



# Port Moody Times

Thursday  
October 12, 2023  
Day 2

## **STUDENTS ID CARDS**

Please come to the office for your Go Gard / Student ID (*taken at the beginning of Sept*) at lunch or after school.

## **STUDENT PHOTOS**

If you have purchased photos packages (*taken at the beginning of Sept*), please come by the office during lunch or after school to pick up.

## **LANGUAGE CHALLENGE EXAMS 2024**

Delta School District is again offering Language Challenge Exams for students fluent in a (selected) language other than English. The exams are held in Delta. Posters are up around the school with Delta School District's website - where you can access more information as well as the online application form. For further information go to their website <https://www.deltasd.bc.ca/schools/secondary/challenge-exams/> or contact your counsellor: Cindy Campbell (A-Kim), John Gibney (Kin-Neb) or Asia Sidhu (Nec-Z)

1. The deadline for applications to the 2023/2024 Language Challenge Exams is **November 3, 2023**.
2. Exams will take place on Saturday, **January 27th** and Sunday, **January 28th**, 2024. Your exam will take around three hours – you will be informed whether your exam is scheduled for the morning or afternoon.
3. In the Challenge Exam Application Package, **Page 9 is to be filled out online before you print** the package. You will see the highlighted areas and drop boxes where you should type.
4. Confirmation emails will be sent out by **December 15, 2023**.

## **Grade 9—Take Our Kids to Work**

We are pleased to participate again Take our Kids to Work™ **Wednesday, November 1**. Take Our Kids to Work™ is an annual national program in which Grade 9 students are hosted by parents/guardians, friends, relatives, and volunteers at workplaces across the country every November. The program supports career development by helping students connect school, the world of work, and their own futures. Grade 9 students will not attend school on this day; their day will consist entirely of being at a work site (those who work remotely are also encouraged to participate in the day). Students will share their learning through a follow-up activity later in the week. Please check your Grade 9 student's SchoolCashOnline account, complete the consent form, and submit by Monday, October 23, so that the absence can be excused.

If you have any questions, please reach out to Ms. Denise Nembhard, Vice Principal: [dneembhard@sd43.bc.ca](mailto:dneembhard@sd43.bc.ca)

## **TOKYO DURING SPRING BREAK 2025!**

Grades 9,10 and 11 are welcome to the meeting today at lunch in room 106 for more information!  
This trip is open for anyone in our school. You don't have to be in the Robotics club to join.

## **APPLE FUNDRAISER**

Please help support our Athletics program by purchasing some farm fresh Okanagan apples from SunOka Fruit Farms in Summerland.

Here's how easy it is:

1. Follow this link <https://fundraising.sunokafruit.com/s/portmoodysecondary>
2. Click the "Purchase apples for myself" button.
3. Click "Buy Now" button.
4. Select the variety and how many boxes you would like.
5. Proceed to payment page.

Every purchase is tracked by the fundraiser organizer, and all the orders will be delivered to Port Moody Secondary once shortly after the end date of the campaign (October 17<sup>th</sup>).

Each 10 lb box of apples is approximately 16-24 apples.

The Port Moody Athletics Department appreciate all the support for our programs!

## **FASHION SHOW**

PMSS will be having a Fashion Show in the big gym on October 17th, brought to you by the Nest. Watch your favorite teachers strut the runway! It's free. It's at lunch. Just check it out.

## **SWIM TEAM**

Congratulations to the entire PMSS swim team! We had some outstanding swims. Michelle L. broke the district record for 50 Fly and finished 1<sup>st</sup> 50 Backstroke, Jenny W. 4<sup>th</sup> 50 Breaststroke, Scott H. 4<sup>th</sup> 50 Backstroke and 6<sup>th</sup> 50 Fly, Richard L. 6<sup>th</sup> 50 Freestyle, Brian Z. 6<sup>th</sup> 50 Breaststroke. Way to go team!!!

## **HOMEWORK CLUB**



Do you struggle to get your homework done? Would you benefit from one-on-one help? If so, Homework Club might be for you!

Location: Room 203  
Days: Tuesday & Thursday  
Time: 3:15 - 4:15 pm



Everyone is welcome!

## **PROGRAMMING CLUB:**

Competitive programming and contest writing continues for another school year. This year we are running two meetings, one for those that are less experienced, as well as a separate meeting for more experienced programmers. All are welcome, short meeting Tuesday at lunch in room 214.

