



THUNDERBIRD NEWS

September 15, 2023

MESSAGE FROM THE ADMIN

As we head into the 2023-2024 school year, we all feel it is a privilege to be able to witness your children learn, grow, laugh and yes, even struggle a little. By working together with you, we can build on the strong foundation that Eagle Mountain Middle (EMM) is known for. It is EMM's 10th Anniversary this year and we look forward to the journey ahead, getting to know your children better and continuing to grow as a safe and caring learning community.

Ms. Paterson and I want to comment on the positive and thoughtful conversations we have been having in person, on the phone and through email regarding class and team placements. I think the staff did an incredible job of creating classes and teams this year with many of our kids settling in right from the start. We recognize that it can be disappointing when specific requests can't be accommodated due to the complexity of the class building process and the requirements for class composition, but we also know that as students get older it is an opportunity to expand their social networks and learn to work with a variety of peers. We thank you all for your patience, understanding, and support.

Home school communication can be a challenge - It seems the technology that was supposed to make communicating more efficient has in the end just made it more challenging to keep track of. We are going to use several strategies to make sure you are connected to the school including:

- Monthly newsletter (this is the first of the year!)
- Targeted emails to parents keeping you up to date and in the loop.
- [Eagle Mountain Web-Site](#) (Calendar, notices and special announcements)
- Instagram posts at "43eaglemountain"
- School Open House and Special Events (Our start of the year open house is Tuesday, Sept. 19th!)

In the end though, no communication beats person to person. If you have a question or concern (or even want to say something we are doing well!) please feel free to contact your child's teacher or ourselves, Mr. Graham (agraham@sd43.bc.ca) or Ms. Paterson (kpaterson@sd43.bc.ca). In the coming weeks and months, we will be sharing more about the exciting things that are going on at EMM especially some celebratory events to mark our 10th Anniversary. In this newsletter, we have tried to give you some of the information we think is important right now, we hope it helps.

We are still only halfway through September, with lots of amazing things to look forward to in the weeks ahead. We hope parents and students are able to attend our Open House next Tuesday. The plan will be a scavenger hunt style tour of the school and time to meet your child's teacher (s). This event is for parents and our EMM students.

Once again, thank-you for a great start-up and we look forward to the year ahead,

Mr. A. Graham
Principal
agraham@sd43.bc.ca

Ms. K. Paterson
Vice Principal
kpaterson@sd43.bc.ca

At Eagle Mountain Middle, learners are at the center, and connected by community, inquiry, innovation and social emotional learning. The school is focused on deep student learning, empowered by technology and inspired by our natural environment.

PAC NEWS

We need volunteers for the Eagle Mountain Parent Advisory Council

Volunteering is a great way to be involved in the school community and we are always looking for volunteers. There are many different opportunities, including both one-time and ongoing tasks during school hours. We can't provide the events, supplies, or equipment that benefit all of our kids without volunteer help.

Do you have a skill or interest that might help the PAC with administration, fundraising, event planning, or communications? Whether you have an hour a week, an hour a month, or just a few hours a year, if you have a specific interest or skill and would like to volunteer your time, please let us know – we will try to find a good fit!

Please contact Rena Heer @ rena.heer@edelman.com, for more information or to let us know how you might like to work with us!

THUNDERBIRD AMBASSADORS

Ms. Chen, Mr. Kwok, and Ms. Au would like to thank the 40+ students that volunteered at our Camp Thunderbird event in the summer - without them the event wouldn't have been as successful as it was! If your child is interested in participating in leadership activities and would like to get involved with things such as: helping around the school, planning school events, and making an impact, amongst other things, please encourage them to join our Thunderbird Ambassadors! Members, new and old, are always more than welcome to join. We typically meet on Thursdays at lunch in the Library Learning Commons. For the most up to date information, students can listen to our morning announcements for when we are meeting next.

“Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence.” - Sheryl Sandberg

Ms. Wendy Chen, Mr. Simon Kwok & Ms. Lauren Au

EMM SPIRIT WEEK

We're excited to jump into our first spirit week of the year! Spirit weeks are sprinkled throughout the year to bring a spark of joy and creativity to our school. Students are welcome and encouraged to participate in all things spirit by coming to school dressed up according to the daily themes. Our first spirit week lands the week of September 25 to 29, themes for each day are included below:

<i>Monday, September 25:</i>	PJ Day
<i>Tuesday, September 26:</i>	Twin Day
<i>Wednesday, September 27:</i>	Sports Day
<i>Thursday, September 28:</i>	EMM Swag/Colours
<i>Friday, September 29:</i>	Orange Shirt Day

Thunderbird Ambassadors

ATHLETIC NEWS

Below is the Fall practice schedule and game schedule (minus Swimming).

EAGLE MOUNTAIN MIDDLE SCHOOL FALL SCHEDULE 2023-2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:25	Gr. 8 Girls Volleyball (Spagnuolo, Wong)	Gr. 8 Boys Volleyball (Samson, Au)	Gr.7 Boys Volleyball 8am-9am (St. Prix, Namdari, Balnave)	Gr.7 Girls Volleyball (Coupe, Murdoch)	X-Country 7:45am start (Chen, Moody, Bro, Fong, Nordby)
LUNCH 12:10-12:40	Gr.6 Co-ed Volleyball (Nordby)	Intramurals (Nordby)	Gr. 8 Girls Volleyball (Spagnuolo, Wong)	Gr.6 Co-ed Volleyball (Nordby)	Intramurals (Nordby)
3:00-4:00	Gr.7 Girls Volleyball (Coupe, Murdoch)	Gr. 7 Volleyball Games X-Country (Chen, Moody, Bro, Fong) Ultimate Club (Nordby)	Gr. 8 Volleyball Games Field Hockey (Murray)	Gr. 8 Boys Volleyball (Samson, Au) X-Country Meets	Gr.7 Boys Volleyball (St. Prix, Namdari, Balnave) Field Hockey Games
4:00-5:00					Staff Basketball in the gym

September Athletics, PHE, and Intramurals

Hello and welcome back to another athletic school year! There isn't too much to say yet but here are some reminders about staying active at EMM:

Athletics

- In the Fall term we offer Volleyball, Field Hockey, X-Country Running, and Swimming for all grades and genders.
- Listen to announcements to sign-up for these activities and to know when practices and games will occur.

PHE

- If you are in PHE-Exploration, Mr. Nordby is your teacher and you **must** wear athletics shoes and clothes you can easily move in everyday, including Wednesdays because you have Team PE every Wednesday.
- If you have a different Exploration in term 1, then your classroom teacher is your PHE teacher.
- Always have a **full** change of clothes at school in case you get wet or dirty, especially socks! Extra shoes are a good idea too. Remember that boots are a poor choice for PHE.

Intramurals

- Stay tuned for all kinds of activities at lunch.
- For now, the gym is open to everyone at lunch everyday except Wednesdays.
- Soon there will be registration for Intramural Volleyball so get your friends together and register a team. If you are not playing, you can always hangout and watch.

Anders Norby
Athletic Director

School Fruit and Vegetable Nutritional Program

This year, we are excited to announce that Eagle Mountain Middle will once again be participating in the School Fruit and Vegetable Nutritional Program brought to us by the BC Agriculture in the Classroom Foundation. Once a month, students will be provided with a piece of fruit or a sampling of a locally grown vegetable. Should your child not wish to participate, he/she can opt out at any time. If you have any further questions, please do not hesitate to contact Ms. Paterson or Ms. Bro via email. For additional information see the end of this newsletter.



COUNSELLOR'S CORNER!

Welcome back to school parents and students! My name is Stephen Balnave and I am the new counsellor here at EMMS. I am excited to be here, and to be getting to know all of our amazing kids, supportive parents and hard-working staff.

The fall is a time of transition for everyone. We go from longer, warmer days with lots of unstructured time to shorter, cooler days with routines and schedules. It can be a challenge for many of us to adjust to. Be kind to yourself as it doesn't happen overnight. Re-introducing your bedtime routines and schedules will help students better adjust to being back at school. Sometimes having a family calendar showing scheduled activities and events can also be helpful. Most children thrive on routine and structure as it provides predictability and can assist children to better regulate themselves.

