



Port Moody Times

Thursday
January 16, 2025
Day 1

BC MINISTRY OF EDUCATION ASSESSMENTS

All students in BC must complete Literacy and Numeracy Assessments to graduate from a BC School. Some PMSS students have completed their assessments for the year in November, but most have not. If you are scheduled to do this, you should have received an email to your SD43 email account outlining the day, time and location of your assessment. You can also see your designated time and location for your assessment below.

If you have any questions, please see Mr. Cameron in the office or email him at cocameron@sd43.bc.ca.

PM Literacy 12 Assessment - Monday, January 20 (ARRIVE at 12:15pm)

Grade 12 – A to CHH – Room 106
Grade 12 – CHI to GRA – Room 201
Grade 12 – GUA to KHA – Room 212
Grade 12 – KIM to LOB – Room 317
Grade 12 – LUK to PAS – Room 318
Grade 12 – PER to SOL – Room 319
Grade 12 – SON to Z – Room 320

AM Literacy 10 Assessment - Tuesday, January 21 (ARRIVE at 8:45am)

Grade 10 – A to BLAC – Room 106
Grade 10 – BOC to DEL – Room 201
Grade 10 – DEM to HAR – Room 212
Grade 10 – HEJ to KAH – Room 317
Grade 10 – KAK to LAI – Room 318
Grade 10 – LAM to LUN – Room 319
Grade 10 – M to MUR – Room 320

PM Literacy 10 Assessment - Tuesday, January 21 (ARRIVE at 12:15pm)

Grade 10 Coquitlam Express Hockey Players – Room 320
Grade 10 – MYE to REN – Room 106
Grade 10 – REY to SONG – Room 201
Grade 10 – SOO to WANG – Room 212
Grade 10 – WEI to Z – Room 317
Grade 11 – A to Z – Room 318 (for students that did not finish in grade 10)
Grade 12 - A to RAS – Room 319 (for students that did not finish in grade 10)
Grade 12 - RAW to Z – Room 320 (for students that did not finish in grade 10)

AM Numeracy 10 Assessment - Wednesday, January 22 (ARRIVE at 8:45am)

Grade 10 – A to BLAC – Room 106
Grade 10 – BOC to DEL – Room 201
Grade 10 – DEM to HAR – Room 212
Grade 10 – HEJ to KAH – Room 317
Grade 10 – KAK to LAI – Room 318
Grade 10 – LAM to LUN – Room 319
Grade 10 – M to MUR – Room 320

PM Numeracy 10 Assessment - Wednesday, January 22 (ARRIVE at 12:15pm)

Grade 10 - Coquitlam Express Hockey Players – Room 320
Grade 10 – MYE to REN – Room 106
Grade 10 – REY to SONG – Room 201
Grade 10 – SOO to WANG – Room 212
Grade 10 – WEI to Z – Room 317
Grade 11 – A to Z – Room 318 (for students that did not finish in grade 10)
Grade 12 - A to SAE – Room 319 (for student that did not finish in grade 10)
Grade 12 - SHIN to Z – Room 320 (for student that did not finish in grade 10)

GRADE 9 STUDENTS

- Monday, January 20th
 - All grade 9 students are expected to attend school on Monday to meet with their Digital Learning 10 teachers as well as a Health and Wellness presentation. If students are able to, please bring a charged laptop.
 - 10:00am - Meet with Digital Learning teacher at in one of three areas:
 - Room LLC - Mr. Valente
 - Room 319 - Ms. Chan
 - MPR - Weir, Koyanagi, Costa, Jung, Grewal
 - 11:15am - Jack Thomas Presentation in the gym.
 - The presentation aimed towards mental health appreciation and accepting how one looks physically.
 - Pizza Lunch to follow the presentation.
 - Students are dismissed at approximately 12:30pm.

STUDENTS (JP-NEB)

Students with the last names ending in Jp-Neb who had Mr. Gibney as their counsellor are asked to refrain from emailing Mr. Gibney as he is and has been on leave since before winter break and unable to answer your messages. Kindly direct your emails to Dr. Maierle as she is currently filling in for him until further notice.

Attention ALL GRADE 9s (including IB Pre-Diploma 9s): There will be a **Programming Assembly will be on January 30th, in the main gym during FLEX.** This is an important **required assembly** for counsellors to review the Course Selection Process with you. Bring your QUESTIONS as we welcome them during this time.

