



Port Moody Times

Thursday
November 2, 2023
Day 2

STUDENT ID CARDS (from RETAKES)

Your Student ID cards from the photo retakes have arrived and are now ready for pickup. Please come by the office during lunch or after school to pick them up.

STUDENT PHOTOS PACKAGES

We have received more photos packages at the office and have sent an email notifying those students. Please come by the office during lunch or after school to pick up.

REMEMBRANCE DAY CEREMONY

Any Cadets wishing to be part of the Assembly, please come to a brief meeting in Room 310 on Friday Nov.3 at lunch.

GRAD FORMAL CLOTHING SALE

Attention Grads: A company that rents clothing for the film industry is having a sale this weekend on their formal wear, including dresses, suits, and shoes. Sizes are generally small (0-6 for dresses), prices are no more than \$100. The sale location is 7387 216th St. Langley, and runs November 2-5 from 10-4.

BASKETBALL

ANY grade 9/10 female interested in playing basketball this season please sign up here. Try-out dates are set for NOV 14th and Nov 15th 4pm-530pm.



VANCOUVER SUN RUN

Whether it's to become more fit, try something new and push yourself, or make new friends and fun memories YOU should join our school's Vancouver Sun Run team, the "Blues Run Club"! The Vancouver Sun Run, Canada's largest running event, is an annual 10k held in our beautiful city this year on April 21st. Last year, we assembled Blues Run Club with 40+ runners. Bring your friends/family along with you too! Runners of all levels are welcome.

We will contact you after you fill out this form: <https://forms.office.com/r/PiSsi1ZKN5>

Direct any questions to:

088-vfan@sd43.bc.ca

088-kli2@sd43.bc.ca

LANGUAGE CHALLENGE EXAMS 2024

Delta School District is again offering Language Challenge Exams for students fluent in a (selected) language other than English. The exams are held in Delta. Posters are up around the school with Delta School District's website - where you can access more information as well as the online application form. For further information go to their website <https://www.deltasd.bc.ca/schools/secondary/challenge-exams/> or contact your counsellor: Cindy Campbell (A-Kim), John Gibney (Kin-Neb) or Asia Sidhu (Nec-Z)

1. The deadline for applications to the 2023/2024 Language Challenge Exams is **November 3, 2023**.
2. Exams will take place on Saturday, **January 27th** and Sunday, **January 28th**, 2024. Your exam will take around three hours – you will be informed whether your exam is scheduled for the morning or afternoon.
3. In the Challenge Exam Application Package, **Page 9 is to be filled out online before you print** the package. You will see the highlighted areas and drop boxes where you should type.
4. Confirmation emails will be sent out by **December 15, 2023**.

HOMework CLUB



Do you struggle to get your homework done? Would you benefit from one-on-one help? If so, Homework Club might be for you!

Location: Room 203
Days: Tuesday & Thursday
Time: 3:15 - 4:15 pm



Everyone is welcome!

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 it 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.

For Grade 12 - PowerPoint slides copy from September 25th Grade 12 presentation. [Post-Secondary Application 101.pptx](#)

For Grade 12 - PowerPoint slides copy from October 11, 2023 Grade 12 presentation. [Grade 12 Scholarship Presentation .pptx](#)

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

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

| | | | |
|-----------------------------|--------------------------|-------------------|------------|
| Post-Secondary BC mini fair | November 2 nd | 12:15pm – 1:45pm | Small Gym |
| University of Waterloo | November 3 rd | 11:35am – 12:25pm | Drama Room |
| University of Guelph | November 8 th | 8:30am – 9:00am | MPR |
| University of Victoria | November 9 th | 11:35am – 12:25pm | Drama Room |

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](#)

Capilano University Open House Saturday, November 25, 2023, 11 am-2pm. Discover Capilano University programs, learn about financial aid and entrance awards, connect with faculty, peers and current students, and visit the Bosa Centre for Film & Animation. For more details visit, CAPILANOU.CA/EXPLORE

Coquitlam School District Post Secondary International Education Fair – Meet international education representatives and explore your options. Thursday, November 30, 2023 @ 3:00pm to 6:00pm. Register before November 1st to be entered into a draw to win door prizes at the event. To register, [Coquitlam School District International Education Post-Secondary Fair November 30 \(office.com\)](https://www.coquitlam.bc.ca/education-career-fairs)

SFU School of Criminology Undergraduate Program zoom presentation - November 30, 2023 5:00pm. Register in advance for this meeting: [Meeting Registration - Zoom](#). After registering, you will receive a confirmation email containing information about joining the meeting.

