



THUNDERBIRD NEWS

January 24, 2024

MESSAGE FROM THE ADMIN

Happy New Year!

With the New Year comes planning for the next school year (yes, already!). Grade eight students will be visiting their future Secondary schools next Friday, January 26th and will be starting the course selection process in mid-February. We will be reaching out to our incoming Grade 5 students in March and welcoming them to EMM by visiting their schools and inviting them into EMM in June to experience a half day of “life in the middle”. The process of transitioning students to new schools is called articulation and is something we spend countless hours on, do very well, and take immense pride in.

Something to note, if your child will be going to another school next year and is not in your catchment, you must fill in a **cross-boundary request**. The process begins **Friday February 9 at 9AM and closes Wednesday, Feb 14th at 4 PM**. You can access details on the school district website <https://www.sd43.bc.ca/Programs/Pages/default.aspx#/=.> We also have the information on our web page. **Note:** Eagle Mountain Middle students that are presently attending here and have already completed a cross boundary request last year, need not do another - you will automatically be registered with us for next school year. You will be hearing much more about the articulation process in the months to come by email, in our newsletters and at our PAC meetings.

With two Pro-D days already done and one upcoming on January 29, I thought it may be a good idea to share what we do for Professional Development. As professionals, we take pro-d very seriously. It is a necessity to hone our craft and to keep up with changing educational trends and improvements/research in educational philosophy and delivery. Imagine teaching a group of 25 or more adolescents at a time every day if you were not "on top of your game". Our school goals are centered around Literacy with links to Social Emotional Learning and Indigenous Principles of Learning.

Much of our ongoing and continuous Pro-D is directly or indirectly focused on our goals and can take the form of School-Based Pro-D days, District Focus Days, Province Wide Pro-D, Self-Directed Pro-D, Pro-D on our Wednesday morning collaborative time, and at monthly Staff Meetings. As educators, we are always learning, and it is truly a lifelong pursuit for us to learn how to support the educational journeys of our students.

Warm Regards,



Andrew Graham - Principal



Kirsten Paterson- VP

PAC NEWS (Next Meeting: Feb 13, 2024)

Hot lunch!

Watch your inboxes for the next round of ordering opportunities for hot lunch. The next hot lunch is January 24, and closed on Jan 17, 2024.

To Order: <https://munchalunch.com/schools/EagleMountain>

If you have any questions, please email us @ 110-PAC@sd43.bc.ca

Follow us on Social Media to ensure you get all the important news and announcements. Facebook: @EagleMountainMiddle/Instagram: @paceaglemountainmiddle.

It is that time of year where we are starting to plan Grade 8 leave taking activities. If you are the parent of a grade 8 student and wish to be a part of the organizing committee, please email us at 110-PAC@sd43.bc.ca.

Katie G. and Michelle M.
Co-Chairs for PAC



Welcome back EMM Families!

We hope our two snow days have given you back time to pause and reflect on our start for 2024.

While EMM students are finding their stride amidst the business of classwork and clubs, and as our Grade 8s are getting excited about High School tours and imagining next year's adventures, let's remember to practice habits that promote positive mental health.

I recommend trying mindfulness-based apps like Breathr (<https://kelymentalhealth.ca/breathr>) and Calm (<https://www.calm.com/>). If you are looking for resources that help families manage anxiety and promote positive mental health habits at home, Healthy Minds BC (<https://healthymindsbc.gov.bc.ca/age-group/grades-4-7/>) and Kely Mental Health (<https://kelymentalhealth.ca/resources>) also provide a number of helpful videos and PDFs, organized by topic.

Please take care of yourselves, and feel free to reach out to me if you have any questions or concerns.

