



Port Moody Times

Thursday

October 5, 2023

Day 2

STUDENTS ID CARDS

Please come to the office for your Go Gard (Student ID) at lunch or after school.

STUDENTS CALL TO THE OFFICE

Would the following students please come to the office at lunch or after school to pick up their Startup Packages:

- Ian Gaston
- Ebrahim Henareh
Eshgehson

STUDENT PHOTOS

If you have purchased photos packages, please come by the office during lunch or after school to pick up.

GR. 12 OFF-BLOCK STICKERS

Gr. 12 students who need an off-block sticker can pick them up at lunch or after school at the office. Please bring your Go-Card and a copy of your schedule.

ATTENTION GRADE 12 STUDENTS

The Counselling Department and Ms. Rose will be giving our first Scholarship information session. This presentation will introduce students to the types of scholarships and monetary awards available, where to look for them, and other important facts about ways to help pay for your post secondary education.

Date: Wednesday October 11, 2023

Time: 3:20pm (about 45 minutes long)

Place: in the MPR (Cafeteria)

STUDENT COUNCIL ELECTIONS – GET INVOLVED!

- Student Council is now seeking two representatives from each grade to serve for Student Council. The goal of Student Council will be to serve as a hub for events and clubs that represents and includes the voices of the entire student body.
- The application form for Grade Representative was shared via school email.
- If you're interested in getting involved, please complete the application form before the deadline this Thursday, Oct 5 at 4pm.

"Travel with PMSS-

- Hey! Are you in grades 9, 10 or 11?
- Wanna go to Japan?!?!?
- PMSS is going to Tokyo during Spring Break 2025!
- Does this sound like somewhere you'd like to go?
- Come to the meeting on October 12th at lunch in room 106 for more information!
- This trip is open for anyone in our school. You don't have to be in the Robotics club to join."

GIRLS RUGBY

Any girls interested in playing rugby this year, please come to a brief meeting in room 310 on Friday at lunch.

MATH COMPETITION CLUB

Hi PMSS!

The Math Competition Club is back with another contest for the new school year!

This October, we're offering the Canadian Open Mathematics Challenge (COMC), an amazing opportunity to refresh your math skills and find out what you're capable of. Although all grades are welcome to register, this contest is difficult, so we recommend those with Grade 11/12 content knowledge to take this contest.

The COMC is a 2.5 hour long contest that comprises 12 written questions.

Registration deadline: Sunday, October 8th at 11:59pm

Contest details: Thursday, October 26th from 3:15 - 6:00 in room 220

Price: \$37.00

Register here: <https://forms.office.com/r/edjxHWmEwc>

Note: The COMC will be available free of charge for students who identify as Black or Indigenous. This wonderful initiative is headed by the Canadian Mathematical Society (CMS), who strives towards creating a more inclusive mathematical community. If this applies to you, please indicate so on the registration form. For more information, visit <https://cms.math.ca/competitions/inclusion-initiative/>

Two years ago, PMSS won **1st place** in BC for the COMC (find our plaque in the display case in front of the math office!) and we're eager to reclaim our title.

We encourage everyone to participate, so don't miss this incredible opportunity!

For any questions, please email 088-wluo@sd43.bc.ca

If you are interested in joining the Math Competition Club, please fill out this form: <https://forms.office.com/r/j9GuMmr887>

Join our club on Microsoft Teams to receive more information about future

contests: <https://teams.microsoft.com/l/team/19%3a0Q4iDgQnbrfjMLUZF-RTd7MGQFVhzCtTQsghW2i8v-s1%40thread.tacv2/conversations?groupId=4ff6b853-e407-4a79-ad0a-96ef07a5a938&tenantId=d9658cef-0292-4252-9925-6442de24a44b>

REMINDERS WHEN USING THE BUS

As Translink is back to regular levels of service, please keep the following in mind when you are taking public transit:

- Be mindful of where you are standing when the bus is coming to a stop. Moving away from the curb allows the driver to pull in safely.
- Remember that other students want to get on the bus. Pushing your way to the front of the line makes everything slower for everyone.
- With construction, the bus stop locations have changed. Check the signs or your app carefully to make sure that you're at the right bus stop.
- Other bus riders may not want to hear your conversation—keep the volume down.
- You might miss the bus, or it might be full. Another one will be along soon.
- If you see something unusual when you're on public transit, report it to a uniformed attendant, or text 87.77.77

We all need to work together to make a transit system that is safe for everyone!

