



Port Moody Times

Thursday
February 8, 2024
Day 2

OFF BLOCK STICKERS

Off block stickers can be picked up in the office during your off block. Please bring your Go Card and schedule.

LOCKERS

Students who have not been using their assigned locker and are willing to have it reassigned to another student, please come to the office either before class, at lunch, or after school.

LOST & FOUND:

The following items are in the office. Please come by during lunch or after school to claim.

- LOTS of Ear Buds
- Headphones
- Earring Stud
- Cell Phone
- Gold Necklace
- VISA Card
- Compass Cards
- Trading Cards

Winter Formal Tickets—on sale beginning February 7

Tickets for the Winter Formal go on sale beginning February 7th. Students must have completed their School Policy form in order to see tickets on their SchoolCashOnline account. This dance is only open to students in Grades 11 and 12, and there are no guests for this event. The deadline for purchasing tickets is February 20th—no tickets will be available after that date. Ticket prices are as follows:

Feb 7-9 \$10

Feb 10-16 \$15

Feb 17-20 \$25

ATTENTION GRADE 9, 10, 11 STUDENTS!

Programming assemblies will be held during FLEX on February 6, 7, 8 (Excluding IB 10 & 11). Counsellors will share information on the course selection process and considerations for future post secondary plans. Course selection will be completed on your MyEd Portal. Courses and information are available on our [Course Selection Website](#). The MyEd portal is open now, so students can start to select courses. Students can make changes as often as you like. We would like all students to complete their selections by February 17th.

Counsellors will meet with grades on separate dates in the Small Gym or the Drama Room.

Here is the schedule:

February 8th, FLEX Grade 9s, small gym

February 8th, FLEX Grade 9 IBs, Drama Room (with Mr. Lenihan)

Note: Grade 10/11 IB students will not need to meet at this time.

PHOTO RETAKES

Photo Retakes are scheduled for February 8. These retakes are for students who arrived at the school after October, or those who didn't get a photo taken at the beginning of the year.

Gr. 12 students who haven't yet had their graduation photo taken may also get a photo for the yearbook.

Students may still book a graduation photo session at Artona if they would like a portrait package. All Artona photos will be taken at their studio in Vancouver. Please contact the company by phone or email to book a session [Artona: Since 1909](#)

Sign ups for the CCC are now closed.

If you registered for the Canadian Computing Competition please pay your fees through School Cash Online. Deadline for payment is Friday, the contest is after school on Feb 21!

HOMEWORK HELP

With a new semester, a reminder that student tutors are here for Homework Help, Tuesdays and Thursdays from 3:10-4:00 in room 203. No need to sign up—you can just drop in!

STUDENT COUNCIL ANNOUNCEMENT

In honor of Valentine's Day, Student Council is also presenting 200 free candy grams on a first-come first-serve basis. You can send ONE free candy gram to a special friend, friend, or teacher! Sign-up forms are on posters around the school and on the STUCO Instagram. Additionally, in partnership with Music Council, we are also selling singing grams!

Buy a singing gram, and Music Council will serenade the recipient with a LIVE guitar and vocal performance from 5 song options. Singing grams will be sold at \$5 each in the MPR on February 7 and 8, so make sure to stop by and buy one!

Tri-Cities Pride Society is looking for help shaping this year's Pride events in Coquitlam. Volunteer positions are open for the LGBTQ+ Youth Committee!

What it is:

- A group of youth who will support the Tri-Cities Pride Society in planning and running the activities and entertainment for Coquitlam Pride, held on July 20

What it involves:

- Meeting every 2 weeks, possibly more in June and July
- Organizing and running activities for youth
- Creating youth-directed marketing
- Advising the Tri-Cities Pride Society on ensuring youth inclusion in Coquitlam Pride

What you will get:

- A chance to shape Pride and make it meaningful for Tri-Cities youth
- Experience with event planning and marketing
- Volunteer hours and potential reference letters

Drop-in info session on February 23, 1-2:30pm at Pinetree Community Center, room 3.

If you have questions or cannot make the info session, please contact owarje@tricitypride.ca

GR. 12 GRAD GOWN ORDER AND COMMENCEMENT COMMENTS

Hey Grade 12's, you're getting closer to graduation! To help get you ready for the commencement ceremony (Saturday, June 22nd), we need your height, so that we can order you a grad gown, and also need the message that you would like read as you cross the stage. Please complete both forms. They are **both due February 22nd**. If there are any questions, please reach out to Vice Principal Ms. Nembhard.

