



Port Moody Times

Thursday
November 16, 2023
Day 2

LOST & FOUND: There are tables set up with all the Lost & Found items by the front entrance near the MPR. Please take a look during lunch or after school if you have lost anything this year so far.

- Scientific Calculator & Laptop (please come to office during lunch or after school to claim)

PARENT TEACHER CONFERENCES

Parent Teacher Conferences will take place on **Nov. 16th** from 2 to 4 pm (online booking for in person meeting) and 5:00 – 7:00 pm (drop-in in the gym). No appointments are required to attend the Parent Teacher Conferences between 5:00 – 7:00 pm in the gym. These will operate on a drop-in, first-come basis; however, conferences should adhere to 10 minutes in duration to ensure all parents get the opportunity to meet with their child’s teacher.

November 16, 2023 Parent Teacher Conference Schedule

1	8:30 - 9:23	53 min
2	9:28 - 10:21	53 min
3 (Lunch)	10:26 - 11:19	53 min
4	11:24 - 12:17	53 min
5	12:22 – 1:15	53 min
Parent Teacher Conferences	2:00 - 4:00 5:00 – 7:00	Online booking Drop-in (Gym)

If you have any questions about your child’s report card mark or comments, please email the teacher directly.

STUDENT ID CARDS (from RETAKES)

Your Student ID cards from the photo retakes have arrived and are now ready for pickup. Please come by the office during lunch or after school to pick them up.

Grade 9 Take Our Kids to Work Reflection

We hope that you enjoyed your day at the worksite. **All** Gr. 9 students are to complete the following reflection, even if they did not attend a worksite. The reflection is due by November 17th. If there are any issues, or you would like a paper copy, please see Vice Principal Ms. Nembhard: <https://forms.office.com/r/vJX0DzKFGr>

Digital Learning Assembly - Wed, Nov 22 (Flex)

Attention Grade 9s, you have a mandatory DL 10 Assembly on Wed, Nov 22 in the small gym for the introduction of Assignment 2. Be there for a 8:30 start. Reminder that attendance will be taken.

Transgender Awareness Week

This week, November 13 to 19, is Transgender Awareness Week. It is a time to remember transgender people who have been harmed for being themselves. The week ends with the Transgender Day of Remembrance on the 20th, which stands to raise awareness of the murders of Rita Hester, Channele Pickett and Monique Thomas, among countless other trans individuals. Both Transgender Awareness Week, and Transgender Day of Remembrance serve as reminders for the past and continued discrimination against trans individuals. This is increasingly important today with anti-trans legislation and bills being proposed around North America. For example, the recently passed “Parents’ Bill of Rights” in Saskatchewan requires parental consent for students under 16 to use a preferred name or pronouns in school; which will impact the ability of many transgender youth to safely express themselves.

MOVEMBER STAFF VS. STUDENT CHALLENGE

Every November folks shave their faces and grow mustaches to raise funds to prostate cancer and other diseases.

The Staff Contestants: Mr. Canuel, Mr. Sabot, and Mr. Birch.

The Student Contestants: Mateus D.; Matthew C.; Austin C.; Tanner C.; John C.; Tyson M.; Finley S.; and Andrew Y.

Participating students and staff will be clean shaven on Nov. 1 and then not shave for the entire month.

The group with the largest amount raised by the end of the month will decide what moustache shape and style the runners up will shave their beards into.

Fundraising will take place throughout November in the Library Learning Commons.

Come into the Library Learning Commons to support your favourite by donating into each contestant’s container.

YEARBOOK

Please verify your name on the Yearbook names list found in the MPR by the door entrance. If you have a preferred name or if your name is spelled incorrectly, please correct/change it on the list itself, right hand side of your original.

List is in grade order, then alpha order according to your last name.

Deadline: Dec. 4th.

VANCOUVER SUN RUN

Whether it's to become more fit, try something new and push yourself, or make new friends and fun memories 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 this year on April 21st. Last year, we assembled Blues Run Club with 40+ runners. Bring your friends/family along with you too! Runners of all levels are welcome.

We will contact you after you fill out this form: <https://forms.office.com/r/PISSi1ZKN5>

Direct any questions to:

088-vfan@sd43.bc.ca

088-kli2@sd43.bc.ca

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!