Warm Regards,

Mr. Balnave
Counsellor
sbalnave@sd43.bc.ca



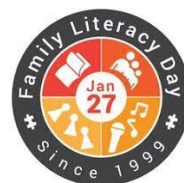
LIBRARY LEARNING COMMONS HAPPENINGS

Happy new year! Thank you to the students who submitted a Get Caught Reading photo to Mr. Kwok over the winter break! Congratulations to Stella Park (Div. 12) who got caught reading with her triplet siblings at home and won a \$25 Chapters Gift Card. We appreciate all families for encouraging their children to spend at least 20 minutes each day reading!



Family Literacy Week 2024

January 27th is Family Literacy Day across Canada. Decoda, organization, is turning it into Family Literacy Week next week resources and activities for families to use/do each day. Check



BC's provincial literacy and has provided them out [here!](#)

EMM Staff Book Picks

Every month we will feature some EMM staff members and what their favourite middle grade books are – if you are interested, go check them out from the school library or your local public library!

Mr. Kwok
Librarian/Learning Commons Teacher

Ms. Paterson (Vice Principal):

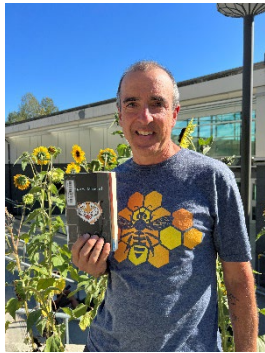


Safe as Houses

“The author gets you hooked on the book within the first

chapter. It is based on true events in Canada - about some young boys who are able to overcome a disaster. The power and resilience of youth!”

Mr. McConville (Team Raven):
The Life of Pi



“This is the most amazing, fictional story about a boy lost in the ocean with a tiger. He has to confront his fear and learns so much about himself. If you like

adventures and learning about global religions, this book is for you.”

Mrs. Murdoch (Team Wolf): ***It's Trevor Noah: Born a Crime***



“Like many comedians, Trevor Noah is a wonderful storyteller that shares what it was like for him to grow up as a mixed-

race person in South Africa during the apartheid. This is how we all need to learn about history – through the personal accounts of those who lived them. While Trevor grew up in a different place and during a time of social upheaval, he shares stories that reminded me that no matter your situation, we all have the same needs and wants – to feel like we belong.”

AMBASSADORS ADVENTURES

PINK SHIRT DAY T-SHIRTS

Before winter break, Ambassadors put a call out for artistic Thunderbirds to create our latest and greatest Pink Shirt Day t-shirt. We received numerous t-shirt designs, and we want to thank all the students that participated for their creativity, enthusiasm, and support. Ultimately, we could only go with one and after tallying up votes from EMM staff, we have chosen a t-shirt design that was inspired by **Tino D'Alfonso** in Division 6 on Team



We students we could decided on Eagle!

Our unique EMM Pink Shirt Day t-shirt has been released for sale from now until February 2, 2024. They are available for purchase on School Cash Online at \$10.00 each. Sizes range from adult small to adult x-large. T-shirts will be distributed to students no later than Monday, February 26, 2024 just in time for Pink Shirt Day on Wednesday, February 28, 2024 this year!

AMBASSADORS PRESENT TO CITY COUNCIL ABOUT REAL ACTS OF CARING

On January 23rd, some of our EMM Ambassadors gave presentations for the Mayors and Councils of Port Moody and Anmore on REAL ACTS OF CARING. This was a fabulous opportunity to highlight what many students in our district are doing to promote kindness at schools and in the larger community, and to highlight our upcoming RAC week in February.

CYPRESS SSNO Club update:



Eagle Mountain Middle SNNO Club

Our first trip up to Cypress Mountain was a huge success. Due to the weather, we were unable to attend the session last week; it has been rescheduled for Thursday, March 7th, please mark your calendars. Here are just a few reminders: please ensure that snow gear/equipment are clearly labelled with student's name; lost and found items can be claimed from Ms. Chen, room 218; and please check the weather forecast each week so that students can be dressed appropriately for current mountain conditions. Cypress Mountain has gone cashless. Should your child choose to purchase dinner from the cafeteria, only debit and/or credit cards will be accepted. As always, students are encouraged to see a teacher chaperone if they need support!