Grad Gown Height: <https://forms.office.com/r/DbjAsLZS8T>

Commencement Comments: <https://forms.office.com/r/7p839EKbsm>

ART

You are invited to see the best Art of the district including many Port Moody Students on display now until March 15th in the professional art gallery space of Place Des. Arts. 1120 Brunette Avenue, Coquitlam Atrium & Mezzanine viewing Monday – Friday 9:00 am – 9:00 pm Saturday 9:00 am – 5:00 pm Sunday 1:00 pm – 5:00 pm. A great exhibit to enjoy with friends and family. - Ms. Gardner

Also if you haven't seen the cool and funny art done during the Arts Assembly, or the other art at the front of the MPR - check it out as it starts to come down Friday February 9th.

home to our arts community

PLACE DES ARTS Exhibitions

On view at Place des Arts: January 19 - March 14, 2024
Online at placedesarts.ca: January 26 - March 14, 2024
Opening Reception: Friday, January 19, 7:00 - 9:00 PM



SD43 Grade 12 Art Students
Emerging Talent 26
Various Mediums in the Atrium
Image: *Dad, View from the Passenger's Seat [detail]*,
Sadie Hamilton (Class of 2023)



Rick Herdman
Fragile Stories: Encaustic Portraits
Encaustic and carved wood in the Leonore Peyton Salon
Image: *Raven in Flight [Detail]*



Amy J. Dyck
All the Parts of Me
Mixed Media in the Mezzanine
Image: *Red [detail]*



Azadeh Mehryar
Diaspora
Ceramics in the Link
Image: *Nomadic [detail]*

viewing 1120 Brunette Avenue, Coquitlam

Atrium & Mezzanine	Leonore Peyton Salon	View Online
Monday - Friday 9:00 am - 9:00 pm	The Leonore Peyton Salon is a multi-purpose space; therefore, viewing times are limited.	View our current exhibitions online any time, visit the individual exhibition pages on placedesarts.ca/exhibitions .
Saturday 9:00 am - 5:00 pm	Call 604-664-1636 to book an appointment.	
Sunday 1:00 pm - 5:00 pm		

LEADERSHIP APPLICATIONS FOR SOAR & ATHLETIC LEADERSHIP

Interested in taking a leadership course next year?

Students applying for one of our SOAR & Athletic Leadership must pick up a form from the PE office, the Biology office or the Main office, complete the form (including finding 2 teacher recommendations, a parent signature and attach a photo) and hand it in to Mr. Tam, Mr. Marrello or Ms. Tsui **by Friday, February 9th** at 3:05 pm.

PORT MOODY POLICE

The Port Moody Police Department is hosting a FREE program for local youth currently enrolled in Grades 11 & 12. The program is designed to give youth an understanding of policing as a career and will allow students to earn volunteer credits (30 hours) they can apply towards their graduation. For more information, please click [HERE](#) or contact Mr. Canuel. Applications are end of day due Feb. 28, 2024.

THE TRI-CITIES ENCHANTMENT PROJECT – DRESS DONATIONS REQUEST

All students should have the opportunity to attend their grad celebration feeling confident, beautiful, and excited about their special night regardless of their family finances or circumstances. In school district 43, the Enchantment Project provides an opportunity for any student who requires financial support to find a dress.

Our program accepts gently used grad gowns, and we are currently in need of dress sizes between 12-22+. If you are interested in donating to the Tri-Cities Enchantment Project, please contact the Youth Worker at your local high school, or drop off at CAFE, Terry Fox or Pinetree Secondary(attention EP/Youth Worker).

VANCOUVER SUN RUN

Whether it's to become more fit, try something new and push yourself, or make new friends and fun memories YOU should join our school's Vancouver Sun Run team, the "Blues Run Club"! The Vancouver Sun Run, Canada's largest running event, is an annual 10k held in our beautiful city this year on April 21st. Last year, we assembled Blues Run Club with 40+ runners. Bring your friends/family along with you too! Runners of all levels are welcome.

We will contact you after you fill out this form: <https://forms.office.com/r/PiSsi1ZKN5>

Direct any questions to:

088-vfan@sd43.bc.ca or 088-kli2@sd43.bc.ca

UBC WOMEN IN COMPUTER SCIENCE HIGH SCHOOL CAMPUS TOUR

The Women in Computer Science organization at UBC is a student affinity group who are working to build a supportive community to celebrate diversity and support gender minorities. We aim to empower women by providing opportunities to build lasting connections with other women in tech, and supporting each other as we progress through our time at UBC! On **March 20th, 2024 from 9:30 - 3:00 pm**, WiCS is inviting high school students from all over the lower mainland to come as a UBC computer science student for a day! This opportunity will allow women students to meet students from other schools and give them a glimpse of what studying computer science at UBC will look like. It will give them a chance to explore campus for a day, sit in on a lecture, talk to their future professors, and even win some UBC merch :)

We are hoping to invite high school students interested or want to learn about Computer Science, and we are hoping you are able to help us connect to these bright minds :)

We are targeting students who identify as a gender minority and are available on **March 20th** during their spring break! Due to limited capacity, we are only able to take a select number of students per high school. We will reach out to you with the list of confirmed students, and will send you a waitlist if there are overwhelming responses.

Confirmations will be sent both to you (as the teacher) and the students by **February 22nd**.

