



Port Moody Times

Tuesday
November 29, 2022
Day 2

STUDENTS GO CARDS: For students who have not picked up their Go Cards, they will be given to their Block 2 teachers for distribution today.

STUDENT PHOTO PACKAGES: All photo packages are 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: There are tables set up with all the Lost & Found items by the front entrance near the MPR. Please take a look during lunch or after school if you have lost anything this school year.

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

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>

WORLD CUP

Thursday from 7:00-9:00am, Canada plays their final world cup soccer game for the 2022 World Cup Tournament versus Morocco. The game will be shown in the MPR. Please wear **red** Thursday to show support for the Canadian Men's National Team. Go Canada Go!

WORLD CUP 2022 BRACKET CHALLENGE

As soon as the Group Stage wraps up this Friday, the second part of the bracket challenge will be live. **The form will take responses from Friday Dec 2nd, 1:30PM until Saturday Dec 3rd, 6:00AM.**

- You will be awarded 2 points for each of the 8 correct teams you pick to advance to the quarterfinals.
- You will be awarded 4 points for each of the 4 correct teams you pick to advance to the semifinals.
- You will be awarded 8 points for each of the 2 correct teams you pick to advance to the finals.
- You will be awarded 10 points for picking the correct team to win the World Cup 2022.

Go to the following link: <https://forms.office.com/r/XVcuHvEcbS> or scan the QR code below to fill out the form within the timeframe specified above.



PMSS TALENT SHOW

Hey PMSS, showcase your skills this year with the December 16th PMSS Talent Show. Sign up to audition using the link or by scanning QR codes around the school. Auditions will be on December 5 and 6 at Lunch in the drama room. Win prizes, showcase your skills, and more through signing up. See you at auditions! "

Link: <https://forms.gle/4kHBtpgngXQNZeDp6>

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, Podwysocki 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.

WINTER MARKET

Support your local entrepreneurs at this cash only event. The Marketing 9 class presents the "WINTER MARKET." Come on down to the MPR Tuesday December 6th-9th @ lunch to check out all the amazing products available.

BLUES RUN CLUB

Whether it's to become more fit, try something new and push yourself, make new friends and fun memories, or for the potential cash prizes (\$3000 with multiple methods of winning including a random draw or team with the most members!), YOU should join our school's Vancouver Sun Run team, the "Blues Run Club"! The Vancouver Sun Run, Canada's largest running event, is an annual 10k held in our beautiful city every April. Bring your friends/family along with you too! Runners of all levels are welcome. Fill out this quick form if you are interested: <https://forms.office.com/r/iJqZAyaDzq>.

12 DAYS OF HOLIDAY

Hi PMSS! Student Council presents to you the 12 Days of Holiday, an event spanning across the 12 school days in December before Winter Break, from Dec 1st to the 16th. The 12 Days of Holiday is comprised of 3 main things: The SHARE Food Drive, The Community Clash, and the December Countdown. The aim of the 12 Days of Holiday is to get as many donations as we can for the SHARE Food Bank, as well as to have fun through friendly competition, individual events, and spirit days! The calendar included shows all of the events in the 12 Days of Holiday and the form links needed for non-Block 2 events.

Winning the Community Cup

A tradition of PMSS, the winner of the community cup and the pizza party will have the most points in the 12 Days of Holiday. These points are won from participation in The Community Clash as well as donations to the Food Drive.

The Community Clash

The Community Clash, as seen from last year, is a competition between all the Block 2 Class participants in PMSS and will be held from December 1st to December 9th. These games, extending from the end of block 2 to the beginning of lunch, will help classes earn points to win the PMSS Community Cup, a trophy won by the Block 2 class with the most points. For IB Block 2 classes, day 1 and day 2 will count as one class.

The SHARE Food Drive

The SHARE Food Drive will be from December 1st to 14th, with SHARE picking up the donation boxes on the 15th. Student Council members will count your Block 2 class's food donations and tally up the points you earn. For IB block two classes, the day 1 and day 2 classes will count as one class, and points earned will be divided by 2.

December Countdown: Non-Point Based Events and a Spirit Week

For the final school week before winter break, from December 12 to the 16th. There will be fun events for ALL that won't contribute points to the Community Cup and will not be in your Block 2 classes. There will also be a spirit week.

