



Port Moody Times

Thursday
December 19, 2024
Day 1

TRAFFIC

Hello Port Moody Community,

We have been informed by Marcon construction of upcoming site work at the corner of Albert Street and St. Johns. On Monday, December 16th Highroad Excavating Ltd. will be working on St Johns Street to perform the storm sewer construction activities. We expect this part of the work to be complete by Friday, December 27th. During this time we will be limiting the work to avoid school traffic peak times. Various traffic control measures will be put in place during this work. As such, parking restrictions, and a partial road closure on Albert Street and St. Johns Street will cause possible delays to your commute.

Construction hours on site will be modified to 05:00 AM to 3:00 PM in accordance with the City of Port Moody's Noise Control Bylaw.

We are suggesting that families plan for students to use transit and/or give themselves more time to get too school. If families are dropping off away from the school please remember to be respectful of all our neighbors.

Thank you

Port Moody Administration

STUCO ANNOUNCEMENTS

Today in the Drama Room at lunch, STUCO is bringing back Jeopardy! Come watch students vs teachers in the ultimate Christmas trivia showdown before winter break.

STUDENTS TO OFFICE

Would the following students come to the office during lunch or after school to pick up their certificates:
T. Donaldson, L. Hallman, R. Inara, R. Kazemi, B. McCann, A. Pageot, P. Soltanloo, J. White

OFFICE HOLIDAY HOURS

Please note that the office will be closed December 25th – January 1.

Attention All Students: The counselling department will be unavailable over the winter break. We will reply to your requests on our return to school, January 6th. For any requests for transcripts, please use the Student Transcript Request Service through the Ministry of Education: [Transcript Request](#) .

Counselling Department News: We would like to welcome Dr. Maierle to our counselling department. She is here to cover for Mr. Gibney, while he is away. Dr. Maierle is welcome addition to our department, and we encourage you to email (Imaierle@sd43.bc.ca) or connect with her. The Counselling Loads are as follows: Ms. Campbell A – Jo; Dr. Maierle Jp – Neb; Ms. Sidhu Nec – Z. Also, Mr. Gibney is not checking email while he has been away, so if you have emailed him important questions, please redirect them to Dr. Maierle.

PMSS PHOTO/ FILM COMPETITION

Want to test your hand at Holiday Creativity? Submit a photo/ short film for the Winter theme media competition. Prizes up to \$25 on until January 18th, 2025. Forms on Media Council Instagram.

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.

MATH HOODIE PRE-ORDER

We are looking to purchase our second bulk order of hoodies, now that the inventory of the first round is sold out. There were lots of students that missed out on the first set of orders so we're bringing it back one more time! If you are interested in purchasing a math hoodie, please fill out this form: <https://forms.office.com/r/JpgJSaadme>
Make sure you fill this out before Friday, December 20th. I will order the hoodies in January 2025.



ALTERED BELL SCHEDULE
Scholar Spike
FRIDAY, DEC. 20, 2024

Block	Schedule
1	7:40 – 8:56 (before school) <i>Most students don't have this block</i>
Flex	8:56 – 9:22
2	9:22 – 10:33
3	10:38 – 11:48
Lunch	11:48 – 12:45
4	12:45 – 1:56
5	2:00 – 3:16

TUTORING CLUB IS BACK!

Looking for some help with your classes? The student tutors at the Tutoring Club would love to help. We are available Tuesdays and Thursdays during lunch, Block 5 and after school. Lunchtime tutoring sessions take place in room 311, and Block 5/after school sessions are in the Youth Worker room—directly across from the Library Learning Commons. It's a drop-in program, you don't need to sign-up for tutoring! If you're interested in being a tutor, please see Ms. Nembhard in the office.

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.

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.

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.

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!

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](#)

BCIT Broadcast & Media Communications Open House is happening on Saturday, January 25, 2025 from 10am – 2:00pm at the Burnaby campus! The Open House is the perfect opportunity to explore your interests and learn about the latest trends and technologies shaping the broadcast and media landscape. Their programs include Broadcast + Online Journalism, Radio Arts + Entertainment, Television + Video Production and Video production + Editing. If this interests you, click [HERE](#).

