



Port Moody Times

Tuesday
January 10, 2023
Day 1

LOST & FOUND: If any of the following items belong to you, please come to the office to claim.

- Air Pods (3 ^{1/2} sets)
- Compass Card
- Credit Card
- Scientific Calculator ***NEW***

THE NEST IS OPEN!

ATTENTION ALL PMSS STUDENTS! The school store is back with new styles and sizes. Stop by the Nest in the MPR on Monday, Wednesday, and Friday this week before it's all gone!

GRAD '23 GRAD WEAR NOW AVAILABLE

Grad wear is now available to order. The site will be up until January 23 for any grad wear purchases, and items will be delivered approximately 4 weeks later. If there are any questions or concerns, please don't hesitate to reach out to Ms. Nembhard. <https://pmssgrad2023.itemorder.com/shop/>

AFTER GRAD

Grade 12 parents, please join us for our first After Grad meeting Wednesday, January 11, 2023 7pm, in the library. After grad contact Heather Skipworth 604-836-6570

PMSS REACH FOR THE TOP

The PMSS Reach for the Top Trivia Quiz team, is looking for more players! Our club competes with other schools in trivia every 2 weeks. We have with both a Junior (grade 9-10) team and a Senior (grade 11-12) team. The trivia questions include pop music, geography, sciences, history, and literature. Reach for the Top meets at lunch every Wednesday in the Library to practice. If you are knowledgeable and have quick reflexes, then join us in the next meeting on January 11th in the library at lunch See you there.

BLACK EXCELLENCE DAY

Black Excellence Day will be celebrated at PMSS on January 13th. It's a day to celebrate Black stories, and Black people. Please consider wearing black clothing on that day (e.g. sweater, hoodie, pants, top) as a show of support. There will be a virtual event, available to watch in the LLC during Period 2, for those with an off-block.

SKI & SNOWBOARD RACE TEAM RESULTS FROM WHISTLER/BLACKCOMB JAN. 8TH

Congrats to Blake R. who finished 3rd in men's snowboard, Natalie V. who finished 5th in women's ski and Richard M. and Thomas M. who finished 4th and 5th in men's ski. Great day on the mountain by all PMSS competitors!

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>.

PAST YEARBOOKS FOR SALE

Yearbooks from 2018, 2019, 2020, 2021 are on sale for **\$25 CASH ONLY**. Please come by the office to purchase one during lunch or after school.

WORLD CUP BRACKET CHALLENGE

Congratulations to the top 10 finishers of the World Cup Bracket Challenge!

Name	Group Stage Points	KO Points	Total Points
Yukyeom J.	18	44	62
Elias A.	14	46	60
Benjamin Z.	13	46	59
David M.	12	46	58
Raul B.	9	48	57
Sasha C.	9	48	57
Vlad O.	11	46	57
Kobe L.	13	44	57
Sean - Heechan J.	10	46	56

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

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

Discover Year for young person who could benefit from a year of self-discovery and skill development after high school? Join their virtual January Info Session! **When:** Thursday, January 12th** from 7-9pm EST **Where:** Online via Zoom (**Zoom details will be provided after registration**)

Info Sessions are designed for students, parents and educators who are interested in learning more about a structured and purposeful gap year. Register at Information Sessions - Discover Year

EducationUSA Canada Virtual Showcase: Northeast Wednesday, January 18, 2023, 7:00-9:00 pm ET / 4:00-6:00 pm PT. Explore your U.S. university options with EducationUSA! You will get to speak one-on-one with admissions representatives from 7 northeastern United States, representing diverse higher education institutions including research universities, liberal arts colleges, performing arts conservatories, 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. REGISTER HERE

Attending higher education institutions:

- Albertus Magnus College (CT)
- Bates College (ME)
- Bentley University (MA)
- Binghamton University (SUNY)
- Bridgewater State University (MA)
- Franklin & Marshall College (PA)
- New York Film Academy
- New York University
- Penn State University (PA)
- Plymouth State University (NH)
- Rochester Institute of Technology (NY)
- Sacred Heart University (CT)
- State University of New York Potsdam
- Suffolk University (MA)
- The City University of New York, Brooklyn College
- The Julliard School (NY)
- Trinity College (CT)
- University at Buffalo, The State University of New York
- University of Maine
- University of Pennsylvania
- University of Vermont

- Please visit, UBC events to register to virtual UBC Info session for January 10, 11
- Please visit, Attend an Info Session - Faculty of Applied Sciences - Simon Fraser University (sfu.ca) to register to their upcoming info session – Undergraduate Programs. January 11, 26, 2023

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)