If you are looking for support in helping your child better adapt to school this fall, please feel free to reach out to me at sbalnave@sd43.bc.ca or to Ms. Gallaccio, our youth worker, at ggallaccio@sd43.bc.ca. You can also call the school to get a hold of us or leave a message for us.

I look forward to working together with you to make this year a success for our students!

SCHOOL CASH ONLINE EXPLAINED:

Here at **Eagle Mountain Middle**, we are now only accepting online payments to minimize the physical handling of cash. encourage all parents to pay for their child's fees through our **School Cash Online**

Program. As District, we implemented that all mandatory School Policy Forms, parent volunteer forms, and permission forms are also done through your online account. The online payment process is easy, reliable, and a secure way to pay for all your child's field trips, student fees, yearbooks, and other various items. The program will also provide you with a transaction history, so you can keep track of what you have purchased.



As we are also a **GREEN SCHOOL**, this process also eliminates paper waste as we now have electronic permission forms attached to all field trip payments. This will also eliminate sending cash with your child, and permission forms getting lost in your child's backpacks!

If you are already registered for this program, great! If not, no worries we can help you along the way. Please visit the following link to see a to register for your account:

<https://sd43.schoolcashionline.com>

Once you have registered your account, make sure to log back on and add all of your children. All children who are registered in SD43 can be added to your account. All you need is their name and birthdate!



More to do items for parents...

- **District Policies Forms:** Please complete via your [School Cash Online](#) prior to **September 22nd, 2023**.
- **Parent E-Forms (Volunteer):** Please complete via your [School Cash Online](#). ***We may need volunteers this year for a few field trips, at which time, we will have your information on file.***
- **Parent Criminal Record Checks and Drivers Abstracts:** In order to volunteer at our school or on your child's field trip, we do require to have your Criminal Record Check on file. **We may need driver volunteers this year, at which time, we will have your information on file.** Please access the following letter to get your fee waived at the RCMP, on the website, If you are going to the Port Moody Police, just remember there may a small cost. We also require parents to have a Drivers Abstract submitted each year if they are planning to drive.

You can retrieve that at the following: [Drivers Abstract ICBC](#) and have ICBC send the form to eaglemountainsecretary@sd43.bc.ca.

- **Medical Alert Form:** (Online at www.sd43.bc.ca/school/EagleMountain/Parents/Forms/Pages/default.aspx). Click on "Parent eForms". *If your child has any special medical considerations that you would like us to be aware of please print the e-form online and return it to the office.*
- **Emergency Release Form - one per student**
This form is kept in a portable filing system in the office so they may be taken out of the school in case of a school emergency which requires evacuation of the buildings (earthquake, fire, etc.). They are also referred to in the case of an emergency pertaining to an individual student. Once the online e-form is completed, you can send a printed copy to the school office or email to smudaliar@sd43.bc.ca. **Due date is September 22nd, 2023.**

STUDENT ABSENCES & LATES

Student absences are more important than they have ever been. The accurate tracking of students in and not in the building is so imperative right now. We would like to remind the parents at Eagle Mountain to please inform the office and homeroom teacher if their child will be away from school. **Please include their reason for not being in attendance or arriving late.** You can call the office at **604-469-1133**, use the "Absence Report" function on our school website under "Quick Links" or email at eaglemountainsecretary@sd43.bc.ca.

If your child will be arriving late, you **must** also inform the office. If your child will be dismissed early, we ask that you please inform the office ahead of time. Please make sure we have a time when your child is leaving school. We also ask that you please advise whether your child will be walking or will be picked up from the school for their safety. If you will be picking up your child and the office wasn't informed, please come into the office and we will call your child. **Please note that your child will not be allowed to leave early until the office gets a verbal or written permission from a parent.**

***Reminder: please do not send your child to school if they are experiencing any symptoms of illness and only return when the major symptoms (fever, cough, etc) subside.**

BIKE SECURITY AT SCHOOL



Some of our students are riding to school on their bikes once again this year. Please remember to lock your bike, with a strong and solid lock, on the racks in front of the school in the bike racks. Locking your bike up will go a long way to prevent it from being moved or stolen. Be sure to put the lock through the frame and wheel.

