



Port Moody Times

Tuesday
November 8, 2022
Day 1

STUDENTS GO CARDS: The Re-takes Go Cards are now ready for pickup. Please come to the office for your Go Card (ID) at lunch or after school

LOST & FOUND: If any of the following items belong to you, please come to the office to claim.

- Air Pods
- Apple Watch
- Bank Card
- Wallet

ALL GRADE 12 STUDENTS

PMSS Counselling department presents: How to Complete Student Transcript Service Request on Monday November 21st in the large Gym at 2:05. This presentation will help students navigate the Ministry Transcript Service website and complete their transcript requests as part of the post-secondary application process. ALL grade 12 students applying to post-secondary schools should attend this session.

MOVEMBER

Students and staff alike. An opportunity like this comes around but once a year. The chance to see the bravest of souls do something that can change their lives and the lives of others. "What is that something?" you may ask. Well, grow a moustache for Movember. The confident, "Dirty Hairy Dozen" are risking ridicule and public gawking by growing facial hair for charity. The likes of Canuel, Roberts, Sabot, Bolognese, Won, Conley, Straumford, Tam, Wong, Lenihan, Podwysocki and Tuason. How can you help? Donate to the cause, starting next week. Put your donations into the jar with your favourite moustache grower. The teacher raising the most money will have to keep that moustache until winter break. More details to come.

THE WORLD CUP

The World Cup is right around the corner, and it's your chance to take a shot at predicting the winner of the 2022 World Cup Tournament.

We are introducing our first ever PMSS World Cup Bracket Challenge, open to all staff and students!

The Challenge will be broken up into two forms:

Part I – Group Stage

- This form will remain active until Nov 19th. You will rank all 32 teams in their groups from best to worst. For each accurate ranking, you will be awarded 1 point. This will grant you a total of 32 points.

Part II – Knockout Stage

- You will have one day to fill out the Knockout Stage form once the brackets are set. You will be picking:
 - the 8 teams that advance to the quarterfinals (2 points for each correct team)
 - the 4 teams that advance to the semifinals (4 points for each correct team)
 - the 2 teams that advance to the finals (8 points for each correct team)
 - the overall winner of the World Cup (10 points for the correct team)
- This will grant you a total of 58 points

The person with the highest points accumulated out of 90 points will be PMSS's World Cup Bracket Champion, and will be awarded a nice prize! 😊

To enter the challenge, fill out **Part I – Group Stage** form by using this link (<https://forms.office.com/r/C5YAneK8n5>) or by scanning the QR Code. Reminder this form must be filled out by 11:59PM on Nov 19th, 2022.



Do your research, best of luck!

YEARBOOK COVER COMPETITION EXTENDED

If you haven't gotten your yearbook cover (app. 11X17 landscape for cover spine and back) in yet, we've extended the deadline to November 14 to allow for any additional covers to be considered! Please send your submissions to Mr. Smith at csmith@sd43.bc.ca



ONGOING

PARENT FORMS & STUDENT FEES: School District 43 uses the KEV School Cash Online (<https://sd43.schoolcashionline.com>) for both fee statements and District Policies forms.

STUDENT PARKING PASS: If you will be parking in the lower parking lot please come to the office at lunch or after school to pick up a Parking Registration form.

PMSS TIMES NEWSLETTER: The PMSS Times newsletter will be emailed to parents and students on **Tuesdays** and **Thursdays**. Announcements will not be read over the PA. You will find copies of the PMSS Times outside the office, in the Cafeteria under the clock, and in the Library Learning Commons beside the circulation desk.

CAREER CENTRE

Post-Secondary Information, Admissions Updates, New Post-Secondary Programs, Scholarships, Volunteering, Employment, Career Programs & Training, Leadership and Enrichment Programs

GENERAL LEARNING OPPORTUNITIES

SD43 – OCCUPATIONAL FIRST AID (OFA) – LEVEL 1

Dates available: November 9, November 26th, December 10th (all from 8:30am – 4:30pm)

Where: Universal health and Safety at #201 – 4199 Lougheed Hwy, Burnaby

For: Any students 16+

Fee: \$84 total

UBC BLACK FUTURES PROGRAM

What: This program aims to facilitate access to higher education for Black students who many not have considered university as an option or who may not have envisioned post-secondary as part of their academic trajectory

For: Students identifying as Black in Gr. 11 & 12

Deadline to apply (See Career Centre or Ms. Nembhard to apply): November 10th 2022

FRASER HEALTH – HEALTH CAREER ACCESS PROGRAM INFO SESSION (VIRTUAL)

What: The Health Career Access Program (HCAP) provides a path for applicants with no health care experience to get hired and receive paid employer-sponsored health care assistant training as part of their employment.

