



Port Moody Times

Tuesday
November 22, 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 photo packages are now ready for pick up. Please come to the office to pick up your purchased photo packages at the office during 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 ^{1/2} sets)
- Apple Watch
- Bank Card
- Glasses
- Wallet

ATTENTION GRADE 12 STUDENTS:

You can attend the Student Transcript Service's Troubleshooting Workshop available at lunch on November 24 or 25 in the Library Learning Commons. Counsellors and the Career Facilitator can help you through any challenges that you are having. Please bring your laptop (or we can provide one from the library) and know your log in information. We are here to help with any confusing error codes or support you figuring out 'how to' complete the process.

DRAMA CLUB

The Drama club is presenting the play, *Almost Maine*, Tuesday, November 29 Dress Rehearsal at 3:30pm, Wednesday November 30 to Friday December 02 at 7:00pm. Come support our Fall Play before we take it to the district festival! All shows will be in room 301 at Port Moody Secondary.

- Tuesday Dress Rehearsal 3:30pm (FREE) for PMSS staff and students only.

<https://sd43.schoolcashonline.com/Fee/Details/89537/108/False/True>

- Wednesday November 30 7:00pm \$5.00 per ticket

<https://sd43.schoolcashonline.com/Fee/Details/89509/108/False/True>

- Thursday December 01, 2022 7:00pm \$5.00 per ticket

<https://sd43.schoolcashonline.com/Fee/Details/89522/108/False/True>

- Friday December 02, 2022 7:00pm \$5.00 per ticket

<https://sd43.schoolcashonline.com/Fee/Details/89523/108/False/True>

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.

SWIM TEAM

The Swim Team had some fast swims over the weekend at the Provincial Championships in Richmond. Here are a few highlights. Kyu C. took home gold in 100 metre breaststroke and Michelle L. came second in 100 free, 100 IM, 50 fly, and third in 50 free. Ryan C. came 8th in 100 breaststroke, and Yakov R. came 12th in 50 butterfly. The boys 200 medley relay came 9th, the boys 400 free relay came 10th, and the boys 200 free relay placed 11th. The 200 mixed free relay came 12th. This was an extremely competitive meet but our team rose to the challenge. Well done team! Please return your washed t-shirts to Ms. Swistak during Flex in the Library.

GO CANADA GO!

On Wednesday at 11:00am, Canada will play its first soccer game at the World Cup since 1986 against Belgium. Let's show our support by wearing **RED** to school on Wednesday.

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

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 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 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

- **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 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 \(sfu.ca\)](https://www.sfu.ca/ask-me-anything)

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 \(sfu.ca\)](https://www.sfu.ca/indigenous-admissions-and-student-life)

- **Sauder School of Business at the University of British Columbia.**
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=M0NmUmlvNDV3RytjbjBjbnY4T1FTUT09>

Meeting ID: 892 8205 9652

Passcode: 073761

- **British Columbia Institute Technology**
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](#)

General Learning Opportunities

- **22+ Trades Training Programs,** Visit ["TRAIN in Trades" Programs - School District No. 43 \(Coquitlam\) \(sd43.bc.ca\)](https://www.sd43.bc.ca/train-in-trades) **Contact: Doug MacLean** Career & "TRAIN in Trades" Coordinator 604-341-8977 dmaclean@sd43.bc.ca