Programming Process for Grade 10 & 11 Dogwood students: Counsellors will be having programming assemblies during block 2 on January 30th. It is essential that you attend these to review the process, have some insight on post- secondary requirements, and ask questions. This process will be completed on the MyEd portal, and your decisions on what to take may be influenced by what programs you are interested in after high school. Your block 2 teachers will bring you at the appropriate time (First half of block 2, grade 10s & Second half of block 2, grade 11s). IB grade 10/11 students have already completed their programming, so IB grade 10/11 students need to attend their scheduled classes.

ATTENTION PARENTS! Save the Date!!! Counsellors will be providing a **Parent Programming Information Evening on January 29th between 7 – 8 pm. All grade 9 – 11 parents are welcome** to attend, to learn more about the programming process, graduation requirements, and post- secondary opportunities.

CAFETERIA SERVICE JANUARY 20-24

The school cafeteria will be open with limited service January 20/21 and will be closed January 22-24. It will reopen with regular service Monday, January 27th.

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.

STUDENTS TO OFFICE

Would the following students come to the office during lunch or after school:

Certificates:

M. Al Rashed Abazeed, Z. Bakhshi, O. Chupryna, J. Dias, T. Donaldson, L. Hallman, A. Hwang, R. Inara, R. Kazemi, D. Kim, G. Kim, A. Korenkova, C. Laverock, J. Lee, S. Lim, J. Liu, K. Lonzarich, B. McCann, A. Mashayekhi, A. McNamara, N. Mizener, Z. Mohammed, Y. Reznikov, A. Sadiq, J. Wang, H. Weng, A. Xu, B. Zhang, K. Zhu

Student ID Cards:

E. Alsaris, B. Barnettson, M. Chernychenko, S. Hendy, L. Mercer, H. Nguyen

SPARCS WORKSHOP FOR GRADE 9 AND 10 STUDENTS

Greetings from the [Centre for Education in Mathematics and Computing \(CEMC\)](#) at the University of Waterloo. We are delighted to inform you that the CEMC is now accepting applications from grade 9 and 10 students for the [Seeing Possibilities and Rewards in Computer Science \(SPARCS\)](#) workshop. SPARCS is a week-long, immersive workshop, designed to ignite enthusiasm for computer science in students who have little or no previous exposure to the subject.

Audience: Students belonging to gender identities under-represented in computer science. Applicants must be in grade 9 or 10, interested in mathematics and computer science, and currently attend a Canadian high school or middle school.

Dates and location: May 4 to May 10, 2025, in-person at the University of Waterloo.

Application deadline: February 12, 2025

[Click to download the SPARCS poster.](#)

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](#)
***NEW* Vancouver Film School Open House** is happening Saturday February 8th from 10am – 1pm at 151 W Cordova St! Vancouver Film School invites you to learn more about their programs, connect with industry professionals and potentially secure a scholarship to study at VFS. There are also opportunities to sign up for auditions and portfolio review during registration. For more info, click [HERE](#)!

Simon Fraser University is coming back to Port Moody Secondary to host drop-in advising! It will take place February 5th, 2025 at 12:00pm (lunch) at the MPR. Their main focus will be Beedie admissions, supplementary application, program details, but they are also open to answer questions about self-reporting from general applicants as well! If you are interested, please let Ms. Chang know (in person, TEAMS, email) of your interest so that your name can be added to the sign-up sheet!

Corpus Christi College Future Leaders Night is happening on January 23rd from 6-8pm at Corpus Christi – St Mark's College at UBC! Explore university scholarship opportunities and receive insider tips on applying to our school, hear student success stories from scholarship recipients and alumni, learn about our award-winning INSPIRE Leadership Certificate program and meet other student leaders and learn how you can maintain the leadership momentum you've

developed in high school. The event is free to attend and refreshments will be provided. Please RSVP by January 15th [HERE!](#)

Corpus Christi College Preview Night is happening on February 6th 2025 from 6-8pm at Corpus Christi – St Mark's College at UBC! Want to learn more about Corpus Christi and St. Mark's College at UBC? [Preview Night](#) is your opportunity to come to campus, meet members of our community, and experience this school for yourself. There will be presentations on academic and student success programs, campus tours, Q&A panel that include light refreshments and raffle prizes! RSVP [HERE!](#)

General Learning Opportunities

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

NEW Youth4Action – Think Global, Lead and Act Local – From Source to Sea Leadership Program is looking for high school students across Metro Vancouver who are interested in making a positive impact and taking action for sustainability for a fun, experience-based leadership program! This program will take place from March 17-19 from 9am – 3:30 at either Metro Vancouver Head Office or Creekside Community Centre. If you want more information, or to register, click [HERE!](#) Please register by February 26th, 2025.