## **APPLIED TECHNOLOGIES CLUB:**

First meeting on Monday, October 16 at lunch in room 214.

## **ROBOTICS CLUB:**

We are past membership capacity, thank you for everyone that has shown interest! Fees can be paid on School Cash Online this week. Build teams continue Wednesday after school in room 214, team meeting Friday at lunch in 214.

## **GSA:**

First meeting on Wednesday at lunch in room 214. See you there!

## **MATH COMPETITION CLUB**

Hi PMSS!

The Math Competition Club is back with another contest for the new school year!

This October, we're offering the Canadian Open Mathematics Challenge (COMC), an amazing opportunity to refresh your math skills and find out what you're capable of. Although all grades are welcome to register, this contest is difficult, so we recommend those with Grade 11/12 content knowledge to take this contest.

The COMC is a 2.5 hour long contest that comprises 12 written questions.

Registration deadline: Sunday, October 8th at 11:59pm

Contest details: Thursday, October 26th from 3:15 - 6:00 in room 220

Price: \$37.00

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

Note: The COMC will be available free of charge for students who identify as Black or Indigenous. This wonderful initiative is headed by the Canadian Mathematical Society (CMS), who strives towards creating a more inclusive mathematical community. If this applies to you, please indicate so on the registration form. For more information, visit <https://cms.math.ca/competitions/inclusion-initiative/>

Two years ago, PMSS won **1st place** in BC for the COMC (find our plaque in the display case in front of the math office!) and we're eager to reclaim our title.

We encourage everyone to participate, so don't miss this incredible opportunity!

For any questions, please email [088-wluo@sd43.bc.ca](mailto:088-wluo@sd43.bc.ca)

If you are interested in joining the Math Competition Club, please fill out this form: <https://forms.office.com/r/j9GuMmr887>

Join our club on Microsoft Teams to receive more information about future

contests: <https://teams.microsoft.com/l/team/19%3a0Q4iDgQnbrfjMLUZf-RTd7MGQFVhzCtTQsghW2i8v-s1%40thread.tacv2/conversations?groupId=4ff6b853-e407-4a79-ad0a-96ef07a5a938&tenantId=d9658cef-0292-4252-9925-6442de24a44b>

## REMINDERS WHEN USING THE BUS

As Translink is back to regular levels of service, please keep the following in mind when you are taking public transit:

- Be mindful of where you are standing when the bus is coming to a stop. Moving away from the curb allows the driver to pull in safely.
- Remember that other students want to get on the bus. Pushing your way to the front of the line makes everything slower for everyone.
- With construction, the bus stop locations have changed. Check the signs or your app carefully to make sure that you're at the right bus stop.
- Other bus riders may not want to hear your conversation—keep the volume down.
- You might miss the bus, or it might be full. Another one will be along soon.
- If you see something unusual when you're on public transit, report it to a uniformed attendant, or text 87.77.77

We all need to work together to make a transit system that it safe for everyone!

## ONGOING

**PARENT FORMS & STUDENT FEES:** School District 43 uses the KEV School Cash Online for both fee statements and District Policies forms. Relevant fees have been uploaded with email notifications.

**STUDENT PARKING PASS:** If you will be parking in the lower parking lot, please come to the office during lunch or before/ after school to pick up a Parking Registration form.

### **GR. 12 OFF-BLOCK STICKERS**

Gr. 12 students who need an off-block sticker can pick them up at lunch or after school at the office. Please bring your Go-Card and a copy of your schedule.

**PMSS TIMES:** 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 outside the Library Learning Commons.

## **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. **Join the Port Moody Secondary Career center TEAMS page! Code to join: 46n1w80 or e-mail Ms. Rose**

For Grade 12, [PMSS Big Picture book 2023 2024.pdf](#) Focus on the BIG PICTURE for the Graduates of 2024 – a guide for your Grade 12 Year – Overview of the Year Ahead.