They can sign up at this link here: <https://forms.gle/LTtH6JAzbn0j3vdPA>

Sign up deadline is: **February 16th, 2024 at 11:59pm**

Please encourage interested students as soon as possible, we will be reviewing the first batch of applications on February 10th, 2024.

Please relay to them to only apply if you can 100% attend. Apply early to reserve your spot, as we have limited availability. Transportation and lunch will not be provided. A map to the meet up spot will be provided.

ONGOING

PARENT FORMS & STUDENT FEES: School District 43 uses the KEV School Cash Online for both fee statements and District Policies forms. Relevant fees have been uploaded with email notifications.

STUDENT PARKING PASS: If you will be parking in the lower parking lot, please come to the office during lunch or before/ after school to pick up a Parking Registration form.

PMSS TIMES: The PMSS Times newsletter will be emailed to parents and students on Tuesdays and Thursdays. Announcements will not be read over the PA. You will find copies of the PMSS Times outside the office, in the Cafeteria under the clock, and outside the Library Learning Commons.

CAREER CENTRE

Post-Secondary Information, Admissions Updates, New Post-Secondary Programs, Scholarships, Volunteering, Employment, Career Programs & Training, Leadership and Enrichment Programs

Scholarship

BC School Sports is pleased to provide scholarships package for student-athletes. To apply and for more information visit, [2024 Scholarship Booklet.pdf \(bcschoolsports.ca\)](#). The application deadline is May 3, 2024, at 4pm.

Post secondary Info session.

Concordia University of Edmonton Info night **Thursday, March 7, 2024, from 5:00pm to 7:30pm**. This event will be in person on campus as well as **live streamed**. For more information visit, [Info Night 2024 - Concordia University of Edmonton](#). Application fee will be waived – admission advisors will be on hand to assist with the online application (fee waived from domestic students only). **February 15** is their live virtual webinar [application workshops](#).

PMSS Career Resource Centre

Room: 3066. Open from 8:00am – 3:30pm Monday-Friday.

If you have any questions please feel free to email Ms. Rose at 088-careerfacilitator@sd43.bc.ca or call 604-939-6656 ext. 3066. If you would like to book an appointment please visit, [Jovita Rose - Post-Secondary & Career Advisor \(office365.com\)](http://Jovita Rose - Post-Secondary & Career Advisor (office365.com)). Join the Port Moody Secondary Career center TEAMS page! Code to join: 46n1w80 or e-mail 088-careerfacilitator@sd43.bc.ca

For Grade 12, [PMSS Big Picture book 2023 2024.pdf](#) Focus on the BIG PICTURE for the Graduates of 2024 – a guide for your Grade 12 Year – Overview of the Year Ahead.

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

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

For Grade 12 - PowerPoint slides copy from November 20, 2023 presentation - [2023 STS Presentation.pdf](#)

For Grade 12, Please see, [Scholarship – Meeting 2 January 2024](#) for the January scholarship slides presentation. Due to the school closure, the meeting was canceled. However, there will be scheduled FAQs this coming February (date TBD).

Port Moody Secondary School Scholarship package is now available. For more information and to apply visit, [2024 PMSS Scholarship Package](#).

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

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

SFU Beedie Advising Feb 22nd in the drama room during lunchtime 11:35am – 12:25pm

BCIT Big Info is returning in-person on Wednesday, February 21st. Big info is the largest program expo and information session at BCIT. It's an opportunity for students to get their questions answered by program advisors as well as faculty from over 300 programs – all in one place. Students will also have a chance to win one of three prizes of \$1000 in tuition by registering at [Big Info - BCIT](#). Join them in person on Wednesday, February 21 from 4:00 – 7:00 p.m. at our Burnaby Campus. Or join online, Wednesday, February 28 from 4:00 – 7:30 p.m. and hear from Program Advising, Student Services, Indigenous Initiatives, and International.

EducationUSA has three winter webinars scheduled to help students learn more about topics related to studying in the United States. These webinars are free and will be recorded. Everyone who registers will receive the link to the recording. **Inclusion and Accessibility on U.S. College Campuses** Wednesday, March 6, 5-6 pm ET [REGISTER HERE](#).

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

General Learning Opportunities

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

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

[UBC Future Global Leaders Summer On-Campus and Online Programs!](#) Experience university life to the fullest and prepare for your future beyond high school. Explore your interests and passions by taking an academic course or mini-school. Meet students from Canada and around the world and learn from UBC professors and affiliated instructors. Experience university life on-campus or take a course online from wherever you are.

Experience University Learning On-Campus at UBC Vancouver. Spend an unforgettable two weeks at the stunning UBC campus or at the state-of-the-art Centre for Digital Media. Choose from thirty-one courses and mini-schools in business, engineering, health, history, and more. Commute daily or live in residence at the UBC Vancouver campus. For more information visit, [UBC Future Global Leaders | UBC Extended Learning \(ExL\)](#).

