



School District No. 43 (Coquitlam)
1215 Cecile Drive, Port Moody, B.C. V3H 1N2
Phone: (604) 936-9991 Fax: (604) 936-9992

September 28, 2025

Important Upcoming Dates

Sept. 29	Truth & Reconciliation Assembly – Wear Orange (parents welcome)
Sept. 30	Truth & Reconciliation Day (schools closed)
Oct. 2	Photo Day (9:00 – 12:00)
Oct. 13	Thanksgiving Day – School closed
Oct. 23	PAC Family Halloween Dance Night
Oct. 24	Provincial Pro-D Day – no school for students
Oct. 31	Halloween Parade

New Seaview Spirit Wear Is Now Available For Purchase

You’ve probably seen that Seaview staff wearing fashionable Seaview sweatshirts, hoodies, and shirts. Now your family can purchase them as well!

More colour and logo options are available for viewing when you click on items via the website.

Sizing guides are available online or here: [Sizing Guide.pdf](#)

Orders Due by October 15.



Seaview Community School Spirit Wear 2025-26

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://seaviewcommschool25.itemorder.com/>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: **Wednesday October 15th, 2025 (11:59pm PDT)**

Youth Cotton Tee - Large Logo  3 Colors \$15.99	Youth Cotton Tee - Small Logo  3 Colors \$15.99	Youth Cotton Tee - Text Logo  2 Colors \$15.99	Youth Fleece Crewneck  \$29.99	Youth Fleece Hooded Sweatshirt  2 Colors \$35.99	Adult Cotton Tee - Large Logo  3 Colors \$15.99
Adult Cotton Tee - Small Logo  3 Colors \$15.99	Adult Cotton Tee - Text Logo  2 Colors \$15.99	Adult Fleece Crewneck Sweatshirt  \$29.99	Adult Fleece Hooded Sweatshirt  2 Colors \$35.99	Adult CVC Polo Shirt  2 Colors \$23.99	40 oz Thermo Tumbler  \$49.95

powered by  **ORDERMYGEAR**

Questions?
Ron Comeau
604-554-0892
ron@photoexpressions.ca
www.photoexpressions.ca

National Day for Truth and Reconciliation

Each year, September 30 marks the National Day for Truth and Reconciliation.

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

This federal statutory holiday was created through [legislative amendments](#) made by Parliament.

Wear Orange



Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30.

[Orange Shirt Day](#) is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of “Every Child Matters”. The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

Over the past few weeks, students have been learning about the significance of Orange Shirt Day and National Truth & Reconciliation Day. We also created a school-wide art project related to a book that students read. The art is displayed in the hallway between the office and the library.

We will have a simple school-wide school Honouring Ceremony in recognition of National Truth & Reconciliation/Orange Shirt Day on **Monday, Sept. 29 at 1:15 pm**. Parents and guests are welcome.



Picture Day is coming!

Thursday, Oct 2, 2025

1. **Prep:** Ensure hair is combed, face is clean, and eyes are clear.

2. **Dress:** Dark, solid colors work best. Avoid busy patterns.

3. **View:** Use the Express Proof your child brings home to see their portrait.

4. **Order:** Choose from special packages available only through your school.

5. **Share:** Once your portraits arrive, enjoy and share these special memories.

Thank you for trusting us with your memories.



We are looking for 2 Parent Volunteers on Picture Day (9:00-12:00) to help students straighten, collars, fix collars, remove breakfast crumbs, and help them look their best before for their photo.

If available, email seaview@sd43.bc.ca by Sept. 30th with the subject line: Picture Day Volunteer. We will draw two names if we have more than two volunteers and contact you by Oct. 1st.

Parent

Posse

INFORMATION

Helping students look their best!

What the "Parent Posse" Entails	What Photo Expressions provides
Parent volunteers help students in line for portraits to straighten collars, fix hair, remove breakfast crumbs, and all-around look great for their portraits!	Disposable combs
	Disinfectant wipes

What Parent Posse provides

Volunteers (1 per station), usually in half-day shifts

Note: we expect to have 1 photographer station, so 1-2 volunteers are required

What's in it for the volunteers?