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

Post-Secondary Info Session Scheduled Visit , [2023-2024 Post-Secondary Info Session Schedule.docx](#)

|                                       |  |            |
|---------------------------------------|--|------------|
| <b>Simon Fraser University</b>        | October 16 <sup>th</sup> 2:00pm – 2:45pm   | Drama Room |
| <b>SFU Beedie School of Business</b>  | October 18 <sup>th</sup> 11:35am – 12:25pm | Drama Room |
| <b>Ivey School Western University</b> | October 19 <sup>th</sup> 11:35am – 12:25pm | Drama Room |
| <b>Post-Secondary BC Mini Fair</b>    | November 2 <sup>nd</sup> 12:15pm – 1:45pm  | Small Gym  |

**Join this year for BC's largest hands-on trade event for youth. Trades Expo** brings together employers, training providers, and the trades all under one roof. Trades Expo's provide youth with an opportunity to explore the Trades. There are hands on opportunities, there are employers looking to hire graduates and there are training providers looking to register youth for training programs. Tradespeople are ready to answer questions and engage with youth. When: **October 18-19,2023.** To register and for more information visit, [Trades Expo 2023 - Event Registration Tickets, Multiple Dates | Eventbrite](#)

**SFU Lecture Series – 20 October 2023.** Come and explore Faculty of Applied Science at SFU by attending a lecture with university students and taking a tour of the campus. This event is open to students in grades 10-12. Participants can expect to attend a university lecture, learn more about programs at SFU, take part in a student-led campus tour, and enjoy a complimentary lunch! Spaces are available on a first-come, first serve basis. Your attendance will be confirmed via email. See further conditions and notifications below. Register today: [Upcoming Events - Faculty of Applied Sciences - Simon Fraser University \(sfu.ca\)](#)

**\*NEW\* UFV Open House event on October 21 (between 10 am and 2 pm)** at the **Abbotsford campus Athletic and Recreation Centre.** This event will be an informative, fun-filled day where students can experience what UFV has to offer, whether they've already applied to UFV or are still exploring options. **Who can attend :** prospective students and their supporters, including parents, guardians, high school counsellors and partners, educators, and friends. **Website and RSVP:** <https://ufv.ca/openhouse/>

**UBC Engineering Open House** – On – Campus (UBC Vancouver Fred Kaiser Building 2332 Main Mall) Saturday November 4<sup>th</sup> 10:00am – 2:00 pm. Discover why UBC Engineering is one of Canada's top engineering schools. Prospective high school and post-secondary transfer students are invited to join on the Vancouver campus to explore all that UBC Engineering has to offer through in-person booths and demonstrations. To register and for more information visit, [UBC event details](#). See other information session being offered online and in-person at, [UBC events](#)

**ECF Education & Career Fairs.** The annual Education & Career Fairs provide an opportunity for high school students to connect with representatives from universities, colleges, and skilled trades learning institutions, and employers from across Canada. More than just a trade show, ECF creates opportunities for individuals or organizations to chat, ask questions and learn together. **All their fairs are completely free to attend!** . You can expect to see a medley of professionals and post-secondary representatives in attendance who can help you take the first steps in entering the workforce and/or assisting your students in their pursuit of higher education. For more information visit, [ECF 2023 \(educationcareerfairs.com\)](#).

### **General Learning Opportunities**

**22+ TRADES TRAINING PROGRAMS,** Visit "[TRAIN in Trades](#)" Programs - School District No. 43 (Coquitlam) ([sd43.bc.ca](#))  
**Contact: Ben King** Career & "TRAIN in Trades" Coordinator 778-984-1354 [bking@sd43.bc.ca](mailto:bking@sd43.bc.ca)

Upcoming **online** Career Fair Event for high school girls, **October 19, 5-6pm PDT.** This event will feature **women professionals** working in diverse STEM careers. Participants will learn about their various careers including **Uro-Oncology, Biochemistry and Teaching.** This event is open to all girls, and is not exclusively for those who are indigenous. Participating high school girls will also get the opportunity to chat with women professionals and ask questions about their careers . To register, <https://www.eventbrite.com/e/quantum-leaps-career-conference-uro-oncology-biochemistry-and-teaching-tickets-721584176697?aff=oddtcreator>

**SFU Black Youth Outreach Event – 20 October 2023.** For interested grade 11 and 12 youth in the Black communities, come and explore the Faculty of Applied Sciences at the SFU Surrey Campus. Taking place at the Sustainable Energy Engineering building, attend a lecture with university students, take a tour of the campus and speak with a panel of representatives from the community. For more information visit, [Upcoming Events - Faculty of Applied Sciences - Simon Fraser University \(sfu.ca\)](#)

**\*NEW\* 2024 Junior Firefighter Programs School** District NO. 43 is partnering with both Coquitlam Fire Rescue and Port Moody Fire Rescue to offer two different junior firefighting programs for 2024. These programs are open to SD 43 students in grades 11 and 12, and help applicants understand the basic physical and educational components required of new recruits. Applications are open Nov. 1–Dec. 8, 2023. For more information see, [2024 Junior Firefighter Program Flyer](#) .