EVENTS:

- **Elf on the Shelf:** An elf will be hidden around the school for the last week. Find it, take a picture with it, and send it to @pmss_stuco on Instagram!
- **Wordle Battle:** Play real-life Wordle! Guess the sentence using the clues that will be written on the bulletin board in the MPR and send it to us via MS Forms! The first 3 people to guess it will a sweet prize!
- **Teacher Vs Student Family Feud in the Drama Room:** Teachers and students go head-to-head to answer trivia questions of all kinds, ranging from mathematics to sports knowledge to the holiday season! The doors will be open to students to watch, but you must sign up via MS Forms before (there will be a deadline).
- **Christmas Movie at Lunch in the Drama Room:** A classic Christmas movie, decided by the students, will be played alongside some movie snacks. Bring your friends but remember to sign up before via MS Forms!
- **Cookies and Hot Chocolate with Santa:** Come to school at 8:15 AM (Flex time) on Friday for cookies and hot cocoa! First come first serve. Also take some photos with the StuCo Santa Claus with your friends and play some mini games in spirit of the last day of school before Winter Break.

SPIRIT WEEK:

- **Candy Cane Day:** Dress up with your friends in white and in red to form a chain like a Candy Cane!
- **Iconic Duo Day:** Grab a friend and dress up as an iconic duo, whether fictional or in real-life!
- **Christmas Grade Character:** Teachers dress up as snow-people, G12s dress up as Santa Claus, G11s dress up as Christmas trees, G10s dress up as reindeer, and G9s dress up as elves.
- **Anything but a Backpack:** Carry something other than your usual backpack for all of your school supplies. Make sure you're being safe – don't bring anything that you can't hold properly, is too heavy, is too loud, or may cause any sort of issue!

- **Ugly Sweater and PJs Day:** Either wear your ugly sweater, your PJS, or both!

STUCO DECEMBER CALENDAR			December 1st	December 2nd
Legend: Events to win your class points. (Form links have been shared with teachers.) Normal Events (for all) you can play for fun. Spirit Days (Dress Up!) Important Dates (Deadlines/Announcements)			Food Drive Begins (1st - 14th) Door Decorating Contest Begins (1st to 9th)	Door Decorating Contest in your Block 2 Class -> Due Dec.9th Submit your Door picture before or on Dec.9th
Monday	Tuesday	Wednesday	Thursday	Friday
December 5th Jar Guessing Contest!	December 6th Wrap an Item (as something not even remotely close) Contest!	December 7th Holiday Rap/Song Contest!	December 8th Build A Snowperson	December 9th Charades Contest! Deadline for Door Decorating Contest
December 12th Elf on the Shelf Contest! Submit on Instagram Candy Cane Day!	December 13th Wordle Battle Contest! Submit your guess here: https://forms.office.com/r/UAi2KDciji Iconic Duo Day!	December 14th Teacher Vs Students Family Feud Trivia Sign Up here: https://forms.office.com/r/gmtqxrwPHm Last day of the Food Drive Christmas Grade Character Day!	December 15th Christmas Movie @ Lunchtime! Sign Up here: https://forms.office.com/r/dj8nS90sur Food Drive Pickup Announcing the winning class Anything but a Backpack Day!	December 16th Cookies and Hot Chocolate with Santa! Ugly Sweater + Pajama Day! Last day before winter break

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 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:** December 6, 2022 1:00 to 2:00 PM **Visit** [Ask me anything - Undergraduate Admission - Simon Fraser University \(sfu.ca\)](https://www.sfu.ca/undergraduate-admission)

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)

- **EducationUSA Canada Virtual Showcase – Midwest Wednesday, December 7, 7-9pm ET / 4-6 pm ****NEW****** PTExplore your U.S. undergraduate and graduate options with EducationUSA! You will get to speak one-on-one with admissions representatives from 12 midwestern United States, representing diverse higher education institutions including research universities, liberal arts colleges, art and tech institutes, and more! You will also be able to attend webinars on various admissions and academic topics. This event is open to all students and educators in Canada and is free to attend.
 - Augustana University (SD)
 - Butler University (IN)
 - Carleton College (MN)
 - College for Creative Studies (MI)
 - College of Saint Benedict + Saint John's University (MN)
 - Creighton University (NE)
 - Hope College (MI)
 - Iowa State University
 - Knox College (IL)
 - Milwaukee School of Engineering (WI)
 - Ohio University
 - Pittsburg State University (KS)
 - The Ohio State University College of Social Work
 - University of Cincinnati (OH)
 - University of Iowa
 - University of Louisville School of Public Health & Information Sciences (KY)
 - University of Minnesota Crookston
 - University of Minnesota Morris
 - University of Missouri
 - University of South Dakota
 - Wright State University (OH)

Webinar Schedule:

7:30 pm EDT / 4:30 pm PDT:

- "AdmissionsTalk: So You Want to be a Doctor? Studying Healthcare in the US"
- "AdmissionsTalk: STEM Education in the USA"
- "RegionTalk: Advantages of Studying in the Midwest"

8:30 pm EDT / 5:30 PDT

- "StudentTalk: How I thrived in experience-based learning (co-ops, internships, research)"
- "Faculty Talk: Public Health study and career opportunities"
- "SportsTalk: The Advantages of NCAA Division 3"

