



# Port Moody Times

Thursday  
November 7, 2024  
Day 1

Friendly  
Reminder

Friday, November 8<sup>th</sup> is a school based Pro D Day (no school).

Monday, November 11<sup>th</sup> is Remembrance Day (no school).

## ALTERED BELL SCHEDULE

Remembrance Day Assembly

THURSDAY, NOV. 7, 2024

Block	Schedule
1	7:40 – 8:45
2	8:50 – 9:55
Assembly 1/ BLK 3	10:00 – 11:05 (Students will go to their Block 3 class. Teachers, take attendance and then bring classes down to the gym).
Assembly 2/ BLK 3	11:05 – 12:10
Lunch	12:10 – 12:50
4	12:50 – 1:55
5	2:00 – 3:05

### LOST & FOUND

There are tables set up with 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 school year. Any unclaimed belongings will be donated.

### STUDENT LEADERSHIP COUNCIL

The Student Leadership Council's District Secondary Program is back this year with no application and open to all SD43 high school students. The first meeting is this Thursday, November 7th in the Pinetree Secondary Learning Commons and will include a guest speaker and free pizza! Sign up using the form on the SLC Instagram if you're interested!

### CLUBS AND CLUB MEMBERS

Yearbook is now starting on the club section, please take your own photos as there are 60+ clubs and you have a better understanding of your club / particular events. We will only print the first 40 clubs who respond meaning? We will need 2-3 photos (cell phone shots are fine) and a short write up. If you would rather have the yearbook staff take one of your group shots, let us know. Direct all questions, photos and a short write up with the name of your club to [088-JYANG3@sd43.bc.ca](mailto:088-JYANG3@sd43.bc.ca). QR code below. DEADLINE: DEC. 1ST.

PMSS Yearbook - Club Photo  
Submissions



**YEARBOOKS**

The PMSS 2024-2025 yearbooks are now available for purchase. They are \$60 per 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.

**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](mailto: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>

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

**(Photo Packages):** Aidan K.

**(Student Photo ID):** Bryce B., Mariia C., Sophia H., Mohammed H., Margo K., Lily M., Kai O., Luiza R., Luke W., Thomas W., Brody W., Zerek W. & George W.

**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.

**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 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.

**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](mailto: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
University of Victoria – Gustavson School of Business	November 13 <sup>th</sup> 2024	8:56 – 9:22am (flex)	Drama Room
SFU - Criminology	November 14 <sup>th</sup> 2024	5:00pm - 6:00pm	<a href="#">ZOOM MEETING</a>
University of Waterloo	November 19 <sup>th</sup> 2024	8:56 – 9:22am (flex)	Drama Room
UBC MD Faculty of Medicine	November 26 <sup>th</sup>	7:00pm - 8:00pm	<a href="#">ZOOM LINK</a>
SFU Beedie	November 28 <sup>th</sup>	11:58 - 12:40pm (lunch)	Library
UVic's Faculty of Engineering	November 29 <sup>th</sup>	12:20pm - 1:15pm	MPR (Booth)
UBC Sauder	November 29 <sup>th</sup>	5:00pm - 6:00pm	<a href="#">ZOOM LINK</a>
Langara	December 4 <sup>th</sup> 2024	11:56 – 12:36pm (lunch)	Drama Room

**University of Calgary Meet & Greet for Prospective Students** is happening on November 9<sup>th</sup> 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!](#)

**\*NEW\* Junior Firefighter Program** is open to any Gr. 11 & 12 SD43 students to give students a true understanding of the basic components both physical and educational of Fire Rescue’s basic training for new recruits. The educational component will test the applicant’s knowledge learned in the classroom of firefighting equipment, fire behaviour and fire tetrahedron and the products of combustion, to name a few. The practical component of the program will test the applicant’s strength, endurance and teamwork skills. Some examples may include: dragging charged hose lines, carrying ladders in a group, climbing the four-story hose tower and cutting up cars in teams using the “Jaws of Life”. Coquitlam Fire Rescue runs from March 14-21, and Port Moody Fire Rescue Runs from April 23-26. If interested, please appl using the form found [HERE](#) by December 6<sup>th</sup>!