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 \(educationcareerfairs.com\)](https://www.educationcareerfairs.com).

UBC info sessions in the lower mainland are virtual this year. However, every week, there are two live info sessions on Zoom that have 30 min at least of Q&A at the end. They also have 1 Application Workshop live on zoom per week where you can learn more about the Personal Profile and how to apply. Registration for UBC online sessions, including Application Workshops and live virtual info sessions is available on our [Tours and Events page](#) (under Information Sessions). They also have a recorded All About UBC presentation available [here](#). Students can email recruitment.ok@ubc.ca with any questions

General Learning Opportunities

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



The graphic features a circular logo for SD43 Coquitlam Career & Trades Programs with the numbers 4, 3, S, and D. It includes three photos: a worker in an orange safety vest, a construction site, and a chef. A QR code is provided for registration, with a red arrow pointing to it from the text 'SCAN TO REGISTER'. The event is scheduled for 6PM on Wednesday, November 15th, and the website www.43careers.com is listed.

Virtual Trades Info Session

LEARN HOW TO:

- Get certified for **FREE** in one of **24+ SD43 Trades Programs**
- Earn **high school credits** and a **\$1000 award** while working in trades

SCAN TO REGISTER

6PM - Wednesday November 15th

Visit: www.43careers.com

UBC Sauder School of Business invite interested students to join their on campus for **Fall Preview 2023**, an in-person info session designed for students interested in applying to UBC BCom program and their families. **Date:** Saturday, November 4, 2023 **Time:** 9:00am - 12:30pm PDT **Location:** 2053 Main Mall at UBC Vancouver **Registration is required.** This event is designed for students in Grades 10 and 11 but is open to any high school student hoping to learn more about the UBC BCom program. A livestream broadcast will also be available—when registering, students can select the livestream option to access the Zoom link. [Register for the Fall Preview 2023](#)

2024 Junior Firefighter Programs School District NO. 43 is partnering with both Coquitlam Fire Rescue and Port Moody Fire Rescue to offer two different junior firefighting programs for 2024. These programs are open to SD 43 students in grades 11 and 12, and help applicants understand the basic physical and educational components required of new recruits. Applications are open Nov. 1–Dec. 8, 2023. For more information see, [2024 Junior Firefighter Program Flyer](#) . Info session will be November 8th during lunch time (11:35am - 12:25pm) in the library.

The district will be participating in **UBC Black Futures** again this year. The Black Futures program is a unique opportunity for Black-identifying Grade 10-12 students from across Greater Vancouver to be introduced to post-secondary options and discussions about higher education. The program consists of both online and in-person meetings at UBC. High school students work with UBC students, as well as a variety of faculty and other professionals. There is no cost for students to attend—they will be bussed to and from UBC. If you have any question, please reach out to Denise Nembhard the Vice Principal at Port Moody Secondary School, or Dr. Annette Henry and Batheseba Opini at UBC (UBC.Blackfutures@ubc.ca). Please complete [Black Futures 2023 2024 Field Trip Consent Form.pdf](#) and return the completed form to Ms. Nembhard or Ms. Rose by **November 9th**. For more information, please click [HERE](#).

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>

Wednesday November 15th 6PM Learn how to: Get certified for free in one of 24 + SD43 Trades Programs. Earn high school credits and a \$1000 award while working in trades. Visit: www.43careers.com. To register: [SD43 Career & Trades Programs - Virtual Info Session Registration \(office.com\)](#)

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.

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](#).

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](#)

Shad offers a digital program, [ShadAnywhere](#), that is accessible to youth across Canada (and internationally!). In partnership with Athabasca University, students get access to university content, mentors, digital field trips, Indigenous knowledge sharing and community building events. ShadAnywhere participants have the opportunity to complete the [Elevate your Personal Brand MOOC](#) and the Introduction course of the [AI Ethics Micro-credential Certificate](#) through Athabasca University. Both of these courses are asynchronous, giving students the opportunity to complete at their own pace. Students will have 90 days, beginning at the program start, to complete these courses and earn university credit.

Volunteer/Employment Opportunities

PICS Youth Service Corps - PICS is a registered non-profit organization. They have 2 free volunteer programs for youth aged 15-29 and are currently recruiting participants. The programs are funded by the Canadian government. It's free for participants, and comes with perks including certificates of completion, a letter of reference, a subscription to

Coursera, travel expenses, and more. With our programs, students can accumulate a minimum of 120 volunteer hours. See flyer for more details, [Youth Service Corps Programs flyer](#).

