



Port Moody Times

Thursday
October 31, 2024
Day 2



ALTERED BELL SCHEDULE Halloween Spirit Assembly THURSDAY, OCT. 31, 2024

| Block | Schedule |
|-----------------|---------------|
| 1 | 7:40 – 8:45 |
| 2 | 8:50 – 9:55 |
| 3 | 10:00 – 11:05 |
| Spirit Assembly | 11:05 – 12:15 |
| Lunch | 12:15 – 12:55 |
| 4 | 12:55 – 2:00 |
| 5 | 2:05 – 3:10 |

SPIRIT WEEK: OCTOBER 28 – NOVEMBER 1

Get into the Halloween Spirit next week with the following themes.

Thursday - Halloween Costumes

Friday – PJs & Blues Wear

HAUNTED HOUSE

The Drama Club is putting on a haunted house in the drama room on Thursday (Halloween). Entrance is complimentary, but donations to the theatre department are appreciated.

BLUES RUN CLUB (SUN RUN)

Are you an amateur runner or wanting to break a new personal best? Join the Blues Run Club 10k Sun Rype Youth Team Challenge with Port Moody Secondary next April! Students + friends and family welcome! (signing up with us is cheaper than individual pricing). Contact 088-jryu@sd43.bc.ca for more information.

VOLUNTEER TUTORS NEEDED—TUTORING CLUB

If you are interested in helping out your fellow students by being a tutor with the Tutoring Club, please complete the following Forms (letting us know the dates, times, courses that would be best for you). Ms. Nembhard will reach out to let you know more about the club.

<https://forms.office.com/r/JupaqXVAKJ>

YEARBOOKS

The PMSS 2024-2025 yearbooks are now available for purchase. They are \$60/ yearbook and can be purchased on Cash Online. They sold out very quickly last year so don't delay in getting one before they sell out.

Yearbook Name Verification. Please check the spelling of your name, and if incorrect or if you prefer a different name for the yearbook, make the changes next to your name on the list. Last name first, first name last. The list is found in the MPR room, and you have until the first week of November to make the changes.

STUDENTS TO OFFICE – *please come by the office during school or before/ after school*

(Photo Packages): Ashton A., Aidan K., Stella K., Jackson L. & Rachel W.

(Student Photo ID): Malek A., Mahmoud A., Steven A., Bryce B., Lucas B., Mariia C., Bruno C., Daisy D., Eylul D., Sergio F., Lyla F., Tessa G., Benjamin G., Kaylee G., Sophia H., Maxim H., Mohammed H., Radin I., Kaito I., Michael I., Alpha K., Om K., Karis K., Rayan K., Margo K., Huzi K., Claudia K., Johan K., Jiayi L., Julia L., Keeley L., Alejandro L., Lily M., Liam M., Benjamin M., Misha M., Kai O., Ayden P., Ray P., Kaitlyn P., Adria P., Finn R., Gabrielle R., Ralph R., Luiza R., Salomao R., Franko R., Anass S., Kayden S., Mindy S., Sarina S., Hiren T., Rashid U., James W., Luke W., Thomas W., Brody W., Zerek W., George W., Kevin W., Ashley X., Emma Y., Hebbe Y., & Charles Z.

ONGOING

MORNING STUDENT DROP OFF

This is a reminder to parents and students that drop-off and pick-up is to take place only in the lower parking lot - regardless of time of day or weather conditions. If you are dropping off for an early morning class or team practice, please do so in the lower parking lot.

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.

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.

TRANSLINK

- As Translink is increasingly busy, 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!

STUDENT INFORMATION VERIFICATION FORMS

This is a reminder for parents/ guardians to log onto their MyEd parent portal to view their student information verification form. If any changes are to be made, please make corrections on a printed form and return it to the office.

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 will be distributed 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

Main Office. Open from 8:00am – 3:30pm Monday-Friday.
Questions? Email Ms. Chang at mchang@sd43.bc.ca or call 604-939-6656 ext. 2013.
How to keep up with the news? Join the Port Moody Secondary Career center TEAMS page! Code to join: 46n1w80 or follow the Career Centre Instagram or X (Twitter) account @pmsstransitions! Don’t forget to check out the [PMSS Online Career Centre website](#)

Post-Secondary workshops and info sessions

For current and ongoing opportunities, please visit [HERE](#)
Port Moody Secondary Post-Secondary Info-Sessions: Check out the time/date/location for when you can learn about each school and ask representatives questions!

