



Port Moody Times

Tuesday
January 31, 2023
Day 2

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

- Air Pods
- Compass Card
- Credit Card
- Glasses
- Scientific Calculator
- Ear Buds (in black case from Rm 309) since beg. of semester 1

PINK SHIRT PICK UP: If you have ordered a pink shirt, please come by the office during lunch or after school to pick up.

Semester Two – First Week Dates to Note:

Tuesday, January 31st

(Day 2) – Assembly Schedule

Block 1 8:30-9:30

Assembly 9:35-10:45 (students first report to Block 2 class)

Block 2 10:50-11:45

Block 3 11:55-12:50

Period 4 12:55-1:55

Period 5 2:00-3:05

Friday, February 3rd

District cross catchment application forms available starting @ 9AM

Information available [HERE](#)

COMMENCEMENT MESSAGES

Gr. 12's, it's time to submit your message that will be read during the commencement ceremony June 17th. Please use the Forms link to complete. Submissions must be made by February 23rd. If there are any questions or concerns, please reach out to Ms. Nembhard. <https://forms.office.com/r/VjX24UiKqp>

COMMENCEMENT GOWN ORDERS

Gr. 12 graduating students are asked to please complete this quick form to determine their size for Graduation gowns. The deadline to complete the form is February 23rd. Students will keep their gown after the graduation ceremony, scheduled for June 17th at the Orpheum theatre. <https://forms.office.com/r/96fBt0qhGZ>. If there are any questions, please contact Denise Nembhard, Vice Principal.

SOAR LEADERSHIP PROGRAM

Grade 10 students interested in signing up to be SOAR Leaders for next year can pick up an application form from the door to the Biology Office (Room 3003) between Rooms 323 and 324. You just have 2 PMSS staff recommend you and have a parent signature on the form. Forms must be returned to Ms. Tsui in Room 323 by Friday, February 10th at 3:30pm.

VALENTINES CANDYGRAM

Hi PMSS! Spend February with Student Council this year by ordering a Valentines Candygram for a friend, a teacher, or a special someone! There is a limit of one order per person, and the candygrams will consist of a personalized message and some candy! The deadline to order is February 10th!

Form for your order: <https://forms.office.com/r/HWpdecTpxh>

HOCKEY TEAM

Any hockey players interested in joining the Blues Ice Hockey team, please meet Wednesday February 1st at the start of lunch in the small gym.

RUGBY

Anyone interested in playing rugby this spring? Please come to a short meeting at lunch on Thursday February 2nd in Fraser's room (310)

AFTER GRAD

Calling all Grade 12 Parents, our next After Grad meeting will be held Wednesday, February 1, 2023, 7pm in the library.

AFTER GRAD FUNDRAISING

Dear Parents: AfterGrad 2023 planning and fundraising is under way. Please consider supporting one or more of the following fundraisers. Join the committee and be a part of the planning, volunteers are what makes this night happen "many hands make less work". Contact Heather Skipworth for more info: 604 836 6570 skippys@shaw.ca

FUNDRAISERS:

PORT MOODY LIQUOR STORE:

Ongoing, runs all year. When making a purchase at the Port Moody Liquor Store simply mention that you would like to support PMSS After Grad (**BEFORE PAYING**) and they will return a 5% percent of the sales. The store is located at #4 – 2929 St. Johns Street (same strip mall as the 7-Eleven)

RETURN-IT (Any location) :

Ongoing, runs all year. We have an active account and you may return your bottles to any Return-It Depot in 4 easy steps.

1. Bring your unsorted containers in a sealed, clear or transparent bag to any Express site Kiosk (Max 12 glass bottles per bag to prevent breakage)(Brands like Glad, Western Family, Life, Safeway, No Name and HDX all work with the Express system.
2. Punch the schools phone number 604 939 6656 into the Kiosk to access our account "Port Moody Secondary After Grad" and print 1 label for each bag you are returning.
3. Tag the bags and then scan each label using scanner at kiosk
4. Place tagged and scanned bags in bins in the back

ME and ED'S PIZZA NIGHTS:

Order dinner at either the Coquitlam 604 931 2468 or Port Coquitlam 604 942 1200 location and mention Port Moody Secondary AfterGrad for us to receive 20% of the sales. (dine in, take out or delivery) Our first pizza night is March 8, 2023.