ONGOING

PARENT FORMS & STUDENT FEES: School District 43 uses the KEV School Cash Online for both fee statements and District Policies forms. Relevant fees have been uploaded with email notifications.

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

PMSS TIMES: 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 outside the Library Learning Commons.

CAREER CENTRE

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

PMSS Career Resource Centre

Room: 3066. Open from 8:00am – 3:30pm Monday-Friday.

If you have any questions or to book an appointment, please feel free to email Ms. Rose at jorose@sd43.bc.ca or call 604-939-6656 ext. 3066. **Join the Port Moody Secondary Career center TEAMS page! Code to join: 46n1w80 or e-mail Ms. Rose**

For Grade 12, [PMSS Big Picture book 2023 2024.pdf](#) Focus on the BIG PICTURE for the Graduates of 2024 – a guide for your Grade 12 Year – Overview of the Year Ahead.

Virtual / In-person Information Sessions, Presentations & University / College Fairs

Post-Secondary Info Session Scheduled Visit, [2023-2024 Post-Secondary Info Session Schedule.docx](#)

Simon Fraser University	October 16 th 2:00pm – 2:45pm	Drama Room
SFU Beedie School of Business	October 18 th 11:35am – 12:25pm	Drama Room
Ivey School Western University	October 19 th 11:35am – 12:25pm	Drama Room
Post-Secondary BC Mini Fair	November 2 nd 12:15pm – 1:45pm	Small Gym

Join this year for BC's largest hands-on trade event for youth. Trades Expo brings together employers, training providers, and the trades all under one roof. Trades Expo's provide youth with an opportunity to explore the Trades. There are hands on opportunities, there are employers looking to hire graduates and there are training providers looking to register youth for training programs. Tradespeople are ready to answer questions and engage with youth. When: **October 18-19, 2023.** To register and for more information visit, [Trades Expo 2023 - Event Registration Tickets, Multiple Dates | Eventbrite](#)

UBC Engineering Open House – On – Campus (UBC Vancouver Fred Kaiser Building 2332 Main Mall) Saturday November 4th 10:00am – 2:00 pm. Discover why UBC Engineering is one of Canada's top engineering schools. Prospective high school and post-secondary transfer students are invited to join on the Vancouver campus to explore all that UBC Engineering has to offer through in-person booths and demonstrations. To register and for more information visit, [UBC event details](#). See other information session being offered online and in-person at, [UBC events](#)

ECF Education & Career Fairs. The annual Education & Career Fairs provide an opportunity for high school students to connect with representatives from universities, colleges, and skilled trades learning institutions, and employers from across Canada. More than just a trade show, ECF creates opportunities for individuals or organizations to chat, ask questions and learn together. **All their fairs are completely free to attend!** . You can expect to see a medley of professionals and post-secondary representatives in attendance who can help you take the first steps in entering the workforce and/or assisting your students in their pursuit of higher education. For more information visit, [ECF 2023 \(educationcareerfairs.com\)](#).

General Learning Opportunities

22+ TRADES TRAINING PROGRAMS, Visit "[TRAIN in Trades](#)" Programs - School District No. 43 (Coquitlam) ([sd43.bc.ca](#))
Contact: Ben King Career & "TRAIN in Trades" Coordinator 778-984-1354 bking@sd43.bc.ca

BCIT Biotechnology Career Awareness Workshop. NOW ACCEPTING APPLICATIONS for the BCIT Career Awareness Workshop. **Workshop A: Winter Term - December 11 – 15, 2023.** The program is directed at Grade 10, 11 and 12 students with a strong interest in science who want to learn more about applying biology to real-world problems such as human disease. It is built on a partnership between BCIT, local biotechnology companies and participating school districts. They will be accepting 24 students with priority given to Grade 12 students first and then Grade 11 and 10 students based on date order they apply and district allotment. To apply and for more information, [BCIT 2023 Biotechnology Career Awareness Workshop Program](#).