For those students who are interested in taking **Occupational First Aid (OFA L1)**. Students can get discount rate of \$84 (\$80 + tax) instead of \$100+. The students can register:

[https://www.sd43.bc.ca/CareerPrograms/Pages/Certifications.aspx#/="](https://www.sd43.bc.ca/CareerPrograms/Pages/Certifications.aspx#/=)

BCFED Health & Safety Centre Young Workers (Alive After 5) are now offering both in person and online presentations for free OHS Program for New and Young Workers. They will cover **WorkSafeBC, Hazard Recognition, Injury Reporting, Grant's Law, 4 Basic Rights** and more... For more information visit, [Young Workers \(Alive After 5\) - BCFED Health & Safety Centre \(healthandsafetybc.ca\)](#). To register, <https://healthandsafetybc.microsoftcrmpportals.com/aa5sessionrequest/>.

[Rivers to Success Indigenous Student Mentorship](#), whether you are just starting your education journey, preparing to graduate or still need to figure it out, they are there to help. They are partnered with some of Canada's top employers, post-secondary institutions, and non-profit organizations to deliver all the tools you need to get where you want to go. For more information visit, [High School - Rivers to success](#).

Technovation GirlsBC – Free Programs. Technovation GirlsBC is a non-profit technology entrepreneurship competition where young women and girls* aged 8-18 work in teams to develop a mobile app or AI project that tackles real-world problems in the community. Work with volunteer mentors, complete weekly curriculum, and attend workshops & much more! See further details on their programming and events [here](#) or see  [Technovation GirlsBC 2024 Events Flyer.pdf](#).

BC Children's Hospital - Women in Science, join them as they celebrate the upcoming International Day of Women and Girls in Science on **Thursday, February 8, 2024**. Become part of the conversation by following [#WomenInScience](#) on Instagram! Their Women in Science evening strives to empower the community and promote an equitable and inclusive learning environment. They interpret "women" in the broadest sense and respect all ways in which people choose to self-identify including female-identified, agender, non-binary and women across the LGBTQIA2S+ spectrum. People of all genders are welcome to participate. To learn more visit, [Women in Science | BC Children's Hospital Research Institute \(bcchr.ca\)](#)

SD 43 Trades Programs Open House Tuesday February 13th, 2024, at Centennial Secondary 570 Poirier St. Coquitlam. Time 6pm – 8pm (presentation in theatre will start at 6pm).



The poster for the SD43 Trades Programs Open House features a central image of a person in a blue uniform working on a car engine. Text on the poster includes: 'SD43 TRADES PROGRAMS OPEN HOUSE', 'Tuesday, February 13th, 2024', 'Centennial Secondary 570 Poirier St. Coquitlam', '6 - 8pm (presentation in theatre will start at 6pm)', 'LEARN ABOUT THE OPPORTUNITIES IN THE SKILLED TRADES', 'HEAR ABOUT SERVICES & SUPPORTS FOR STUDENTS' with a list of organizations (ICBA, STEP BC, ACCESS BC, BCCWITT, Skilled Trades BC), 'LEARN ABOUT LEVEL 1 TRAIN IN TRADES PROGRAMS' with two columns of program details (Post-Sec. Instructors: BCIT, KPU & others; SD43 Program Instructors: Auto Service Technician, Carpenter, Professional Cook, Electrician), and contact information for SD43 Career & Trades Programs (43careers.com, careerprograms@sd43.bc.ca) and 24+ Tuition-Free Level 1 Programs.

SCWIST, an organization that works to introduce K-12 girls to a wide range of exciting career options and positive female role models in STEM has upcoming online Quantum Leaps **Career Conference** event on **February 23 from 6-7 pm PST**. This will focus on women professionals working in careers related to **Engineering - Particularly Structural and Chemical Engineering**. Participants will get the opportunity to chat with women professionals and ask questions about their careers. To register and for more information visit, [Quantum Leaps Career Conference - Structural and Chemical Engineering Tickets, Fri, Feb 23, 2024 at 6:00 PM | Eventbrite](#).

City of Coquitlam - New Pre-Employment and Personal Growth Training Program for Teens. The new Youth Leadership Development Program is great opportunity for 13- to 15-year-olds looking to volunteer, land a job and build their leadership skills. This unique 9-session program helps participants prepare for the working world with practical skills like resume writing and mock interviews, as well as an introduction to personal growth habits such as conflict resolution, journaling, and mindfulness. As part of the program, each participant will become a City of Coquitlam volunteer (criminal record check required) and leave with verified volunteer hours, ready to get involved in new initiatives and opportunities. To learn more and sign up, visit [coquitlam.ca/registration](#) and click "Register for Programs". In the online registration system, type the course **ID# 140787** in the search bar, or call 604-927-4386. **Date:** Tuesdays, Jan 16 – March 12, 2024, **Time:** 4:30pm – 6:30pm. **Cost:** \$133.05. **Location:** Pinetree Community Centre.

