRA – ALL – Indigenous Admissions and Student Life \(sfu.ca\)](http://20221213-1237-sra-all-indigenousadmissionsandstudentlife-sfu.ca)

- **British Columbia Institute Technology** Aircraft Maintenance Engineer Category 'M', Aircraft Gas Turbine Technician & Aircraft Maintenance Engineer Category 'E' (Electronics) **Information Session Online** **When:** November 17 from 5:00 pm to 7:00 pm PST **Register** [Aircraft Maintenance Engineer Category 'M', Aircraft Gas Turbine Technician & Aircraft Maintenance Engineer Category 'E' \(Electronics\) Information Session Online – BCIT](http://aircraftmaintenanceengineercategory-m-aircraftgasturbine-technician-aircraftmaintenanceengineercategory-e-electronics-information-session-online-bcit)

Digital Arts, Media + Design – Online Info Session

November 28 from 5:30 pm to 6:30 pm PST

*This session covers the 6 different full-time programs within the Digital Arts, Media + Design area, including: **3D Modeling, Art + Animation, Digital Design + Development, Graphic Communications Technology Management, Graphic Design, New Media Design + Web Development, Technical Arts.** To Register [Digital Arts, Media + Design – Online Info Session – BCIT](http://digitalartsmediadesign-onlineinfosession-bcit)*

General Learning Opportunities

- **22+ Trades Training Programs**, Visit ["TRAIN in Trades" Programs - School District No. 43 \(Coquitlam\) \(sd43.bc.ca\)](http://trainintradestradeprogramsschool-district-no-43-coquitlam-sd43-bc.ca)
Contact: Doug MacLean Career & "TRAIN in Trades" Coordinator 604-341-8977 dmaclean@sd43.bc.ca
- **Jill of all Trades** a day for women Jill of All Trades is a day-long event led by female mentors to inspire young women in Grades 9 through 12 to pursue careers in the Skilled Trades. Participants will experience a fun-filled day of practical, in-the-shop sessions. **When:** Tuesday, November 29, 2022 **Where:** BCIT Burnaby Campus – SE2 Great Hall **Contact:** Paul McDonald pmcdonald@sd43.bc.ca
- **SD43 – OCCUPATIONAL FIRST AID (OFA) – LEVEL 1** **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
- **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
- **SFU Simon Fraser University**
Science, Technology, Engineering, and Mathematics (STEM) Speaker Series. It's an opportunity to meet and interact with university students, faculty members, and/or working professionals in STEM fields.
Speaker: James Topham from SFU **STEM Speaker Series – Bioinformatics** **Date:** Nov 26, 2022 (Saturday) **Time:** 1-2 pm **Delivery:** Online via Zoom **Grade:** 8-12 **Cost:** Free **Sign-up link:** <http://websurvey.sfu.ca/survey/434559950>
STEM Speaker Series - Computer Vision **Date:** Dec 3, 2022 (Saturday) **Time:** 1-2 pm **Delivery:** Online via Zoom **Grade:** 8-12 **Cost:** Free **Sign-up link:** <http://websurvey.sfu.ca/survey/434567690>
- **Gustavson School of Business at University of Victoria**
The Gustavson School of Business at UVic invites all students, grade 9-12 to join a free entrepreneurship workshop and allows students to test drive what it's like to be in a UVIC Business classroom.

Entrepreneurship 101: what makes a good side-hustle? Date: Tuesday, November 22, 2022 **Time:** 6:00 pm (PST)

Adulting 101: personal finance for students preparing for college & university Date: Thursday, November 17, 2022 **Time:** 6:00 pm (PST)

Register and more info visit [BCom info sessions and workshops - University of Victoria \(uvic.ca\)](https://www.uvic.ca/bcom/info/sessions-and-workshops)

Volunteer/Employment Opportunities

- **Sky's No Limit - Girls Fly Too!** April 29-30, 2023 Main event days **volunteer** areas include: Passenger/Volunteer Check-In, People/Traffic Control, Motorcycle Security, Helicopter Support Crew, General Help. **Contact:** www.girlsfly2.ca
- **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. Jovita. **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

PARENTS

PARENT TEACHER CONFERENCES

Parent Teacher Conferences will occur on Nov. 17th from 2 to 4 pm (online booking) and 5:30 – 7:30 pm (drop-in in the gym). Booking a Parent Teacher Conference between 2 and 4 pm can be done through <https://portmoody.schoolappointments.com/>. Please make sure that you know teachers first and last name from the Report Card to ensure you book with the correct teacher. The booking system will open on Nov. 14th at 9 am and will close on Nov. 16th at 12 pm. Teachers will reach out via email with either a Teams invite or confirm a phone/in-person invite on or before Nov. 17th. No appointments are required to attend the Parent Teacher Conferences between 5:30 – 7:30 pm in the gym. These will operate on a drop-in, first-come basis; however, conferences should adhere to 10 minutes in duration to ensure all parents get the opportunity to meet with their child's teacher.

November 2022 Parent Teacher Conference Schedule

1	8:30 - 9:23	53 min
2	9:28 - 10:21	53 min
3 (Lunch)	10:26 - 11:19	53 min
4	11:24 - 12:17	53 min
5	12:22 – 1:15	53 min
Parent Teacher Conferences	2:00 - 4:00 5:30 – 7:30	Online booking Drop-in (Gym)

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, 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/tP00xk>

vA3k

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.

<p>BC'S OVERDOSE CRISIS</p> <p>Straight talk about drugs, the overdose crisis, and shocking statistics</p>	<p>STIGMA</p> <p>We teach about the deadly stigma around substance use, and how you can end it</p>	<p>NALOXONE</p> <p>All things naloxone—where to get it, what it is, how to use it</p>
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KNOWLEDGE IS POWER

Book Us Today!

info@naloxhome.com Nalox-Home.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:

- 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

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.

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Thursdays from 7pm to 8pm

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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 your first group session.

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 to come)
- 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

Winter Weather Ahead!

Schools are not routinely closed due to snow or other inclement weather conditions. All schools in School District 43 (Coquitlam) will remain OPEN, if possible, during winter weather, including snowfall.

However, on occasion, a district-wide or partial-district closure is required due to extreme weather. Partial-district closures affecting individual schools may occur due to the very different geography within our school district. If there is a partial-district closure affected schools will be identified.

The decision on schools remaining open or needing to be closed, because of extreme weather, occurs **before 6:30 a.m.** so that families can plan and make alternate arrangements.

Any district-wide or partial-district closure will be decided and communicated by 6:30 a.m. via the School District 43 website www.sd43.bc.ca and CKNW AM 980 radio, CKWX 1130 radio and CBC (690) radio.

Extreme weather can also impact transit. Transit schedules may face significant changes or cancellations due to the weather conditions. Parents seeking information on transit schedules need to consult the Translink website: <http://www.translink.ca/>

We encourage families to continuously check the School District 43 website for updates and changes: www.sd43.bc.ca

While the District tries to make the best decision with the information available, the weather does change quickly. Therefore, when schools remain open, decisions to stay at home during challenging weather conditions should be made by each family.

Learn more about SD43's process for emergency and inclement weather status updates at: <http://www.sd43.bc.ca/NewsEvents/Pages/EmergencyInformation.aspx>