| School/ Program/ Event | Date | Time | Location |
|---|--------------------------------|-------------------------|---------------------------|
| McMaster University | November 6 th 2024 | 8:56 – 9:22 (Flex) | Drama Room |
| University of Victoria – Gustavson School of Business | November 13 th 2024 | 8:56 – 9:22am (flex) | Drama Room |
| University of Waterloo | November 19 th 2024 | 8:56 – 9:22am (flex) | Drama Room |
| UBC MD Faculty of Medicine | November 26 th 2024 | 7:00pm – 8:00pm | ZOOM LINK |
| SFU Beedie | November 28 th 2024 | 11:58 – 12:40pm (lunch) | Library |
| Langara | December 4 th 2024 | 11:56 – 12:36pm (lunch) | Drama Room |

University of Calgary Meet & Greet for Prospective Students is happening on November 9th 2024 at 1:00pm – 3:00pm at TK Gallery, Vancouver Maritime Museum (1905 Ogden Avenue). Students will have the opportunity to speak with a

Student Recruitment Advisor to answer any questions related to applying to the University of Calgary along with the next steps for those applicants who have received offer of admission to UCalgary. The event is intended for high school students, transfer students, parents, and guidance counsellors interested in learning more about undergraduate programs at the University of Calgary. For more info/ Register: [Click here!](#)

General Learning Opportunities

For current and ongoing opportunities, please visit [HERE!](#)

SFU Science Alive – Go Eng Girl is happening on November 2nd from 10am – 2:30pm for girls in grade 7-10 at the SFU Surrey Campus! Please join us for this FREE event where girls will have fun participating in a hands-on activity and learn about the possibilities of engineering as a career choice. Register [HERE!](#)

SFU Science Alive – Intro to Javascript is happening November 2nd from 10am – 12pm for all students Gr. 8-12 online for free! The Hour Plus Plus of Code event features various one-off workshops for school-age students to learn how to code. The grade range for these workshops will vary based on the content presented. Not sure if coding is for you? Join us for these workshops and let us change your mind! Register [HERE!](#)

UBC Women in Engineering High School Mentorship Program is open to any females from Gr. 10-12 that would like a space where they can explore what engineering has to offer. Mentees will be supported by mentors through the program curriculum and various mentorship events. If you are interested, and would like to learn more, APPLY by November 4th!

UBC Women in Orthopaedics Workshop is open to any Gr. 10-12 female students that is interested in careers in healthcare and engineering. They aim to empower young women in the orthopaedic field through early exposure, vital resources, and mentorship. To register, click [HERE!](#) Apply by November 4th 2024.

MedCONNECT 2024 is happening on November 16th 2024 from 8am – 5:30pm. MedConnect is designed to bridge the gap between high school students and physicians by offering lectures from physicians of various specialties, hands-on workshops led by healthcare professionals, and a panel discussion with current medical students. Our goal is to inspire and educate the next generation of health professionals as they consider their future paths. This day-long conference is being organized by an experienced team of undergraduate and medical students with direct experience into the medical school application process and the health field. If interested, or want more information, click [HERE](#) to register (\$25 registration fee – all proceeds go to Children's Hospital).

UBC Faculty of Medicine Youth Outreach Mentorship program is open for any high school students interested in medical school in the future. It connects high school students with UBC medical students to learn more about being a university student, learning about self-care and applying to UBC medical school. Click [HERE](#) to register!

Trades and Apprenticeship Information

For current and ongoing opportunities, please visit [HERE!](#)

Volunteer/Employment Opportunities

For current and ongoing opportunities, please visit [HERE!](#)

Lower Mainland Green Team - Remove Invasive Blackberry is looking for volunteers for Sunday November 3rd from 9:45am – 1:00pm at Seaview Park in Port Moody. Come create a better outdoor space at this park! All ages, abilities & experience levels are welcome. No experience is needed! If interested, please sign up [HERE](#) or email Ashton@greenteamscanada.ca to RSVP.

Port Moody Heritage Society Museum is looking for volunteers for the position for Saturday Docent. It is best suited for students 16+, but may select younger students who perform well during the interview process. The docent assists the Weekend Museum Assistant with daily tasks such as greeting guests, telling guests about museum events, assist with shops, bookings and more. The commitment is one Saturday per month for 4 hours. For more information, or to apply, [Click Here!](#)

Autism Support Network is looking for volunteers on November 21st from 3:45pm – 6:15pm at Crash Crawly's (1300 Woolridge St, Coquitlam) to provide 1:1 supervision of the children with ASD as they play so that parents can have a support meeting. Their parents will be nearby and available to step in if challenges arise. If interested, please contact zahra@autismsupportbc.ca!