**Youth Justice Link – Guide to Law School Presentation (online)** is happening on November 14<sup>th</sup> from 6:30 – 7:30pm. This free event will include information on pathways to alw school and how youth can start thinking about a career in law. Students will have the opportunity to meet law students from UBC, TRU and UVic. To register, click [HERE!](#)

**Vancouver Film School – In Production Bootcamp** is happening on the Nov 29-Dec 1<sup>st</sup> weekend (cost: \$150 + tax). Attend an Ask Me Anything event with Emmy-nominated director, writer and producer, Ron Oliver, and experience working on a professional TV set as writers, actors and directors collaborate to bring a short scene to life in just 2 days! This is an incredible opportunity to gain practical experience that you can take with you into your career. If interested, or would like more info, click [HERE!](#)

**EA Teen Animation Scholarship Program** is a program where students learn the methods, techniques, and technologies used in animation and have the rare opportunity to learn from experienced industry professionals and hear from guest EA lecturers. If you are an artist aged 15-19, and have a passion for animation, a talent for storytelling, and will be able to be committed to the program dates of January 14, 2025- May 20, 2025 on Tuesdays 4:30 – 7:30, look for more info or apply [HERE](#). This program will be located on the Arts Umbrella Granville Island location, and full scholarships will be awarded to all students who are accepted. Apply by Dec 2<sup>nd</sup> 2024 to be considered.

**University of Victoria – Adulting 101: Personal Finance for Students Preparing for College & University** is inviting all Gr. 9-12 students to attend a free online financial literacy workshop from students from UVic’s Gustavson School of Business. Dr. Michael King leads this interactive session for students to strengthen and prepare their financial footing to enter university life. This workshop will give you an inside look at how Gustavson approaches personal finance through an engaging and interactive session. This will take place Wednesday November 6<sup>th</sup> or Thursday November 7<sup>th</sup>. If interested, please register [HERE!](#)

**University of Victoria – AI 101 – Using Artificial Intelligence in University and your Career** is inviting all Gr. 9-12 students to attend a free online AI workshop hosted by UVic’s Gustavson School of Business. Dr. Andrew Park will introduce how these modern AI systems work, including hands on demos of text, image, audio and video generation. He will discuss the future of AI and how you can be best prepared to take advantage of its capabilities as you move to the next stages of your education and careers. This will take place Thursday November 14 or Wednesday November 20<sup>th</sup>. If interested, please register [HERE!](#)

**MedCONNECT 2024** is happening on November 16<sup>th</sup> 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](#)!

**\*NEW\* Run Rudolph Run Race** is looking for volunteers for Saturday December 7, 2024 from 9:30am -1:00pm at Mundy Park. Duties include medals handing out, serving water at water stations, flaggers, set-up and take down. If interested, click [HERE](#)!

**Low Entropy Foundation – Thrift & Thrive Future Leaders Internship Program** is accepting applications from youth 16-24 for their January – April 2025 cohort. Join us for a free, fun and hands-on retail internship at our thrift store! Our program aims to empower youth through building retail and customer service skills, mentorship and community engagement. If you’d like more info, or to apply, click [HERE](#)!

**City of Coquitlam – Park Spark Light Brigade** is looking for volunteers of all ages and abilities to help fabricate and install lights around Lafarge Lake! As a volunteer, you can help transform our parks into a winter wonderland for the much loved annual light displays. There are sessions daily from Nov 12 – 22<sup>nd</sup> at 10:30am – 12:00pm, 1:00pm – 2:30pm and 3:00 – 4:30pm. For more information about Park Spark, click [HERE](#). To register to volunteer, email [parkspark@coquitlam.ca](mailto:parkspark@coquitlam.ca) or drop by the Town Centre Community Plaza.

**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 21<sup>st</sup> 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](mailto: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 10<sup>th</sup> 2024**.