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.

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 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.

For Grade 12 - PowerPoint slides copy from September 25th Grade 12 presentation. [Post-Secondary Application 101.pptx](#)

For Grade 12 - PowerPoint slides copy from October 11, 2023 Grade 12 presentation. [Grade 12 Scholarship Presentation .pptx](#)

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

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

Queen's University	November 16 th	11:35am - 12:25pm	Drama Room
Grade 12 Student Transcript Service presentation	November 20 th	2:10pm – 2:40pm	Gym
University of Calgary	November 23 rd	11:35am - 12:25pm	Drama Room
University of Western	November 30 th	11:35am - 12:25pm	Drama Room

The **Vancouver Film School** is hosting a free in-person event on **Thursday, November 16, 2023**, 4:15pm – 6:15pm. Perfect for any students that are interested in a career in writing. This event is for students who are interested in **WRITING FOR FILM, TELEVISION & GAMES**. For more information and to register visit, [VFS All Access Pass | Writing for Film, television & Games Registration, Thu, 16 Nov 2023 at 4:15 PM | Eventbrite](#)

UBC In-Person Vancouver Campus Tour Friday November 17th 2023 10:00 AM – 12:00 PM PST. For more information and to register visit, [UBC event details](#). Space is very limited, register as soon as possible. This is a guided walking tour with a UBC Student Ambassador. After the tour, an advisor will be available to answer your questions about their undergraduate programs, admissions, scholarship opportunities, and more.

Visit, [Parent and Guardian webpage](#) a helpful resources for students, parents, and guardians to support student application to SFU.

SFU Surrey Faculty Showcase event coming soon – November 18 – SFU Surrey is inviting students and their families to their in-person Faculty Showcase at SFU Surrey. This is a great opportunity for students to engage with faculty representatives and current students and gain valuable insight in making informed decisions about SFU and their path to university. During this informative and interactive event, students will get to: Meet representatives from [Faculty of Applied Sciences](#), [Faculty of Arts and Social Sciences](#), [Beedie School of Business](#), [Faculty of Communication, Art and Technology](#), and [Faculty of Science](#). To register and for more information visit, [SFU Surrey Faculty Showcase Tickets, Sat, 18 Nov 2023 at 10:30 AM | Eventbrite](#)

Capilano University Open House Saturday, November 25, 2023, 11 am-2pm. Discover Capilano University programs, learn about financial aid and entrance awards, connect with faculty, peers and current students, and visit the Bosa Centre for Film & Animation. For more details visit, [CAPILANOU.CA/EXPLORE](#)

The **University of Calgary** is hosting a National Meet and Greet Event in Vancouver on **November 26, 2023, 1:00pm – 3:00pm**, at the **Sheraton Wall Centre**. This event is open to all students and parents who may be interested in learning more about the University of Calgary. Registration is required as space is limited. To register, please [click here](#).

Education & Career Fairs (ECF) - The Education & Career Fair's (ECF), students have the opportunity to connect face-to-face with our exhibitors: well-known and lesser-known universities/colleges, trade institutions, professional associations, as well as employers looking to recruit young people. For more information and to register to the annual Vancouver education & career fair visit, [Home - Education and Careers Fairs \(educationcareerfairs.com\)](#). **Date:** Monday, November 27, 2023. **Time:** From 9:00 AM – 2:00 PM.

Coquitlam School District Post Secondary International Education Fair – Meet international education representatives and explore your options. Thursday, November 30, 2023 @ 3:00pm to 6:00pm. Register before November 1st to be entered into a draw to win door prizes at the event. To register, [Coquitlam School District International Education Post-Secondary Fair November 30 \(office.com\)](#)

SFU School of Criminology Undergraduate Program zoom presentation - November 30, 2023 5:00pm. Register in advance for this meeting: [Meeting Registration - Zoom](#). After registering, you will receive a confirmation email containing information about joining the meeting.

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 \(educationcareerfairs.com\)](#).

