



Port Moody Times

Tuesday
January 7, 2025
Day 2

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 to pick up their certificates:

A. Al Mokdad, M. Al Rashed Abazeed, Z. Bakhshi, O. Chupryna, D. Narvaez, 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, O. Sokolov, P. Soltanloo, J. Wang, H. Weng, J. White, A. Xu, B. Zhang, K. Zhu

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.

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 is 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](#)

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](#)!

General Learning Opportunities

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

***NEW* 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](#)!

***NEW* 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!

***NEW* 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.

***NEW* KPU- Melville School of Business Future Business Leader Competition** is going to happen on Wednesday January 15th from 5pm – 8pm at KPU's Surrey campus! KPU is hosting a business conference for Gr. 11 & 12 high school students. Winners of the competition will be given entrance scholarship to KPU's Melville School of Business and will be crowned the Future Business Leaders of 2024. Other prizes include Amazon Gift cards for each team member! If interested, or want more info, click [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](#).

Trades and Apprenticeship Information

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

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](#)!

***NEW* 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](#)!

***NEW* 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!

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.

Scholarship / Awards

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

***NEW* 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](#)!

***NEW* 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](#)!

***NEW* 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](#)!

***NEW* 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 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](#)!

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](#)!

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

Next PAC Meeting will be on Tuesday January 14th at 7pm in Room 222.

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!

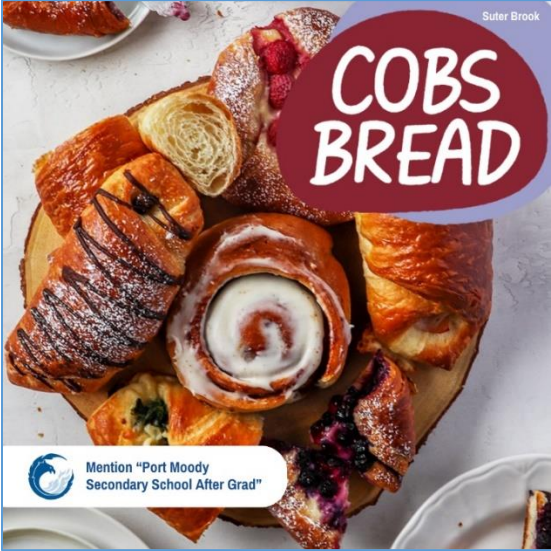
Enter Team Code: **KVJN6X**



**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.



Suter Brook

**COBS
BREAD**

 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".



PORT MOODY

 **liquorstore**

ST. JOHNS & WILLIAMS

Mention "PMSS After Grad" while shopping to support Port Moody After Grad.





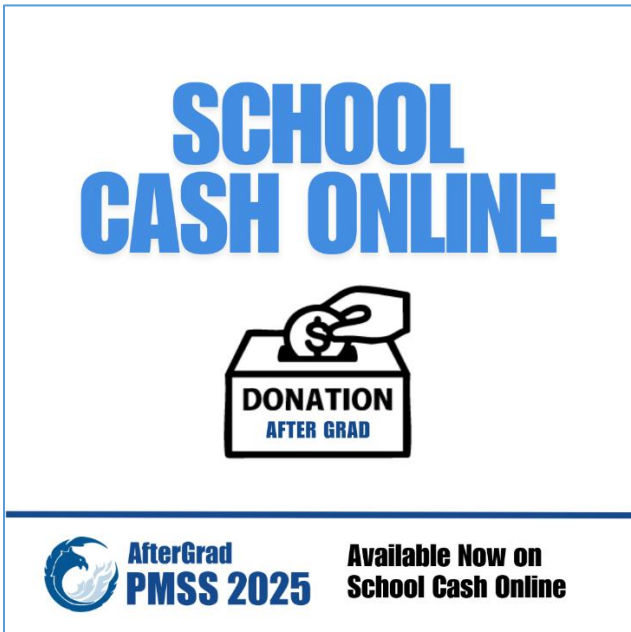
**AfterGrad
PMSS 2025**

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.



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](#)



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



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