**Friendly Forest Pre-School** is hosting their annual Santa Breakfast on **Sunday December 1<sup>st</sup> 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](mailto:social@friendlyforestpreschool.com)

### **Scholarship / Awards**

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

**Beedie Luminaries Shine Gr. 12 Scholarships** (valued up to \$44,000/ student for 4 year undergrad degree or up to \$22,000/ student for 2 year college diploma/ certificate or trade-school foundation program AND access to Student Success Program, Peer Group support, access to mentors and summer paid internship opportunities) is open until December 16<sup>th</sup> 2024. If you are a Canadian or permanent resident in Gr 12, with a minimum average of 75%, plan to be a full-time student and use the funding for post-secondary education, is applying to one of the 25 BC post-secondary



institutions or trade schools and can demonstrate you and/or your family’s financial adversity and how it affected you, consider applying [HERE!](#)

**Beedie Luminaries BUILD Scholarship** (valued up to \$20,000 per student towards the completion of a Red Seal Certification AND Apprenticeship, Digital Community, Workshops & Events to BCIT) is open until December 16<sup>th</sup> 2024. If you are a Canadian citizen, permanent resident, immigrant or refugee living in BC planning on getting your Red Seal Certification from BCIT, and have faced financial and/ or other life adversities, consider applying [HERE!](#)

**SFU Uggla Family Scholarship** (valued at full-tuition and fees at SFU, including textbooks and materials, co-op, on-campus housing fees, and on-campus meal plans) is open until January 20<sup>th</sup>, 2025. If you are a Domestic Canadian student admitted for the fall term to any undergraduate degree and face significant financial barriers to participation in post-secondary education (this may include students who identify as Indigenous, Black, or a person of colour, students living with disabilities, LGBTQIA2S+ students and students of all gender identities), consider applying [HERE!](#)

**Be the Light Society Scholarship 2024/25** (value: \$2500) is open until February 21<sup>st</sup> 2025. If you are a graduating female of South Asian descent, have financial need, community involvement and are intending to attend post-secondary (universities, colleges and trade programs), apply [HERE!](#)

**BCSTA Student Citizenship Scholarship** (Valued at \$750) is open for applicants until March 2<sup>nd</sup> 2025. If you are a graduating Gr 12 student planning to attend a recognized post-secondary institution or skills and career training program and have displayed exemplary citizenship within your school/ community, consider applying [HERE!](#)

**2025 WorkSafeBC Student Safety Video Contest** (valued at \$2000) is open until Tuesday April 1, 2025. Any BC student in gr. 8-12 is eligible to enter. Students need to submit a video with the theme “Show up, speak up for safety”. For more information/ apply, click [HERE!](#)

**Terry Fox Humanitarian Award** (value: \$28,000) is open to all Canadian students or landed immigrants graduating from high school in good academic standing and involved in voluntary humanitarian activities (for which they have not been compensated) and are planning to study towards their first degree or diploma at a Canadian post-secondary institution. If interested, apply [HERE](#) by December 1<sup>st</sup>, 2024.

**BC Cowboy Heritage Society Scholarship** (Value: \$500) is open to all BC residents about to enter or continue a program of study at a post-secondary education institution in BC and is willing to submit a short story, original artwork or original cowboy craftwork with a theme of BC Cowboy and ranching heritage. If interested, apply [HERE](#) by December 31<sup>st</sup> 2024.

**Mini Med Scholarship** (Valued at \$1000) is open until **January 10<sup>th</sup> 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 15<sup>th</sup> 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 16<sup>th</sup> 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 28<sup>th</sup>, 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 10<sup>th</sup> 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 31<sup>st</sup> 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}

We always work hard to get through this tough world, but it can be really challenging when we suddenly fall ill. There are many important things in life, but remember that health comes first! Just a few years ago, the world was overwhelmed by a terrible virus called COVID-19. Many people lost loved ones and jobs because of it. Things have improved since then, but COVID-19 is still with us.

To avoid getting sick, we need to maintain good hygiene and, most importantly, get vaccinated! In British Columbia, updated vaccines for influenza and COVID-19 are now available. Dr. Bonnie Henry, the provincial health officer, recommends that everyone get vaccinated. The updated vaccines are free, so I hope you can get your shot at a nearby pharmacy! Let's stay healthy together!

Click here for more info on the updated vaccinations! :

<https://castlegarsource.com/2024/10/24/updated-vaccines-for-influenza-covid-19-available-throughout-b-c/>



**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**