Chance to be involved in making the students look great

Coupon for a free portrait package! (\$30 value)

Seaview Staff Spotlight:

At Seaview, we are very fortunate to have many staff members who have been part of our community for many years – some teachers have been here for over 20 years!

We also have some new teachers this year. Here is an opportunity to learn more about some of our staff members.

Meet Homa Sorooshi: A Passionate Educator Bridging Math, Music, and the Arts

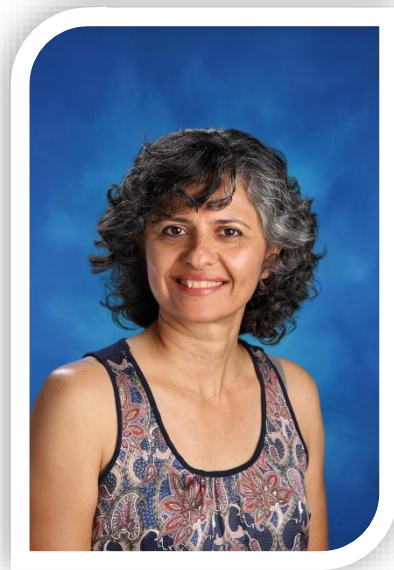
We are happy to welcome Homa Sorooshi to our staff. This year she is teaching students Music, Fine Arts, and S.T.E.A.M. We have arranged the schedule so that every class will receive music instruction at least once per week.

With over two decades of teaching experience since beginning her career in 2000, Ms. Sorooshi brings a unique blend of academic rigor and artistic creativity to her classroom. A graduate of the University of British Columbia, she holds a Bachelor of Science degree with a major in Mathematics and a minor in Fine Arts—a combination that reflects her diverse interests and talents.

She began her journey teaching high school Math, Science, and English Language Learning (ELL), later transitioning to Elementary Music, Fine Arts, and Student Services. For the past six years, she has focused her teaching on Music and Fine Arts, areas where her passion truly shines.

Her artistic background includes formal piano training during her teen years and a notable role as the Scenic Painter for the UBC School of Theatre. These experiences continue to enrich her teaching, allowing her to inspire creativity and confidence in her students every day.

Outside the classroom, Homa is an avid traveler who finds joy in exploring new cultures and perspectives. She is also a passionate gardener, finding peace and inspiration in nurturing growth—both in her garden and in her students.



From The Seaview Parent Advisory Committee (PAC):

Presented by the Seaview Community School PAC
in Colaboration with Tri-Cities Entertainment &
SugarCarts Cotton Candy Vendors.

MORE INFO?
SCAN ME



"Ground-Shaking Sound – So Good, It's Guarenteed to Wake the Dead!"

HALLOWEEN DANCE PARTY

with DJ Mike on the Mic

**THURSDAY
OCTOBER 23RD**

ENTRY BY DONATION
DANCE STARTS @ 6:00PM

PIZZA, POP, CHIPS, & MORE
SOLD AT CONCESSION

EVENT HIGHLIGHTS

Club-Style Sound & Lighting:
A Dance Floor that Glows with Energy!

Cotton Candy Vendor:
Jumbo-Sized Sweet Treats!

Spooky Decorations:
Creepy, Fun, & Picture-Perfect!

Fun For Everyone:
Great Music & Halloween Vibes All Night!

ALL STUDENTS MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN
ALL STUDENTS & FAMILY ARE ENCOURAGED TO ATTEND

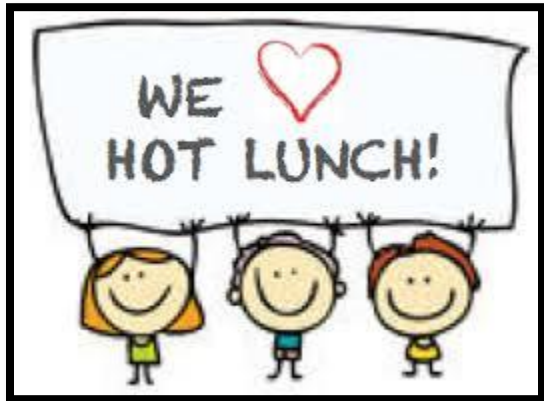
For Updates and More Info Visit :

<https://www.facebook.com/share/178t7MKzgY/>



The PAC's Fall 2025 Hot Lunch Session is now open!

