



# Port Moody Times

Tuesday  
November 21, 2023  
Day 2

**LOST & FOUND:** There are tables set up with all the Lost & Found items by the front entrance near the MPR. Please take a look during lunch or after school if you have lost anything this year.

**Digital Learning Assembly - Wed, Nov 22 (Flex)**

Attention Grade 9s, you have a mandatory DL 10 Assembly on Wed, Nov 22 in the small gym for the introduction of Assignment 2. Be there for a 8:30 start. Reminder that attendance will be taken.

**School Plans for January 22-26**

While school will look different the week of January 22-26, students are still expected to come to school for specific events. More detailed information will be shared at the beginning of January, but students and families should be aware that school is open during that week.

Some of the events include (but are not limited to):

- Supplemental and Enrichment instruction for students
- Graduation Assessments for all Gr. 10 (Lit 10 and Num 10) and Gr. 12 (Lit 12) students. These assessments are required for graduation. IB Gr. 12 students already wrote their assessments in November.
- Classes will be running for Gr. 11 IB HL students.
- YDI survey for Gr. 11 students
- Presentations for PHE for Gr. 9 students
- Gr. 12 IB Math Exam

**MSF BOTTLE DRIVE**

Throughout this week, the MSF (Doctors Without Borders) Club is hosting a bottle drive. Be sure to bring your plastic bottles to reduce waste and raise money for the MSF organization! We will be collecting bottles in the MPR every lunch.

**SWIM TEAM**

Congratulations to all swim team members who competed last weekend in the BC championships in Nanaimo. We had many great performances topped off by Michelle L. who competed in four events and came away with three gold medals and one silver medal. Way to go team!

**MOVEMBER STAFF VS. STUDENT CHALLENGE**

Every November folks shave their faces and grow mustaches to raise funds to prostate cancer and other diseases.

The Staff Contestants: Mr. Canuel, Mr. Sabot, and Mr. Birch.

The Student Contestants: Mateus D.; Matthew C.; Austin C.; Tanner C.; John C.; Tyson M.; Finley S.; and Andrew Y.

Participating students and staff will be clean shaven on Nov. 1 and then not shave for the entire month.

The group with the largest amount raised by the end of the month will decide what moustache shape and style the runners up will shave their beards into.

Fundraising will take place throughout November in the Library Learning Commons.

Come into the Library Learning Commons to support your favourite by donating into each contestant's container.

**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](mailto:088-vfan@sd43.bc.ca)

[088-kli2@sd43.bc.ca](mailto:088-kli2@sd43.bc.ca)

## **YEARBOOK**

Please verify your name on the Yearbook names list found in the MPR by the door entrance. If you have a preferred name or if your name is spelled incorrectly, please correct/change it on the list itself, right hand side of your original.

List is in grade order, then alpha order according to your last name.

**Deadline: Dec. 4th.**

## **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](mailto: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 25<sup>th</sup> 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](#)

University of Calgary                      November 23<sup>rd</sup>    11:35am - 12:25pm    Drama Room

University of Western                      November 30<sup>th</sup>    11:35am - 12:25pm    Drama Room

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](http://CAPILANOU.CA/EXPLORE)

The **University of Calgary** is hosting a National Meet and Greet Event in Vancouver on **November 26, 2023, 1:00pm – 3:00pm**, at the **Sheraton Wall Centre**. This event is open to all students and parents who may be interested in learning more about the University of Calgary. Registration is required as space is limited. To register, please [click here](#).

**Education & Career Fairs (ECF)** - The Education & Career Fair's (ECF), students have the opportunity to connect face-to-face with our exhibitors: well-known and lesser-known universities/colleges, trade institutions, professional associations, as well as employers looking to recruit young people. For more information and to register to the annual Vancouver education & career fair visit, [Home - Education and Careers Fairs \(educationcareerfaairs.com\)](http://Home - Education and Careers Fairs (educationcareerfaairs.com)). **Date:** Monday, **November 27, 2023. Time:** From 9:00 AM – 2:00 PM.

**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 1<sup>st</sup> 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](mailto: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://www.sd43.bc.ca/training/)  
**Contact: Ben King** Career & "TRAIN in Trades" Coordinator 778-984-1354 [bking@sd43.bc.ca](mailto:bking@sd43.bc.ca)

Student Outreach Team in the **Faculty of Land and Food Systems (LFS) at UBC**, are excited to announce the schedule of their annual **Taste of LFS Virtual Open House**. This event is a week-long series that invites prospective students interested in applying to LFS to learn more about what being a student in our faculty is really like. **When: Monday, November 20 – Thursday, November 23, 2023.** Any student interested in the Faculty of Land and Food Systems at UBC may sign up for the event. **Registration is now open!** You can find the schedule and register [here](#).