When: November 22nd at 6pm

SHAD 2023

What: Now offering ShadOnCampus and ShadAnywhere! This summer, connect with the latest STEAM and entrepreneurship from nationally recognized leaders, innovative hands-on workshops, academics from universities across Canada and the best on-campus or digital community ever!

Cost: \$6350 for ShadOnCampus, \$3365 for ShadAnywhere

Runs: July 2-28: 24/day, 7 days a week (ShadOnCampus), or Summer M-F 11am – 5pm (ET) (ShadAnywhere)

Application deadline: December 5th 2022

VOLUNTEER/ EMPLOYMENT OPPORTUNITIES

FOYER MAILLARD RETIREMENT RESIDENCE (VOLUNTEER)

What: Foyer Maillard is in the process of restarting their volunteer program and are looking to add dynamic caring people to their team! Some positions that may be available is Hair Salon Assistant, walking partner, and activity assistant.

For: Ages 13+

Where: Foyer Maillard Retirement Residence in Coquitlam

To apply: See Career Centre for application form

CLASS ASSISTANT OPPORTUNITY AT BANTING MIDDLE SCHOOL

For: All high school students interested in technology science and engineering and in working with younger students.

When: Thursdays starting Nov 3 – Dec 15th

Where: Banting Middle School

PORT MOODY WINTER FARMERS MARKET (VOLUNTEER)

For: Youth 13+

Runs: Every Sunday from Nov 6 2022 – April 30th 2023 between 8:00am – 3:30pm (2 hour shift minimum)

Where: Parking lot of 300 loco Road

RIDEAU RETIREMENT RESIDENCE (VOLUNTEER)

WHAT: LOOKING FOR BINGO ASSISTANTS AND MUSICIANS/ PERFORMERS/ ENTERTAINERS

WHERE: RIDEAU RETIREMENT RESIDENCE IN BURNABY

FOR: STUDENTS 13+

SCHOLARSHIP/ AWARDS

UNIVERSITY OF TORONTO: LESTER B. PEARSON INTERNATIONAL SCHOLARSHIP

****You must be nominated by your school to apply****

Value: U of T tuition + residence + books

PMSS Nomination Deadline: November 10th 2022

TD SCHOLARSHIPS FOR COMMUNITY LEADERSHIP

For: Students in their final year of high school that have demonstrated leadership with a minimum overall grade average of 75%.

Value: Up to \$70,000 over 4 years

Deadline: Tuesday, November 15th 2022

QUEEN'S CHANCELLOR MAJOR ADMISSION AWARD

What: Requires high school nomination. Valuing superior academic ability (90%+), creative and original thinking and leadership skills

Value: \$48,000 at Queen's University

PMSS Nomination deadline: November 15th 2022 at 3:00pm to Ms. Campbell

For a nomination form, see the Career Centre or go to PMSS Career Centre TEAMS

SCHULICH LEADER SCHOLARSHIPS

Value: \$120k for Engineering students, \$100k for all other STEM categories

PMSS Nomination deadline: Friday Dec 2nd 2022 3:00pm

Find nomination forms on PMSS Career Centre TEAMS or see Ms. Chang. YOU MUST BE NOMINATED BY YOUR SCHOOL IN ORDER TO APPLY

WEST KELOWNA ORTHODONTICS SCHOLARSHIP

What: Can be in any field of study. Need to submit essay on ways orthodontics treatment can make a difference in a person's life.

Value: \$500.00

Application deadline: December 31st 2022



**PMSS 2022-23
Post-Secondary
Info sessions,
Presentations &
University Fairs**

School/ Program Name	Date	Time	Location
McGill University	Tuesday November 15 th 2022	7:00pm – 8:00pm	Heritage Woods Secondary School Theatre
University of Waterloo	Wednesday November 16 th 2022	11:35am – 12:25pm (lunch)	Drama Room
University of Calgary	Tuesday November 22 nd 2022	11:35am – 12:25pm (lunch)	Booth in MPR
University of Victoria	Monday November 28 th 2022	10:50am – 11:40am	Drama Room
University of Alberta	Thursday December 1 st 2022	11:35am – 12:25pm (lunch)	Drama Room
Langara College	Wednesday December 7 th 2022	11:35am – 12:25pm (lunch)	Drama Room

PARENTS

For information regarding PAC, please visit <https://www.sd43.bc.ca/school/portmoody/Parents/PAC/Pages>

Please mark your calendars for upcoming PAC Meetings:

- Tuesday, December 6th at 7pm
- Tuesday, January 10th at 7pm
- Tuesday, February 7th at 7pm
- Tuesday, April 4th at 7pm
- Tuesday, May 2nd at 7pm
- Tuesday, June 6th at 7pm

YOU ARE INVITED TO

"HOW TO TALK TO YOUR YOUTH ABOUT SUBSTANCE USE"

Join Sabrina Hayward and Jordyn Sinkie, Health Promotion Facilitators with SHARE's Youth Substance Use Program in a conversation and presentation on speaking with youth about substances and substance use.