General Learning Opportunities

- **22+ Trades Training Programs**, Visit "TRAIN in Trades" Programs - School District No. 43 (Coquitlam) (sd43.bc.ca)
Contact: Doug MacLean Career & "TRAIN in Trades" Coordinator 604-341-8977 dmaclean@sd43.bc.ca
- **University of Alberta University of Alberta** is inviting 20 lucky students to get away to the U of A! Attendees will join them in Edmonton, Alberta's capital city - Canada's largest, northernmost metropolis - where they will discover their breathtaking North Campus, nestled atop the lush North Saskatchewan river valley and just steps away from the iconic Whyte Avenue district. Their adventure will include transportation reimbursement*, accommodations, meals and a jam-packed schedule of events. They will stay in residence, explore state-of-the-art facilities, uncover hidden gems on campus and experience U of A student life first-hand.
Who: 20 Grade 11 Students From Across Canada
When: May 26 - 28, 2023
Where: University of Alberta, Edmonton, Alberta
Students can learn more and apply at uab.ca/getaway. The application deadline is January 31, 2023.

- The in-person **Indigenous Experience UBC** Explore their campus, meet current UBC Indigenous students & other Indigenous high school students, meet staff from UBC programs, food & fun included! **When: February 24, 2023, Who:** Indigenous high school students in Grades 9 through 11 (Grade 12s are also welcome to attend) **Where:** UBC Vancouver Campus.

Volunteer/Employment Opportunities

- **Steam Power** After school program Volunteer Opportunity - Classroom Assistants
The afterschool program (a partnership between DWUL and SD43) winter session starts next week (Jan 9th~13th) for a 8~9 weeks series at several elementary and middle schools. The weekly one-hour program is looking for high school volunteers as classroom assistants.
This volunteering position will be a good opportunity for students who are interested in Science & technology or Fine Arts and will consider pursuing a post secondary education in these fields.
This opportunity would work for Port Moody G11 or G12 students who have block 5 off on Tue-Friday. Or on Mondays.
Previous experience volunteering with younger students is recommended but necessary.
The volunteers will get their volunteer hours certificate.
Mondays: Leigh Elementary, G2 to G5: Coding 2D Games & Animation with Scratch, 2:35pm-3:35pm;
Tuesdays: Panorama Heights Elementary, G2 to G5: Arts & Drawing-Illustrating Northwest Coast Animals, 2:45pm-3:45pm;
Tuesdays: Montgomery Middle, G6 to G8: Intro to Programming with Python, 3:05pm-4:05pm;
Thursdays: Ranch Park Elementary, G2 to G5: Arts & Drawing-Illustrating Northwest Coast Animals, 2:45pm-3:45pm;
Thursdays: Smiling Creek Elementary, G2 to G5: Coding 2D Games & Animation with Scratch, 2:55pm-3:55pm;
Fridays: Baker Drive Elementary, G2 to G5: Discover the Wonders of the Everyday Science, 2:40pm-3:40pm
Contact the SteamPower team by phone/text or email if you are interested.
SteamPower Team *Amanda/Lucie* Tel: 778 868 4498 Email: edusteampower@gmail.com
- **Terry Fox Library - Reading Buddies Volunteers** Looking for teen volunteers! This session runs from January 17 to March 7, and if you are interested, you need a free police information check to participate. Please contact Jessica Smith (Jessica.smith@fvrl.bc.ca) or visit the library to pick up an application form.
- **2023 Vancouver International Children's Festival** is interested in onboarding a few **Key Volunteers (KV's)** right away, who can begin working within your school to recruit and screen more volunteers. **KVs** generally work around 20 hrs in advance of the Festival, and then transition into Crew Captain roles onsite during the Festival. Serving as a KV and/or Crew Captain provides very strong leadership and communications experience, plus being creative and fun. Any Volunteer who completes over 24 hrs of service will receive a personal reference letter from the Festival.
If you are interested, please contact Ms. Rose at jorose@sd43.bc.ca or call 604 939 6656 ex. 3066
- **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
- **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
- **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 Or email Teri Shaw, Adaptive Soccer Program Director:
teri.shaw@portmoodysoccer.com

Scholarship / Awards

- **The Coquitlam Teachers' Association** Awards and Bursaries are available to SD43 students. The deadline to submit applications (other than the Roy Krutow) to the CTA is June 1. For more information and to apply, please visit [Forms & Scholarships - Coquitlam Teachers Association](#).
- **Soroptimist of the Tri-Cities** has bursary opportunities with prospective female students that are graduating this year, that wish to continue their educational studies and an accredited post-secondary institute
 - The **Bea Kelly Volunteer Award** purpose is to simultaneously recognize amazing young women who volunteer in our community and to help offset some of the costs of a post-secondary education for their award winners.