Upcoming **online** Career Fair Event for high school girls, **October 19, 5-6pm PDT.** This event will feature **women professionals** working in diverse STEM careers. Participants will learn about their various careers including **Uro-Oncology, Biochemistry and Teaching.** This event is open to all girls, and is not exclusively for those who are indigenous. Participating high school girls will also get the opportunity to chat with women professionals and ask questions about their careers. To register, <https://www.eventbrite.com/e/quantum-leaps-career-conference-uro-oncology-biochemistry-and-teaching-tickets-721584176697?aff=oddtcreator>

WCM is excited to announce the return of Job Shadow Day Vancouver in October 2023! Grade 11 and 12 young women and gender-diverse high school students to spend a day downtown in the financial district and learn more about careers in finance. [Job Shadow Day](#) is a free, day-long event, featuring interactive workshops, networking and mentoring sessions, presentations profiling women with diverse careers in finance, and an afternoon of job shadowing with a mentor who works in the industry. Job Shadow Day gives students a first-hand view of what a career in finance can look like. **Registration closes October 6th- they have 20 spots remaining. They ask that you register as soon as possible, spots are first come, first served.** For more information visit, [Job Shadow Day Vancouver 2023 | Women in Capital Markets \(wcm.ca\)](#)

SHAD Canada, Spend the month of July exploring the world of STEAM and entrepreneurship through exciting lectures, experiential workshops, team-building activities, and a design project that inspires students to tackle real-world problems. [Shad programs](#) give Grade 10 and 11 students a once-in-a-lifetime opportunity to **grow** their mindset, **collaborate** in a university classroom with youth across the country (and internationally!!), and **build** community change maker capabilities using #STEAM4Good to make an impact! To apply and for more information visit, [Shad Canada | Apply for Shad2024!](#)

Society of Canadian Women in Science and Technology (SCWIST). SCWIST is an advocate for Equity, Diversity and Inclusion (EDI) in schools, universities, businesses and Canadian society, and supports efforts to promote equality for all, especially within science, technology, engineering and math (STEM). Applications for their [eMentoring program](#) are now **open.** eMentoring runs three times a year. The program is available for any students who identify as female or women, girls, trans, genderqueer, non-binary, two-spirit, and gender questioning. Sign up for eMentoring and they can put you in touch with a professional woman who is closely matched to your own interests or understands your situation. To apply, [eMentoring Application - SCWIST](#)

Tundra's Women in STEM invite students to their annual event on **Thursday, November 9, at 535 Thurlow Street.** The students will hear a live keynote from Margot Lee Shetterly, author of Hidden Figures, a panel discussion with distinguished industry leaders, and connect with mentors for a face-to-face group session. The event is completely free for all to attend, and parents are also welcome to join. Registration is open right now, but spots are limited. **RSVP :** <https://bit.ly/TundraSTEMGlobal>

Millennium STEM BC presents STEMCon 2023, a province-wide STEM conference featuring a variety of networking opportunities and hands-on tech workshops for high school students. The event will be held at the BCIT Tech Collider in downtown Vancouver. Through STEMCon 2023, students will be given the opportunity to collaborate with like-minded individuals and professionals in STEM industries, learning the importance of technology and its practical applications across a diversity of careers. STEMCon this year will feature three workshop streams for various interests: Personal Health, Community Health, and Environmental Health. **WHERE:** BCIT Tech Collider (555 Seymour Street)
WHEN: Saturday, November 18th, 2023 (9am - 4pm; registration begins at 8:30am) **REGISTER:** stemcon2023.eventbrite.com . For more information, visit their conference page at bit.ly/millenniumstembc.

Volunteer/Employment Opportunities

Autumn Harvest Dinner - Volunteers are needed to help with serving for a fundraising dinner Thursday, October 5 from 5-9 pm. The location is in Port Moody. If you are interested, please speak to Ms. Nembhard.