With appreciation,
PMSS After Grad Committee

PORT MOODY POLICE DEPARTMENT – INTRODUCTION TO POLICING

The Port Moody Police Department is hosting a **FREE** program for local youth currently enrolled in Grades 11 & 12. The program is designed to give youth an understanding of policing as a career and will allow students to earn volunteer credits (30 hours) they can apply towards their graduation. The program will take place out of the Port Moody Police Department headquarters located at 3051 St Johns Street.

Interested students can gain more information and a registration form from the main office.

Applications are due end of day February 28th, 2023

PROGRAMMING FOR 2023 – 2024:

Grade 9, 10, 11 Students will complete programming through the MyEd Portal. Counsellors & the IB Coordinator will be review the process with each grade during separate programming presentations during FLEX. Attend the presentation for your grade & program on the appropriate day & place. These information sessions are mandatory.

Current grade 9s: Tuesday, February 7, Small Gym, during FLEX--8:30

Current grade 10s: Wednesday, February 8, Small Gym, during FLEX--8:30

Current grade 11s: Thursday, February 9, Small Gym, during FLEX--8:30

Current grade 9 **Pre-diploma IB**: Tuesday, February 7, DRAMA Room, during FLEX--8:30

Current grade 10 **Pre-Diploma IB**: Wednesday, February 8, DRAMA room, during FLEX--8:30

*Note that Current Grade 11 **Diploma IB** Programming will be completed in CORE.

PARENT PROGRAMMING EVENING FEBRUARY 7TH:

Future IB 10 – 12 & Future Grade 9 – 12 Parents are invited to Port Moody Secondary between **6 – 7 pm**. Counsellors and the IB Coordinator will be presenting the programming process and share an overview of the programs.

THE MATH COMPETITION CLUB

The Math Competition Club is offering the Pascal, Cayley, and Fermat contests this February! Students in Grade 9 are eligible to write the Pascal Contest. Students in Grade 10 or below are eligible to write the Cayley Contest. Students in Grade 11 or below are eligible to write the Fermat Contest.

Registration deadline: Tuesday, January 31st at 11:59 pm

Contest date: Wednesday, February 22rd, 3:30 - 4:30 pm in room 220

Price: \$6.50

Register here: <https://forms.office.com/r/HjSQGxggC>

If you haven't joined the Math Competition Club, sign up now at <https://forms.office.com/r/dE2LuvbEPe> for exclusive contest updates and information.

For more information about the contests, visit <https://www.cemc.uwaterloo.ca/contests/pcf.html>

For any questions, feel free to email pmssmcc@sd43bcc.onmicrosoft.com!

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.

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

***NEW* Trevor Linden Community Spirit Scholarship** rewards students who have demonstrated outstanding leadership abilities and exemplary contributions and commitment to enriching the lives of others in the community. The Trevor Linden Community Spirit Scholarship recognizes four student leaders in the province of British Columbia who are entering their first year of post secondary education. Submit application by May 1st 2023 5:00pm. To apply and for more information please visit [Trevor Linden Community Spirit Scholarship | Vancouver Canucks \(nhl.com\)](https://www.nhl.com/trevor-linden-community-spirit-scholarship)

***NEW* Export Development Canada (EDC)** As part of our Youth Education Program, EDC provides up to 20 scholarships a year to international business post-secondary students at Canadian universities and colleges, and 7 scholarships to post-secondary students representing the next generation of community champions from a diversity of backgrounds. Each scholarship is worth \$5,000. Applications are now open for the 2023/2024 academic year. The deadline for applying is February 28, 2023. To apply and for more information visit [Scholarships | EDC](https://www.edc.ca/en/education/scholarships) **More information about BCIT Entrance Awards and the application forms can be found at bcit.ca/financial-aid.**

Upcoming UBC Engineering Events in 2023 Visit, [Upcoming events to share with your students \(engage.com\)](https://www.engage.ubc.ca/events). The following virtual and in-person events with any of your students that might be interested in learning how they can change the world and make a positive impact as future engineers.

The **Berkeley Changemaker** pre-college track offers international and domestic high school students the opportunity to live on campus and enjoy the summer at Berkeley. The goal of the Berkeley Changemaker pre-college experience is to inspire students to think more entrepreneurially and critically to impact positive change, no matter where their aspirations may lead them! In addition to a sound curriculum, students will also have the opportunity to participate in social activities, scavenger hunts and local excursions while building an amazing network of friends and colleagues from around the world. For more details see [UC Berkeley Changemaker Pre-College Flyer](https://www.berkeley.edu/uc-berkeley-changemaker-pre-college-flyer)

U of A Getaway. U of A are inviting 20 lucky Grade 11 students to get away to the U of A! Their adventure will include transportation reimbursement (up to a maximum based on location), 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. Students can learn more and apply at uab.ca/getaway before **January 31, 2023**.