**Biomedical Engineering Department at Vancouver General Hospital - Open House Event on Wednesday, November 1st from 12 PM to 4 PM.** It will be open for everyone who may be interested in visiting the hospital and in knowing more about biomedical engineering. There will be medical device demonstrations such as electrical surgical unit, bone scalpel, laparoscopy, ventilator and many more. Students will be able to try out some of these medical devices like real healthcare professionals! Please find their YouTube video introducing their department of what their day-to-day work looks like. [https://www.youtube.com/watch?v=zuAu32W40nE&ab\\_channel=BCBiomed](https://www.youtube.com/watch?v=zuAu32W40nE&ab_channel=BCBiomed). **Interested students must have parent and teacher permission to miss class to attend this Open House.**

**BCIT Biotechnology Career Awareness Workshop.** NOW ACCEPTING APPLICATIONS for the BCIT Career Awareness Workshop. **Workshop A: Winter Term - December 11 – 15, 2023.** The program is directed at Grade 10, 11 and 12 students with a strong interest in science who want to learn more about applying biology to real-world problems such as human disease. It is built on a partnership between BCIT, local biotechnology companies and participating school districts. They will be accepting 24 students with priority given to Grade 12 students first and then Grade 11 and 10 students based on date order they apply and district allotment. To apply and for more information, [BCIT 2023 Biotechnology Career Awareness Workshop Program](#).

The district will be participating in **UBC Black Futures** again this year. The Black Futures program is a unique opportunity for Black-identifying Grade 10-12 students from across Greater Vancouver to be introduced to post-secondary options and discussions about higher education. The program consists of both online and in-person meetings at UBC. High school students work with UBC students, as well as a variety of faculty and other professionals. There is no cost for students to attend—they will be bussed to and from UBC. If you have any question, please reach out to Denise Nembhard the Vice Principal at Port Moody Secondary School, or Dr. Annette Henry and Batheseba Opini at UBC ([UBC.Blackfutures@ubc.ca](mailto:UBC.Blackfutures@ubc.ca)). Please complete [Black Futures 2023 2024 Field Trip Consent Form.pdf](#) and return the completed form to Ms. Nembhard or Ms. Rose by November 9th. For more information, please click [HERE](#).

**SHAD Canada,** Spend the month of July exploring the world of STEAM and entrepreneurship through exciting lectures, experiential workshops, team-building activities, and a design project that inspires students to tackle real-world problems. [Shad programs](#) give Grade 10 and 11 students a once-in-a-lifetime opportunity to **grow** their mindset, **collaborate** in a university classroom with youth across the country (and internationally!!), and **build** community change maker capabilities using #STEAM4Good to make an impact! To apply and for more information visit, [Shad Canada | Apply for Shad2024!](#)

**Society of Canadian Women in Science and Technology (SCWIST).** SCWIST is an advocate for Equity, Diversity and Inclusion (EDI) in schools, universities, businesses and Canadian society, and supports efforts to promote equality for all, especially within science, technology, engineering and math (STEM). Applications for their [eMentoring program](#) are now **open**. eMentoring runs three times a year. The program is available for any students who identify as female or women, girls, trans, genderqueer, non-binary, two-spirit, and gender questioning. Sign up for eMentoring and they can put you in touch with a professional woman who is closely matched to your own interests or understands your situation. To apply, [eMentoring Application - SCWIST](#)

**Tundra's Women in STEM** invite students to their annual event on **Thursday, November 9**, at **535 Thurlow Street**. The students will hear a live keynote from Margot Lee Shetterly, author of Hidden Figures, a panel discussion with distinguished industry leaders, and connect with mentors for a face-to-face group session. The event is completely free for all to attend, and parents are also welcome to join. Registration is open right now, but spots are limited. **RSVP** : <https://bit.ly/TundraSTEMGlobal>