- **UBC Sauder School of Business' Campus Ambassador Program ****NEW**** 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 23rd** from 8:00pm – 9:00 pm. **RSVP:** <https://forms.gle/fbBe8bh9wAJNqbb9>
- **UBC Sauder Campus Ambassador presentation**
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=M0NmUmlvNDV3RytjbINYNWY4T1FTUT09>
Meeting ID: 892 8205 9652
Passcode: 073761
One tap mobile
+15642172000,,89282059652#,,,,*073761# US
+16469313860,,89282059652#,,,,*073761# US
- **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 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
Join Zoom Meeting
<https://fraserhealth.zoom.us/j/69404733846?pwd=c2JPSUozSXRRTUhh1UGRwY0drMXFGZz09>
If you encounter any problems connecting to your Zoom virtual health visit, please call 1-844-442-4433 (Toll-free) for technical support Monday to Friday, 7:00am to 5:00pm. Click on the link below to learn more about the virtual health tools and supports available for you.
Meeting ID: 694 0473 3846
Passcode: 479458
One tap mobile
8339551088,,69404733846#,,,,*479458# Canada Toll-free
8339581164,,69404733846#,,,,*479458# Canada Toll-free
- **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)
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 23rd from 8:00pm – 9:00 pm.
- **Steam Work Studio British Columbia Online Sessions: Starts:** Monday November 21st to Friday December 2nd 2022. To register: [Efacity](https://www.efacity.com) | Making Online Education Personal

Volunteer/Employment Opportunities

- **Coquitlam Centre ****NEW****** is providing gift-wrapping services to shoppers, and all proceeds go to benefit SHARE Family and Community Services, in addition to hosting the Toy Bank location for families who need some extra help making the holidays special for their kids this year. We invite you to volunteer, as an individual, family or group, to help with gift wrapping and toy sorting while spreading holiday cheer. **We ask that volunteers under age 19 be accompanied and supervised by a parent, guardian or other trusted adult such as a teacher.**
If there are any questions or concerns, or if you'd like some help navigating the system, please feel free to reach out to us, either by email volunteers@douglasokero.com or by phone 604-996-1635.
To register for 2022 SHARE Gift Wrap and Toy Bank volunteer roles at Coquitlam Centre, [CLICK HERE](#)

- **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

- 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://openhouse-beedieluminaries.com)

- **LESTER B. PEARSON INTERNATIONAL SCHOLARSHIP ****NEW****** School nomination deadline: **November 30, 2022** Student U of T Application Deadline: December 14, 2022 (November 7, 2022 early consideration recommended) Student Scholarship Application: January 16, 2023
- **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
- **January Marie Lapuz Youth Leadership Award. ****NEW****** This annual award is given to exceptional youth 16 to 30 who have shown commitment and leadership within the 2SLGBTQ (*stands for two spirit, lesbian, gay, bisexual, transgender, and queer.*) + community. The winner receives a cash prize of \$1000, First Runner Up receives \$600, Second Runner Up receives \$400. Honorable mentions receive \$200 and Emerging Leaders receive \$200. Deadline to apply is **December 31, 2022.**
Please click on the link below for full details about the award and to learn more about Sher Vancouver. The deadline to receive applications is December 31, 2022.
<https://januaryfilm.com/youthaward/#apply>

PARENTS

November 23rd @ 6:30 – 8:30: “How to Talk to Your Youth About Substance Abuse”

A final reminder of the presentation coming up this Wednesday at Heritage Woods Secondary:

Jordyn Sinkie and Sabrina Hayward, Health Promotion Facilitators with SHARE's Youth Substance Use Services team would like to invite you to their presentation “How to Talk to Your Youth About Substance Use” at the Heritage Woods Secondary School Theatre on **November 23rd from 6:30-8:00.** This presentation is open to parents and caregivers of students from Heritage Woods Secondary, Port Moody Secondary, Eagle Mountain Middle, Moody Middle, Scott Creek Middle, Banting Middle and Summit Middle. Registration is first come first serve due to space in the theatre.

In partnership with Tri-Cities schools and community, the Youth Substance Use Services Health Promotion program provides free prevention and health promotion initiatives that assist in identifying and changing personal and environmental factors that influence youth and support them in adopting and enhancing healthy behaviors, attitudes and connections to family and community.

This presentation will include information and a discussion on the below:

- **Philosophy of our program and health promotion in schools**
- **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**

Please RSVP by using this link <https://forms.office.com/r/tP00xkvA3k> or the QR code below. Space is first come first serve due to the capacity in the theatre.



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

COMMUNITY

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. 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

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 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>