



Port Moody Times

Thursday
December 3, 2020

PMSS WOULD LIKE TO WELCOME THE FOLLOWING STAFF TO THE SCHOOL TODAY:

A. Gimpel, M. Simmons, D. McFarland, G. Walker, L. Byrne

DAILY HEALTH CHECK

Please complete this daily, prior to coming to school.

If you have not already signed this health check and submitted this to the school, either online or on paper, please complete this as soon as possible. This only needs to be submitted once per student.

NEW NEWS

Calendar	
Friday December 4	Grade 12's provided Transcript Verification Letters: Gr. 12s take letters home for families to review and sign.
Monday December 7	Grade 12 Transcript Verification Letters Due: Gr. 12s return signed letters to their first period class. IB12 students return them to their Monday class.
Monday December 14	Food Hamper Last Day: Last day for students to bring in non-perishable food items to their first period class.
Monday December 14	Spirit Week Starts: Monday – Accessory Day / Tuesday – Tropical Tuesday / Wednesday – Ugly Sweater Day / Thursday – Christmas Character Thursday / Friday – Pajama Day
Thursday December 17	Mid-Quarter Report Cards: Available on the Student and Family MyEd portals at 2pm.
Friday December 18 <i>(Last Day of Classes prior to Winter Break)</i>	Talent Show: PMSS students will show off their talents in a pre-recorded show to be shared during first period.
Monday January 4	Second Quarter Flip Date: On this date second quarter classes will flip, with the second (hybrid) class of the day becoming the first (learning group) class and the first (learning group) class becoming the second (hybrid) class.

TRANSCRIPT AND GRADUATION VERIFICATION: All Grade 12s will receive the Transcript Verification documents on **Friday, December 4th** in their block 4 class. The purpose of this process, is for grade 12 students and parents to review school and ministry documents to identify any errors or omissions on your transcript documents. These documents will also identify those students who are missing graduation requirements. Once reviewed, we require a parent and student signature and ALL forms to be returned to the school on **Monday, December 7th**. Students can return the documents upon entering the school, or at the main office. Any student concerned about graduating, should email their counsellor: Ms. Campbell A-K, cicampbell@sd43.bc.ca; Mr. Gibney L-Z, jgibney@sd43.bc.ca

WANT A PERSONALIZED DECORATION ON OUR HOLIDAY TREE? WANT TO WIN A PRIZE? Follow the PMSS Library Learning Commons on Instagram: https://www.instagram.com/p/CITwWf9hAYT/?utm_source=ig_web_copy_link Comment with your favourite book/movie of the year. Not on Instagram? No problem. Just visit <https://sd43bccsa.sharepoint.com/sites/PMSSlibrary> and fill in the form. We'll turn it into a tree decoration and enter your name in our draw. Draw open only to members of the PMSS student community. One entry per student. On display until **Friday, December 18th** in the Learning Commons.

SFU VIRTUAL PREVIEW DAY:

When: December 5th **AM session:** 9:00am - 12:00pm **PM session:** 1:00pm -4:00pm

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

SFU BEEDIE SCHOOL OF BUSINESS INFO SESSION FOR SD43:

When: December 10th at 4:00pm - 5:00pm

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

SFU INDIGENOUS PREVIEW DAY 2021:

When: January 14th @ 10am, January 20th @ 1pm & January 26th @ 10am

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

ONGOING NEWS

DECEMBER DECATHLON: The December Decathlon has started! In your block one class during lunch is the first event "Name that Place". Please log on to KAHOOT with the game code provided in your block 1 class and have your username include your room number or teacher name. You can have multiple devices in the same classroom playing at the same time if each username has the room number or teacher name in it. Remember that there will be events each day for the next ten days so stay tuned at lunch for more information! You can start bringing in SHARE food bank donations starting now – if you bring over 200 items as a class, you gain 100 points for your Decathlon score! Good luck!

BLUEPRINT MEDIA: The Blueprint is a current events newsletter reporting on Canadian, world and ongoing issues. We're looking for writers who are passionate global citizens. If interested, contact 088-ahemo@sd43.bc.ca.