University of Waterloo – Gr. 10 Info Night is happening on Thursday February 20th, 2024 from 2:30 pm – 5:30pm for all Gr. 10's planning to attend university. Learn what you can do now to prepare. This event will help you start thinking about your journey to university. You don't need to have it all figured out or know what you want to study already! Attend the live-stream or have the recording sent to you to watch later! Register/ more info [HERE](#)!

EducationPlannerBC Live Learning Sessions are free virtual sessions that are especially helpful for students Gr. 10-12 along with their parents and student supporters. Come and explore the EducationPlannerBC website! Search thousands of programs, get to know trades, and discover career paths. Find helpful resources, including financial aid options, admission requirements, FAQs, and the Glossary. Learn how to create an account, save programs, paths and careers to My List, and apply to post-secondary in BC. [Register for January 22, 2025](#) or [Register for March 4, 2025](#). Both sessions are from 6:30pm – 7:30pm.

Thompson Rivers University is hosting a series of [Virtual Info-sessions](#) for parents/ guardians and students who are applying to TRU for Fall 2025. Stay in the loop for important dates, deadlines, supports, scholarships, and more!

General Learning Opportunities

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

Youth Empowering Youth (Yey) is a FREE leadership development program for students that will be conducted online via ZOOM. This program allows students who participate to receive 15 volunteer hours that go towards graduation. Our program provides young leaders with an opportunity to develop essential skills such as teamwork, communication, problem-solving, and leadership. Through workshops, mentorship, and real-world projects, students will not only enhance their personal growth, but also make a positive impact on their community. There are two cohorts students can apply to. The first cohort is every Sunday from Jan 19 – March 16 2025 from 12:30pm – 2:00pm. The second cohort is every Friday from Feb 7 – Apr 4 from 4:30pm – 6:00pm. Students can register [here](#).

UBC Geering Up STEM Leadership Program is a free program designed to kickstart your pathway into STEM. Learn technical skills, get volunteer hours, participate in summer long design projects and connect with like-minded peers! Apply [HERE](#)! For more information, consider attending an info session [HERE](#)!

Prosper – Canada's Premier Youth Business Conference is happening on April 26 & 27 at Sheraton Vancouver Wall Centre (cost: \$250/ attendee). We strive to provide Canadian youths an opportunity to interact with the business world and connect with other like-minded students. Business mentors from all over the world will be attending to host unique workshops and help future business leaders deepen their understanding and passion for the field. We invite you to experience the reimagined Prosper 2025 — our most revolutionary iteration to date. For more information, click [HERE](#)!

SD43 Art Council is looking for passionate art students of any grade to be part of our Student Art Council. Members from different schools would collaborate with each other to make a mural located in Port Coquitlam. With that, we hope to gather interested art students who want to make an impact in the community through art. To apply, click [HERE](#)!

SFU – RANGE 2025 is happening on Saturday February 22nd 2025 from 11:30am – 5:00pm at SFU Burnaby! It is open for all high school students and is a one-day academic conference featuring presentations and activities about geography! The goal of the conference is to give you a sense of research and career possibilities within geography. Lunch and snacks will be provided throughout the day. If interested, learn more or register [HERE](#) (\$10 Registration fee)!

Green Bricks – Green Collar Conference is happening on March 1st 2025 and is open to all high school students! It is a free virtual conference where you can find out about interesting and rewarding career opportunities in sustainability and the environment sector. This day allows you to interact with career mentors who have excelled in and are passionate about their green careers. The day includes prizes and a chance to win a \$500 scholarship! If interested, register [HERE](#) by February 25th 2025!

SFU STEM Speaker Series – Control for Safe Robot Navigation is a free virtual talk happening Saturday January 25th, 2025 from 1:00pm – 2:00pm for any high school students. In this talk, the speaker will explore principles of safe and control algorithms within the context of robot navigation. These algorithms ensure that robots can operate autonomously while avoiding obstacles and adhering to safety constraints. The speaker will discuss their past and current work in this area with applications in robotic systems. If interested, please click [HERE](#) to sign-up!

