



COMO LAKE MIDDLE SCHOOL NEWSLETTER

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PRINCIPAL'S MESSAGE

BY DAVE CYR

Dear Parents/Guardians and Community Members,

Welcome to the 2023/2024 school year at Como Lake!

The start of the school year is always an exciting time. This September has been full of positive energy often fueled by experiencing something new. Students are celebrating everything that Como has to offer, and our staff is bringing that amazing, positive energy into the building every day. Explorations are running, athletics are starting and soon we will have genius hour and clubs on the go. Please make sure that you take the time to speak with your children about their experiences and offer them the opportunity to tell you about their day. Each school day offers so much more than what they may have learned in their core academic subjects and giving them an opportunity to tell you about their experiences can be wonderful.

This year, we are emphasizing the Como Lake Credo in all that we do:

We belong
We shine
We contribute
We are passionate
We are valued



These core pieces are fantastic conversation starters when looking to talk about your child's day.

As with every year, we have new staff joining us at Como.

We would like to welcome:

- Ms. Hockridge – Grade 7/8 Coyotes
- Ms. Buric – Grade 6/7 Ravens
- Mr. Avila – Student Services
- Ms. Goto – ELL and Fine Arts
- Ms. Spees – Youth Worker
- Ms. Wallace – EA

I would like to remind you to check out our website for updates and review our calendar as often as possible. Don't hesitate to reach out to your child's teacher should you have any questions about how they are doing.

I look forward to a wonderful year!

OCTOBER IMPORTANT DATES:



Monday, October 2

- Truth and Reconciliation Day
- School Closed



Tuesday, October 3

- Grade 6 Immunization Consent Forms due to office
- PAC Meeting (in-person and on Zoom)



Wednesday, October 4

- Photo Orders DUE



Monday, October 9

- Thanksgiving Day
- School Closed



Thursday, October 12

- Grade 6 Routine Immunizations



Tuesday, October 17

- Photo Retake Day
- Cybersafe From Exploitation Parent Talk at 7:00 p.m. in gym



Thursday, October 19

- Grade 6 Routine Immunizations



Friday, October 20

- Professional Development Day
- School closed for students

Calendar is available on our website under the heading 'On the Calendar' at

<https://www.sd43.bc.ca/school/como lake/Pages/default.aspx#/=>

How to Order PHOTOS



Your student's pictures are now ready for viewing and ordering! Photo orders must be placed by **Wednesday, October 4** to be included in the first delivery to school. Photo orders will be delivered to the school approximately one week after this date.

Scan the QR Code on the paper given to your child on photo day

OR

Step 1 - Go to www.vibrantphotos.ca

Step 2 - Choose "Click to Order" and then choose "click here" on School Day orders.

Step 3 - Enter your unique code provided on the paper given to your student on photo day

Step 4 - View Images

Step 5 - Select 'Buy Now' and you will be able to select from a variety of packages, single photo sheets and bonus items. Select product that you want to purchase and then choose which image you want to add to the product.

Step 6 - Add to cart. Select school delivery or choose ship to home (minimal shipping charge).



STUDENTS MUST SIGN UP FOR RETAKES BY **OCTOBER 15** using the link below! Absent students DO NOT need to sign up.

https://www.signupgenius.com/go/Fall_2023_CLM_S_Final_Photo_day



COMO LAKE MIDDLE SCHOOL PAC



comolakemiddlepac@gmail.com

PLEASE JOIN US FOR OUR FIRST PAC MEETING

TUESDAY, OCTOBER 3 @ 6 P.M.

In Person and on ZOOM

Como Lake Middle PAC has 2 vacant positions that need to be filled for the school to qualify for the government grant. Please contact us at comolakemiddlepac@gmail.com if you would like to be part of our executive team for 2023/2024.

The PAC would like to welcome back all the students, families, and staff at Como Lake! We are looking forward to another great year of learning, activity and community. Our first meeting of the year will be held on October 3, and we welcome parents to join us in person at the school, or via ZOOM. Please join us and learn about ways that we can help support our school!