***NEW* MusicXConnect – Join a music-based non-profit:** Hi PMSS! We are MusicXConnect, a youth-led registered non-profit in Canada focused on sharing music with the community and bringing music resources to youth. We are looking for students that are passionate about music and working with the local community. Currently we are looking for:

- New music groups (string ensembles, jazz groups, rock bands, etc.)
- Video-editors for an online music database project

If you are interested as a music ensemble please visit: <https://musicxconnect.org/join-us/>.

If you are interested as a video editor, please fill out this form: <https://forms.gle/Puye9W2LcXz3UJKT8>.

***NEW* Community Volunteer Connections - Volunteer Fair - Community Volunteer Connections** - this event will bring together volunteers and nonprofits for a day of networking and connecting: the **Volunteer Fall Fair 2023!**

Coquitlam Centre Career Days – October 13th, 14th, 20th, and 21st from 10am to 12pm, Sunday October 15th and 22nd 11am-1pm. Bring your resume to the store and meet with the store management. Visit, [Jobs | Coquitlam Centre](#) or store websites to see available opportunities.

For Gr. 12 students who need volunteer hours and have the capability to lift heavy things like tables and heavy sand in buckets. Seaview Community School teachers need volunteers to help haul equipment out of their basement at the Kyle Centre and set up for the Port Moody Rock and Gem Show on Oct. 13 and Breakdown on Oct. 15. Besides volunteer hours, students get some cool rocks. If you are interested, please contact Ms. Nembhard dnembhard@sd43.bc.ca

Legion British Columbia/Yukon Command is looking for volunteers to help with their service. Their service include: organizing and helping at events, cooking meals, fundraising for the poppy campaign, managing branch social media pages, designing posters and graphics and much more. Go to [Home - Legion BC/Yukon Command \(legionbcyukon.ca\)](http://Home - Legion BC/Yukon Command (legionbcyukon.ca)) to find your local branch.

XDHACKS MINI VANCOUVER – EXECUTIVE TEAM (VOLUNTEER)

XdHacks Mini is a global youth-led non-profit organization that hosts hackathons for high school students. Their previous events include various hackathons both in-person (ex. hosted at the University of British Columbia) and virtually (ex. Climate Code 2021 featuring over 230 participants from 10+ countries). Most recently, XdHacks Mini organized Hackamental 2023, where experienced professionals from companies like Amazon, Microsoft, the Government of Canada, and Fortinet inspired participants through presentations, workshops, and judging. Currently, XdHacks Mini is actively recruiting dedicated high school students from the Lower Mainland to become part of the next phase of XdHacks Mini Vancouver. Joining XdHacks Mini Vancouver offers an opportunity for students to contribute to a rewarding endeavour. In 2023-2024, XdHacks Mini plans to introduce an in-person summer hackathon.

(<https://forms.gle/xZgVdvKa7AZxYsw79>)

Port Coquitlam Recreation is excited to be offering a number of volunteer opportunities for people 14+ years of age beginning this Fall, including afterschool programs, skate and swim lessons, art programs, a youth leadership group, and community events. This is a great opportunity for anyone looking to build their resumes, develop their leadership skills and connect with their community. Applications are now available on our website

at www.portcoquitlam.ca/volunteer. See flyers for more details, [Fall 2023 Youth Flyer.docx](#)

[Reading Buddies Teen Poster Fall 2023.docx](#)

The **Port Moody Public Library** is looking for teen volunteers for their Book Buddies and Code Buddies programs (in-person and online). You can get experience, leadership skills, and volunteer hours working with kids. Apply to become a teen volunteer at [Teen Volunteer Programs - Port Moody Public Library \(portmoodylibrary.ca\)](http://Teen Volunteer Programs - Port Moody Public Library (portmoodylibrary.ca)).