Trades and Apprenticeship Information

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

***NEW* SD43 Trades Program Open House** is happening on Wednesday January 29th at 6pm at Heritage Woods Secondary theatre! If you are a student or parent of a student in Gr. 9-11 and interested in a tuition-free level 1 TRAIN in Trades program and curious about the opportunities in the skilled trades, join us for a panel presentation! Click [HERE](#) for more info!

Volunteer/Employment Opportunities

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

Vancouver Children's Festival is searching for volunteers for May 26 – June 1, 2025 at Granville Island. Volunteers are requested to work a minimum 2-shift (14 hr) commitment. They are also looking to onboard Key Volunteers (KV) who can begin working within the school to recruit and screen more volunteers. KVs generally work 20 hours in advance of the Festival, and then transition into Crew Captain roles onsite during the Festival. Any volunteer who completes over 30 hours of service will receive a personal reference letter from the Festival. Students interested in Hospitality, Tourism, Event Management, Arts, Performance, or Childhood Education are particularly encouraged to apply, but there are positions at every level. If you are interested in general volunteering, sign-up on Jan 2 [HERE](#). If you are interested in being a KV, please email volunteer@childrensfestival.ca. There can only be 3 KV per school.

MoreSports is looking to hire a Community Coach (compensation is \$18-\$25/ hr) for a minimum of 2 hours per week for 8-10 weeks. If you are a leader by nature, committed to helping others achieve success, passionate about coaching and creating active lesson plans, then this is the role for you! To apply, please send resume, cover letter and your availability to hiring@moresports.org. Please highlight any experience you have in a sport as a coach and/ or player. MoreSports will begin interviewing over the Christmas holidays.

West Coast Kids Cancer Foundation – Spring Break Camp is looking to hire volunteers for Spring Break (March 20-29) + Mandatory Orientation on Feb 22. City Camp is the only day camp in BC where kids 5-12 and siblings of kids with cancer and blood disorders can join in on all the magic of camp while being able to sleep in their own bed at night. Hosted in close proximity to the hospital and with a medical team on-site, kids on treatment never have to miss out on the camp experience. Orientation is located in the WCK office in Burnaby and the camp will take place in Simon Cunningham Elementary in Surrey. Consider applying [HERE](#) if you are 16+ of age, can attend all dates listed, and have reliable transportation to the camp site. Applicants must also clear vulnerable sector criminal records check, have up-to-date immunizations and annual influenza vaccination. For more info, click [HERE](#)!

Scholarship / Awards

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

***NEW* BC Greenhouse Growers' Association Scholarship** (Value: \$500 - \$1000) will open Wednesday Jan 1 and close Friday April 11th, 2025. If you are a student who has good academic achievement and pursuing post-secondary studies in horticulture, pest management, plant health, agriculture technology, food science, agricultural marketing, mechatronics or other acceptable related programs, consider applying [HERE](#)!

***NEW* SFU Entrance Bursaries** (value: varies) are open until March 31st 2025. If you are a Canadian or PR student who is applying for the SFU Fall term and have grades in the 80% in courses required in their 1st choice program and have demonstrated financial need, consider applying [HERE](#)!

John E Betts "Beat Yesterday" Scholarship (value: 10 x \$2500) is open until January 14th 2025. Any Gr. 12 McDonald's restaurant employee or if you are a dependent of an employee can apply. For more information, or to apply, click [HERE](#)!

Coquitlam Foundation Scholarship and Bursaries (value varies depending on scholarship/ bursary) is open until March 31st 2025. Each specific scholarship may have their own separate eligibility criteria, but standard eligibility requirements are: demonstrate financial need, demonstrate a history of school and community service and leadership OR community and school involvement, demonstrate academic success sufficient to enter into post-secondary studies, and plans to pursue post-secondary. If you are interested in applying, or want more information, click [HERE](#)!

JANUARY MARIE LAPUZ YOUTH LEADERSHIP AWARD

This annual award is given to exceptional youth 16 to 30 who have shown commitment and leadership within the 2SLGBTQ+ community. The winner receives a cash prize of \$1000, First Runner Up receives \$600, Second Runner Up receives \$400. Honorable mentions receive \$200 and Emerging Leaders receive \$200.