UBC info sessions in the lower mainland are virtual this year. However, every week, there are two live info sessions on Zoom that have 30 min at least of Q&A at the end. They also have 1 Application Workshop live on zoom per week where you can learn more about the Personal Profile and how to apply. Registration for UBC online sessions, including Application Workshops and live virtual info sessions is available on our [Tours and Events page](#) (under Information Sessions). They also have a recorded All About UBC presentation available [here](#). Students can email recruitment.ok@ubc.ca with any questions

General Learning Opportunities

22+ TRADES TRAINING PROGRAMS, Visit "[TRAIN in Trades](https://sd43.bc.ca)" Programs - School District No. 43 (Coquitlam) (sd43.bc.ca)

Contact: Ben King Career & "TRAIN in Trades" Coordinator 778-984-1354 bking@sd43.bc.ca

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 . For more information, visit their conference page at bit.ly/millenniumstembc.

Simon Fraser University's Medical Fraternity, Phi Delta Epsilon - [MedConnect](https://medconnect.ca), a day-long conference for university and high school students **interested in pursuing a medical career**. Their annual conference, MedConnect, is a great way for high-school students to get a taste of what medical school and the application process are like. The conference is educational, fun, and a great way to make connections with doctors, nurses, and like-minded students!

To give you a brief overview, here is what MedConnect offers to students:

- **2 lectures from a physician and resident** of different specialties
- **5 workshops** to inspire and immerse students in the medical world, including suturing, injecting, and medical challenges.
- **A panel of current** UBC medical students

Date and Time: Sat, Nov 18, 2023 8:15AM – 5:30PM PST. **Location:** SFU Burnaby Campus. **Cost: \$25.** For more information and to register visit, [MedConnect 2023 Tickets, Sat, 18 Nov 2023 at 8:15 AM | Eventbrite](https://medconnect2023.eventbrite.com)

Student Outreach Team in the **Faculty of Land and Food Systems (LFS) at UBC**, are excited to announce the schedule of their annual **Taste of LFS Virtual Open House**. This event is a week-long series that invites prospective students interested in applying to LFS to learn more about what being a student in our faculty is really like. **When: Monday, November 20 – Thursday, November 23, 2023.** Any student interested in the Faculty of Land and Food Systems at UBC may sign up for the event. **Registration is now open!** You can find the schedule and register [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!](#) **Applications close on Dec 1st**

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](#).

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](#)

Shad offers a digital program, [ShadAnywhere](#), that is accessible to youth across Canada (and internationally!). In partnership with Athabasca University, students get access to university content, mentors, digital field trips, Indigenous knowledge sharing and community building events. ShadAnywhere participants have the opportunity to complete the [Elevate your Personal Brand MOOC](#) and the Introduction course of the [AI Ethics Micro-credential Certificate](#) through Athabasca University. Both of these courses are asynchronous, giving students the opportunity to complete at their own pace. Students will have 90 days, beginning at the program start, to complete these courses and earn university credit.

Volunteer/Employment Opportunities

The Lower Mainland Green Team are organizing a [fun outdoor activity to connect with our community while improving local habitat on November 18th](#). They would love for students, staff, and their families to join them! This is a great chance to enjoy the fresh fall air and spend quality time with one another while restoring the environment by removing invasive plants in Port Moody! This all-ages activity focuses on creating connections between people, trying new things, learning to care for the places we live, and building a sense of community, all while having a positive environmental impact! Letters confirming volunteer hours from this activity will be written upon request. **Date:** Saturday November 18, 2023. **Time:** 9:15am – 12:30pm. **Location:** **Thurston Woods Trail, Port Moody.** Exact location [HERE](#). **MORE**

INFO: <https://www.meetup.com/the-lower-mainland-green-team/events/296843755/>. **SIGN UP:** [Sign up on our Meetup page here](#) or email ashton@greenteamsCanada.ca

***NEW* Seaview** will be hosting their annual Christmas Fair on Saturday, Nov. 25th, 2023, from 10 am – 4 pm. They are looking for Volunteers to help!

Shifts Times Available: 9 am – 1pm, 1 pm – 5 pm, 10 am – 4 pm (Snacks and lunch is provided depending on shift length)

Duties: Volunteers will help in various stations. A few examples are admission, concession, kids craft table and floaters. A reference on request can be provided for volunteer hours. If you're interested, please email:

kstewart001@gmail.com with your preferred shift time.