NEW **UBC [CAP] Sauder Youth Case Competition** is being held on March 2nd 2025 for Gr. 10-12 students at UBC Sauder School of Business! Learn from the Best: Participate in interactive workshops led by UBC Sauder students and master the art of analyzing and solving business cases. Early bird cost is \$5.50, and regular is \$7.00. For more information, or to register, click [HERE!](#)

NEW **New West Student Police Academy** is happening March 24-28, 2025 from 8am – 4pm! The New Westminster Police Department is looking for students aged 16-18 who have a desire to learn about a career in policing. The Student Police Academy is a week-long program designed to provide students with an unforgettable and educational experience in law enforcement. Participants will have the opportunity to engage in hands-on activities, learn from experienced professionals, and develop valuable skills that extend beyond the classroom. This program is ideal for students who are looking to expand their knowledge and get a behind the scenes look at all aspects of policing. From physical conditioning and self-defense tactics, to scenario-based simulations and firearm safety, you will receive the most up to date police training. This is your opportunity to see what it takes to be a police officer! The cost is \$150. Please apply [HERE](#) by January 29th 2025.

NEW **McGill Summer Academy** is open for applications to Gr. 10 & 11 students! MSA is a two-week academic summer camp held on McGill University's downtown campus. We offer two streams: Pathways to Neuro and Health Sciences and Understanding Migration, Global Citizenship and Diasporic Resistance. Participants will develop their academic interests through coursework, skill-building activities and experiential learning, all led by McGill faculty and graduate students. We are proud to offer [full scholarships](#) (including transportation to and from Montreal) to a limited number of Indigenous students, Black students, and students facing financial barriers. Regular fees are \$4,950 - More information on what this fee covers can be found [HERE](#). If interested, please apply at the [McGill Summer Academy website](#) by March 1st 2025.

NEW **UBC Black Futures** is welcoming any Gr. 11 & 12 students who identify as Black to apply for this program! The Black Futures program is a unique opportunity for Black students from across Greater Vancouver to be introduced to post-secondary options and discussions about higher education. With a slogan of "if you can see it, you can be it", it allows students to envision their academic future. Often, students don't get to see someone who looks like them when they are researching post-secondary options, and that becomes another hurdle for Black students to jump. The program consists of in-person meetings at UBC (there are no on-line sessions this year). High school students work with UBC students, as well as a variety of faculty and other professionals. There is no cost for students to attend—they will be bussed to and from UBC. Raquel Chin, a teacher at Riverside, will be chaperoning the trips. Interested students should contact Ms. Chang for a Field Trip consent form and return in by January 21st. 2025.

NEW **UBC Engineering Without Borders: Youth Venture Case Competitions** is happening on Saturday, February 1st, 2025 from 9am – 2pm at UBC Vancouver. This case competition is for high school students Gr. 8-12 interested in going to university for engineering. This program will allow you to learn more about the engineering design process and apply it into a fun and exciting real life scenario. For more information, or to sign up, please click [HERE](#) and register before January 24th, 2025.

BC Children's Hospital – Women in Science is inviting Gr. 10-12 students of all genders to celebrate International Day of Women and Girls in Science at BC Children's Hospital Research Institute on February 11th 2025 from 6pm – 8:30pm. Participants can expect to hear more about the latest in health research during our keynote lecture, meet incredible leaders in research who are shaping the future of health science and be part of the discussion! For more information, or to register, click [HERE!](#)

Global Game Jam Vancouver (cost: \$33.28) is coming to Douglas College - New West on January 24-26, 2025! This is a yearly event where game makers come together and make a game in a few days! No experience is necessary – come learn new skills – programming, 2D + 3D artistry, sound, music, writing, project managing! You can come with a team or form a team with others! For more information, or to register, please visit [HERE!](#)

Port Moody Interact Program is hoping to restart and is searching for members which can be any high school student. This is a service club program for, and run by high school students. The projects are chosen by the members and are carried out by the members with guidance and support of the Rotary clubs in the area, mostly the Port Moody Club. A brief overview of Interact can be found [HERE](#) and how clubs operate and what they do can be found [HERE!](#) Any

opportunities for students to participate in community projects of our club would involve volunteer hours! If interested, please contact gdjbroderick@gmail.com for more information or to inquire about restarting the club.