Sher Vancouver would like to recognize all those youth who work tirelessly for the 2SLGBTQ+ community and we would appreciate your help to spread the word about this award.

The deadline to receive applications is December 31, 2024. Please click on the link below for full details about the award and to learn more about Sher Vancouver.

<https://januaryfilm.com/youthaward/#apply>

BC Excellence Scholarships (value: \$5000) are open for any Gr. 12 Canadian or permanent resident students that have at least a B in Language Arts 12, and B in final course marks that fulfill graduation requirements of Science 11 or 12, Math 11, and Social Studies 11 or 12 with no more than a C+, and maintain a B or better average in grades 11 & 12 final course marks required for graduation. **You must be nominated by your school.** The nomination deadline for Port Moody Secondary

students is January 10th 2025 (the external deadline is February 17th 2025. You can find the nomination forms on PMSS Career Centre TEAMS, or the PMSS Career Centre website. Please come ask Ms. Chang if there are any questions. For more information, click [HERE](#).

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>

AFTER GRAD FUNDRAISERS

After Grad Fundraising

Growing Smiles Plant Sale & Neufeld Farms: [A Big Thank you!!](#)

We had a great pickup event this week and thank you to everyone who placed orders and who volunteered to make this a success! We raised just over \$1600 towards After Grad with your support!!

The After Grad Committee is excited to offer a variety of easy ways to support our After Grad fundraising efforts year-round! Each of these local businesses generously donates a portion of their sales. Simply make mention when you make a purchase, and you'll be contributing to a fantastic cause. Here are a few great options:



Support
PMSS AfterGrad
by using
flipgive

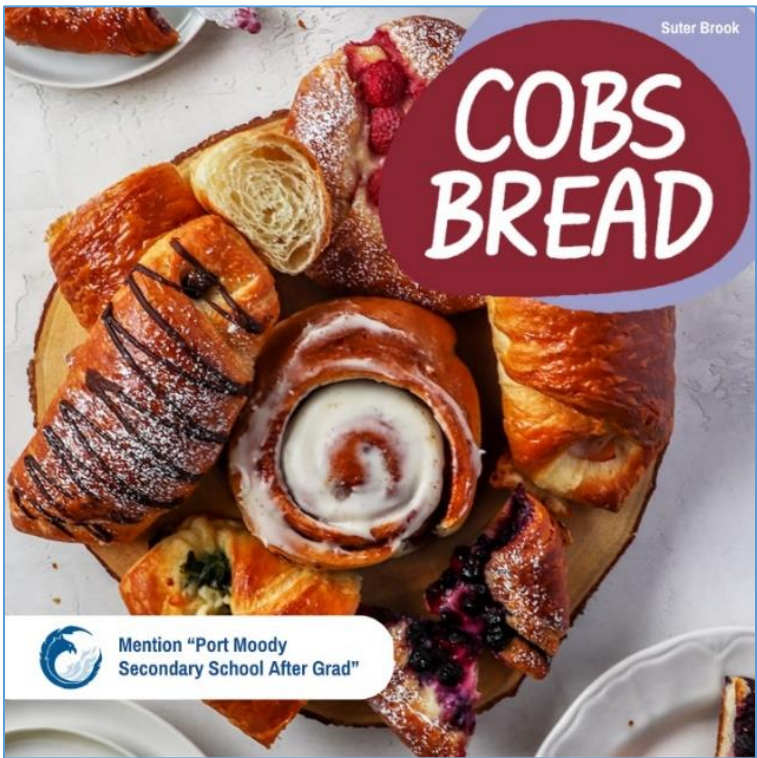
Download the FlipGive App; visit flipgive.com/ join or use the QR code to sign up and start supporting PMSS 2025 After Grad today!

Enter Team Code: **KVJN6X**

PMSS 2025 AfterGrad
Port Moody Secondary School



FlipGive Online Shopping & Gift Cards – Shop at participating stores year-round using our team code **KVJN6X**. A percentage of each purchase supports After Grad. This is the perfect opportunity to support After Grad whether shopping for gifts or everyday essentials.