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](#).

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>.

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 \(legionbcyukon.ca\)](http://Home-Legion-BC-Yukon-Command-legionbcyukon.ca) to find your local branch.

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. 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 \(portmoodylibrary.ca\)](http://Teen-Volunteer-Programs-Port-Moody-Public-Library-portmoodylibrary.ca).

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

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 **Pedalheads Swim** currently have three different employment opportunities in their Swim department.

- If you have your certificates [Apply to be a Swim Instructor](#) *Please note they require the following pre-requisites: Standard First Aid with CPR - C and a Swim For Life Instructor both of these MUST be valid.
- If you are just missing your Instructor certification [Apply for their FREE Instructor Course!](#) *Please note they require the following pre-requisites: Bronze Cross and Standard First Aid CPR - C both MUST be valid before the start date of the course.
- If you're not yet 15 years old [Apply to be a Junior Volunteer](#) *Please note they require the following pre-requisites: Bronze Medallion and be at least 13 years old!

Scholarship / Awards

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

Wondering what scholarships are available for you? Go to, [Scholarships Made Simple | ScholarTree](#) and sign up. This website will provide you with a list of scholarships that you may be qualified to apply for.

Terry Fox Humanitarian Award – Valued at \$28,000 The Terry Fox Humanitarian Award is one of Canada’s most established and prestigious awards. The Terry Fox Humanitarian Award is interested in students who demonstrate **compassion** and a **keen commitment to easing the suffering of others**, especially those who address critical needs in society. Terry Fox Scholars are ‘doers’ with the ability to **inspire** and make a **positive impact** on the lives of others. Visit, [Terry Fox Humanitarian Award | \(terryfoxawards.ca\)](https://terryfoxawards.ca) for more details and to apply. Application opens on November 1st, 2023. **Deadline to apply December 1st, 2023.**

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](https://canadianscholarships.org). The application opens December 1, 2023.

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](https://schulichleader.com/2023-2024-schulich-application.pdf) **Deadline is December 8th at 3pm**

Burger King Scholars Program - Created in memory of Burger King Co-Founder James “Jim” W. McLamore, the Burger King Scholars program provides scholarships ranging from \$1,000 to \$50,000 to high school students and BK employees and their families. Scholarships are intended to offset the cost of attending college or post-secondary vocational/technical school. Recipients are selected through an application process that takes into consideration their grade point average (GPA), work experience, extracurricular activities, and community service. For more details and eligibility requirements visit, [Burger King Scholars \(burgerkingfoundation.org\)](https://burgerkingfoundation.org). **Scholarship Value: \$50,000. Awards Available: 4000. Award Deadline: December 15, 2023**

[Beedie Luminaries](https://beedieluminaries.com) - The **Beedie Luminaries Scholarship** is for students with potential **who are facing financial adversity**. Students who are smart but constrained by circumstance. Students who are resilient and gritty. Students who are ready to make a positive change in their lives. They are looking for **Grade 12 students in B.C.** to apply for one of 100+ scholarships available in 2024. Recipients will **each receive up to \$44,000** towards their post-secondary studies at any public university, college, or trade school in B.C. Attend their virtual open house sessions on [Nov 15, 4pm-5pm](https://beedieluminaries.com) or [Nov 30, 4pm-5pm](https://beedieluminaries.com). **Deadline to apply: January 8, 2024 (9AM PST).**

The Bea Kelly Volunteer Award from Soroptimist International of the Tri Cities - Are you a young woman in grade 12 who volunteers in your community or school? Who sees challenges instead of obstacles? Hope instead of despair? If you are a young woman who believes in the power of volunteer action, then you may be eligible to win a Bea Kelly Volunteer Award. For more details and eligibility requirements visit, [bk-award-application-writeable-2023b.pdf](https://soroptimisttricity.org/bk-award-application-writeable-2023b.pdf) (soroptimisttricity.org). Apply by January 15th 2024

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](https://kincanada.ca). **Applications are due by February 1, 2024** at 11:59 p.m. Pacific Time.