**Millennium STEM BC** presents STEMCon 2023, a province-wide STEM conference featuring a variety of networking opportunities and hands-on tech workshops for high school students. The event will be held at the BCIT Tech Collider in downtown Vancouver. Through STEMCon 2023, students will be given the opportunity to collaborate with like-minded individuals and professionals in STEM industries, learning the importance of technology and its practical applications across a diversity of careers. STEMCon this year will feature three workshop streams for various interests: Personal Health, Community Health, and Environmental Health. **WHERE:** BCIT Tech Collider (555 Seymour Street) **WHEN:** Saturday, November 18th, 2023 (9am - 4pm; registration begins at 8:30am) **REGISTER:** [stemcon2023.eventbrite.com](https://stemcon2023.eventbrite.com) . For more information, visit their conference page at [bit.ly/millenniumstembc](https://bit.ly/millenniumstembc).

### **Volunteer/Employment Opportunities**

**\*NEW\* PICS Youth Service Corps** - PICS is a registered non-profit organization. They have 2 free volunteer programs for youth aged 15-29 and are currently recruiting participants. The programs are funded by the Canadian government. It's free for participants, and comes with perks including certificates of completion, a letter of reference, a subscription to Coursera, travel expenses, and more. With our programs, students can accumulate a minimum of 120 volunteer hours. See flyer for more details, [Youth Service Corps Programs flyer](#).

For Gr. 12 students who need volunteer hours and have the capability to lift heavy things like tables and heavy sand in buckets. Seaview Community School teachers need volunteers to help haul equipment out of their basement at the Kyle Centre and set up for the Port Moody Rock and Gem Show on Oct. 13 and Breakdown on Oct. 15. Besides volunteer hours, students get some cool rocks. If you are interested, please contact Ms. Nembhard [dnembhard@sd43.bc.ca](mailto:dnembhard@sd43.bc.ca)

**Community Volunteer Connections - [Volunteer Fair - Community Volunteer Connections](#)** - this event will bring together volunteers and nonprofits for a day of networking and connecting: the **Volunteer Fall Fair 2023!**

**MusicXConnect – Join a music-based non-profit:** Hi PMSS! We are MusicXConnect, a youth-led registered non-profit in Canada focused on sharing music with the community and bringing music resources to youth. We are looking for students that are passionate about music and working with the local community. Currently we are looking for:

- New music groups (string ensembles, jazz groups, rock bands, etc.)
- Video-editors for an online music database project

If you are interested as a music ensemble please visit: <https://musicxconnect.org/join-us/>.

If you are interested as a video editor, please fill out this form: <https://forms.gle/Puye9W2LcXz3UJKT8>.

**Coquitlam Centre Career Days – October 13<sup>th</sup>, 14<sup>th</sup>, 20<sup>th</sup>, and 21<sup>st</sup> from 10am to 12pm, Sunday October 15<sup>th</sup> and 22<sup>nd</sup> 11am-1pm. Bring your resume to the store and meet with the store management. Visit, [Jobs | Coquitlam Centre](#) or store websites to see available opportunities.**

**Legion British Columbia/Yukon Command** is looking for volunteers to help with their service. Their service include: organizing and helping at events, cooking meals, fundraising for the poppy campaign, managing branch social media pages, designing posters and graphics and much more. Go to [Home - Legion BC/Yukon Command \(legionbcyukon.ca\)](https://legionbcyukon.ca) to find your local branch.

### **XDHACKS MINI VANCOUVER – EXECUTIVE TEAM (VOLUNTEER)**

XdHacks Mini is a global youth-led non-profit organization that hosts hackathons for high school students. Their previous events include various hackathons both in-person (ex. hosted at the University of British Columbia) and virtually (ex. Climate Code 2021 featuring over 230 participants from 10+ countries). Most recently, XdHacks Mini organized Hackamental 2023, where experienced professionals from companies like Amazon, Microsoft, the Government of Canada, and Fortinet inspired participants through presentations, workshops, and judging. Currently, XdHacks Mini is actively recruiting dedicated high school students from the Lower Mainland to become part of the next phase of XdHacks Mini Vancouver. Joining XdHacks Mini Vancouver offers an opportunity for students to contribute to a rewarding endeavour. In 2023-2024, XdHacks Mini plans to introduce an in-person summer hackathon. (<https://forms.gle/xZgVdvKa7AZxYsw79>)