The Université de Montréal **NEW****** is proud to launch its much anticipated second **Summer Immersion Program!** When you're a student, nothing says summer like discovering the world, experiencing life and exploring new interests. What is the Summer Immersion Program? It's an **immersion program** for **young people aged 15 to 17** from around the world who want to step into the fast-paced university world and join the student community of tomorrow. **From July 15 to 29, 2023**, they can walk in the shoes of UdeM students during a memorable stay on a charming university campus, at the foot of iconic Mont Royal and just a stone's throw from a culturally vibrant downtown. To learn more [Summer Immersion Program \(umontreal.ca\)](https://www.umontreal.ca/summer-immersion-program)

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
- **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:** December 10th (from 8:30am – 4:30pm) **Where:** Universal health and Safety at #201 – 4199 Lougheed Hwy, Burnaby **For:** Any students 16+ **Fee:** \$84 total
- **High School Mentorship Program WOMEN IN ENGINEERING UBC** *WiE would like to acknowledge that "female " is not an accurate description for everyone. We use an "*" to purposefully include cis and trans women, non-binary, and intersex people. **OPEN TO GIRLS* IN GRADE 10 - 12 JANUARY - APRIL 2023** Registration closes on December 7, 2022 Their goal is to increase high school students' access to UBC engineering, and to create a space where they can explore what engineering is and has to offer. Mentors will have the opportunity to support mentees through the program curriculum and various virtual mentorship events (eg. Kick Off: Meet and Greet, Applying to UBC Engineering, Design Team Workshops, etc). Additionally, mentors and mentees are free to schedule individual meetings outside the curriculum for any questions mentees may have regarding engineering, here at UBC or otherwise **Contact:** wie@apsc.ubc.ca **Register:** [WiE High School Mentorship Program 2022-2023 \(google.com\)](https://www.google.com/search?q=WiE+High+School+Mentorship+Program+2022-2023)

- **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.
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>
- **Steam Work Studio British Columbia Online Sessions: Starts:** Monday November 21st to Friday December 2nd 2022. To register: Efacity | Making Online Education Personal

Volunteer/Employment Opportunities

- **Anmore Elementary School ****NEW****** Breakfast with Santa. Duties will include setting up the Christmas decor, help with the registration desk, helping children with the craft table - includes cookie decorating, shirt painting and simple crafts, clearing plates, cleanup etc, and take down of the set up/decor at the end. **Date:** Sunday December 11th **Time:** 8am - 1pm **Location:** Anmore Elementary School. Breakfast for all volunteers is included, and Marina will write a letter documenting their volunteer hours. **Contact:** Marina Bradshaw 778 344 3404
- **Coquitlam Centre** 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+
- **Port Moody Soccer ****NEW****** is recruiting volunteers to help run our Adaptive Soccer Program, which is designed for all youth aged 5-18 years with disabilities/abilities. **Starts January 6, 2023.** Sessions are held once a week at Trasolini Field in Port Moody (behind the Rec. Center Complex on loco Road) **Volunteer commitment:** 6:15pm- 8:45pm on Friday's **They are happy to provide Volunteer letters.** For more info, visit our website: [Adaptive Soccer Program | Port Moody Soccer Club](#)
Or email Teri Shaw, Adaptive Soccer Program Director: teri.shaw@portmoodysoccer.com

Scholarship / Awards

- **The Terry Fox Humanitarian Award ****NEW******
Providing university scholarships to students who exemplify the humanitarian ideals of Terry Fox by volunteering and giving back to their communities. **Deadline extended to December 9th, 2022.** To apply [Terry Fox Humanitarian Award Program \(terryfoxawards.ca\)](http://terryfoxawards.ca)
- SFU [Cypress Knowledge Forum](#) ****NEW**** change-makers will get the opportunity to explore this campus, gain new knowledge in its lecture halls, and make lasting connections with their peers under its roof. During this daylong event participants will attend four interactive lectures on problem-solving from esteemed SFU faculty members, and then apply their skills and creativity to come up with solutions for global challenges such as climate change in groups of three. The group with the best solution will be awarded the \$15,000 scholarship and will receive all the necessary support to bring their idea to life. Their scholarship does not have any GPA requirements and their event is not for profit.
When: Jan 21, 2023, 9:00 a.m. – 7:00 p.m. PST **Where:** SFU Burnaby Campus, 8888 University Dr, Burnaby, BC V5A 1S6, Canada. For more details, [Win Scholarships | Cypress Knowledge Forum](#)
Buy tickets: [Cypress Knowledge Forum | My Site](#)
- 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!](#)
- **LESTER B. PEARSON INTERNATIONAL SCHOLARSHIP** 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.** 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

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:

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

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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



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>