**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!](https://www.shadcanada.com/apply/) **Applications close on Dec 1<sup>st</sup>**

**\*NEW\* SCWIST** ([scwist.ca/](https://www.scwist.ca/)), an organization that works to introduce K-12 girls to a wide range of exciting career options and positive female role models in STEM. They have the upcoming Quantum Leaps **Career Conference** suitable for high school girls, that is happening online on **December 4 from 5-6 pm PST.** This Quantum Leaps Event will focus on women professionals working in careers related to **Physics, Astronomy** and **Chemistry**. They also have experience in science communication and facilitating learning. Participants will get the opportunity to chat with women professionals and ask questions about their careers. You can learn more about this free event and register here: <https://www.eventbrite.com/e/quantum-leaps-career-conference-astrophysics-and-chemistry-tickets-759886349527?aff=oddtcreator>

**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](https://www.bcit.ca/education-career-fairs/).

**\*NEW\* BC Children's Hospital - Women in Science**, join them as they celebrate the upcoming International Day of Women and Girls in Science on **Thursday, February 8, 2024.** Become part of the conversation by following [#WomenInScience](#) on Instagram! Their Women in Science evening strives to empower the community and promote an equitable and inclusive learning environment. They interpret "women" in the broadest sense and respect all ways in which people choose to self-identify including female-identified, agender, non-binary and women across the LGBTQIA2S+ spectrum. People of all genders are welcome to participate. To learn more visit, [Women in Science | BC Children's Hospital Research Institute \(bchchr.ca\)](https://www.bchchr.ca/women-in-science/)

**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**

**Seaview** will be hosting their annual Christmas Fair on Saturday, Nov. 25<sup>th</sup>, 2023, from 10 am – 4 pm. They are looking for Volunteers to help!

**Shifts Times Available:** 9 am – 1pm, 1 pm – 5 pm, 10 am – 4 pm (Snacks and lunch is provided depending on shift length)

**Duties:** Volunteers will help in various stations. A few examples are admission, concession, kids craft table and floaters. A reference on request can be provided for volunteer hours. If you're interested, please email: [kstewart001@gmail.com](mailto:kstewart001@gmail.com) with your preferred shift time.

**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://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](http://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://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](mailto: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/>

**\*NEW\* The People's Pantry Food Recovery Society**, a non-profit food rescue organization based in the Tri-Cities is looking for volunteers to help in the food sorting and hamper assembly. To apply visit, [Get Help – The People's Pantry Food Recovery Society | Coquitlam \(thepeoplespantry.ca\)](http://thepeoplespantry.ca). For any questions contact, [vrec.tppfrs@gmail.com](mailto:vrec.tppfrs@gmail.com).

The **Pedalheads Swim** currently have three different employment opportunities in their Swim department.

- If you have your certificates [Apply to be a Swim Instructor](#) \*Please note they require the following pre-requisites: Standard First Aid with CPR - C and a Swim For Life Instructor both of these MUST be valid.
- If you are just missing your Instructor certification [Apply for their FREE Instructor Course!](#) \*Please note they require the following pre-requisites: Bronze Cross and Standard First Aid CPR - C both MUST be valid before the start date of the course.
- If you're not yet 15 years old [Apply to be a Junior Volunteer](#) \*Please note they require the following pre-requisites: Bronze Medallion and be at least 13 years old!

## **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.

**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 1<sup>st</sup>, 2023. **Deadline to apply December 1<sup>st</sup>, 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.

**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](#) **Deadline is December 8<sup>th</sup> at 3pm**

**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\* January Marie Lapuz Youth Leadership Award** - This annual award is given to exceptional youth 16 to 30 who have shown commitment and leadership within the 2SLGBTQ+ community. The winner receive a cash prize of \$1,000, First Runner Up receives \$600, Second Runner Up receives \$400. Honorable mentions receive \$200 and Emerging Leaders receive \$200. Deadline to apply is **December 31, 2023**. To apply and for more information visit, [Youth Award — My Name Was January \(januaryfilm.com\)](#)

**Beedie Luminaries** - The **Beedie Luminaries Scholarship** is for students with potential **who are facing financial adversity**. Students who are smart but constrained by circumstance. Students who are resilient and gritty. Students who are ready to make a positive change in their lives. They are looking for **Grade 12 students in B.C.** to apply for one of 100+ scholarships available in 2024. Recipients will **each receive up to \$44,000** towards their post-secondary studies at any public university, college, or trade school in B.C. Attend their virtual open house sessions on [Nov 15, 4pm-5pm](#) or [Nov 30, 4pm-5pm](#). **Deadline to apply:** January 8, 2024 (9AM PST).

**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 \(soroptimisttricitie.org\)](#). Apply by January 15<sup>th</sup> 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](https://leonardfoundationdemo.online) ([leonardfnd.org](https://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 \(legionbcyukon.ca\)](https://legionbcyukon.ca) to see if you are eligible for their bursary.

## PARENTS

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

**Next PAC Meeting: Tuesday, December 5<sup>th</sup> 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](mailto: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.	<del>November 8, 2023</del> 6:30pm – 7:30pm		
	November 28, 2023 7:00pm – 8:00pm	online	<a href="https://www.eventbrite.ca/e/732343096917?aff=oddtcreator">https://www.eventbrite.ca/e/732343096917?aff=oddtcreator</a>
	November 30, 2023 6:30pm – 7:30pm	online	<a href="https://www.eventbrite.ca/e/732346587357?aff=oddtcreator">https://www.eventbrite.ca/e/732346587357?aff=oddtcreator</a>

**~~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](mailto:colambert@sd43.bc.ca)

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

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## 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>



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