January Athletics and Intramurals News - Mr. Anders Nordby - Athletic Director

The winter season is upon us. We are thrilled to offer basketball teams for all grades and genders as well as wrestling for all grades and genders. Below is the practice schedule with games schedules TBD. It is not too late to join any of these teams so please reach out to the appropriate coach or just show up. Remember, middle school is your chance to try things so there is nothing wrong with going to a practice and if it is not your thing, thank the coach for the opportunity and say that it is just not for you. Intramural volleyball is all done now so basketball is just getting started. Get a form, create a team, and submit your form to Mr. Nordby asap so games at lunch can begin. Intramurals are on Tuesdays and Fridays at lunch. Refs and scorekeepers are also needed. No experience required.

EAGLE MOUNTAIN MIDDLE SCHOOL Winter Schedule 2023-2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:25	Gr. 8 Girls Basketball (Spagnuolo, Au)	Wrestling (Martin, McConville, Murray)	Gr. 8 Boys Basketball 7:45am-9am (Nordby, Keeler)	Gr. 7 Boys Basketball (St. Prix)	Gr. 8 Girls Basketball (Spagnuolo, Au)
LUNCH 12:10-12:40	Gr. 6 Coed Basketball (Nordby)	Intramurals (Nordby)	Open Gym and Gr. 8 Girls B-ball	Gr. 6 Coed Basketball (Nordby)	Intramurals (Nordby)
3:00-4:00	Gr. 7 Girls Basketball (Coupe, Bro)	Gr. 7 Basketball Games	Gr. 8 Basketball Games	Wrestling (Martin, McConville, Murray) Wrestling Meets	Gr. 7 Boys Basketball (St. Prix)
4:00-5:00	Gr. 8 Boys Basketball (Nordby, Keeler)				Staff Basketball in the gym

WRESTLING

Eagle Mountain Middle School is pleased to offer wrestling this year. Our team is for all genders and all grade levels. Everyone from beginners to experienced athletes can join! The goal of our team this year is to introduce the sport to new players while providing an opportunity for experienced wrestlers to practice their skills, take on a leadership role and have some fun! We are fortunate to have three high school coaches this year who will be supported by our teacher-sponsors.



Practices are Mondays and Tuesdays @7:30am and Thursdays @ 3 pm

Upcoming Meets: In total there will be 4 meets this year (1 Turn them style, 2 normal and districts). Here is information on the first two meets.

If your child would like to come out and try a practice, please come to a practice or see one of the teacher-sponsors for a permission form. Mr. James McConville jmccconville@sd43.bc.ca, Mr. Daniel Martin dmartin@sd43.bc.ca, Ms. Kelly Murray kemurray@sd43.bc.ca



Gr. 8 Boys Basketball Schedule 2024

Game Date	A Team	B Team
Jan. 24	Eagle Mountain @ bye	Scott Creek @ Eagle Mountain
Jan. 31	Banting @ Eagle Mountain	Eagle Mountain @ Maillard
Feb. 7	Eagle Mountain @ Monty	Eagle Mountain @ Moody
Feb. 14	Eagle Mountain @ Minnehada	Citadel @ Eagle Mountain
Feb. 21	Eagle Mountain @ Summit	Eagle Mountain @ Minnehada
Week of March 4	No Games	B Playoffs with exact date and location TBD.
Week of March 11	A Playoff quarter-finals Mar. 12, semi-finals Mar. 13, finals Mar. 14.	No Games



Gr. 8 Girls Basketball Schedule 2024

Game Date	Teams
Jan. 24	Eagle Mountain @ Scott Creek
Jan. 31	Eagle Mountain @ bye
Feb. 7	Pitt River @ Eagle Mountain
Feb. 14	Eagle Mountain @ Banting
Feb. 21	Como Lake @ Eagle Mountain
Week of March 4	B Playoffs with exact date and location TBD.
Week of March 11	A Playoff quarter-finals Mar. 12, semi-finals Mar. 13, finals Mar. 14.