ATTENTION ALL STUDENTS: You can now be a contributor for the **YEARBOOK!** With all of the social distancing this year, we are going to be calling on you, the student body to make our Yearbook great. We need your help getting outstanding photos of your friends and classmates. And don't worry, we've made it easy for you! Just follow these steps to get started:

1. Download the "Friesens UPloadIt" app from the Play Store or Apple Store.
2. Enter the School Code **267346** to be connected to Port Moody Secondary.
3. Start uploading or taking photos from the app. Note: You will need to add a name to each photo before you upload – keep these simple so we can sort the photos better (i.e., Math Class, Grade 10, Halloween, etc...)

The more creative and unique photos we receive the better the Yearbook will be, so get out there and start taking pictures!

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

PMSS TIMES: The PMSS Times will be distributed on **Tuesdays** and **Thursdays**. Announcements will not be read over the PA at this time. The Times will also be posted in the Cafeteria under the clock.

CAREER CENTRE

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

BCIT VIRTUAL INFO SESSION:

When: Thursday, December 3, 2020 at 4pm

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

EDUCATIONUSA CANADA FROST BELT SHOWCASE:

When: Thursday, December 3, 2020 at 12:00 - 2:15pm

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

SHAD 2021:

Who it's for: Gr. 10 & 11 students

Applications due: Monday, December 7, 2020

Fee: \$3,200 CDN (International Fee is \$7,000 CDN)

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

UNIVERSITY OF ALBERTA VIRTUAL INFO SESSION:

When: Wednesday, December 9, 2020 at 4pm

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

LAST CALL FOR STUDENTS INTERESTED IN PARTICIPATING IN THE FIRE FIGHTING ACADEMY:

Deadline: December 11th

You can earn 4 grade 12 credits towards graduation!

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

THOMPSON RIVERS UNIVERSITY BACHELOR OF ENGINEERING IN SOFTWARE ENGINEERING INFO SESSION (ONLINE):

When: Tuesday, December 15th at 5:00pm

Check Career Centre Teams page (code: 46n1w80) or PMSS Career Centre calendar for link!

FORKLIFT TRAINING:

When: December 22 & 23

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

SIMBI FOUNDATION: SCHOOL READ-A-THON NARRATORS NEEDED:

Who: All high school students can participate

When: Month of December 2020

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

BC STUDENT TRANSCRIPT SERVICE:

The StudentTranscripts Service (STS) allows you to view and order transcripts or certificates from B.C. secondary schools. All students applying to Post-secondary institution must complete this!

More info on this process is on Career Centre Teams page (code: 46n1w80), PMSS Scholarship Information Team (code: eaca16K) and PMSS Career centre website.

BEEDIE LUMINARIES SCHOLARSHIP PROGRAM:

Applications are open – **Deadline:** Wednesday, January 13th, 2021

Check Career Centre Teams page (code: 46n1w80) or PMSS Career Centre website for more info!

CMOLIK SCHOLARSHIP:

Applications are open - **Deadline for school nomination:** Wednesday, January 13th, 2021

Check Career Centre Teams page (code: 46n1w80) or PMSS Career Centre website for more info!

CANADIAN WOMEN IN MUNICIPAL GOVERNMENT SCHOLARSHIP:

Who can apply: open to female students enrolled in any year of study in secondary school and who are contributing to their school's leadership team or student council

Prize: \$1000.00

Deadline: Friday, January 15th, 2021

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for details!

FIRST AID FOR SD43 STUDENTS:

When: December 11, January 8 & January 23

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

OPTIMIST INTERNATIONAL ESSAY CONTEST:

Who can apply: students under the age of 19 as of October 1st, 2020 who are not enrolled as degree-seeking students of a post-secondary institution

Prize: up to \$2,500 college scholarship

Deadline: Sunday, January 31st, 2021

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for details!

CENTRE FOR ARTS AND TECHNOLOGY - DIGITAL BOOTCAMP:

Who is eligible: Gr. 11s & 12s

Deadline to apply: Sunday, February 28th, 2021

Early application: December 31st - **Early bird application fee:** \$225.00

Check Career centre Teams page (code: 46n1w80) or PMSS Career centre calendar for more info & link!