Deadline Jan 15th, 2023. To apply: [pdf Bea Kelly Award Application.pdf](#)
 - The **Spread Your Wings Award** Sponsored by Soroptimist Nancy McCurrach, this award is meant to support female immigrants or refugees who have arrived in BC in the last 5 years. You must be enrolled in or have been accepted to a vocational/skills training program or undergraduate degree program.

Applications must be received by Jan 15th, 2023.

To apply: [pdf spread-her-wings-award-2021-2022.pdf](#)

For more information on both awards please go to their website, <https://soroptimisttricitie.org/our-programs/live-your-dream-awards-programs/>
- **TD SCHOLARSHIP FOR INDIGENOUS PEOPLES.** Students from Indigenous communities could receive up to \$60,000¹ towards college or university! TD understands that students from First Nation, Métis and Inuit communities face unique challenges and systemic barriers that can make getting a post-secondary education difficult.
That's why TD worked with **AFOA Canada**, a not-for-profit led by Indigenous Peoples, to create a scholarship to help meet the unique needs of students from the Indigenous community. Submission deadline is **January 16, 2023.** For more information visit, [TD Scholarship for Indigenous Peoples](#)

- **THE TEAL CHARITABLE REFUGEE AWARDS** The TEAL Charitable Foundation (TCF) was established by BC TEAL in 1986 and is registered as a charitable organization with Revenue Canada. TCF's charitable status enables it to engage in fundraising activities to support its mandate. The TEAL Charitable Foundation's mandate is to support the teaching and learning of English as an additional language. Each year, the TCF presents twelve awards valued at \$35,500 each year.. The awards are funded through interest accrued from the TCF endowment which is administrated by the Vancouver Foundation. **The application deadline for the TCF Refugee Award is January 31st of each year.** For more information visit, [TCF Awards for Students – TEAL Charitable Foundation](#)
- **THE BC EXCELLENCE SCHOLARSHIP** is awarded to 55 well-rounded high school graduates who have demonstrated service and leadership, both at school and in their communities, and who show aptitude for and commitment to their chosen career or area of post-secondary study. Successful recipients are awarded a \$5,000 scholarship voucher from the Ministry of Education and Child Care that they can use to be reimbursed for tuition paid after they are attending a post-secondary institution that is designated by the Province of B.C. (i.e., approved for Canada Student Loans) or a program provider that is [approved by the Industry Training Authority](#). PMSS will nominate one student. To be considered for nomination, submit a BC Excellence Scholarship Nomination Application to Ms. Campbell at cicampbell@sd43.bc.ca or Ms. Rose at jorose@sd43.bc.ca by Friday, Jan. 13, 2023, at 3pm.
- **CMOLIK FOUNDATION SUPPORTING SCHOLARS**
Every year, they award up to 20 scholarships, each one a maximum of \$40,000 paid over five years of study, to students graduating from BC high schools. Scholarship recipients have faced adversity but have responded with positivity and tenacity, achieving academic and social goals. With hard work and support, their post-secondary dreams can become a reality. For more information visit, [The Cmolik Foundation | Undergraduate](#)
Applications are due February 7th of each year for post-secondary enrolment beginning in September of that year
- **COQUITLAM FOUNDATION SCHOLARSHIP AND BURSARY**
Primarily distributed to graduating high school students who are in need of financial support, adult learners are also welcomed to apply to continue their post-secondary education. Visit [Bursaries \(coquitlamfoundation.com\)](#) for more details. Application is open from December 1st to March 31st [Coquitlam Foundation Scholarship and Bursary Application \(airtable.com\)](#)
Since there are multiple bursaries and scholarships to choose from, applicants can apply to any or all that they are eligible for. However, only one scholarship/bursary will be awarded per applicant.
- **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](#)
- **BEEDIE LUMINARIES SCHOLARSHIP PROGRAM** accepting 2023 Applications 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!](#)
- 2023 Horatio Alger Association of Canada Scholarship. Scholarships of up to \$10,000 are awarded to full-time students grade 11 high school students with financial need (family income under \$65,000) who have demonstrated integrity and perseverance in overcoming adversity, a commitment to pursue a post-secondary education, a desire to contribute to society, and a good academic record. To [apply](#). For more scholarship opportunities visit, [About Our Scholarship Programs - Horatio Alger Association Canada](#). Deadline March 15th, 2023
- The TEAL Charitable Refugee Awards. The TEAL Charitable Foundation (TCF) was established by BC TEAL in 1986 and is registered as a charitable organization with Revenue Canada. TCF's charitable status enables it to engage in fundraising activities to support its mandate. The TEAL Charitable Foundation's mandate is to support the teaching and learning of English as an additional language. Each year, the TCF presents twelve awards valued at \$35,500 each year. The awards are funded through interest accrued from the TCF endowment which is administrated by the Vancouver Foundation. For more information, visit [TCF Awards for Students – TEAL Charitable Foundation](#)

PARENTS

Please join us for our PAC meeting TONIGHT Tuesday January 10th 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, 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

TOPICIS 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.