UBC Extended Learning - This winter, get a head start on your future and try a university subject with [UBC Future Global Leaders Online](#). Their winter courses are offered on Saturdays starting January 27. Learn about subjects that interest you, without the stress of exams! Meet other high school students from Canada and around the world in live virtual classes taught by UBC professors and affiliated instructors. For more information visit, [UBC Future Global Leaders Winter Online | UBC Extended Learning \(ExL\)](#). **Date:** Saturdays, Jan 27 to April 13, 2024 (no classes Feb 17 & Mar 30) **Time:** 10am-12pm (Pacific Time) **Cost:** \$875 per course.

BCIT Jill of All Trades is an all-day free event on April 4, 2024, led by female mentors to inspire young women or those who identify as female in Grades 9 through 12 to pursue careers in the Skilled Trades. Participants will experience a fun-filled day of practical, in-the-shop sessions. For more information visit, [Jill of All Trades - BCIT](#). If you are interested, please use the QR code to complete the survey.



Vancouver Community College Baking & Pastry Arts Department Youth Train in Trades baking foundation certificate. For any student interested in the baking program please see, [Youth In Trades Info Sheet July 2024 \(002\).docx](#). They have upcoming baking info night on February 22, 2024, **5:30 pm- tour of our baking department. For those wishing to attend, please meet by the entrance to the baking department at our Downtown campus. 6 pm-Youth in Trades Info Session- Downtown campus room 112 (Lecture Theatre. To apply, intake package YiT 2024 (1) (003).docx. Submit your application to Mr. King bking@sd43.bc.ca. **Deadline:** April 7, 2024**

Society of Canadian Women in Science and Technology (SCWIST). SCWIST is an advocate for Equity, Diversity and Inclusion (EDI) in schools, universities, businesses and Canadian society, and supports efforts to promote equality for all, especially within science, technology, engineering and math (STEM). Applications for their [eMentoring program](#) are now **open**. eMentoring runs three times a year. The program is available for any students who identify as female or women, girls, trans, genderqueer, non-binary, two-spirit, and gender questioning. Sign up for eMentoring and they can put you in touch with a professional woman who is closely matched to your own interests or understands your situation. To apply, [eMentoring Application - SCWIST](#)

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

SFU Applied Sciences Outreach & Science Alive Free Youth Programs. The STEM Speaker Series provides high school students with the opportunity to meet and interact with university students, faculty members, and/or working professionals in STEM fields. To register and for more information see [flyer](#).

Volunteer/Employment Opportunities

[Fraser Pacific Rose Society](#) is looking for volunteers. **Fraser Pacific Rose Society** is a non-profit organization in a partnership agreement with the City of Coquitlam to maintain the Centennial and Canadian Hybridized Gardens. If you are interested in learning some new skills and perhaps develop a love for gardening, then this volunteer opportunity might be right for you. See attached [posting](#) for more information.

Autism Support Network upcoming event on **February 28th**, from 4:00 PM to 6:00 PM, catering to parents with ASD kids. As part of the event in Coquitlam, they are seeking student volunteers from our school to act as supervisors during the indoor playground (Crash Crawly's) activity. Please see [flyer](#) for more details.

Vancouver International Children's Festival wish to invite students to volunteer for the **Children's Festival**, thereby gaining valuable skills and experience while fulfilling work Experience curriculum requirements. Students interested in Hospitality, Tourism, Event Management, Arts, Performance, or Childhood Education are particularly encouraged to apply, but there are positions at every level. Volunteers can sign up now on their website for a minimum two-shift (14 hr) commitment. They are also especially interested in onboarding a few **Key Volunteers** right away, who can begin working within the school to recruit and screen more volunteers. KVs generally work around 20 hrs in advance of the Festival, and then transition into Crew Captain roles onsite during the Festival. Serving as a KV and/or Crew Captain provides very strong leadership and communications experience, plus being creative and fun. Any Volunteer who completes over 30 hrs of service will receive a personal reference letter from the Festival. To apply and for more information visit, [Vancouver International Children's Festival | Children's Festival \(childrensfestival.ca\)](#) or see [KV recruit poster 2024.pdf](#).