The Leonard Foundation scholarships are awarded to students enrolled or enrolling in an accredited undergraduate degree program in a college or University in Canada. The institutions must be open to all without restriction except for an academic standard. Applicants must be Canadian citizens or landed immigrants. **A true financial need must be demonstrated.** For more information and to apply visit, [Eligibility - leonardfoundationdemo.online](https://leonardfnd.org) (leonardfnd.org). Scholarship Value approximately 100 @ \$1,000 - \$1,500. **Deadline to apply is March 31, 2024.**

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

PARENTS

PMSS 2023-2024 SCHOOL CALENDAR: Please click [HERE](https://www.sd43.bc.ca/school/portmoody/Parents/PAC/Pages) 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

Questions regarding general erase training may be emailed to: 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 6:30pm – 7:30pm		
	November 28, 2023 7:00pm – 8:00pm	online	https://www.eventbrite.ca/e/732343096917?aff=oddtcreator
	November 30, 2023 6:30pm – 7:30pm	online	https://www.eventbrite.ca/e/732346587357?aff=oddtcreator




Parent Information Sessions

Creating Effective Partnerships – November 7th

School District 43 in partnership with Kinsight Family & Individual Support Program, invites parents and caregivers of children who have developmental delays, disabilities or diverse learning needs to join us for an information session highlighting the various district supports and services available. Meaningful inclusive practices, programming, collaborative IEP development, and the importance of building an effective partnership between school, and the home team will be reviewed.

Planning for the Future – November 16th

School District 43 invites parents and caregivers of high school students with developmental delays, disabilities, and diverse learning needs to an information session intended to help families think about, and plan for the transition from high school to adult life. This presentation will include a panel of guest speakers representing school district 43 programs, inclusive post-secondary institutes, employment supports, government agencies, and community supports. Entering adulthood is an important milestone, therefore taking action early will help create a smooth and successful transition plan for the future.

Transition into Kindergarten – January 11th

The Learning Services Zone Coordinators and other school personnel from School District # 43 invite parents and caregivers of children with developmental delays, disabilities, and diverse learning needs to an information session to discuss what to expect when your child enters kindergarten. We will also discuss how you can be involved to help make the transition successful for your child as they embark on their educational journey.

Stepping Up to Secondary School – February 6th

School District 43 invites parents and caregivers of middle school students with developmental delays, disabilities, and diverse learning needs to an information session focusing on how Secondary School can provide meaningful educational opportunities that support the student's development, maturity and progress towards future goals. A successful transition to Secondary School means that students have access to classes and school experiences that prepare them for what comes after high school - post-secondary education, employment, and full participation in all aspects of community life.

Time to Talk About Middle School – March 5th

School District 43 invites parents and caregivers of elementary school students with developmental delays, disabilities, and diverse learning needs to an information session discussing the differences between Elementary and Middle School. We will focus on the transition process, Middle School culture and routines, structures to support student success, and the benefits of meaningful collaboration to develop the student's program.

When: 7:00pm - 9:00pm (doors open at 6:30pm)
Location: Education Learning Center - Room B103/B104
1080 Winslow Avenue, Coquitlam

Questions? Please contact Colleen Lambert at colambert@sd43.bc.ca

Please note, registration is required. Click [HERE](#) to register

Protect children from respiratory illnesses this winter

Respiratory illnesses tend to increase as we spend more time indoors. Common colds, the flu and COVID-19 spread through tiny droplets as people who are sick breathe, talk, cough or sneeze. When other people touch these droplets and then their eyes, mouth or nose before washing their hands they may become sick.

There are a handful of steps both children and adults can take to protect themselves and limit the spread of respiratory illnesses:

- Wash your hands often with soap and water. Use alcohol-based sanitizer if soap and water is not available.
- Avoid touching your face, especially your eyes, mouth and nose.
- Cough and sneeze into your elbow.
- If you have symptoms, stay home and stay away from people at higher risk of serious illness.

Flu and COVID-19 vaccinations

The best way to protect others and reduce the risk of getting sick with the flu and COVID-19 is to [get immunized](#). The flu and COVID-19 vaccines are safe, effective, and available for free to anyone aged six months and older.

It is much safer to get the vaccines than to get the illnesses. Register your children with the Get Vaccinated system so that you can be invited to book their vaccinations when they are due.

Learn more here: <https://ow.ly/5WWe50PYIYC>