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

WHEN: Thursdays from 7pm to 8pm

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'intheknow'

Connect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

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.

Self Harm: There is Always Help, There is Always Hope

Learn with us! Hear Kim Lelfso a clinical counsellor and Ciara, a young person with lived experience; talk about what they know and have experienced with self-harm.

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

Cost: Free of Charge

Date(s):

Monday January 9, 2023 12-130pm (PST)

Thursday January 12, 2023 5-630pm (PST)

Tuesday January 17, 2023 630-8pm (PST)

Monday January 23, 2023 630-8pm (PST)

Wednesday January 25, 2023 930-11am (PST)

Registration required:

www.familysmart.ca/events



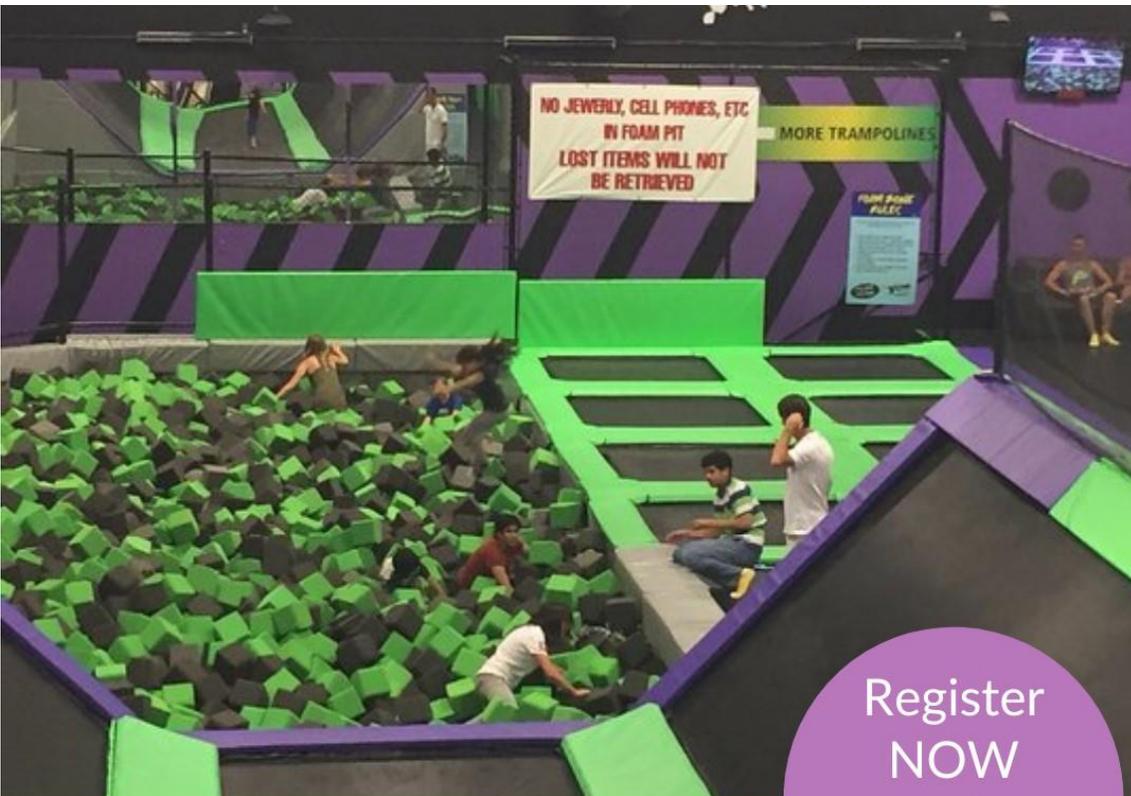
Winter Recreation for Youth

Register
TODAY!



portmoody.ca/signmeup | 604.469.4556

PORT MOODY
CITY OF THE ARTS



Register
NOW
for youth ages
11-18 years

RAD Night Extreme Air Park

portmoody.ca/signmeup | 604.469.4556

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