VALUABLES AT SCHOOL



We would like to ask parents to discuss the issue of bringing valuables eg. large amounts of money, personal electronic devices such as: ipods, cell phones, game gear, video games/equipment, or even jewelry to school. It is very unfortunate and frustrating when personal items get damaged or go missing from backpacks or classrooms and we would like to eliminate students from experiencing the disappointment of losing something dear to them by asking them to safeguard these items if brought to school. Please note that we do not reimburse for lost or stolen valuables but will investigate purposeful damage or theft.

FIRE DRILLS, EARTHQUAKE DRILLS AND LOCKDOWN DRILLS



Every year, we have three earthquake drills, three fire drills and at least two lockdown drills. Many of you are familiar with fire drills and earthquake drills, but some of you may not be familiar with lockdown drills. A lockdown is when we close and lock all exterior doors to the school, close and lock all classroom doors and have students sit down in the classroom as a group silently. The door windows in each classroom also get covered so nobody can peer in. Essentially, anyone who could enter the school would find the school locked up and silent with no evidence of any adults or students being present. The purpose of such a drill is to be prepared for any number of potential emergencies that may arise where we need students to be in a safe, secure area where they cannot be seen, heard or found. Being prepared for a potential emergent situation is prudent planning; however, this may cause some anxiety for some students. We recommend you sit down with your child and discuss the rationale behind a lockdown drill. At the school level, we discuss the rationale, answer any of the students' questions and have a debrief to clarify or answer any further questions after the lockdown. If you have any questions, please feel free to contact Ms. Paterson or Mr. Graham.

SCHOOL OFFICE PHONES



The office phones will only be used by students for necessary purposes or with the permission of their teacher. To minimize the physical handling of the phone, and congestion in the office, **we ask that parents please send lunches with their child(ren) to school and inform the office via email or phone for any early dismissals prior to your child leaving.**

CELL PHONE RULES AT EAGLE MOUNTAIN



It is the school's policy that students are not to use their cell phones in the school during school hours. The only exception is when specific permission is given in class by a teacher for the purpose of using the phone to search for information for a specific project or to listen to music while doing their work.

Any student found repeatedly using their cell phone during school hours will have their phone confiscated and, in the future, stored at the school's office during school hours for a specified period (e.g. 1 month).

With this information, we would like to ask our Eagle Mountain parents to refrain from texting or calling their children's cells during school hours with information that requires an immediate response, so the students aren't put in a position of not honouring our school rules. Instead, please remind students to check their cells after school for messages that possibly could have been left for them by you or leave a message at the office for them to pick up, only if plans are changed.

Food For Thought:

- <https://news.harvard.edu/gazette/story/2023/03/experts-see-pros-and-cons-to-allowing-cellphones-in-class/>
 - <https://www.cbc.ca/news/canada/british-columbia/bc-school-cellphone-ban-1.6834914>
 - <https://www.waituntil8th.org/>
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Wildlife Alert Procedures for Eagle Mountain

A. Daily Procedures:

1. All doors will be locked.
2. Exterior garbage cans emptied.
3. Principal/supervisor visually checks playfield prior to students being dismissed at recess and lunch. Staff on supervision always keep a watchful eye.

Emergency Actions

B. Bear Sighting off of school grounds:

1. Phone call from neighbour or parent received. Time and location of bear sighting are noted.
2. Announcement made to notify school if sighting is near a dismissal time.
3. students kept indoors if time of bear sighting is near a break time (recess, lunch)

Students and parents advised of bear sighting in neighbourhood if sighted near 2:54 pm. Students walking or biking are reminded to be alert and go in pairs. If there a risk, administration may reroute students or hold students and inform parents to pick students up at the school.

C. Sighting of wildlife on school grounds during instruction time:

- 1 Staff report wildlife sightings to the office.
- 2 Announcement made to notify school that a bear is on school grounds.
3. Students kept in at recess and lunch.
Port Moody RCMP and Conservation Officers are contacted immediately for assistance or further instructions.