Don't miss out on a hot lunch – order today! The first hot lunch of the year, Subway, will take place on: September 25th



ORDER: Order deadlines are always the Friday before at 11:59pm. For better success, pre-order for all hot lunches NOW. The ordering system is all online through:

Returning users: [Order on Munch-a-Lunch here](#)

→ New to Munch-a-Lunch? [Start Here](#)

Detailed instructions found in [here](#).

Now accepting orders through December! Check out this exciting line-up:

SEPTEMBER 25TH - SUBWAY

OCT 9TH - BOSTON PIZZA

OCT. 23RD - QUESADA

NOV 6TH - SUSHI SAKEYA

NOV 20TH - A&W

DEC 4TH - SUBWAY

DEC 18TH - BOSTON PIZZA

VOLUNTEERS NEEDED: On the day of, a small group of parents help coordinators organize meals and deliver to each classroom. Great way to make connections in our community. Watch children's faces light up with joy!! WIN WIN. Please sign up on MunchALunch under Volunteer!

Questions?? contact hotlunchseaview@gmail.com

Thanks,

Seaview PAC Sponsored Hot Lunch Team

From Our Community Facilitator:



After School Program Update

With September flying by, it's your last chance to register for Afterschool Programs this fall! Registration closes September 30th and we have a lot of great programs that now run 10 weeks. [Click here to register.](#)

The following programs have insufficient enrollment so please encourage your child's friends to sign up! We'd hate to cancel these options.

- ❖ Choir: 2 spots
- ❖ Soccer: 4 spots
- ❖ ReCrafted-5 spots
- ❖ Martial Arts: 4 spots
- ❖ Ukulele: 2 spots
- ❖ Cooking K-2: 4 spots
- ❖ Arts and Crafts: 6 spots

Please note that programs are now ten weeks instead of eight. Email or call Delphina Liles with any questions, dliles@sd43.bc.ca, 604-250-2119.

In The Community

Please read the health information below. Click here to access the live links:

[Back to School Letter 2025-26 \(3\).pdf](#)

[School Vaccination Information for Parents Sept 2025.pdf](#)



September 3, 2025

Re: Supporting a Healthy Back-to-School

Dear valued School Partners,

We look forward to supporting the health and well-being of your school communities during the 2025/2026 school year. Below you will find important information about public health services available for students, families and staff for the upcoming school year. Please share this information with your administrative and staff teams for their own awareness, use and distribution to families.

School health resources

- Our [Healthy Back-to-School Guide](#) has information on back-to-school anxiety, nutrition, safe travel to and from school, sleep and immunizations.
- Our [School Health](#) web resource has answers to the most frequently asked health related questions from parents, teachers and school administrators.
- Our [Healthy Schools Communications Toolkit](#) has monthly messaging on key health topics for parents/caregivers and students. Schools are encouraged to share these messages in school newsletters and on social media channels.

Measles

An important preventable illness to be aware of right now is measles, which has been increasing globally, including here in Canada. Symptoms of measles include fever, cough, runny nose and red, inflamed eyes, followed by a rash. The rash usually starts on the face and neck and spreads to the chest, arms and legs.

Measles vaccination

Immunization is the best way to prevent measles infection. It is important to ensure that children and caregivers (if born in or after 1970) have received at least two doses of a measles-containing vaccine. Find out how to check immunization records [here](#).

Measles-containing vaccines are available at many [pharmacy locations](#), physician offices and at all [public health units](#).

If children have symptoms of measles, it is recommended that they stay home. If they do need to see a health care provider, it is important, to prevent spread, that they call ahead and wear a mask.

Immunizations

All [routine school-aged immunizations](#) are free in British Columbia. It is important that all students stay up to date with their immunizations.