COBS BREAD

Suter Brook

Mention "Port Moody Secondary School After Grad"

Cobs Bread at Suter Brook – Enjoy delicious fresh-baked goods, and a portion of your purchase will go towards our fundraising efforts when you mention "Port Moody Secondary School After Grad".

ALL YEAR
NOW-JUNE

 **PORT MOODY**
liquorstore
ST. JOHNS & WILLIAMS

Mention “PMSS After Grad”
while shopping to support
Port Moody After Grad.



 **AfterGrad
PMSS 2025**

Mention
“PMSS After Grad”

Port Moody Liquor Store – Pick up your favourite beverages and support After Grad at the same time by mentioning "PMSS After Grad" at checkout when shopping at Port Moody Liquor Store on St. Johns Street.







 **AfterGrad
PMSS 2025**

Support by using
Acct # 604-928-1421

Return It Express – Recycling bottles and cans at any Return It Express is a great way to support PMSS After Grad throughout the year. Simply use account "604-928-1421" when you drop off your recyclables, and this will go towards After Grad fundraising efforts.

**SCHOOL
CASH ONLINE**



 **AfterGrad
PMSS 2025**

Available Now on
School Cash Online

School Cash Online – Parents can now donate directly to After Grad. The school will also accept cheques made payable to ‘Port Moody Secondary School After Grad’ from friends and family.

Like & Share After Grad posts on [Instagram](#) & [Facebook](#) to help spread the word about our fundraising initiatives.

COMMUNITY

{MEDIClover}

According to the researchers from University of British Columbia (UBC), Harvard Medical School and Memorial Sloan Kettering Cancer Center (MSK), they have found out early genetic origins of breast cancer-like mutations appearing in the cells of healthy women. Furthermore, genetic alterations were only detected in the luminal cells that line the lobules and ducts where milk flows through the breast. In addition, the majority of mutated cells contained only one or two copy number alterations, and it's known that it takes multiple mutations to form a cancer.


More Information: [Luminal breast epithelial cells of BRCA1 or BRCA2 mutation carriers and noncarriers harbor common breast cancer copy number alterations | Nature Genetics](#)

If your still curious about Genetic mutation Check this article out: [Cancer-like mutations in healthy cells point to genetic origins of breast cancer](#)


YOUTH LOUNGE
& DROP-IN GYM
SCHEDULE

A DROP-IN SPACE FOR
GRADES 6-12


RECREATION COMPLEX




SOCIAL
SPACE



WII AND
XBOX ONE

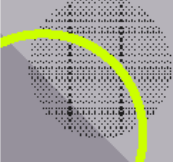


POOL
TABLE



GAMES AND
EVENTS

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-8pm Drop-in Youth Lounge (Free)	5-8pm Drop-in Youth Lounge (Free)	5-8pm Drop-in Youth Lounge (Free)	6-10pm Drop-in Youth Lounge (Free)	5-9pm Drop-in Youth Lounge (Free)
	6-7:45pm Drop-in Gym (\$2.25)	6-7:45pm Drop-in Gym (\$2.25)	6-10pm Drop-in Gym (\$2.25)	5-9pm Drop-in Gym (\$2.25)
			6-9pm Drop-in Breakdancing 16+ Aerobics Studio (\$2.25)	



@pomoyouth
portmoody.ca/youth

PORT MOODY
CITY OF THE ARTS



For youth
ages 11-15
years

Holiday Camp for Youth

Monday, Tuesday and Friday, Dec 23-27
Mon, Tues, Thurs and Fri, Dec 30-Jan 3
9am-3pm Recreation Complex
Activities may include:

Bowling	Extreme Air Park	Laser Tag
Ice Skating	Sports	Swimming

Visit portmoody.ca/signmeup to register NOW!



Winter Recreation for Youth

Programs begin the week of January 13

Badminton	Parkour	For youth in grades 6-12
Pickleball	Pomo Chefs	
Standard First Aid & CPR-C/AED	Volleyball	
Yoga		

Full-Day Camps - Holiday Camp
- Epic Youth Spring Break Camp

Visit portmoody.ca/signmeup to register.