**Port Coquitlam Recreation** is excited to be offering a number of volunteer opportunities for people 14+ years of age beginning this Fall, including afterschool programs, skate and swim lessons, art programs, a youth leadership group, and community events. This is a great opportunity for anyone looking to build their resumes, develop their leadership skills and connect with their community. Applications are now available on our website

at [www.portcoquitlam.ca/volunteer](https://www.portcoquitlam.ca/volunteer). See flyers for more details, [Fall 2023 Youth Flyer.docx](#)

[Reading Buddies Teen Poster Fall 2023.docx](#)

The **Port Moody Public Library** is looking for teen volunteers for their Book Buddies and Code Buddies programs (in-person and online). You can get experience, leadership skills, and volunteer hours working with kids. Apply to become a teen volunteer at [Teen Volunteer Programs - Port Moody Public Library \(portmoodylibrary.ca\)](https://portmoodylibrary.ca/teen-volunteer-programs).

**Seaview Community School and Miller Community School** are looking for volunteers to help with their afterschool programs. **Program Details:** The afterschool programs provide students with a variety of games and activities including Arts & Crafts, Lego & Board Games, Outdoor Games (weather permitting), homework help and much more! **Position:** Looking for volunteers to play, to hang out with the kids, play board games, do crafts, help supervise and cleanup. **Location:** Seaview Times: 2:45/3 pm – 5:00 pm; Monday – Friday (You can volunteer for 1 hour or 2 hours). Miller Park Times: 2:45 – 4:45 pm; Monday – Friday (You can volunteer for 1 hour or 2 hours). If you are interested, please email Ms. Neelofar Nurani at [nnurani@sd43.bc.ca](mailto:nnurani@sd43.bc.ca)

**Youth Leadership Millennium (YLM)** program hosted by non-profit S.U.C.C.E.S.S., which is one of the largest charitable organizations in British Columbia providing services in settlement, language training, employment, family and youth services, and community development. YLM program provides youth aged 15-30 with opportunities to develop leadership skills, engage with their community, and build confidence. It is a free 8- month long leadership program. YLM offers certificate, 120 service hours, training certificates, reference letters and more. To register and for more information visit, <https://successbc.ca/forms/career-and-youth-services-group-registration-form/>

**The Youth Development Instrument (YDI)** is a youth health and well-being survey for Grade 11 students in BC. They need passionate youth (aged 15-18 years) to join their Youth Advisory Council (YAC) as YDI Ambassadors. YDI Ambassadors discuss and provide feedback on all aspects of the YDI study to ensure the project is relevant for youth. YAC meetings are held by video call 6 times a year. Ambassadors undertake their roles as volunteers but will receive a small honorarium to support time spent on YAC activities. To apply and for more information visit, [https://ubc.ca1.qualtrics.com/jfe/form/SV\\_9ymN8zw0uPoU45w](https://ubc.ca1.qualtrics.com/jfe/form/SV_9ymN8zw0uPoU45w)

## **Scholarship / Awards**

 [List of Scholarships, Awards, Bursaries .docx](#)

**\*NEW\*** The **Lester B. Pearson International Scholarships** at the **University of Toronto** provide an unparalleled opportunity for outstanding **international students** to study at one of the world's best universities in one of the world's most multicultural cities. Pearson Scholars will receive full funding for four years of tuition, books and living costs, and gain a global perspective on issues that matter most to them. Visit [The Lester B. Pearson International Scholarships - Future Students. University of Toronto | University of Toronto \(utoronto.ca\)](https://utoronto.ca/utoronto-ca) for complete details. **PMSS Scholarship committee will select one graduating student for nomination.** To be nominated see application instruction,  [Lester B. Pearson International Scholarship Application.pdf](#) **Submit application by November 9, 2023.**

**TD Scholarships for Community Leadership** - Are you a student in your final year of high school (if you live outside Quebec), or in your last year of CEGEP (if you live in Quebec)? Have you shown a commitment to making a positive difference in your community? You may be eligible for a TD Scholarship for Community Leadership valued at up to \$70,000 over 4 years towards a post-secondary college or university education. Apply online between September 6 and November 15, 2023. Apply now, [Scholarship Partners Canada | Universities Canada](https://scholarshippartners.ca). All applications and supporting documents must be submitted online by 1:00 p.m. EST, **Wednesday, November 15, 2023.**