D. Sighting of wildlife on school grounds if students or staff are outdoors (Morning; Recess; Lunch or Afterschool)

If sighted by supervising staff, a whistle is blown/students notified. Announcement made asking everyone to proceed indoors. Students enter the school via the nearest unlocked exterior door. Move calmly towards entrances. Students then proceed to their classrooms once they are in the school. Port Moody RCMP and Conservation Officers are contacted immediately for assistance or further instructions.

E. If You See wildlife:

Remain calm; don't panic. Often the wildlife is simply looking for food and will move on if it finds nothing to eat. Keep away from the wildlife and go inside – bring all children inside. Never approach the wildlife and do not run from the wildlife. Do not act submissively by crouching down or whispering. Warn others of the wildlife presence, but don't do it by yelling. If the animal climbs a tree, keep people and pets away. When things quiet down, the animal will come down and leave. This usually happens after dark when the animal feels safe. When the animal is safely out of the area, check the area to ensure there are no attractants available.

Staff, students and parents are instructed to not approach the bear or cubs.

<https://wildsafebc.com/>- this is a great resource

2023-2024 Core Teachers

Team	Div	Assignment	Room	Teacher
Bear	1	6/7	218	Wendy Chen
	2	6/7	220	Charissa Wong
	3	8	219	Christina White (M/T/Th/F)/Anders Nordby (W)
	4	8	221	Jarod Fong
Eagle	5	6/7	222	Avie Basson
	6	6/7	232	Vania Huang
	7	8	223	Louisa Perro (T/W/Th/F)/Lauren Au (M)
	8	8	225	David Grender
Orca	9	6/7	235	Ross Namdari
	10	6/7	233	Andrea Shim-Ping/Jen Budd (Alt. Th)
	11	6/7	234	Irvin Samson
	12	6/7	236	Stephen Spagnuolo
Wolf	13	6/7	231	Andrea Coupe (M/T/Th/F)/Kevin Keeler (W)
	14	6/7	229	Danielle Murdoch (M/T/Th/F)/Daniel Martin (W)
	15	7/8	230	Suzanne Clements (M/T/Th/F)/Lauren Au (W)
	16	8	228	Jenn Moody
Raven	17	6/7	226	Kelly Murray (M/W/Th/F)/Martin Bro (T)
	18	6/7	224	Sara Keeler (M/T/Th/F)/Nicole Van Veenendaal (W)
	19	6/7	303 (Portable)	Breana Sievenpiper (M/W/F)/Nicole Van Veenendaal (T/Th)
	20	8	301 (Portable)	James McConville

YOUR OFFICE TEAM

Mr. Andrew Graham	Principal
Ms. Kirsten Paterson	Vice-Principal
Mr. Stephen Balnave	Counsellor
Ms. Grace Gallaccio	Youth Worker
Ms. Saras Mudaliar	Head Secretary
Miss. Cedar Malach	Student Records Secretary

IMPORTANT DATES

September	5	School opens
	15	Newsletter #1
	19	Meet the Teacher Night - 7:00pm - Gym
October	22	School Closed - District Non-Instructional Day
	2	School Closed – Truth & Reconciliation Day
	5	Terry Fox Run
	9	School Closed - Thanksgiving Day
	13	Newsletter #2
	17	Grade 6 Immunization
	19	Photo Re-take Day
	20	School Closed - Provincial Non-Instructional Day
	25	Grade 6 Immunization
	31	Halloween Activities
November	10	School Closure Day
	13	School Closed - Remembrance Day
	17	Newsletter #3
December	8	Newsletter #4
	22	Last day of classes before Winter Vacation
	25-Jan 8	Winter Break
January	8	School re-opens after Winter Break
	19	Newsletter #5
	29	School Based Non-Instructional Day - no classes
February	16	Newsletter #6
	19	School Closed – BC Family Day
	23	School Closed - District Non-Instructional Day
March	15	Last day of classes before Spring Break
	18-28	Spring Break
	29	Good Friday
April	1	Easter Monday
	2	School re-opens after Spring and Easter Breaks
	14	Newsletter #7
May	19	District Non-Instructional Day - no classes
	16	Newsletter #8
	17	School Based Non-Instructional Day – no classes
June	20	Victoria Day
	14	Newsletter #9
	28	Administration Day - School closes