Aunt Leah's Tree Lot is looking for students 14+ to volunteer in a fun, outdoor, all-weather activity! We have positions for cashiers, customer service representatives and individuals who can safely lift up to 50 Lbs. For more info or to apply, click [HERE!](#)

House of Commons Page Program is looking for Canadian/ Permanent Resident Students who be starting full-time or part-time post-secondary studies in September 2025 at the University of Ottawa, Carleton University, St Paul University, Université du Québec en Outaouais, Collège La Cité or Algonquin College to participate in the House of Commons Page Program. Pages work directly on the floor of the House of Commons and are responsible for a wide range of tasks related to Chamber activities. This provides them with the opportunity to broaden their knowledge of Parliament by playing a role in the rich traditions of the Canadian parliamentary system. Pages make \$18,400 annually with additional \$1200 given at the end of the employment period for successful completion of the contract. If interested, or want more information, please click [HERE](#). Application deadline is **November 10th 2024**.

Friendly Forest Pre-School is hosting their annual Santa Breakfast on **Sunday December 1st from 8am – 1pm** at the Anmore Hub and are searching for some volunteers (all grades welcome). Details will include setting up the Christmas

decor, help with the registration desk, helping children with the craft table - includes ornament decorating, winter wishlists, colouring - clearing plates, clean-up etc, and take down of the set-up/ decor at the end. Breakfast for all volunteers are included, and volunteers will have a letter documenting their volunteer hours. To volunteer, contact social@friendlyforestpreschool.com

Scholarship / Awards

For current and ongoing opportunities, please visit [HERE](#)!

Mini Med Scholarship (Valued at \$1000) is open until **January 10th 2025**. If you are a Gr 12 student who attended Mini Med School’s in person, virtual, or on-demand sessions and have participated in all 4 Mini Med School 2024 sessions in October & November, then [APPLY HERE](#)!

The Gragopean Scholarship Trust (value to be determined) is open for applications until **November 15th 2024**. If you have a spinal cord injury and want to pursue a course of studies or career training at a recognized university, college or training centre in BC, [Apply Here](#)!

Burger King Scholars Program (value: range from \$1000) is open for any high school seniors with a cumulative GPA of 2.0 + and plan to enroll full-time at an accredited two-or four year college! If interested, apply [HERE](#) by December 16th 2024.

Gulf & Fraser Million Dollar Bursary (valued at \$1000) is open for any graduating students that are members of Beem Credit Union that will attend full time studies in a trade, diploma or degree program in post-secondary. If interested, apply [HERE](#) by February 28th, 2024!

Jay Nijholt Scholarship (value: \$1500) is open to any Canadian citizens who is part of the soccer community and planning to attend post-secondary. Preference to those who may have been touched by mental illness either themselves or someone close to them. If interested, apply [HERE](#) by **February 10th 2025**.

Jonah Christensen Memorial Scholarship (valued at \$1500) is open for any graduating high school students intending to attend post-secondary in the upcoming academic year that is a registered charity. Submit a 750 word essay about “Tell us about a time that made you think “this is the best day ever!” If interested, please apply [HERE](#) by March 31st 2025!

PARENTS

PMSS 2024-2025 SCHOOL CALENDAR: Please click [HERE](#) for the 2024-2025 School Calendar

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

COMMUNITY

{MEDIClover}

Highschool can be stressful for anyone, but the last thing you should do is give up! “Health Sciences Assistant Professor Hasina Samji says one of the top concerns B.C. teens worry about is housing.” Immigrating, planning for the future, looking for opportunities and way more things can and will be stressful. When you feel overwhelmed please find someone to talk to. Afraid to talk to people near you? Just simply call 310-6789 (no area code needed) for mental health support.

Want to know why talking about your problems helps? Read this article:
<https://www.nytimes.com/2020/04/03/smarter-living/talking-out-problems.html>

Did you know that vaping could affect your mental health? Find out more here:
<https://www2.gov.bc.ca/gov/content/vaping/health-info-for-youth>



**COQUITLAM
YOUTH VOLLEYBALL
U13/U14 GIRLS
2025 CLUB
TRYOUTS**

NOVEMBER 23RD & 24TH 2024

**INQUIRE FOR MORE
INFORMATION AT:**

raptorsvolleyball.ca

E: raptorsvballclub@gmail.com

T: (604) 961-9425