[The Youth Ambassadors Program with Canada](#) is a **fully-funded**, 3-week exchange program to the United States, including a community homestay and visit to Washington, D.C. This program runs from July 16 to August 1, 2024. During the exchange, students (ages 15-18) will participate in activities that develop their leadership skills and explore themes of social inclusion. When they return home, they will implement a community service project under the guidance of the adult mentors and Youth Ambassadors Program staff. The Youth Ambassadors Program particularly strives to ensure a diverse representation of Canada, including students from underrepresented groups, Indigenous Canadians, and new Canadians. The program also seeks to select students who have limited travel experience to the United States. They also select two adult mentors to help guide the youth throughout the program. For adult mentors, this program is an opportunity for professional development. Applications for the Youth Ambassadors Program are open from Monday, **February 5, 2024, to Monday, March 4, 2024**. For more information visit, [Youth applicant flyer](#), [Adult mentor flyer](#), [Applicant FAQs](#), [Youth applicant essays and short answer questions](#), [Adult mentor essays and short answer questions](#). If you have any question please contact, youthambassadors@worldlearning.org

PICS Youth Service Corps - PICS is a registered non-profit organization. They have 2 free volunteer programs for youth aged 15-19 and are currently recruiting participants. The programs are funded by the Canadian government. It's free

for participants, and comes with perks including certificates of completion, a letter of reference, a subscription to Coursera, travel expenses, and more. With our programs, students can accumulate a minimum of 120 volunteer hours. See flyer for more details, [Youth Service Corps Programs flyer](#).

MusicXConnect – Join a music-based non-profit: Hi PMSS! We are MusicXConnect, a youth-led registered non-profit in Canada focused on sharing music with the community and bringing music resources to youth. We are looking for students that are passionate about music and working with the local community. Currently we are looking for:

- New music groups (string ensembles, jazz groups, rock bands, etc.)
- Video-editors for an online music database project

If you are interested as a music ensemble please visit: <https://musicxconnect.org/join-us/>.

If you are interested as a video editor, please fill out this form: <https://forms.gle/Puye9W2LcXz3UJKT8>.

Legion British Columbia/Yukon Command is looking for volunteers to help with their service. Their service include: organizing and helping at events, cooking meals, fundraising for the poppy campaign, managing branch social media pages, designing posters and graphics and much more. Go to [Home - Legion BC/Yukon Command \(legionbcyukon.ca\)](http://Home - Legion BC/Yukon Command (legionbcyukon.ca)) to find your local branch.

Port Coquitlam Recreation is excited to be offering a number of volunteer opportunities for people 14+ years of age beginning this Fall, including afterschool programs, skate and swim lessons, art programs, a youth leadership group, and community events. This is a great opportunity for anyone looking to build their resumes, develop their leadership skills and connect with their community. Applications are now available on our website

at www.portcoquitlam.ca/volunteer. See flyers for more details, [Fall 2023 Youth Flyer.docx](#)

[Reading Buddies Teen Poster Fall 2023.docx](#)

The **Port Moody Public Library** is looking for teen volunteers for their Book Buddies and Code Buddies programs (in-person and online). You can get experience, leadership skills, and volunteer hours working with kids. Apply to become a teen volunteer at [Teen Volunteer Programs - Port Moody Public Library \(portmoodylibrary.ca\)](http://Teen Volunteer Programs - Port Moody Public Library (portmoodylibrary.ca)).

Seaview Community School and Miller Community School are looking for volunteers to help with their afterschool programs. **Program Details:** The afterschool programs provide students with a variety of games and activities including Arts & Crafts, Lego & Board Games, Outdoor Games (weather permitting), homework help and much more! **Position:** Looking for volunteers to play, to hang out with the kids, play board games, do crafts, help supervise and cleanup. **Location:** Seaview Times: 2:45/3 pm – 5:00 pm; Monday – Friday (You can volunteer for 1 hour or 2 hours). Miller Park Times: 2:45 – 4:45 pm; Monday – Friday (You can volunteer for 1 hour or 2 hours). If you are interested, please email Ms. Neelofar Nurani at nnurani@sd43.bc.ca

Youth Leadership Millennium (YLM) program hosted by non-profit S.U.C.C.E.S.S., which is one of the largest charitable organizations in British Columbia providing services in settlement, language training, employment, family and youth services, and community development. YLM program provides youth aged 15-30 with opportunities to develop leadership skills, engage with their community, and build confidence. It is a free 8- month long leadership program. YLM offers certificate, 120 service hours, training certificates, reference letters and more. To register and for more information visit, <https://successbc.ca/forms/career-and-youth-services-group-registration-form/>

The People's Pantry Food Recovery Society, a *non-profit food rescue organization* based in the Tri-Cities is looking for volunteers to help in the food sorting and hamper assembly. To apply visit, [Get Help – The People's Pantry Food Recovery Society | Coquitlam \(thepeoplespantry.ca\)](http://Get Help – The People's Pantry Food Recovery Society | Coquitlam (thepeoplespantry.ca)). For any questions contact, vrec.tppfrs@gmail.com.

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

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

Scholarship / Awards

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

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

Western University National Scholarship Program – Western University is looking for high-potential applicants who excel in the classroom and in their extracurricular pursuits. If you obtained a minimum overall academic average of 90% on all Grade 12 courses and you are interested in being nominated, fill in the [PMSS Nomination Application Form](#). For more information and to apply visit, [National Scholarship Program - Office of the Registrar - Western University \(uwo.ca\)](#). The Beryl Ivey Continuing Entrance Award has a [financial need](#) component and supplemental application. Deadline to submit your nomination application and financial need form is **February 12, 2024**.