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>.

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.

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/>

Scholarship / Awards

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

Wondering what scholarships are available for you? Go to, [Scholarships Made Simple | ScholarTree](#) and sign up. This website will provide you with a list of scholarships that you may be qualified to apply for.

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](#)**

Public Health Agency of Canada - The School Health Grant for Youth provides Canadian youth, ages 13 to 19 and enrolled in grades 9 to 12, the opportunity to apply to 1 of 3 levels of grant funding (\$1500, \$2500, \$3500). The goal of the grant is to develop youth-driven and youth-inspired initiatives that encourage and promote healthy living in their school. For more information and to apply visit, School Health Grant for Youth - Canada.ca. **Please note that the deadline has been extended and they are currently accepting Applications until Monday, November 6, 2023 (12:00 pm EDT).**

The **Lester B. Pearson International Scholarships** at the **University of Toronto** provide an unparalleled opportunity for outstanding **international students** to study at one of the world's best universities in one of the world's most multicultural cities. Pearson Scholars will receive full funding for four years of tuition, books and living costs, and gain a global perspective on issues that matter most to them. Visit [The Lester B. Pearson International Scholarships - Future Students. University of Toronto | University of Toronto \(utoronto.ca\)](http://The Lester B. Pearson International Scholarships - Future Students. University of Toronto | University of Toronto (utoronto.ca)) for complete details. **PMSS Scholarship committee will select one graduating student for nomination.** To be nominated see application instruction, [Lester B. Pearson International Scholarship Application.pdf](#) **Submit application by November 9, 2023.**

Queen's University Chancellor's Scholarship – For those who are applying to Queen's University you may be qualified to apply for the [Chancellor's Scholarship](#). To apply, [2023-25 PMSS Nomination-Queen's Chancellor's Scholarship](#). **Deadline to apply, November 14th, 2023.**

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**.

Terry Fox Humanitarian Award – Valued at \$28,000 The Terry Fox Humanitarian Award is one of Canada’s most established and prestigious awards. The Terry Fox Humanitarian Award is interested in students who demonstrate **compassion** and a **keen commitment** to **easing the suffering of others**, especially those who address critical needs in society. Terry Fox Scholars are ‘doers’ with the ability to **inspire** and make a **positive impact** on the lives of others. Visit, [Terry Fox Humanitarian Award | \(terryfoxawards.ca\)](#) for more details and to apply. Application opens on November 1st, 2023. **Deadline to apply December 1st, 2023**.

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.

***NEW* Burger King Scholars Program** - Created in memory of Burger King Co-Founder James “Jim” W. McLamore, the Burger King Scholars program provides scholarships ranging from \$1,000 to \$50,000 to high school students and BK employees and their families. Scholarships are intended to offset the cost of attending college or post-secondary vocational/technical school. Recipients are selected through an application process that takes into consideration their grade point average (GPA), work experience, extracurricular activities, and community service. For more details and eligibility requirements visit, [Burger King Scholars \(burgerkingfoundation.org\)](#). **Scholarship Value: \$50,000. Awards Available: 4000. Award Deadline: December 15, 2023**

***NEW* The Bea Kelly Volunteer Award from Soroptimist International of the Tri Cities** - Are you a young woman in grade 12 who volunteers in your community or school? Who sees challenges instead of obstacles? Hope instead of despair? If you are a young woman who believes in the power of volunteer action, then you may be eligible to win a Bea Kelly Volunteer Award. For more details and eligibility requirements visit, [bk-award-application-writeable-2023b.pdf \(soroptimisttricity.org\)](#). Apply by January 15th 2024

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.

The Leonard Foundation scholarships are awarded to students enrolled or enrolling in an accredited undergraduate degree program in a college or University in Canada. The institutions must be open to all without restriction except for an academic standard. Applicants must be Canadian citizens or landed immigrants. **A true financial need must be demonstrated**. For more information and to apply visit, [Eligibility - leonardfoundationdemo.online \(leonardfnd.org\)](#). Scholarship Value approximately 100 @ \$1,000 - \$1,500. **Deadline to apply is March 31, 2024**.