For Kindergarten - Grade 5:

- Check your child's immunization record: Log in to Health Gateway at [HealthGateway.gov.bc.ca](#) to see what's on file.

- **Get immunized:** If your child is missing any vaccine, book an appointment with public health or check with your local pharmacist, family doctor, or nurse practitioner.
- **Report your immunizations:** If vaccines your child has received aren't on their public health record, get a copy from your provider and upload it at fraserhealth.ca/immunizationform. Records can be submitted in any language.
- Learn more at fraserhealth.ca/immunize.

For Grades 6 -12, school-based immunization clinics:

- Fraser Health is offering routine immunizations at schools to students in grade 6 and 9 and catching up students in grade 6 to 12 on any vaccines they may be missing.
- **New this year:** Families can check their child's immunization records and provide consent for school immunizations online at immunizationconsent.gov.bc.ca/s/.
 - Look at "immunization forecast" to see if your child needs any vaccines.
 - Fill out the form to complete consent online.
 - You can fill out consent now or any time before the school clinic.
 - Paper consent is also available and will be sent home with your child.

Childhood health screening

Dental:

- Every three years, a province-wide kindergarten dental survey takes place in all schools. The survey helps us monitor trends in early childhood dental health and evaluate the effectiveness of dental programs. Information about cavity rates in the Fraser Health region can be found here: [Fraserhealth.ca/DentalHealth](https://fraserhealth.ca/DentalHealth).
- Based on these results, in 2025/2026, dental screenings will be offered by Public Health in schools where there were a high number of students identified with dental health issues. A separate letter with more information and further instructions will be sent to schools who fall into this category.

Vision:

- Children should have a yearly eye exam with an optometrist to help detect issues early and provide treatments.
- Vision issues may impact learning in kindergarten and subsequent school years. Public Health does not currently provide vision screening in schools. All parents and caregivers are encouraged to book an eye exam for their child at their local optometrist (eye doctor).
- In B.C., basic eye exams are free up to the age of 18, although some optometrists may charge an additional fee per visit. The [Healthy Kids Program](#) may be able to support eligible low-income families with financial assistance for prescription glasses.
- To find an optometrist in your area, contact the [BC Doctors of Optometry](#).
- For more information, visit fraserhealth.ca/ChildHealthScreenings.

Truth & Reconciliation Day



Community Events

Saturday, September 27th: Jingle Dance and Walk



- Kids and families will be inspired by this engaging and hands-on workshop with Powwow Dancer Nyla Bedard of the Tahltan Nation. Learn about the Jingle Dance, explore the meaning behind the regalia and enjoy live dance snippets performed by Nyla. Come ready to move, connect and take part in this vibrant cultural experience.
12-1 pm, Fraserview Branch Library, 1950 Argyle Dr.
- Take a self-guided interpretive walk along the Traboulay PoCo Trail from Lions Park to Gates Park. Interpretive panels along the Coquitlam River highlight the natural and cultural history of Port Coquitlam, featuring stories and heritage of the kwikwəłəm (Kwikwetlem) First Nation.



Tuesday, September 30th: Art, Stories, and Skating

- **Fabric of Healing:** Weave together ribbons and yarn on looms as part of our collaborative healing process in our community, creating a unified network of support and action.
10 am, Noons Creek Hatchery, north of the Port Moody Rec Complex.
- Families with kids ages five and up take enjoy a story time reading and afterwards watch the screening of Bones of Crows.
11 - 3 pm, Glen Pine Pavilion (1200 Glen Pine Crt.)
- Sign up for one of two afternoon workshops by Christine Mackenzie. The Kwakiutl Nation artist and facilitator, whose mother was part of the Sixties Scoop, will talk about her experience as an Indigenous woman and guide participants in creating a small, mixed media art piece.
1-2:30 pm, 3-4:30 pm at Place des Arts (1120 Brunette Ave.),
Register via Place des Arts' [website](#).
- Slip on your skates for an Orange Shirt Day toonie skate! Skates and helmet rentals are included in the \$2 price.
10-12:15 pm and 1-3:15 pm, Bill Copeland Sports Centre



Delphina Liles, dliles@sd43.bc.ca



END