ATTACHED TO THIS NEWSLETTER

Please see the attached below:

- Grade 6 Stay Active Program
- Youth Fall Programs - City of Port Moody

COMMUNITY NEWS:

NOON HOUR SUPERVISOR FOR EAGLE MOUNTAIN MIDDLE

Eagle Mountain Middle is looking for a PERMANENT Noon Hour Assistants to supervise students for one hour per day during their lunch break.
(Previous experience working with children is an asset!)

Please pass this on to anyone who you think may be interested in this opportunity.

Please submit your resume (by email) to **Kristy Kozak, Human Resources Advisor @ kkozak@sd43.bc.ca** if you would be interested in becoming a Noon Hour Assistant for our school.

BC DEMOGRAPHICS SURVEY

We all deserve to live in a province where we have equitable opportunities to thrive. But many of the systems and structures our society is built on turn a blind eye to the unique needs of Indigenous Peoples and racialized people. That's why the B.C. government is running two important initiatives. They're asking everyone in B.C. to fill out the BC Demographic Survey to help identify and eliminate systemic racism from government programs and services. The survey is available online in 15 languages until Oct. 15 and will take about 15 minutes of your time. It is available at <https://antiracism.gov.bc.ca/bcdemographicsurvey>

The B.C. government is also asking for public input in developing anti-racism legislation that will hold government accountable for addressing systemic racism within its programs and services, and to provide supports to those who have been negatively impacted. No matter what your experiences or background is - your input matters! The public questionnaire is available until Oct. 15 in 15 languages and takes about 10 minutes to complete. It is available at <https://engage.gov.bc.ca/antiracism>
So, don't wait! Your feedback is anonymous and will help us make our province work better for everyone. Every person's perspective counts.



**SCHOOL FRUIT
AND VEGETABLE
NUTRITIONAL
PROGRAM + MILK**



Welcome

The *BC School Fruit and Vegetable Nutritional Program* is brought to your school by the *BC Agriculture in the Classroom Foundation* – a non-profit organization, dedicated to “working to bring BC agriculture and food education to students throughout the province.” The Foundation works with local farmers and distributors to bring fresh BC products to students in public and First Nations schools throughout BC.

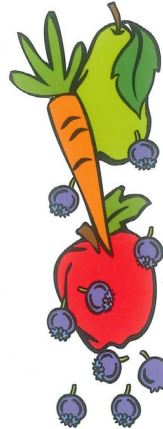
We acknowledge the financial support of the Province of British Columbia through the Ministry of Education and Child Care.



For information visit: www.bcaitc.ca

WHY Fresh Fruits and Vegetables?

Fruits and vegetables are essential for good health. Canada's food guide recommends people of all ages eat plenty of fruits and vegetables. Healthy eating habits established in childhood are important for long term health.



HOW does it work?

Every other week we deliver a fresh fruit or vegetable snack to Grade K to 12 students in participating BC schools.

Students are offered the snack during class time. They make their own decision on whether they try the fruit or vegetable offered. It is not meant to replace the foods students normally eat at school.

WHY MILK?

Milk and fortified soy beverage contain important nutrients like calcium & vitamin D that are good for your bones, and included within Canada's food guide as nutritious protein foods that can be consumed regularly.

HOW does it work?

Every Grade K to 5 student at participating schools in our program receives a small cup of milk with their fruit or vegetable snack.

Fortified soy beverage is available as an alternative.



For more program information visit www.bcaitc.ca



Mini Rugby Program

Join us for our free Try Rugby
event on Sunday September 10th at Maple Creek Middle
School - 10am – 11am

Flag - U6, U8, U10
Intro to Tackle - U12

Practices Wednesdays at Maple Creek Middle School, 6:30 to 7:30pm

Games Various locations, Sundays from 10am to 11:30am

Director Dave Bhauruth (minis@unitedrugby.ca)