HERITAGE WOODS
SECONDARY THEATRE
NOVEMBER 23RD 6:30-8:00

RSVP via link or QR code here
by November 20th

<https://forms.office.com/r/tP00xkVA3k>

Spots are first come first serve



Visit our [website](#)
for more resources

Topics will include:

- Adolescent brain development
- Adolescence and substance use
- Adolescence and mental health
- Building relationship
- Continuum of use and parenting at various stages
- 7 tips for your approach
- Self-Care
- Time for Q&A
- Resources for further support and learning



NALOXHOME

THE OVERDOSE CRISIS HITS CLOSE TO HOME.
NALOXONE SAVES LIVES.

NaloxHome is a youth-run initiative that formed in 2021. We can be booked by teachers, coaches, and team leaders to provide comprehensive, destigmatizing education about BC's overdose crisis to classes and teams.

<p>BC'S OVERDOSE CRISIS</p> <p>Straight talk about drugs, the overdose crisis, and shocking statistics</p>	<p>STIGMA</p> <p>We teach about the deadly stigma around substance use, and how you can end it</p>	<p>NALOXONE</p> <p>All things naloxone—where to get it, what it is, how to use it</p>
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KNOWLEDGE IS POWER
Book Us Today!

info@naloxhome.com NaloxHome.com

COMMUNITY

This season, Cycling BC is offering a new way for students to build skills, confidence, and make friends through cycling. We are partnering with the Burnaby Velodrome Club to provide after-school vehicle transportation for students (Grade 5-12). We are seeking schools that would like to partner as an affiliated pickup location or share the opportunity with their students.

We are focusing on schools within 10 minutes of the velodrome, located on the west end of Barnet Highway. We have 14 spots in the vehicle, with 20 spots available if some children wish to make their way to the facility in time for the 4:30-6:00 pm session. Bicycles, helmets, and expert instruction are provided. Parents pick up students at 6:00-6:15 pm at the facility, with students over 12 allowed to checkout themselves.

The cost of each 3-week program is <\$30 per session, cheaper if they already have a membership with us.

Introductory Article - <https://hopon.cyclingbc.net/2022/10/02/hopon-bvc/>

Event Pages:

- Nov 24, Dec 1, Dec 8 program @ <https://hopon.cyclingbc.net/event/hopon-2022-11-25/>

PARENT & CAREGIVER CIRCLE

Virtual drop in education and support for parents and caregivers who are concerned about their youth and substance use. The journey of parenting can have many highs and lows. This is especially true when faced with the challenging task of parenting a teenager. Each week there will be a different topic to discuss.

WHEN:

Thursdays from 7pm to 8pm

WHERE:

On Zoom. Link distributed weekly.

This is a drop-in group. Come for all 8 weeks or come when you can.

Parents/Caregivers can join anytime, but must have an orientation with a facilitator before attending their first session.

TO REGISTER:

Click on the date below to sign up for each drop in session. you must register by the Monday at noon of each week's session in order to set up an orientation time with a facilitator before the week of group

TOPICS INCLUDE:

Nov. 10: Adolescent Development and Attachment

Nov. 17: Having Hard Conversations

Nov. 24: Continuum of Substance use and Stages of Change

Dec. 1: Mental Health and How to Navigate the Systems

Jan. 12: Boundaries and Managing Conflict

Jan. 19: NaloxHome and Harm Reduction

Jan. 26: Youth Offering Listening Opportunities Event (6:30 to 8:30, separate registration link to follow)

Feb. 2: Burnout and Self Compassion

FOR MORE INFORMATION, OR IF YOU ARE HAVING TROUBLES WITH REGISTRATION LINKS, CONTACT SHARE FAMILY & COMMUNITY SERVICES INTAKE AT 604.540.9161

SHARE'S YOUTH SUBSTANCE USE SERVICES INVITES YOU TO:

Parent & Caregiver's Circle

Virtual drop in education and support for parents and caregivers who are concerned about their youth and substance use.

The Journey of parenting can have many highs and lows. This is especially true when faced with the challenging task of parenting a teenager. Each week there will be a different topic to discuss.

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Parents/Caregivers can join anytime, but must have an orientation with a facilitator before attending their first session.



TO REGISTER:
Click on the date below to sign up for each drop in session. You must register by the Monday at noon of each week's session in order to set up an orientation time with a facilitator before your first group session.

TOPICS INCLUDE:

- Nov. 10:** Adolescent Development and Attachment
- Nov. 17:** Having Hard Conversations
- Nov. 24:** Continuum of Substance Use and Stages of Change
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Winter Weather Ahead!

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.

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

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.

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