ZOOM Link:

[https://us02web.zoom.us/j/82701528300?
pwd=Vit6OFRFQWpDRmVGaEpPYmZlQkFDZz09](https://us02web.zoom.us/j/82701528300?pwd=Vit6OFRFQWpDRmVGaEpPYmZlQkFDZz09)

Meeting ID: 827 0152 8300

Passcode: 069872

EXECUTIVE TEAM

Chair: Tanja McAffer

Treasurer: **VACANT**

DPAC Rep: **VACANT**

Secretary: Carolina Hall and Laurie Leeder

WHY JOIN PAC?

- A seat at the table
- Your voice matters
- Get connected with the Como Lake Middle School Community (Parents and staff)
- Your contribution makes a difference
- Support those who support your children
- You get to hang out with Mr. Cyr and Mr. Bird

On Going Fundraisers

All proceeds go towards events/items for the students & teachers!



Big Brothers
OF GREATER VANCOUVER

15 Braid St., Unit 221, New West

Drive to the end of the commercial unit, on the NW side.
Reference Como Lake Middle PAC when dropping off clothing, bedding, linens, shoes, bags.



Any Return-It Express location
Reference **647-828-3404**
when printing label



BAND

BY MR. BROWN

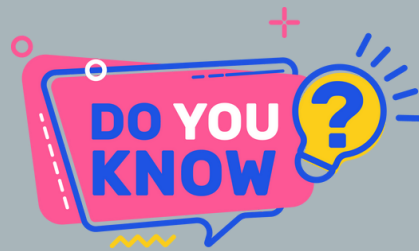
Band is starting up at Como Lake! Middle School Band is an amazing opportunity for students to learn skills that will last them a lifetime! Whether it's a musical talent with a new instrument, the confidence to perform, or the friends that they connect with while in the band, I'm sure everyone will have a great experience with Middle School Band. Sign up has been going on the first two weeks of September, with instrument rentals being dropped off on October 4th, but it isn't too late to join band! If your child missed sign up but is still interested, please have them talk with Mr. Brown ASAP! We are always looking for new members. Senior band has already begun, and Junior band starts Thursday, October 5th, once instrument rentals have arrived!

REMINDER

ITEMS FROM HOME

Please remind students to have all items needed to have a successful day at school:

- forks/spoons needed for lunches/snacks
- waterbottle
- rain gear
- label all items with student's name

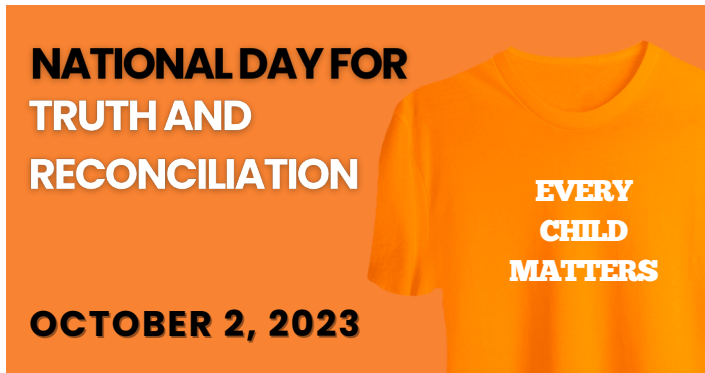


You can OPT-IN to receive e-mail notifications for new fees assigned to your student and updates on school related activities on School Cash Online. To do this, log on to your account, and click on "My Account", then scroll down to "Manage Email Notifications." Check that the box is marked indicating that you want to receive email notifications. You may also select the preferred language for e-mails from School Cash Online here.

<https://sd43.schoolcashonline.com/>

September is always packed with new hello's and returning high fives! We kicked off our first week with our pancake breakfast and this month we had our first assembly to introduce staff, school goals, and our school Credo.





Truth and Reconciliation Day will be observed on Monday, October 2 as a statutory holiday. Schools will be closed to staff and student on this day.



GRADE 6 IMMUNIZATIONS

Consent package due:
TUESDAY, OCTOBER 3

Immunization consent packages will be going home with the Grade 6 students today as prepared by Fraser Health.

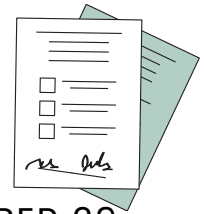
Confirmed immunization dates for our school are:

- Date #1: Thursday, October 12, 2023
- Date #2: Thursday, October 19, 2023
- Date #3: Monday, April 22, 2024
- Date #4: Wednesday, May 1, 2024

The medical information on the consent form is private and intended only for Fraser Health Nurse to view after collecting them. Therefore, please complete the consent form and **place it in a sealed envelope labelled with your child's name** and return it to the office on **Tuesday, October 3**. Fraser Health will be picking up these consent forms before the end of the day.