The University of the Fraser Valley upcoming events for students who might be interested in attending:

- February 7th 6-7 PM: [UFV Entrance Scholarship Information Session](#) (online)
- March 3rd: School of Business Sustainable Development Goals LAB event (in person) (register by February 27th)
- Wednesdays 3:30-4 PM: [How to Apply and Get to Know UFV webinars](#) (online)

University of Fraser Valley invite students to join in Graphic and Digital Design (GDD) at UFV to learn more about studying, working, and learning in a fast-growing, innovative industry. Their design programs prepare students for creative careers with a professional foundation in communication design, brand identity, interactive design and dynamic media. They have many ways for students to invest in a dynamic, creative education: a 2-year full-time foundational diploma, a full-time or part-time BFA degree with a major in Graphic and Digital Design, and Minor and Extended Minor options paired with other programs.

Graphic + Digital Design, Info Night and Portfolio Review (in-person)

Tuesday, February 7 6:00 pm to 8:30 pm on UFV's Abbotsford Campus

Register at [UFV GDD Portfolio and Info Night - February Tickets, Tue, Feb 7, 2023 at 6:00 PM | Eventbrite](#)

- Learn about careers in the creative industry and meet alumni
- Hear from graphic design students, faculty, and advisors
- Encourage your students to bring their portfolios to receive constructive feedback

KPU Future Business Leaders: Feb 8th their Future Business Leaders' Conference is a great initiative for any of your students who may be interested in Business programs in the future. Students have a great opportunity to win prizes and network with other local high school students. [Please click here for more information](#). **Virtual Viewbook: KPU Viewbook 2023-2024 by kwantlenu - Issuu**

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

Youth Ambassadors Program 2023 applications. [The Youth Ambassadors Program with Canada](#) is a fully funded, 3-week exchange program to the United States, including a community homestay and visit to Washington, D.C. The U.S. Department of State provides funding and World Learning implements the exchange in partnership with the U.S. Embassy and Consulates in Canada.

This year's program runs from **July 24, 2023, to August 1, 2023**.

During the exchange, students (ages 15-18) will participate in activities that develop their leadership skills and explore themes of social inclusion. When they return home, they will implement a community service project under the guidance of the adult mentors and Youth Ambassadors Program staff.

The Youth Ambassadors Program particularly strives to ensure a diverse representation of Canada, including students from underrepresented groups, Indigenous Canadians, and new Canadians. **The program also seeks to select students who have limited travel experience to the United States.**

They also select two adult mentors to help guide the youth throughout the program. For adult mentors, this program is an opportunity for professional development. They will hone their own leadership and mentorship skills while benefitting from the cultural exchange. Adult mentors must demonstrate recent or current experience working with youth.

Applications for the Youth Ambassadors Program open on January 25, 2023, and close on **March 1, 2023**. For more details, click following flyers:

- [Youth flyer](#)
- [Frequently asked questions](#)
- [Mentor flyer](#)

Green Bricks is very pleased to offer to grade 9-12 students FREE participation in the annual [Green Collar Futures Career Conference](#) on **Saturday February 11, 2023** held virtually via Zoom this year. Space is VERY LIMITED so students MUST be registered by February 8, 2023 (or earlier as spaces will fill up) to attend this event. Explore your options at this **FREE green collar career conference** for secondary students on **Saturday February 11, 2023 from 9:00 - 2:30** held virtually this year. The workshop will conclude with a wrap-up session and a chance for the participants to win prizes, **including a \$500 scholarship**. You must be registered to attend. [Register early as space is very limited](#).

The **University of Calgary club** Schulich Ignite offers free coding workshops to students in grades 10-12. Schulich Ignite's mission is to ignite a passion for coding in youth by presenting it to them in a fun and interactive environment. Here's a short 1-minute video outlining the workshops: <https://youtu.be/L3TXTqKXAXY>

Students can sign up for the program by filling out the survey with the following link:

<https://forms.gle/S6CYjc17ffTr1VPR9>

More details on program dates and times visit www.schulichignite.com.