Seaview Community School and Miller Community School are looking for volunteers to help with their afterschool programs. **Program Details:** The afterschool programs provide students with a variety of games and activities including Arts & Crafts, Lego & Board Games, Outdoor Games (weather permitting), homework help and much more! **Position:** Looking for volunteers to play, to hang out with the kids, play board games, do crafts, help supervise and cleanup. **Location:** Seaview Times: 2:45/3 pm – 5:00 pm; Monday – Friday (You can volunteer for 1 hour or 2 hours). Miller Park Times: 2:45 – 4:45 pm; Monday – Friday (You can volunteer for 1 hour or 2 hours). If you are interested, please email Ms. Neelofar Nurani at nnurani@sd43.bc.ca

Youth Leadership Millennium (YLM) program hosted by non-profit S.U.C.C.E.S.S., which is one of the largest charitable organizations in British Columbia providing services in settlement, language training, employment, family and youth services, and community development. YLM program provides youth aged 15-30 with opportunities to develop leadership skills, engage with their community, and build confidence. It is a free 8- month long leadership program. YLM offers certificate, 120 service hours, training certificates, reference letters and more. To register and for more information visit, <https://successbc.ca/forms/career-and-youth-services-group-registration-form/>

The Youth Development Instrument (YDI) is a youth health and well-being survey for Grade 11 students in BC. They need passionate youth (aged 15-18 years) to join their Youth Advisory Council (YAC) as YDI Ambassadors. YDI Ambassadors discuss and provide feedback on all aspects of the YDI study to ensure the project is relevant for youth. YAC meetings are held by video call 6 times a year.

Ambassadors undertake their roles as volunteers but will receive a small honorarium to support time spent on YAC activities. To apply and for more information visit, https://ubc.ca1.qualtrics.com/jfe/form/SV_9ymN8zw0uPoU45w

Scholarship / Awards

 [List of Scholarships, Awards, Bursaries .docx](#)

***NEW* TD Scholarships for Community Leadership** - Are you a student in your final year of high school (if you live outside Quebec), or in your last year of CEGEP (if you live in Quebec)? Have you shown a commitment to making a positive difference in your community? You may be eligible for a TD Scholarship for Community Leadership valued at up to \$70,000 over 4 years towards a post-secondary college or university education. Apply online between September 6 and November 15, 2023. Apply now, [Scholarship Partners Canada | Universities Canada](#). All applications and supporting documents must be submitted online by 1:00 p.m. EST, **Wednesday, November 15, 2023**.

***NEW* TD Scholarships for Indigenous Peoples - AFOA Canada**, a not-for-profit led by Indigenous Peoples and TD worked to build a scholarship for Indigenous Peoples. Through it, 25 scholarships are available to be awarded annually, worth up to \$60K over 4 years. **Applications are now open and will close on November 6, 2023 at 11:59pm EST. Apply now, [TD Scholarship for Indigenous Peoples – AFOA Canada](#)**

***NEW* Canadian Psychological Association** - Canadian Indigenous Student Award Program - Every year, CPA will host a competition for one (1) scholarship for a student entering their first year of an undergraduate degree in psychology at a Canadian university, as well as one (1) scholarship for a graduate student entering graduate studies at a Canadian university. This award will support one undergraduate and one graduate student, each with \$4000.00 awarded during their first year of study. This award is renewable for additional years, up to (3) for undergraduate students and up to (5) for graduate students. To apply, [Indigenous Student Award: Scholarship in Undergraduate & Graduate Psychology Canadian Psychological Association \(cpa.ca\)](#). Deadline for applications is November 1, 2023. click here for full instructions: [Indigenous Student Award Instructions-EN-OCT2022.pdf \(cpa.ca\)](#)

***NEW* The Kinsmen Club of Coquitlam** is pleased to promote a fantastic funding opportunity for volunteer-minded post-secondary students in our community - \$1000 bursaries through the Kin Canada Bursaries Program! All students attending a recognized university, college, trade school, or technical institute in the 2024-2025 academic year are encouraged to apply. **Kin Canada Bursaries** are awarded to students based on demonstrated financial need, volunteerism, and knowledge of Kin Canada and the Kinsmen Club of Coquitlam. For more information or to apply, please see [Apply - Kin Canada](#). Applications are due by February 1, 2024 at 11:59 p.m. Pacific Time.