Please note, the school does not hold information on your child's immunization status. Any questions around your child's immunization or questions specific to the immunization program are to be directed to Public Health.

SCHOOL FORMS



DUE: FRIDAY, SEPTEMBER 29

School Forms and Fees are now due! Please return the **Student Emergency Release Form** to the office if you haven't done so yet. Also, please log on to your MyEd Family Portal to verify the information published on the **Student Verification Form** at <https://myeducation.gov.bc.ca/aspen/logon.do>

- If there are no changes to the information
 - No further action will be required from the Parent/Legal Guardian.
- If there are changes to the information (depending on the type of change/s made - please see below), the Parent/Legal Guardian can print the student verification form and make the necessary changes then send the updated form (with the required documentations) back to the school by email or by dropping it off in the office.

Also to be completed for each student - available on your School Cash Online account at <https://sd43.schoolcashionline.com/>

- **School Activity Fee \$35 (required)**
- **Athletic Fee \$10 (required)**
- **School District Policy Form (required)**
- **School Volunteer Form (optional)**
- **Driver Volunteer Form (optional)**
- **Medical Alert (optional)**





Como Lake Middle School Mountain Rider Program

The team at Como Lake are very proud of the amazing opportunities we are able to provide for our students through our partnership with Mt Seymour.

This year our students have access to skiing, snowboarding, tobogganing, tubing, and snowshoeing.

We are offering three opportunities to get on the mountain.

All students will be going to Mt Seymour on Thursday, March 14 during the day for our **Winter Activity Day (WAD)**. The school will load buses first thing in the morning and spend the regular school day on the mountain. Students will be able to choose to spend the day on the slopes skiing or snowboarding or they can choose to toboggan and snowshoe or tubing and snowshoeing.

Students who wish to spend more than just one day on the mountain will be able to sign up for our **Mountain Riders** program. The students who make it into this program will be on the mountain for four weeks of 2-hour small group lessons starting on Thursday, January 11, 2024. We will leave at lunch time and be back at the school before 8:00PM. Students who sign up for Mountain Riders Lessons will get time during Winter Activity Day to ride without lessons, with other students who signed up for the program. (Students who want to ski or snowboard on W.A.D. day who did not take the mountain riders program must participate in lessons.)

All students who participate in the **Mountain Riders lessons** will receive a **free value pass** from Mt Seymour! This allows students to ride any weekday for free (this includes W.A.D. day!)

Students with the **Mountain Rider Lessons** can then sign up for our **Genius package**. Thanks to the Value Pass students in this program only need to pay for **the bus costs**. The Genius program runs for five weeks starting Thursday, February 8, 2024.

Information meetings for the students about the **Mountain Riders program** will start during lunches the first week of October.

Mountain Riders sign up is happening the morning of Wednesday, October 18, 2023. Spots in the program are limited so it will be a first come first serve basis. Staff will be here early to sign up the students. This process will start at 7:00 AM. There is high demand and a real buzz around the school with students wanting to come early to sign up. Please do not allow your child to come before 6:30AM. There is no staff here to receive the students.

Winter Activity Day sign up will start after we have the number of students that the mountain will allow us to bring up for lessons.

As always, we do not want financial concerns to get in the way of a student getting to participate. If you have any concerns in that regard, please feel free to contact the office to talk to Mr. Cyr or Ms. Bermel.

If you have any questions about our programs, please contact both Chris MacDicken AND Cassie Bermel at cmacdicken@sd43.bc.ca cbermel@sd43.bc.ca





Parent Talk: CYBERSAFE FROM EXPLOITATION

Navigating the online world and keeping your children safe can feel like an overwhelming task. This session will discuss the trends and provide an overview of current online exploitation while providing parents with practical and realistic effective strategies and approaches to keeping their kids safe online. Interactive games and activities involved!

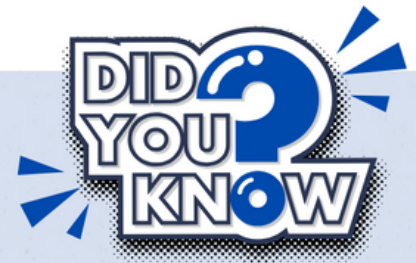
Date and Time:

October 17 at 7:00 p.m.