SFU Upcoming STEM workshops & events

Game Design and Dev - Spring 2023

Date: Feb 4, Feb 11, Feb 25, Mar 4, Mar 11, Mar 18, Mar 25, and Apr 1 (all Saturdays)

Time: 10-11:30 am

Delivery: Online via Zoom

Grade: 8-11

Cost: Free

Sign-up link: <http://websurvey.sfu.ca/survey/439714738>

[Children First Canada](#) is a national charity with the bold and ambitious vision that together we can make Canada the best place in the world for kids to grow up. Registration is open for youth ages **12-18 years old** from all over Canada to join this **FREE** virtual event happening **February 25-26**. Registration is required. This youth-led Advocacy Summit provides **two days** of inspiration and peer-to-peer training for **up to 400 youth across Canada**. Youth will develop advocacy plans and strengthen their skills to make a social impact on issues like climate change, mental health, reconciliation, and much more. The Advocacy Summit culminates in a "Dragon's Den" style pitch for the chance to win resources to support their campaign for social impact. For more details, [Advocacy Summit: February 25-26, 2023 - Children First Canada](#)

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.

Volunteer/Employment Opportunities

***NEW* SteamPower** – After school program volunteer opportunity. Banting Middle has a 6 week session "Video Editing" after school program starting this Thursday February 2nd. Looking for G11 or G12 students' volunteers to help in the classroom. The volunteer should be familiar with Adobe Pro for video editing. Please 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

Coquitlam RCMP Spring Volunteer Recruitment. Everyone is invited to the Coquitlam RCMP volunteer information session! Occurring in-person on **Feb 8 at 7 p.m. in the Port Coquitlam Community Centre - JB Room on the Second Floor**. Register here: <https://www.eventbrite.ca/e/506622661017> Presentations on the following programs:

- Port Coquitlam & Coquitlam Community Police Stations
 - Internal: Front Counter
 - External: Bike Patrol, Foot Patrol, Cell Watch, Graffiti Removal, Special Events, and more!
- Citizens' Crime Watch
- Block Watch
- Speed Watch

The presentations will include the explanation of the role, the time commitment, police clearance requirements, benefits, and there will be a Q&A period as well. The minimum age accepted, for some programs, is **16 years of age**. Applications are **due on February 22nd** for the spring recruitment. They will recruit again in the summer and fall. Find out more on the RCMP and City websites: Coquitlam.rcmp.ca, Coquitlam.ca or portcoquitlam.ca

Mathnasium of Tri-Cities is now hiring math instructors and confidence builders! They are looking for passionate individuals who seek flexible working hours. Great opportunity for graduating students. Please see [flyer](#) for more information. Students can send their resume and a cover letter explaining their interest, to tri-cities@mathnasium.ca

Royal Canadian Navy is inviting Gr 10-12 students to attend the Royal Canadian Job Fair, which will take place on **5 February 2023**, at His Majesty's Canadian Ship Discovery, 1200 Stanley Park Drive, Vancouver, BC. Please see attached [poster](#) with QR code for additional information.

Westwood Plateau Golf & Country Hiring Fair on February 25 and 26 (Saturday and Sunday) from 10 AM to 3 PM. Different positions for the following departments below will be open for the golf season this year which will take place starting April to October. Turf Care Department, Kitchen, Golf Operations, Restaurant, Banquets/Events



Scan the QR code for registration



Scan the QR code to see staff parties!

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

Scholarship / Awards

BCIT is pleased to announce that the following Entrance Awards are available to students who are planning to attend our institute starting *May 1, 2023 to April 30, 2024*.

- Up to 25 BCIT President's Entrance Awards, available only to current High School students
 - Valued up to \$4,000 each.
 - **Deadline: April 15, 2023**
- Over 100 additional BCIT Entrance Awards
 - Some valued up to \$18,000 each.
 - **Deadlines: April 15 and/or October 1, 2023**

More information about BCIT Entrance Awards and the application forms can be found at bcit.ca/financial-aid.