2023 – 2024 Schulich Leader Scholarships. The **Schulich Leader Scholarships** are the largest and most prestigious entrance scholarships awarded to high school graduates enrolling in Science, Technology, Engineering or Mathematics (**STEM**) program at 20 Canadian partner universities. Each year, 100 scholarships are awarded – 50 for engineering students valued at **\$120,000 per** scholarship and 50 for science, technology or math students valued at **\$100,000 per** scholarship. **NOTE:** To be awarded a Schulich Scholarship in your discipline, students must be **nominated** from their high school, and they must have applied to at least one of the 20 partnered institutions. See attached application for more information, [2023-2024 Schulich Application.pdf](#)

Legion British Columbia/Yukon Command offers bursaries to students in need of financial assistance. Visit, [Find a Legion Branch - Legion BC/Yukon Command \(legionbcyukon.ca\)](#) to see if you are eligible for their bursary.

Rotary Youth Exchange - The Rotary Study Abroad Scholarship is currently seeking students looking for an adventure for the 2024 – 2025 School year! The scholarship covers tuition, room and board and monthly stipend. For more information sign up for their October 12, 7:00pm virtual info session, [Virtual Info Session | Rotary District 5050 Youth Exchange \(youthexchange5050.org\)](#). 2024 – 2025 Exchange Applications Deadline November 1, 2023. To apply, [Home Page | Rotary District 5050 Youth Exchange \(youthexchange5050.org\)](#). [RYE Scholarship flyer 2024-2025 October Info Session 1 page poster.pdf](#)

Horatio Alger Canadian Scholarships - For grade 11 students with Financial need. 160 \$5,000 Scholarships Awarded Funded through the generosity of the members of the Canadian Association. The Canadian Scholarships are awarded to eligible students across all provinces and territories in Canada. For more details visit, [Canadian Scholarships - Horatio Alger Association Canada](#). The application opens December 1, 2023.

LORAN Scholars Foundation Character Service Leadership – Valued at **more than \$100,000**, the **Loran Award** includes study at one of their 25 partner universities, summer work experiences, mentorship, and a community of supporters and alumni working towards a better country and world. They select up to 36 promising young Canadians as Loran Scholars, based on evidence of integrity, courage, compassion, grit, and a high level of personal autonomy. For more information and to apply visit, [Becoming a Scholar | Loran Scholars Foundation - Fondation Boursiers Loran](#). Deadline for all applications will be **October 11, 2023, before 8:00PM (Eastern Time)**.

Student who are applying to Loran Award must add Ms. Campbell (cicampbell@sd43.bc.ca) as a school contact.

PARENTS

PMSS 2023-2024 SCHOOL CALENDAR: Please click [HERE](#) for the 2023-2024 School Calendar

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

We would like to welcome and thank the following parents for joining the PAC for the upcoming 2023/2024 school year. Congrats to:

Alicia Purvis: PAC Chair
Grace Liang: Vice Chair
Miwa Aoki : Secretary
Fanny Feng: Treasurer

DPAC Rep: OPEN

AfterGrad Chair: OPEN

AfterGrad Secretary: OPEN

AfterGrad Treasurer: OPEN

YOU ARE INVITED TO

"HOW TO TALK TO YOUR YOUTH ABOUT SUBSTANCE USE"



Join SHARE's Youth Substance Use Services Program in a virtual presentation around supporting youth on the topic of substances and substance use.

OCTOBER 25TH 6:30-8:00
VIRTUAL ON ZOOM

RSVP via link or QR code here:

<https://forms.office.com/r/RQGbsq37b2>

Topics will include:

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



Visit our website for more resources

COMMUNITY



Youth Skate

\$2.25 per youth

Starting Friday, October 13

8-9:15pm Arena 2

Grades 6-12 (must show go-card at door)

NEW Advance registration required, no drop-ins permitted, no exceptions.

Visit portmoody.ca/signmeup to register.