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

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](#)

PARENTS

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

Next PAC Meeting: Tuesday, November 7th at 7pm in the library

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

Questions regarding general erase training may be emailed to: erase@gov.bc.ca

| Training Offering | Dates | Delivery | Registration Link |
|--|--------------------------------------|----------|---|
| Family Session: Establishing Safe, Caring, & Respectful Digital Communities – Everyone Welcome! Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sexortion. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed. | November 8, 2023 6:30pm – 7:30pm | online | https://www.eventbrite.ca/e/732334942527?aff=oddtcreator |
| | November 28, 2023 7:00pm – 8:00pm | online | https://www.eventbrite.ca/e/732343096917?aff=oddtcreator |
| | November 30, 2023 6:30pm – 7:30pm | online | https://www.eventbrite.ca/e/732346587357?aff=oddtcreator |

Protect children from respiratory illnesses this winter

Respiratory illnesses tend to increase as we spend more time indoors. Common colds, the flu and COVID-19 spread through tiny droplets as people who are sick breathe, talk, cough or sneeze. When other people touch these droplets and then their eyes, mouth or nose before washing their hands they may become sick.

There are a handful of steps both children and adults can take to protect themselves and limit the spread of respiratory illnesses:

- Wash your hands often with soap and water. Use alcohol-based sanitizer if soap and water is not available.
- Avoid touching your face, especially your eyes, mouth and nose.
- Cough and sneeze into your elbow.
- If you have symptoms, stay home and stay away from people at higher risk of serious illness.

Flu and COVID-19 vaccinations

The best way to protect others and reduce the risk of getting sick with the flu and COVID-19 is to [get immunized](#). The flu and COVID-19 vaccines are safe, effective, and available for free to anyone aged six months and older.

It is much safer to get the vaccines than to get the illnesses. Register your children with the Get Vaccinated system so that you can be invited to book their vaccinations when they are due.

Learn more here: <https://ow.ly/5WWe50PYIYC>



Creating Effective Partnerships – November 7th

School District 43 in partnership with Kinsight Family & Individual Support Program, invites parents and caregivers of children who have developmental delays, disabilities or diverse learning needs to join us for an information session highlighting the various district supports and services available. Meaningful inclusive practices, programming, collaborative IEP development, and the importance of building an effective partnership between school, and the home team will be reviewed.

Planning for the Future – November 16th

School District 43 invites parents and caregivers of high school students with developmental delays, disabilities, and diverse learning needs to an information session intended to help families think about, and plan for the transition from high school to adult life. This presentation will include a panel of guest speakers representing school district 43 programs, inclusive post-secondary institutes, employment supports, government agencies, and community supports. Entering adulthood is an important milestone, therefore taking action early will help create a smooth and successful transition plan for the future.

Transition into Kindergarten – January 11th

The Learning Services Zone Coordinators and other school personnel from School District # 43 invite parents and caregivers of children with developmental delays, disabilities, and diverse learning needs to an information session to discuss what to expect when your child enters kindergarten. We will also discuss how you can be involved to help make the transition successful for your child as they embark on their educational journey.

Stepping Up to Secondary School – February 6th

School District 43 invites parents and caregivers of middle school students with developmental delays, disabilities, and diverse learning needs to an information session focusing on how Secondary School can provide meaningful educational opportunities that support the student's development, maturity and progress towards future goals. A successful transition to Secondary School means that students have access to classes and school experiences that prepare them for what comes after high school – post-secondary education, employment, and full participation in all aspects of community life.

Time to Talk About Middle School – March 5th

School District 43 invites parents and caregivers of elementary school students with developmental delays, disabilities, and diverse learning needs to an information session discussing the differences between Elementary and Middle School. We will focus on the transition process, Middle School culture and routines, structures to support student success, and the benefits of meaningful collaboration to develop the student's program.

When: 7:00pm – 9:00pm (doors open at 6:30pm)

**Location: Education Learning Center – Room B103/B104
1080 Winslow Avenue, Coquitlam**

Questions? Please contact Colleen Lambert at colambert@sd43.bc.ca

Please note, registration is required. Click [HERE](#) to register

CREATING EFFECTIVE PARTNERSHIPS

TUESDAY NOVEMBER 7TH @ 7:00PM

School District 43 in partnership with Kinsight Family & Individual Support Program, invites parents and caregivers of children who have developmental delays, disabilities or diverse learning needs to join us for an information session highlighting the various district supports and services available. Meaningful inclusive practices, programming, collaborative IEP development, and the importance of building an effective partnership between school, and the home team will be reviewed.

When: 7:00pm – 9:00pm (doors open at 6:30pm)

**Location: Education Learning Center – Room B103/B104
1080 Winslow Avenue, Coquitlam**

**Questions? Please contact Colleen Lambert at colambert@sd43.bc.ca
Please note, registration is required. Click [HERE](#) to register**

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.



@pomoyouth | portmoody.ca/Youth | 604.469.4556

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