**TD Scholarships for Indigenous Peoples** - **AFOA Canada**, a not-for-profit led by Indigenous Peoples and TD worked to build a scholarship for Indigenous Peoples. Through it, 25 scholarships are available to be awarded annually, worth up to \$60K over 4 years. **Applications are now open and will close on November 6, 2023 at 11:59pm EST. Apply now, [TD Scholarship for Indigenous Peoples – AFOA Canada](#)**

**Canadian Psychological Association** - Canadian Indigenous Student Award Program - Every year, CPA will host a competition for one (1) scholarship for a student entering their first year of an undergraduate degree in psychology at a Canadian university, as well as one (1) scholarship for a graduate student entering graduate studies at a Canadian university. This award will support one undergraduate and one graduate student, each with \$4000.00 awarded during their first year of study. This award is renewable for additional years, up to (3) for undergraduate students and up to (5) for graduate students. To apply, [Indigenous Student Award: Scholarship in Undergraduate & Graduate Psychology Canadian Psychological Association \(cpa.ca\)](https://cpa.ca/indigenous-student-award). Deadline for applications is November 1, 2023. click here for full instructions: [Indigenous Student Award Instructions-EN-OCT2022.pdf \(cpa.ca\)](https://cpa.ca/indigenous-student-award-instructions-en-oct2022.pdf)

**The Kinsmen Club of Coquitlam** is pleased to promote a fantastic funding opportunity for volunteer-minded post-secondary students in our community - \$1000 bursaries through the Kin Canada Bursaries Program! All students attending a recognized university, college, trade school, or technical institute in the 2024-2025 academic year are encouraged to apply. **Kin Canada Bursaries** are awarded to students based on demonstrated financial need, volunteerism, and knowledge of Kin Canada and the Kinsmen Club of Coquitlam. For more information or to apply, please see [Apply - Kin Canada](#). Applications are due by February 1, 2024 at 11:59 p.m. Pacific Time.

**2023 – 2024 Schulich Leader Scholarships.** The **Schulich Leader Scholarships** are the largest and most prestigious entrance scholarships awarded to high school graduates enrolling in Science, Technology, Engineering or Mathematics (**STEM**) program at 20 Canadian partner universities. Each year, 100 scholarships are awarded – 50 for engineering students valued at **\$120,000 per** scholarship and 50 for science, technology or math students valued at **\$100,000 per** scholarship. **NOTE:** To be awarded a Schulich Scholarship in your discipline, students must be **nominated** from their high school, and they must have applied to at least one of the 20 partnered institutions. See attached application for more information, [2023-2024 Schulich Application.pdf](#)

**Legion British Columbia/Yukon Command** offers bursaries to students in need of financial assistance. Visit, [Find a Legion Branch - Legion BC/Yukon Command \(legionbcyukon.ca\)](#) to see if you are eligible for their bursary.

**Rotary Youth Exchange - The Rotary Study Abroad Scholarship** is currently seeking students looking for an adventure for the 2024 – 2025 School year! The scholarship covers tuition, room and board and monthly stipend. For more information sign up for their October 12, 7:00pm virtual info session, [Virtual Info Session | Rotary District 5050 Youth Exchange \(youthexchange5050.org\)](#). 2024 – 2025 Exchange Applications Deadline November 1, 2023. To apply, [Home Page | Rotary District 5050 Youth Exchange \(youthexchange5050.org\)](#). [RYE Scholarship flyer 2024-2025 October Info Session 1 page poster.pdf](#)

**Horatio Alger Canadian Scholarships** - For grade 11 students with Financial need. 160 \$5,000 Scholarships Awarded Funded through the generosity of the members of the Canadian Association. The Canadian Scholarships are awarded to eligible students across all provinces and territories in Canada. For more details visit, [Canadian Scholarships - Horatio Alger Association Canada](#). The application opens December 1, 2023.