City of Port Moody – Standard First Aid and CPR-C/ AED Workshop is taking place Saturday Feb 22 to Sunday Feb 23 from 9am – 5pm for students 13-18 year olds. It will take place at Heritage Mountain – Main Hall and cost \$195.00. For anybody interested, please register [HERE](#)!

Youth Adventures in Leadership (YAIL) 2025 is open for applications to any student 15-17 interested in learning what it takes to be a leader at a camp from Feb 28 – Mar 2 at Alex House (Surrey, BC). This is a FREE program that helps participants to become well-rounded individuals with increased perspective and enthusiasm for growth, who can make informed decisions through their leadership journey. To register or look for more info, click [HERE](#)!

Forum for Young Canadians National Summit (Program cost: \$995 – accommodation, meals, transportation) is open for application until January 16th 2025. Are you ready to dive into the heart of Canadian civic engagement, meet some of our country's top decision-makers, and make your voice heard on the issues that matter? Then the Forum for Young Canadians National Summit is your chance to shine! In March 2025, Ottawa will host over 100 students aged 14-18 each week for an immersive, hands-on experience like no other. You'll learn about how decisions are made in Canada, meet Senators, Members of Parliament, and other influential leaders, and gain the tools you need to make a real difference in your community. This is your opportunity to be a part of something BIG. To apply, click [HERE](#)! For questions, email forum@rhf-frh.ca!

UBC STEM Fellowship Research Opportunity (REO) is looking for Gr. 9-12 students who are interested in research to participate in their free unique program at UBC from March 17-21 2025. The program enables students to explore the world of research, be immersed in the process of scientific inquiry and ask questions about possible paths to this field. Tour first class research facilities, shadow lab personnel and attend lab meetings, seminars, and faculty presentations. Receive an introduction to basic laboratory techniques and experiments using state-of-the-art equipment. Be mentored one-on-one by graduate students and ask questions about paths in academia within various fields. Apply [HERE](#) by Jan 12th 2025. Please direct questions to ubc@stemfellowship.org.

Trades and Apprenticeship Information

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

Volunteer/Employment Opportunities

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

***NEW* Young Women in Public Safety** is a Federal Student Work Experience Program for girls 16+ (priority given to Gr. 11's) that are interested in a career in safety and security. Students will work 37.5 hours the week of July 7-11, 2025 and earn \$18.27/ hour along with gain experience about the field, connect with experts and visit different departments (such as Canada Border Services Agency, Canadian Security Intelligence Service, Correctional Service Canada, Public Safety Canada, and RCMP) and learn about their daily operations. For more information, or to apply, click [HERE](#). The deadline to apply is February 12, 2025.

Golden Spike Days is an annual family event held in Rocky Point Park to commemorate the completion of the Canadian Pacific Railway to the city and the Confederation of Canada. The festival is looking for volunteers for June 28 – July 1st 2025 for a variety of positions including: Gate greeter, stage hand, family zone, traffic/ parking control, environment supporter, bike valet, information tent, volunteer supervisor and more! For more information, or to sign-up, click [HERE](#)!

B&B Work Experience Program is offering Gr. 12 students the chance to get an authentic experience working at a civil construction firm during March break from 7am – 3pm with opportunity for over-time hours (17th - 28th). Students may make up to \$22/ hour. Students will be working hands-on, learning about the various roles in the field. They will work with a crew on an active site while being assigned tasks and shadowing experienced labourers and foremen. Students will be provided with Green Hard Hat Training, WHMIS training, as well as on-site training from coworkers and foremen. Interested students can get more information [HERE](#)! If you'd like to apply, send your cover letter + resume to tmihalech@bbcontracting.com by February 15th, 2025!

Scholarship / Awards

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

***NEW* Haywood Hunt Annual Scholarship** (Value: \$1000) is open until August 31st, 2025. If you are a Canadian citizen or Permanent resident that has been accepted or enrolled in a Canadian college or university for the 2025/ 2026 school year and is willing to write a 500-1000 word essay that expresses your top 6 ideas about "How professional private investigators assist various types of legal professionals with their cases", then click [HERE](#)!

***NEW* Gloria Barron Prize for Young Heroes** (Value: \$10,000) is open until April 15th 2025. If you are between the ages of 8-18, is a Permanent Resident of and currently residing in the USA or Canada, currently working on an inspiring service project (or have done so within the past 12 months), then consider applying [HERE](#)!