BCIT PATHWAY TO SUCCESS AWARDS Description BCIT Pathway to Success Awards are for students planning to enter into a full-time first year technology, technical studies or trade program (excluding Apprenticeship) directly from high school. The intent of these awards is to recognize students who are well-rounded citizens, who have displayed leadership qualities, and have demonstrated that they are willing to work hard to achieve their goals. Commitment and drive are as important as formal academic standing. Value Up to six awards at \$3,000 each. To apply and for more information click [Pathway to Success Awards Form](#)

EDC Indigenous Community Leader Scholarship. The EDC Indigenous Community Leader Scholarship is for an Indigenous student (First Nations status or non-status, Métis, or Inuit) pursuing studies at a Canadian college, university, or cégep. As part of our Youth Education Program, **Export Development Canada** provides up to 20 scholarships a year to international business post-secondary students at Canadian universities and colleges, and 7 scholarships to post-secondary students representing the next generation of community champions from a diversity of backgrounds. Each scholarship is worth \$5,000. Applications are now open for the 2023/2024 academic year. To apply, https://studentawards.com/scholarships/edc-indigenous-community-leader-scholarship/?mc_cid=c93247b32f&mc_eid=1e83f875c3

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](#).

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.

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 administered by the Vancouver Foundation. For more information, visit [TCF Awards for Students – TEAL Charitable Foundation](#)

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, February 7th at 7pm
- Tuesday, April 4th at 7pm
- Tuesday, May 2nd at 7pm
- Tuesday, June 6th at 7pm

COMMUNITY

On **February 6th from 6:30-8:30**, YMCA's Youth Cannabis Awareness Program is hosting a Zoom Webinar called "Talking With Youth About Cannabis." This webinar is available for adults involved in youths' lives.

"This webinar offers suggestions for parents, guardians, teachers or care providers in order to help guide discussions with youth in their lives about cannabis use, while sharing of resources available for youth support. Research suggests that lecturing and use of scare tactics is less effective at preventing youth from using substances, and can increase stigma surrounding these subjects. Instead, this presentation will provide participants with ideas on how to frame more open, youth-friendly and honest conversations with a focus on positive youth development."

"The Youth Cannabis Awareness Program (YCAP) offers free programming to youth aged 12 to 24, as well as adults (parents/guardians and professionals) involved in the lives of youth." If you would like to see other workshops provided by YMCA's Youth Cannabis Awareness Program, or other resources specific to youth and cannabis, please visit their website here: <https://youthcannabisawareness.ymcagta.org/>

No registration is required, just enter the zoom link on February 6th for a 6:30 start.

Topic: Talking with Youth About Cannabis

Time: Feb 6, 2023 06:30 PM

Join Zoom Meeting

<https://ymcagta-org.zoom.us/j/91394124208>

Meeting ID: 913 9412 4208

Passcode: q1xLi?!X!k

One tap mobile

+16475580588,,91394124208#,,,,*1014639741# Canada

+17789072071,,91394124208#,,,,*1014639741# Canada

Dial by your location

+1 647 558 0588 Canada

+1 778 907 2071 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 613 209 3054 Canada

+1 647 374 4685 Canada

Meeting ID: 913 9412 4208

Passcode: 1014639741

Find your local number: <https://ymcagta-org.zoom.us/u/acUCgRmFZ7>

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

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

TRI-CITY MINOR BALL HOCKEY ASSOCIATION

Registration Link

Online Registration is Now Open for the 2023 Season.

We also have a contest if you're able to send that out as well.

TCMBHA Contest: \$50 off your Registration Fee, how to participate:

1. Like & Subscribe to our Social Media accounts - YouTube, Facebook, Instagram & Twitter
2. Like our Registration Post & Tag a Friend (extra entries for additional tags)
3. Share our Registration Post, Tag Us & don't forget to use #TCMBHA & #TriCityBallHockey
One Entry per Social Media Platform, links are below. Winner will be picked before the season starts!



Tri-City Minor Ball Hockey Association

Online Registration

Now Open for Returning & New Players

TCMBHA.com

Follow Us

#TCMBHA



#TriCityBallHockey

POMO ARTS



CREATIVE SKILLS. FOR LIFE.

Art classes like watercolours or drawing with graphite, pencil crayons, ink or mixed media? How about drawing faces? Creating handmade books? Ever wanted to try working with clay?

Our youth classes range from beginner focused introductory classes to more advanced levels for teens who are serious about improving their skills.

Scan Here



to see what
we offer!

We are a non-profit based in Port Moody, and a cultural hub for arts and education in our vibrant city.

We are a 10 min walk from Port Moody Secondary School!

pomoarts.ca | 2425 St Johns St | Port Moody