## **PARENTS**

**PMSS 2023-2024 SCHOOL CALENDAR:** Please click [HERE](#) for the 2023-2024 School Calendar

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

We would like to welcome and thank the following parents for joining the PAC for the upcoming 2023/2024 school year. Congrats to:

**Alicia Purvis: PAC Chair**  
**Grace Liang: Vice Chair**  
**Miwa Aoki : Secretary**  
**Fanny Feng: Treasurer**

**DPAC Rep: OPEN**

AfterGrad Chair: OPEN  
AfterGrad Secretary: OPEN  
AfterGrad Treasurer: OPEN

**YOU ARE INVITED TO**

# "HOW TO TALK TO YOUR YOUTH ABOUT SUBSTANCE USE"



**Join SHARE's Youth Substance Use Services Program in a virtual presentation around supporting youth on the topic of substances and substance use.**

**OCTOBER 25TH 6:30-8:00  
VIRTUAL ON ZOOM**

**RSVP via link or QR code here:**

**<https://forms.office.com/r/RQGbsq37b2>**

### **Topics will include:**

- Adolescent brain development
- Adolescence and substance use
- Adolescence and mental health
- Continuum of use and parenting at various stages
- Tips for your approach
- Self-Care
- Time for Q&A
- Resources for further support and learning



**Visit our [website](#) for more resources**



1080 Winslow Ave., Coquitlam, British Columbia V3J 0M6 • Phone 604-939-9201

October 6, 2023

**A Message to SD43 families: Safe and Appropriate Halloween**

Halloween across all schools in SD43 is a fun and festive day which brings the school community together. Typically, the time around Halloween is incident-free and very respectful.

From time to time, a few students “in character” push the boundaries of what is socially acceptable, or what is appropriate behavior in schools, sometimes at the expense of others. With that in mind, for student safety and school climate reasons, and to ensure that every student and adult in our community enjoys the time around Halloween, we would like your assistance in reinforcing these guidelines with your children:

- Students in costume should be easily recognizable and/or identify themselves to any staff member when queried. Also, students “in character” are to conduct themselves appropriately. Behaviors which intimidate, harass, or humiliate members of the community do not contribute to a fun, festive, and safe environment.
- Replica weapons (guns, knives, etc.) are inappropriate, as are costumes which are hyper-sexualized, or costumes which depict elements of sexual exploitation.
- It is also important to note that costumes which portray negative stereotypes or that demean or make fun of any group of people are inappropriate. Costumes should not make light of anyone’s religious, cultural, ethnic or racial group.

As a reminder, by law and School District expectations, the use and possession of firecrackers or fireworks at school is strictly prohibited. This pertains to students before, during or after school, on or offsite.

With respect for each other, we can avoid any disruption to school communities in the form of vandalism and/or disrespectful, potentially dangerous behaviour. Students and parents need to be mindful that inappropriate behaviour will be addressed by school administration under the authority granted by the BC School Act and with the involvement of police where appropriate.

Please refer to these readily available public websites for more information:

<https://www.coquitlam.ca/286/Fire-Safety-Tips>

<https://www.portcoquitlam.ca/city-services/fire-emergency-services/fire-safety-information/>

<https://www.portmoody.ca/en/city-services/fall-safety-tips.aspx#Halloween-Safety>

Have a safe and happy Halloween.

Sincerely,

Patricia Gartland  
Superintendent/CEO

**Serving the Communities of Anmore, Belcarra, Coquitlam, Port Coquitlam and Port Moody**

Questions regarding general *erase* training may be emailed to: [erase@gov.bc.ca](mailto:erase@gov.bc.ca)

| Training Offering  | Dates                                | Delivery | Registration Link   |
|--|--------------------------------------|----------|---|
| Family Session: Establishing Safe, Caring, & Respectful Digital Communities – Everyone Welcome! Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sexortion. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed. | November 8, 2023<br>6:30pm – 7:30pm  | online   | <a href="https://www.eventbrite.ca/e/732334942527?aff=oddtcreator">https://www.eventbrite.ca/e/732334942527?aff=oddtcreator</a> |
|  | November 28, 2023<br>7:00pm – 8:00pm | online   | <a href="https://www.eventbrite.ca/e/732343096917?aff=oddtcreator">https://www.eventbrite.ca/e/732343096917?aff=oddtcreator</a> |
|  | November 30, 2023<br>6:30pm – 7:30pm | online   | <a href="https://www.eventbrite.ca/e/732346587357?aff=oddtcreator">https://www.eventbrite.ca/e/732346587357?aff=oddtcreator</a> |

## COMMUNITY



### Youth Skate

\$2.25  
per youth

Starting Friday, October 13

8-9:15pm    Arena 2

Grades 6-12 (must show go-card at door)

**NEW** Advance registration required,  
no drop-ins permitted, no exceptions.

Visit [portmoody.ca/signmeup](https://portmoody.ca/signmeup) to register.