Place:

**Como Lake Middle School
(in the gymnasium)**

*Light refreshments
will be provided*



- Luring was 77% of online child sexual offences
- The median age of a predator is 24
- 91% of sextortion victims are boys
- Parent controls only do so much
- Conversations make an impact

Topics Include

- How to define predators
- Signs of grooming
- Current trends
- Digital consent and boundaries
- Online gaming risks
- Sextortion - digital blackmail
- Intimate image sharing
- Effective Conversations



NOON HOUR SUPERVISORS FOR SD43

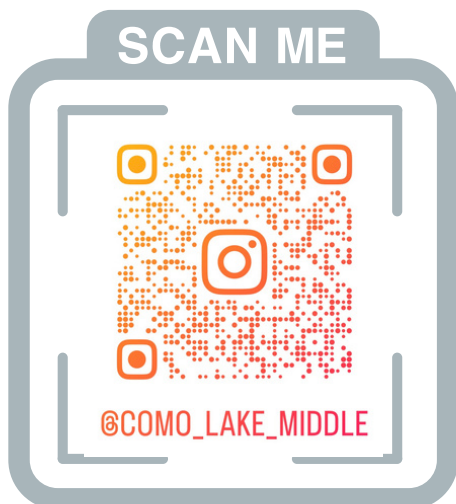
SD43 is looking for casual Noon Hour Assistants to supervise students for one hour per day during their lunch break! (This is a paid position and previous experience working with children is an asset.)

Please submit your resume through the following link <http://www.sd43.bc.ca/District/JobOpportunities/External%20NonTeaching%20Positions/Casual%20Noon%20Hour%20Assistants%20-%20Ongoing%20Recruitment.pdf> if you would be interested in becoming a Noon Hour Assistant for one of our sites!

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.



Como Lake
is on
Instagram!

HOW TO HELP KIDS BALANCE PHONES AND SCREENS WITH SLEEP

Tips for managing TV, tablets, phones, and tech so your kids can get a good night's sleep.



[How to help kids balance phones and screens with sleep - Common Sense Media](#)

Phones and devices are a major part of a kid's daily routine, and that extends to nighttime as well. In fact, over half of preteens and teens surveyed by Common Sense reported using their phones overnight.

Not getting enough sleep can affect children's physical and mental health. Staying up too late can even impact their attention, behavior, and development. When it comes to screens and sleep, there are a few things to remember:

- Blue light at night interrupts natural sleep rhythms. So it's best to avoid it before bed. (Blue light from the sun keeps us alert during the day. The highly concentrated blue light from screens does the same thing.)
- Just using a device is stimulating. Using screens before bed makes it harder to fall asleep, because they keep your brain alert when it should be winding down.

Young people can face a lot of pressure during the day. So it's understandable that many turn to their phones to relax. Try to help your kids reflect on their tech experiences without judgment. Then, check out these ideas to support them in balancing their tech use at night:

- Limit using screens before bed. Whenever possible, shut everything off—including phones and tablets—at least an hour before bedtime. Set a screen-free routine with your child, like reading or listening to podcasts, to help them settle in for the night. And for older kids who might be doing online homework late, help them find a routine that calms their brain and body down after they turn off their device.
- Block the blue light. Make sure kids are using "night mode" on their devices after sunset. Apple and Android devices have options to adjust display color based on time of day.
- Turn off notifications. Make sure your kids turn off their notifications at night. You can use built-in features like Apple's Screen Time or Google's Family Link to set limits.
- Keep phones out of the bedroom or sleeping area at night. Teens tell us that putting their phone in another room overnight is the best way to help them resist the temptation to use it—and this leads to better sleep. But some kids use their phones to play background noise or music to fall asleep. If this is the case for your child, try other options, like a white noise machine. Or, have them turn off notifications and set "do not disturb" on other apps overnight so the phone's only job is to play music.
- Talk about tech expectations. Use a Family Tech Planner to create rules for how everyone uses devices. This will give kids a say and develop a shared understanding of how they can make the most out of entertainment and tech time.
- Walk the walk. Of course, adults can also have a hard time putting down their devices. Whenever you can, model healthy tech habits that you want your kids to pick up.