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A Tradition of Excellence

April 18, 2012

Dear Grade 9, 10 and 11 Parents and Guardians,

Re: PMSS Day on Friday, April 26th, 2013

Every year Port Moody Secondary has a scheduled PMSS Day that includes a combination of activities for Grades 9 to 11 regarding Healthy Living, as well as scheduled Grade 12 Exit Interviews that conclude the Grad Transition 12 course requirements. These activities align with both BC Curriculum (Health and Career Education 9, Planning 10 and Graduation Transitions 12) and our PMSS School Vision - Common Purpose.

Many of the BC Curriculum Learning Outcomes in these courses listed above are covered through our Physical Education, Science and SOAR programs, and the Take Your Kids to Work Day at Port Moody Secondary. There are 3 additional learning outcomes that we will need to complete. These learning outcomes will be taught by teachers in a seminar format at our PMSS Day on April 26, 2013.

In grades 9, 10 and 11, students will participate in the PMSS Healthy Living Activities. Students will be divided by gender into groups of about 30. The Phoenix class lists will be posted next week. Teachers will be leading the seminars and we will be using materials from www.sexualityandu.ca a website created and maintained by doctors from the Canadian Association of Obstetricians and Gynecologists, so we know that the information is factual, up to date and accurate.

As a school, we have designed a three part series of seminars that address these learning outcomes for grades 9 to 11.

Healthy Living Learning Outcomes for April 26th:

- describe practices that promote healthy sexual decision making
 - assess the short-term and long-term consequences of unsafe sexual behaviour (e.g., unplanned pregnancy, sexually transmitted infections including HIV/AIDS, negative impact on future goals)
 - describe skills for avoiding or responding to unhealthy, abusive, or exploitative relationships (e.g., assertiveness skills, refusal skills, communication skills, accessing help and support)
- ❖ In Grade 9 students will be reviewing Male and Female Anatomy. Teachers will be discussing common myths that adolescents have, reviewing the correct biological names for the structures in the reproductive system and reducing the risks of contracting a sexually transmitted infection (including abstinence, contraception and correct use of condoms). We will be showing video clips from the "sexualityandu website" about how to put on a condom.
- ❖ In Grade 10, students will be learning about sexually transmitted infections (STI's) and reducing the risks of infection (including abstinence, contraception and correct use of condoms). We will be showing video clips from the "sexualityandu website" about STI's and how to put on a condom.
- ❖ In Grade 11 students will be discussing healthy relationship scenarios with themes that relate to anti-bullying, conflicts between friends, healthy dating relationships, and open communication with parents. We will be focusing on common situations adolescents experience as well as healthy resolution skills and decision making.

The PMSS Day schedule:

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| ❖ | Grade 9s to 11s | 8:30 am to 9:45 am
9:45 am to 11:00 am | Phoenix classes –Healthy Living Curriculum
Assembly on Cyber bullying Prevention in the gym
Grade 9 to 11s will be dismissed at 11 am. |
| ❖ | Grade 12s | 8:30 am to 3:00 pm | Scheduled interviews throughout the day |

If you have any questions about the curriculum for Friday's seminars, you are welcome to contact Mrs. Jensen at kjensen@sd43.bc.ca or Joni Tsui jtsui@sd43.bc.ca, to discuss the lessons in detail and answers any concerns.

Yours truly,

Ms. Karen Jensen
Principal

Ms. Joni Tsui
Healthy Living Coordinator