PARENTS

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

NEXT PAC MEETING: Tuesday, January 12th at 7pm

Join Zoom Meeting: The link will be posted at a later date.

Hello PMSS parents. Would you like to help run the PAC by attending once a month meetings and make decisions on what the students need or what the student budget money goes towards? Please join us via Zoom.

We are looking for **Grade 12 parents** that would like to plan the **2021 Grad**. It is ONE HOUR of your time a month until the actual month of the Graduation, where you may be asked to put in more volunteer hours. If you are unable to attend the meeting but would like to be part of our planning and committees, please feel free to email

Sherry@Gearforce.com.

DIRECTIONS 2025: The Board of Education would like to thank all stakeholders for their contributions to the creation of **Directions 2025** and for continually striving to make SD43 a leader among school districts in BC and across Canada.

Directions 2025 is available to view at the following link:

<http://www.sd43.bc.ca/Board/Vision/Documents/Directions2025.pdf>

DPAC43 IS INVITING YOU TO A SCHEDULED ZOOM PARENT EDUCATION NIGHT ON TUESDAY, DECEMBER 8, 2020 STARTING AT 7:00 PM

Please see the attachment for all of the details regarding Mindshift™ CBT (Cognitive Behavioural Therapy) App and the guest speaker for the evening is Mark Antczak.

Mark Antczak is Anxiety Canada's in-house Registered Clinical Counsellor and Clinical Educator. His primary role is facilitating the online Mindshift Anxiety Groups. He brings a decade of experience working with mental health in various environments and populations by providing individual and group counselling, mental health education programming, and conducting research while completing his Bachelor of Arts in Psychology and Master of Arts in Counselling Psychology at the University of British Columbia. He's found great fulfillment providing support and treatment over the years to University students, youth in Vancouver's DTES, first responders, and cancer survivors. Mark's other work that informs his expertise includes his four years of practice as a Behavioural Assistant and Registered Clinical Counsellor in private practice at the Vancouver CBT Centre. He specializes in providing Cognitive Behavioural Therapy (CBT) to adults with anxiety spectrum disorders.

Topic: DPAC43 Parent Education

Time: December 8, 2020 07:00 PM Vancouver

Join Zoom Meeting: <https://ca01web.zoom.us/j/66293700852?pwd=NXc2M2NHYjY1dCtldkp1UHlPR1lQZz09>

Meeting ID: 662 9370 0852

Passcode: 3Pw1^@Bp

One tap mobile

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+1 587 328 1099 Canada

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+1 647 375 2970 Canada

+1 647 375 2971 Canada

Meeting ID: 662 9370 0852

Passcode: 71315277

Find your local number: <https://ca01web.zoom.us/u/gdXfG14Jlr>



Free Evidence-Based Anxiety Relief

Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on cognitive behavioural therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Get the tools to tackle:

• Worry • Panic • Perfectionism • Social Anxiety • Phobias •

MindShift™ CBT Features:

CBT-BASED TOOLS

Interactive cognitive-based tools to help you re-orient your thinking, and behavioural strategies to help you take action and make lasting positive change.

THOUGHT JOURNAL

Transform your worries into balanced and helpful thoughts by identifying and challenging thinking that keeps you trapped in anxiety.

COPING CARDS

Ease your anxiety in the moment by re-adjusting your thinking with helpful coping statements.

BELIEF EXPERIMENTS

Learn how to set up experiments to test out beliefs that fuel anxiety.

HEALTHY HABITS

Tips to set the stage to better manage anxiety by taking better care of yourself.

CHECK-IN

Keep track of your anxiety and mood over time with graphs and journal entries.

QUICK RELIEF

When you need anxiety help fast, use these quick and easy tools to help you take a breath, ground yourself, shift your thinking, and take steps to cope.

GOAL SETTING

Tools and tips to help you set and accomplish important life goals and keep anxiety in check. Reminders to keep you motivated and on track.

FACING FEARS

Overcome your fears by gradually facing them in small manageable steps.

EXPANDING YOUR COMFORT ZONE

Build your confidence by consistently doing new and challenging things.

CHILL ZONE

Listen to audio recordings of guided relaxation and mindfulness meditations to help you get, and stay, in a more relaxed and mindful headspace.



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