



# Port Moody Times

Tuesday  
December 6, 2022  
Day 1

**STUDENT PHOTO PACKAGES:** If you have not picked up your purchased photos, please come to 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
- Compass Card
- Bank Card
- Glasses

### **STUDENT LEADERSHIP COUNCIL - SLC SD43**

Join us this Friday December 9th for our last SLC secondary meeting of 2022! There will be pizza, fun games (with prizes!!) and workshops revolving around the themes of internal and external awareness. This is open to all secondary students in SD43 wanting to get involved in the community, so feel free to pop by if you want to learn more about what we do! Join our teams code **f59ms7e** to RSVP. Bring your awesome energy and make sure to come in your festive wear :)

### **ATTENTION GRADE 12S**

Transcript Verification Packages are now DUE. Please return your signed, reviewed package to the basket in the Main Office. Counsellors may reach out for additional documentation, if required for adjustments or corrections identified. If you did not receive a package, please see Ms. Campbell in the counselling area.

### **INTERNATIONAL STUDENTS**

Join Ms. Sidhu for some holiday ornament decorating and hot chocolate at lunch on Thursday, December 8 in room 209. Wooden ornaments will be provided, and some paint will be available, but bringing your own high-quality markers or fine liners might make for a prettier result! There will be enough for up to 49 students. First come first serve!

### **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.

### **PHOTOGRAPHY 11/12 WINTER SHOW**

Come to the study room in the library from Thursday December 8 to Winter Break to see the Photo 11/12 Gallery Exhibit. Featuring digital work from the Photo 11 students, and film/darkroom work done by the Photo 12 students. Don't miss out!

### **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>.

### **WORLD CUP BRACKET CHALLENGE**

The standings for the PMSS World Cup 2022 Bracket Challenge up until Monday's matches are as follows:

Name	Group Stage Points	KO Points	Total Points
S. S.	19	12	31
V. H.	18	12	30
J. X.	19	10	29
J. Wong	17	12	29
E. F.	18	10	28
S. Tam	18	10	28
A. Sarte	17	10	27
J. N.	17	10	27
I. P.	15	12	27
J. Elliott	15	12	27
L. Z.	15	12	27

Y. J.	18	8	26
W. L.	18	8	26
T. Olinyk	16	10	26
J. W.	17	8	25
E. R.	15	10	25
H. Greenwood	15	10	25
M. M.	15	10	25
R. G.	15	10	25
C. Fraser	15	10	25
A. Marrello	13	12	25
E. Roberts	13	12	25
I. H.	13	12	25
J. C.	13	12	25
L. I.	15	10	25

## **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	December 6th	<b>December 7th</b>	December 8th	December 9th
	Wrap an Item (as something not even remotely close) Contest!	<b>Holiday Rap/Song Contest!</b>	Build A Snowperson	Charades Contest!  Deadline for Door Decorating Contest
December 12th	December 13th	<b>December 14th</b>	December 15th	December 16th
Elf on the Shelf Contest! Submit on Instagram  Candy Cane Day!	Wordle Battle Contest!  Submit your guess here: <a href="https://forms.office.com/r/UAi2KDCijj">https://forms.office.com/r/UAi2KDCijj</a>  Iconic Duo Day!	<b>Teacher Vs Students Family Feud Trivia</b> <b>Sign Up here:</b> <a href="https://forms.office.com/r/qmtgxrwPHm">https://forms.office.com/r/qmtgxrwPHm</a>  <b>Last day of the Food Drive</b>  <b>Christmas Grade Character Day!</b>	Christmas Movie @ Lunchtime!  Sign Up here: <a href="https://forms.office.com/r/dj8nS90sur">https://forms.office.com/r/dj8nS90sur</a>  Food Drive Pickup  Announcing the winning class  Anything but a Backpack Day!	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.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
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

- 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 \(sfu.ca\)](#)  
**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 \(sfu.ca\)](#)
- EducationUSA Canada Virtual Showcase – Midwest Wednesday, December 7, 7-9pm ET / 4-6 pm PT** Explore 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)
  - College for Creative Studies (MI)
  - Creighton University (NE)
  - Butler University (IN)
  - College of Saint Benedict + Saint John's University (MN)
  - Hope College (MI)
  - Carleton College (MN)
  - 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 pm 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 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://umontreal.ca)

### General Learning Opportunities

- **22+ Trades Training Programs**, Visit "[TRAIN in Trades](https://sd43.bc.ca)" Programs - School District No. 43 (Coquitlam) ([sd43.bc.ca](https://sd43.bc.ca)) **Contact: Doug MacLean** Career & "TRAIN in Trades" Coordinator 604-341-8977 [dmaclean@sd43.bc.ca](mailto:dmaclean@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](mailto:wie@apsc.ubc.ca) **Register:** [WiE High School Mentorship Program 2022-2023 \(google.com\)](https://www.google.com)

### Volunteer/Employment Opportunities

- **Anmore Elementary School** 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 11<sup>th</sup> **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](mailto: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](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+
- **Port Moody Soccer** is recruiting volunteers to help run their 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 their website: [Adaptive Soccer Program | Port Moody Soccer Club](https://www.portmoodysoccer.com) Or email Teri Shaw, Adaptive Soccer Program Director: [teri.shaw@portmoodysoccer.com](mailto:teri.shaw@portmoodysoccer.com)

## Scholarship / Awards

- **The UBC Centennial Scholars Entrance Award** program assists students who are transitioning to UBC from secondary school or another post-secondary institution. The purpose of the program is to financially support academically qualified students who show an interest in joining and contributing to the UBC community, but who would not be able to attend without significant financial assistance. Through the program, new students can access a variety of one-time and renewable awards of up to \$80,000. For more details, [UBC Centennial Scholars Entrance Awards | UBC Undergraduate Programs and Admissions](#) Completed Entrance Award applications – including the Student Application Form, Description of Circumstance, Reference Form and Parent/Guardian Form (if applicable) – must be received by **December 12 at 10am PST** (deadline extended).

Your UBC admission application must be received by **December 1, 2022**.

UBC will contact the majority of Centennial Scholars Entrance Award recipients by **May 15, 2023**. Only successful award applicants will be contacted.

- **The Terry Fox Humanitarian Award**  
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 9<sup>th</sup>, 2022**. To apply [Terry Fox Humanitarian Award Program \(terryfoxawards.ca\)](#)
- SFU [Cypress Knowledge Forum](#) 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!](#)
- **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

Please join us for our PAC meeting TONIGHT Tuesday December 6<sup>th</sup> at 7pm in the library

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

### Please mark your calendars for upcoming PAC Meetings:

- Tuesday, 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

## 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:**

[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

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