BC Hydro Power Pioneers Community Services Awards (Value: \$500) is open until March 31st 2025. If you are a Gr. 12 Canadian Citizen or permanent resident of BC that has made outstanding contributions in their local community for a considerable amount of time or have initiated, organized, or contributed significantly to a one-time project (priority given to students who volunteer in their local communities), consider applying [HERE](#)!

Diabetes Hope Scholarship (value: \$3000) is open until March 3rd 2025. If you are a Canadian or Permanent Resident Gr. 12 student who will be entering post-secondary in the fall of 2025, and have received care for type 1 diabetes by a

Canadian pediatric health care team or physician for a minimum of 1 year preceding this application, please consider applying [HERE!](#)

Capilano University Entrance Awards (Value: Varies depending on award) are open until March 1st 2025. Our entrance awards are given to new CapU students to recognize and support achievement in academics, sports, and the arts. Some awards also look at financial need, and many awards are given for your commitment to community involvement and leadership. For more info or to apply, click [HERE!](#)

Electronic Recycling Association (Era)’s Scholarship 2025 (value: <\$10,000 including Mac Book Pro and laptops for charity) are open until September 30th 2025. If you are a student residing in Canada that is interested in creating a marketing plan and collect e-waste in your area, consider applying [HERE!](#)

Rudder Reid Charitable Foundation Scholarships (value: \$5000) are open until May 31st 2025. Most scholarships focus on wellness enabling, business and trade skills. Academic achievement and community involvement are strongly recommended for application. If interested, or want more information, click [HERE!](#)

BC General Employees’ Union Scholarship 2025 (value: \$2500 for full-time students and \$1500 part-time students) is open until February 17th 2025. If you are a BCGEU member in good standing, immediate relative of current, retired or deceased BCGEU member and staff, planning on applying to post-secondary, please consider applying [HERE!](#)

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 11or 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](#).

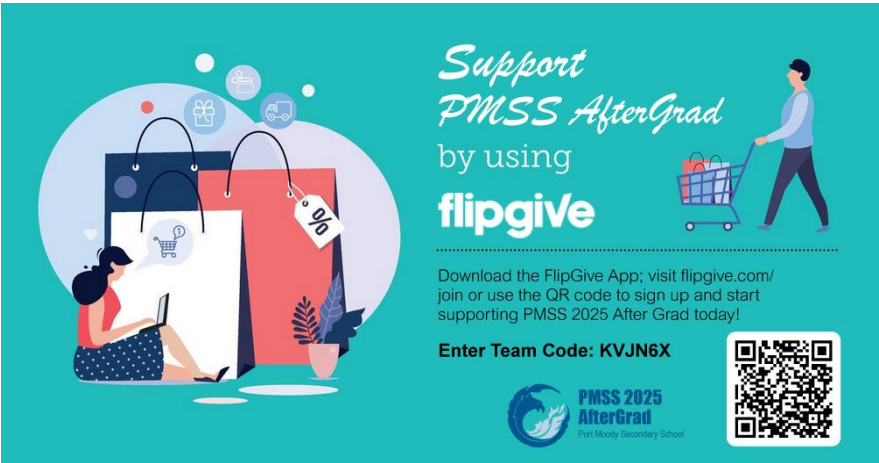
PARENTS

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

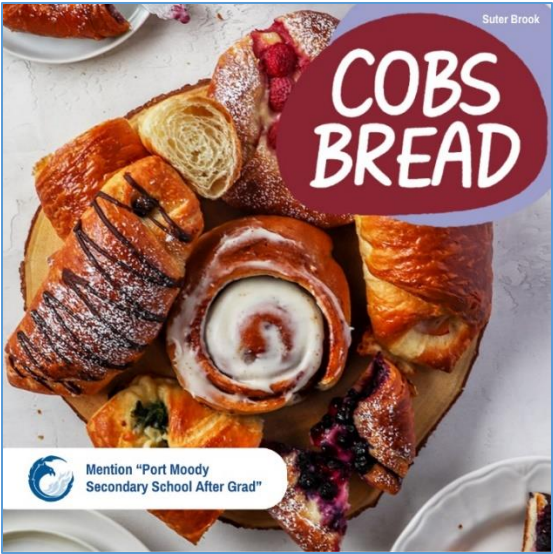
For information regarding **PAC**, please visit <https://www.sd43.bc.ca/school/portmoody/Parents/PAC/Pages>

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:

A promotional graphic for PMSS AfterGrad fundraising. It features a teal background with illustrations of shopping bags, a person shopping online, and a person pushing a shopping cart. The text encourages using the FlipGive app or website to support PMSS 2025 AfterGrad. It includes the team code KVJN6X and a QR code for sign-up. The PMSS 2025 AfterGrad logo for Port Moody Secondary School is also present.