Applications for the **2024 BCGEU Scholarship program** are now being accepted. Their annual scholarship program of up to \$85,000 offers awards of \$2,000 for full-time students and \$1,000 for part-time students. Scholarships are funded by

the dues of their members. For more information visit, [2024 BCGEU Scholarships - BC General Employees' Union \(BCGEU\)](#). **Deadline is February 15, 2024**

Scholarships for Indigenous students. Applicants who meet the eligibility requirements and are Indigenous may apply for their Indigenous scholarship fund which offers awards of \$2,000 for full-time students and \$1,000 for part-time students. For more information visit, [2024 BCGEU Scholarships - BC General Employees' Union \(BCGEU\)](#). Application deadline for both scholarships will be **February 15, 2024**.

2024 Horatio Alger Association of Canada Scholarship - Scholarships of up to \$10,000 are awarded to full-time students **grade 11** high school students with financial need (family income under \$65,000) who have demonstrated integrity and perseverance in overcoming adversity, a commitment to pursue a post-secondary education, a desire to contribute to society, and a good academic record. To apply and for information visit, [Scholarships - Horatio Alger Association Canada](#). **Deadline to apply March 15, 2024** at 12:00 PM.

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

COQUITLAM – The Coquitlam Foundation invites students to apply for **grants, scholarships, and bursaries** as part of its commitment to supporting the community. Last year, the foundation distributed over \$132,000 making a significant impact on local initiatives. Applicants can access all necessary information, application details, and online forms on the foundation's official website: [www.coquitlamfoundation.com](#). The submission deadline is extended until Sunday, **March 31st at 4 PM.**

BCIT Pathway to Success Awards are for students planning to enter a full-time first year technology, technical studies, or trade program (excluding Apprentice) directly from high school. The intent of these awards is to recognize students who are well-rounded citizens, who have displayed leadership qualities, and have demonstrated that they are willing to work hard to achieve their goals. Commitment and drive are as important as formal academic standing. **Value:** 3 awards at \$3,000 each. See [application](#) for more information. **Application deadline:** April 3, 2024. Email your application to Ms. Rose jorose@sd43.bc.ca and Ms. Campbell cicampbell@sd43.bc.ca.

[The Center for Epilepsy & Seizure Education in British Columbia](#) is currently accepting applications for the **Jaymie-Lynn Memorial Bursary Program** (\$2000 x2) for the year 2024. Jaymie-Lynn Robertson, a vibrant young woman who cherished life passionately, left us too soon at the age of 23 due to SUDEP (Sudden Unexpected Death in Epilepsy). Despite being diagnosed with epilepsy at 20, Jaymie-Lynn refused to let it hinder her love for working with children and animals. Her resilience continues to inspire all who knew her. **Application Process:** Only online applications will be accepted. Interested candidates can apply by visiting the following link: <https://esebc.org/bursary-application-form/>. **Application Deadline: April 15, 2024.**

BC Transplant - LIVE LIFE PASS IT ON. \$1500 SCHOLARSHIP. BC Transplant is excited to share that they will award four \$1500 scholarships to grade 10-12 students who lead an organ donation awareness project in their school or community during the 2023/2024 school year. For more information and to apply visit, ["Live Life. Pass It On." Scholarship \(transplant.bc.ca\)](#). **Application deadline: May 3, 2024**

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

PARENTS

AFTER GRAD 2024

We are looking for 1 or more parents to chair the After Grad committee. If you are interested in planning and organizing this event, please contact Brent Taylor at PMSS – btaylor@sd43.bc.ca

PMSS 2023-2024 SCHOOL CALENDAR: Please click [HERE](#) for the 2023-2024 School Calendar

Next PAC Meeting: Tuesday, March 5th at 7pm in the Room 222

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

We would like to welcome and thank the following parents for joining the PAC for the upcoming 2023/2024 school year. Congrats to:

Alicia Purvis: PAC Chair
Grace Liang: Vice Chair
Miwa Aoki : Secretary
Fanny Feng: Treasurer

Sonja Burdett: DPAC Rep
AfterGrad Chair: OPEN
AfterGrad Secretary: OPEN
AfterGrad Treasurer: OPEN

Ministry of Education and Child Care Information - Parent Sessions on Youth Substance Use - February 2024

We are pleased to share the following information with you. The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Key Takeaways for Participants:

- Learn why children/teenagers are drawn to substances.
- Understand what causes and maintains substance use disorder and needs.
- Increase your child's ability to make positive choices about substances.
- Acquire practical conversation tools for discussing substances in the home.

Participants must register in advance due to limited capacity. Session dates are:

- February 20, 6:00 – 7:30 pm PST - [Click here to Register](#)
- February 22, 6:00 – 7:30 pm PST – [Click here to Register](#)
- February 24, 6:00 – 7:30 pm PST - [Click here to Register](#)

Please email the Mental Health and Substance Use Branch at educ.mentalhealth@gov.bc.ca with any questions.



