



# Port Moody Times

Thursday  
November 17, 2022  
Day 1

**STUDENTS GO CARDS:** All Student (ID) Go Cards are ready for pickup. Please come to the office at lunch or after school.

**STUDENT PHOTO PACKAGES:** All student photo packages are ready for pick up. If you have ordered photos, please come to the office 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 (3 sets)
- Apple Watch
- Bank Card
- Glasses
- Wallet

## **NOVEMBER 17<sup>TH</sup> 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
<b>Parent Teacher Conferences</b>	<b>2:00 - 4:00</b> <b>5:30 – 7:30</b>	Online booking Drop-in (Gym)

## **ALL GRADE 12 STUDENTS**

PMSS Counselling department presents: How to Complete Student Transcript Service Request on Monday November 21<sup>st</sup> 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. Put your donations into the envelopes of your favourite moustache grower when the cart comes around in block 4 Payments can be made also on SCHOOL CASH ONLINE. The teacher raising the most money will have to keep that moustache until winter break. More details to come. Rumour has it that Mr. Tucson will shave his head if he wins.

## **BADMINTON OPEN GYM**

For all students interested in playing badminton there will be an open gym Friday, November 18<sup>th</sup> from 10am-12pm.

## **REACH FOR THE TOP**

The competition was fierce with the score see-sawing back and forth over the course of the match.

The result was split with PMSS taking the first game by 20 points and Collingwood taking the second by 60.

If you would like to learn more about Reach for the Top we practice on Wednesdays at Lunch in the Library Learning Commons.

## 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 19<sup>th</sup>. 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:
  - o the 8 teams that advance to the quarterfinals (2 points for each correct team)
  - o the 4 teams that advance to the semifinals (4 points for each correct team)
  - o the 2 teams that advance to the finals (8 points for each correct team)
  - o 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 19<sup>th</sup>, 2022.



Do your research, best of luck!

## ONGOING

**PARENT FORMS & STUDENT FEES:** School District 43 uses the KEV School Cash Online (<https://sd43.schoolcashonline.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

### **PMSS Career Resource Centre**

**Room: 3066.** Open from 8:00am – 3:30pm Monday-Friday.

If you have any questions or to book an appointment, please feel free to email Ms. Rose at [jorose@sd43.bc.ca](mailto:jorose@sd43.bc.ca) or call 604-939-6656 ext. 3066

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

School/Program Name	Date	Time	Location
University of Calgary	Tuesday November 22 <sup>nd</sup> 2022	11:35am – 12:25pm (lunch)	Booth in MPR
University of Victoria	Monday November 28 <sup>th</sup> 2022	10:50am – 11:40am	Drama Room
University of Alberta	Thursday December 1 <sup>st</sup> 2022	11:35am – 12:25pm (lunch)	Drama Room
Langara College	Wednesday December 7 <sup>th</sup> 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](http://capilanou.ca/explore)  
**Virtual sessions** will also be available **RSVP AT CAPILANOU.CA/EXPLORE**
- **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://Ask me anything - Undergraduate Admission - Simon Fraser University (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://Event: 20221213- 1237 - SRA - ALL - Indigenous Admissions and Student Life (sfu.ca))

- **Sauder School of Business at the University of British Columbia. \*\*NEW\*\***  
SD43 Sauder Presentation. The Campus Ambassador Program is inviting you to a scheduled Zoom meeting  
  
Topic: SD-43: CAP Presentation  
Time: Nov 23, 2022 18:00 Vancouver  
  
Join Zoom Meeting  
<https://us06web.zoom.us/j/89282059652?pwd=M0NmUmlvNDV3RytjblNYNWY4T1FTUT09>  
  
Meeting ID: 892 8205 9652  
Passcode: 073761
- **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://Aircraft Maintenance Engineer Category 'M', Aircraft Gas Turbine Technician & Aircraft Maintenance Engineer Category '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://Digital Arts, Media + Design - Online Info Session - BCIT)*

## General Learning Opportunities

- **22+ Trades Training Programs**, Visit ["TRAIN in Trades" Programs - School District No. 43 \(Coquitlam\) \(sd43.bc.ca\)](http://TRAIN in Trades) **Contact:** Doug MacLean Career & "TRAIN in Trades" Coordinator 604-341-8977 [dmaclean@sd43.bc.ca](mailto: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](mailto:pmcdonald@sd43.bc.ca)
- **SD43 – OCCUPATIONAL FIRST AID (OFA) – LEVEL 1** **Dates available:** 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 5<sup>th</sup>, 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)

- **UBC Sauder School of Business' Campus Ambassador Program Presents Business Fundamentals Workshop.** **Online:** Opportunity to learn more about business and network with likeminded individuals. Speak to the panelists and have a chance to ask questions! **When:** Wednesday, November 23<sup>rd</sup> from 8:00pm – 9:00 pm.

RSVP Here:



- **University of Toronto STEM Fellowship Branch.** STEM Fellowship is a Canadian registered charity that uses mentorship and experiential learning to equip the next generation of change-makers. Inviting students to their **online** event on **Thursday, November 17th from 6pm EDT!** A seminar on Cancer and Stem Cells that will be presented by Dr. Yip, a professor from the University of Toronto.

- **Register** by scanning the QR code



- **Steam Work Studio British Columbia Online Sessions: Starts:** Monday November 21<sup>st</sup> to Friday December 2<sup>nd</sup> 2022. To register: [Efacity | Making Online Education Personal](#)

## **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](http://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**

- Accepting 2023 Applications for the **Beedie Luminaries Scholarship Program** starting November 13, 2022 to January 12, 2023 (9 AM PST). Looking for **Grade 12 students in B.C.** who are facing financial barriers to apply for one of 100+ scholarships available in 2023. Recipients will **each receive up to \$44,000** towards their post-secondary studies at any public university, college or trade school in B.C. Encourage students considering a career in the trades to apply. [APPLY!](#)

Virtual Open House for all students, community partners and school administrators interested in learning more about the program and how to apply **Wednesday, November 23, 4 pm – 5 pm** Register at: [OPEN HOUSE - Beedie Luminaries, Nov 23 2022 \(google.com\)](https://www.google.com/search?q=open+house+beedie+luminaries+nov+23+2022)

- **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

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 6<sup>th</sup> at 7pm
- Tuesday, January 10<sup>th</sup> at 7pm
- Tuesday, February 7<sup>th</sup> at 7pm
- Tuesday, April 4<sup>th</sup> at 7pm
- Tuesday, May 2<sup>nd</sup> at 7pm
- Tuesday, June 6<sup>th</sup> 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

**KNOWLEDGE IS POWER**  
**Book Us Today!**

[info@naloxhome.com](mailto:info@naloxhome.com) [Nalox-Home.com](http://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. 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.

**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 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**



EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

#### ADHD – The Real Deal

Join us as we listen to Dr. Don Duncan dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families to watch this one hour video presentation followed by a 30 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

#### Event Date(s):

Monday, December 5 at 6:30pm (PST)  
Tuesday, December 13 at 5:00pm (PST)  
Wednesday, December 14 at 12:00pm (PST)  
Thursday, December 15 at 6:30pm (PST)  
Tuesday, December 20 at 5:00pm (PST)

#### Registration required:

[www.familysmart.ca/events](http://www.familysmart.ca/events)

Cost: Free of Charge



## 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](http://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](http://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>