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.



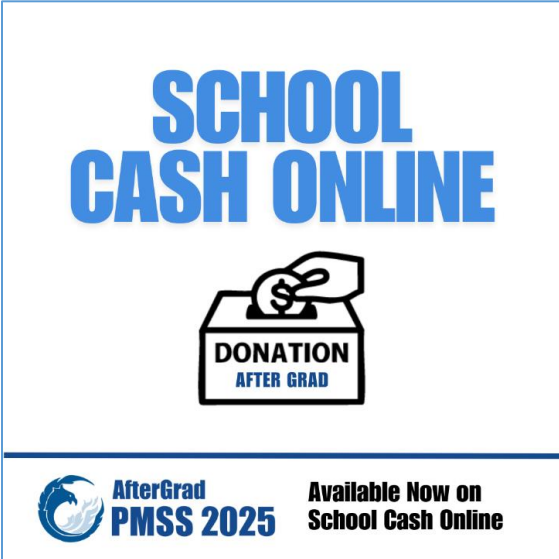
Cobs Bread at Suter Brook – Enjoy delicious fresh-baked goods, and a portion of your purchase will go towards our fundraising efforts when you mention "Port Moody Secondary School After Grad".



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.



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 – 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](#)



ELEMENTARY
July 8 – July 25, 9:00am - 12:00pm
Courses: K to 1 transition, English for Beginners, Visual & Performing Arts, French Immersion, Integrated Studies, Math, Reading & Writing, Coding (Info tech), Outdoor Science, STEAM, and more!
Free to all BC residents, SD43 Residency requirements apply.

8 LOCATIONS

04 MAR

Registration 6:00am

Registration 6:00am

07 MAR

MIDDLE
July 8 – July 25, 8:45am - 11:45am
Courses: Band, Guitar, Creative Writing, Drama/Improv, English for Beginners, Guitar, Home Ec/Culinary, Integrated Studies, English and French Immersion Language Arts, Mathematics, PE/Leadership, Coding (Info Tech), Outdoor Science, STEAM, Tech Ed, Visual & Performing Arts, and more!
Free to all BC residents, SD43 Residency requirements apply.

3 LOCATIONS

SECONDARY SKILL BUILDING
July 8 – July 25, 8:30am - 11:30am OR 12:00 - 3:00pm
Courses: English, English for Beginners, IB Math & Science, Jazz & Concert Band, Science, Home Ec, Sewing, 2D Animation, Metal and Wood Tech Ed, Math, Coding (Info Tech), Skills for Success. These non-credit courses may be taken to review previously covered course content OR preview a course. Academic Completion 9/10 for Science and Math is only available by school referral.
Free to all BC residents, SD43 Residency requirements apply.

2 LOCATIONS

07 MAR


Registration 6:00am

Registration 6:00am

06 MAY

SECONDARY FULL CREDIT
July 2 – August 7 (6 weeks)
8:00am – 11:30am OR 12:00pm – 3:30pm
Face-to-Face or Online Blended Fast Track
Courses: Life Science 11, Anatomy & Physiology 12; Career Life Education 10; Chemistry 11,12; EAL 10,11; English 10,11,12; English First Peoples 11,12; Mathematics 10,11,12; Physics 11,12; PHE 10; Socials 10,11, Science 10.
Free to all BC residents, SD43 Residency requirements apply.

2 LOCATIONS



www.sd43SummerLearning.ca/Phone 604-936-4261



Free Winter Program for Families!

Learn about healthy eating, physical activity, and building long-lasting habits as a family in Generation Health Community. This 10-week program for families with children ages 8 to 12 is FUN and interactive!

Delivered through YMCA BC starting February 2025 on Tuesday, Wednesday, Thursday, and Friday evenings.

Families who join this program will receive a complimentary YMCA membership.

Register
today!



gv.ymca.ca/generation-health-community
generationhealth@bc.ymca.ca



University
of Victoria



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