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 will be advised of bear sighting in neighbourhood if sighted near 2:53 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 Police Department 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 Police Department 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

Winter Weather Is Here!

Schools are not routinely closed due to snow or other inclement weather conditions. All schools in School District 43 (Coquitlam) will remain OPEN, if possible, during winter weather, including snowfall.

However, on occasion, a district-wide or partial-district closure is required due to extreme weather. Partial-district closures affecting individual schools may occur due to the very different geography within our school district. If there is a partial-district closure affected schools will be identified. The decision on schools remaining open or needing to be closed, because of extreme weather, occurs **before 6:30 a.m.** so that families can plan and make alternate arrangements.

Any district-wide or partial-district closure will be decided and communicated by 6:30 a.m. via the School District 43 website www.sd43.bc.ca and CKNW AM 980 radio, CKWX 1130 radio and CBC (690) radio.

While the District tries to make the best decision with the information available, the weather does change quickly. Therefore, when schools remain open, decisions to stay at home during challenging weather conditions should be made by each family.

Extreme weather can also impact transit. Transit schedules may face significant changes or cancellations due to the weather conditions. Parents seeking information on transit schedules need to consult the Translink website: <http://www.translink.ca/>

We encourage families to continuously check the School District 43 website for updates and changes: www.sd43.bc.ca

Learn more about SD43's process for emergency and inclement weather status updates at: <http://www.sd43.bc.ca/NewsEvents/Pages/EmergencyInformation.aspx>

School Fruit and Vegetable Nutritional Program



SCHOOL FRUIT
AND VEGETABLE
NUTRITIONAL
PROGRAM

This year, we are excited to announce that Eagle Mountain Middle participating in the School Fruit and Vegetable Nutritional Program 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. Chen via email.

2023-2024 Core Teachers

Team	Div	Assignment	Room	Teacher
Bear	1	6/7	218	Wendy Chen
	2	6/7	219	Charissa Wong
	3	7/8	P302	Christina White / Anders Nordby (Wed)
	4	8	221	Jarod Fong
Eagle	5	6/7	222	Avie Basson
	6	6/7	220	Shaun Leong
	7	7/8	223	Louisa Perro/Lauren Au
	8	8	225	David Grender
Orca	9	6/7	235	Raphael Fernandez
	10	6/7	233	Andrea Shim-Ping/Natalie Hyde
	11	6/7	232	Irvin Samson
	12	8	234	Christina White/Anders Nordby
	13	8	236	Kate Zubick
Wolf	14	6/7	279	Stephen Spagnuolo
	15	6/7	231	Andrea Coupe/Kevin Keeler
	16	6/7	229	Danielle Murdoch/Daniel Martin
	17	7/8	228	Jenn Moody
Raven	18	8	230	Suzanne Clements/Lauren Au
	19	6/7	226	Kelly Murray/Martine Bro
	20	6/7	224	Sara Keeler/Natalie Hyde
	21	7/8	P303	Breana Sevenpiper/Lauren Au
	22	8	P301	James McConville

YOUR OFFICE TEAM

Mr. Andrew Graham	Principal
Ms. Kirsten Paterson	Vice-Principal
Mr. Stephen Balnave	Counsellor
Ms. Grace Gallaccio	Youth Worker
Mrs. Rosanne Hutchinson	Head Secretary
Mrs. Melissa Newbery	Student Records Secretary

IMPORTANT DATES

January	24	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-	Spring Break (18-28)
	28	
	29	Good Friday
April	1	Easter Monday
	2	School re-opens after Spring and Easter Breaks
	14	Newsletter #7
	19	District Non-Instructional Day - no classes
May	16	Newsletter #8
	17	School Based Non-Instructional Day – no classes
	20	Victoria Day
June	14	Newsletter #9
	28	Administration Day - School closes