Erase/Safer Schools Together are pleased to announce that they have opened registration for four more 60-minute Social Media Awareness Family sessions through the Ministry of Education's *erase* strategy in January and February 2024. All sessions are online.

Family Session: Establishing Safe, Caring & Respectful Digital Communities – Everyone Welcome!

Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up to facilitate the conversation of safe and caring use of technology at home and in the community. This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sexortion. Some of the most prominent concerns currently surrounding the use of social media platforms, smartphones, and artificial intelligence will be discussed.

Please click on the link below to view the dates and to register: [erase Family Sessions](#)

If you have any questions, contact C. Todd (Digital Literacy/Citizenship Coordinator) - ctodd@sd43.bc.ca

Creating Effective Partnerships – November 7th

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

Planning for the Future – November 16th

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

Transition into Kindergarten – January 11th

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

Stepping Up to Secondary School – February 6th

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

Time to Talk About Middle School – March 5th

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

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

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

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



Ages 13 - 18

Learn to Cope with Stress

Y Mind

**No cost to participate!*

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Bettie Allard YMCA, Tuesdays, April 2nd – May 21st, 4:30pm – 6pm

Participants must register for and attend an information session prior to joining:

February 27th OR March 5th, 4:30pm

Contact us: gv.ymind@bc.ymca.ca, 604-673-6182, or scan QR code below

This free program is run by caring, trained staff, in a safe supportive environment.



www.gv.ymca.ca/mental-wellness



Y Mind Teen

Free Mental Wellness Programs

Free early intervention support for young people experiencing mild-moderate anxiety and stress.



About Y Mind Teen:

Y Mind is a **FREE** seven-week group program based on Acceptance and Commitment Therapy (ACT) and Mindfulness, supporting **teens 13-18 years old**.



Program Highlights:

- ✓ Facilitated by trained mental health professionals.
- ✓ No diagnosis required to participate.
- ✓ Proven outcomes for participants include reduced anxiety, increased well-being, and increased mindfulness skills.
- ✓ Program participants connect with others who are having similar experiences.



Signing up for Y Mind Teen:

Teens can sign up for Y Mind through self-referral by contacting our YMCA Mental Wellness team at: GV.YMind@bc.ymca.ca or 604.673.6182

Scan QR code below for contact form



www.gv.ymca.ca/mental-wellness



Ages 18 - 30

*No cost to participate!

Learn to Cope with Stress

Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Bettie Allard YMCA, Wednesdays, February 21st –April 10th, 6pm – 8:30pm

Participants must register for and attend an information session prior to joining:

January 31st OR February 7th, 6pm

Contact us: gv.ymind@bc.ymca.ca, 604-673-6182, or scan QR code below

This free program is run by caring, trained staff, in a safe supportive environment.



<https://www.gv.ymca.ca/mental-wellness>



Y Mind Youth

Free Mental Wellness Programs

Free early intervention support for young people experiencing mild-moderate anxiety and stress.



About Y Mind Youth:

Y Mind is a **FREE** seven-week group program based on Acceptance and Commitment Therapy (ACT) and Mindfulness, supporting **youth 18-30 years old**.



Program Highlights:

- ✓ Facilitated by trained mental health professionals.
- ✓ No diagnosis required to participate.
- ✓ Proven outcomes for participants include reduced anxiety, increased well-being, and increased mindfulness skills.
- ✓ Program participants connect with others who are having similar experiences.



Signing up for Y Mind Youth:

Youth can sign up for Y Mind through self-referral by contacting our YMCA Mental Wellness team at:

GV.YMind@bc.ymca.ca or 604.673.6182

Scan QR code below for contact form



www.gv.ymca.ca/mental-wellness





CampOUT! is a leadership and learning summer camp for queer, trans, Two-Spirit, questioning and allied youth ages 14 - 21 from BC and the Yukon.

Apply Now!

Online application dates:

- CABIN LEADERS ~ FEB 1 - FEB 20
- VOLUNTEERS ~ ~ FEB 1 - MAR 1
- CAMPERS ~ ~ ~ FEB 15 - MAR 20

July 4-July 7, 2024

Learn more & connect with us!

- WWW.CAMPOUT.UBC.CA
- CAMPOUT.DIRECTOR@UBC.CA
- 604-822-8298

Where:

- THE CAMP IS HELD AT CHÁ7ELKWNECH, CAMP FIRCOM ON GAMBIER ISLAND, SKWXWÚ7MESH (SQUAMISH) TERRITORY

Commitment Fee:

- \$75 / CONTACT US IF THE FEE IS A BARRIER OR YOU REQUIRE TRAVEL FUNDING

Why join CampOUT!?



FUN & FRIENDS



HEALTH & WELL-BEING



LEADERSHIP DEVELOPMENT



TIME IN NATURE



SUPPORT & RESOURCES

