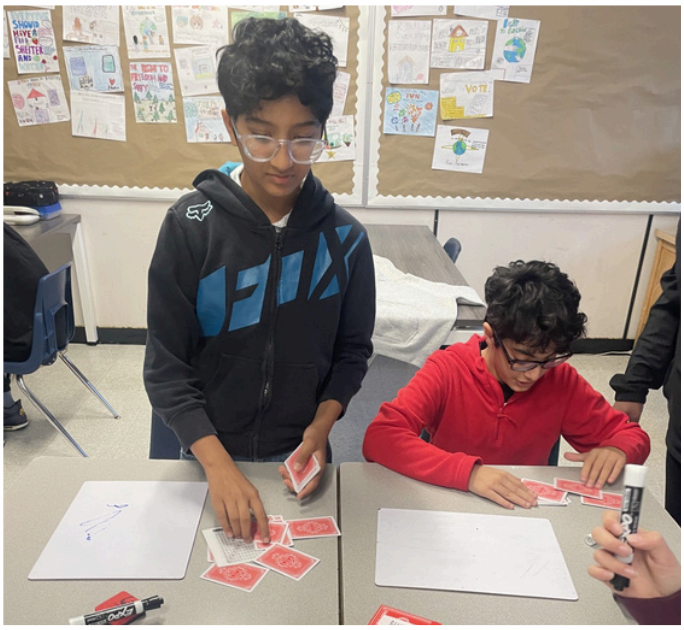
COMO LAKE MIDDLE SCHOOL
NEWSLETTER
1121 King Albert Ave., Coquitlam, B.C. V3J 1X8 Ph: (604) 936-1451 Email: comolake@sd43.bc.ca





PRINCIPAL'S MESSAGE

BY MRS. DEVON ROSS

As we move through the fall season, I continue to be impressed how our students have embraced our Credo and really focused on "We Belong" and "We are Valued" by showing kindness to all, "We Contribute" by volunteering for a number of activities, and "We Shine" and "We are Passionate" by their enthusiasm for their learning and also for pursuing opportunities in athletics and clubs. Classrooms, hallways, clubs, and athletic events are filled with opportunities for learning, connection, and growth.

Volleyball teams have been representing the school with pride, sportsmanship, and determination. Swimming and Cross Country have wrapped up so congratulations to all students who participated in those sports as well. Whether students are competing on the court, in the pool, on a trail, or cheering on their peers, athletics continue to provide valuable opportunities to develop teamwork, perseverance, and school spirit. We also encourage students to explore the many clubs and extracurricular activities available throughout the year. Participation in clubs helps students build friendships, discover new interests, and strengthen their sense of belonging within our school community (please check out Clubs and Athletics on our school website for more info – (https://www.sd43.bc.ca/comolake).

A key focus for our school this year is our Action Plan for Learning. One of our goals is to strengthen literacy by fostering a joyful and inclusive reading culture where students read daily with purpose and engagement. Please continue to encourage your children to go to the Library to sign out books and we

Principal's Message continued on next page...

Principal's Message continued on next page...

encourage all families to read along with their children to encourage an enjoyment of reading. We are going to have a Book Fair the week of November 30th so that may be a chance to get a new book. More details to follow in November.

Looking ahead, we are excited to launch Genius Hour (Passion Projects) in November. This is a special opportunity for students to explore topics, questions, and ideas that genuinely interest them. Through inquiry, creativity, and innovation, students will have the chance to develop projects that showcase their unique passions while building important skills such as research, collaboration, critical thinking, and presentation. We look forward to celebrating the incredible learning that emerges from these student-driven experiences.

Thank you to our families for your ongoing support. Together, we continue to create a school culture where every learner feels welcomed, challenged, and inspired to grow.

We hope to see you at our Parent Advisory Council (PAC) Meeting in person or virtually on November 17 (please see page 6 for more information and for the link to the PAC meeting.



TRIAD CONFERENCES

Parents/Student/Teacher Conferences will be held on **Tuesday, November 3** and **Wednesday, November 4**. Students will be ***dismissed at 2:00 p.m. on both days***.

IMPORTANT DATES:

NOVEMBER

3 **Tuesday, November 3**
- Triad Conferences from 2:00-7:00 pm
- Early Dismissal at 2:00 p.m.
- Cookie Sale during Triad Conferences

4 **Wednesday, November 4**
- Triad Conferences from 2:00 - 5:00 pm
- Early Dismissal at 2:00 p.m.
- Cookie Sale during Triad Conferences

5 **Thursday, November 5**
- Genius Hour All Play 1:00 - 3:00 p.m.

8 **Sunday, November 8**
- National Indigenous Veterans Day

10 **Tuesday, November 10**
- Remembrance Day Assembly at 10:45 a.m. in school gymnasium

11 **Wednesday, November 11**
- Remembrance Day
- School Closed

12 **Thursday, November 12**
- Genius Hour All Play 1:00 - 3:00 p.m.

13 **Friday, November 13**
- Team River (Div 14, 15 and 16) Swimming Field Trip in PM

15 **Sunday, November 15**
- Pasta Polo Lunch Fundraiser orders close on KEV at 11:59 pm

17 **Thursday, November 17**
- PAC Meeting at 7:00 p.m. (Virtual and in-person)

19 **Thursday, November 19**
- Genius All Play 1:00 - 3:00 p.m.

26 **Thursday, November 26**
- Genius All Play 1:00 - 3:00 p.m.

Como Lake Website

ATTENDANCE:

ON TIME & READY TO LEARN

Arriving to school on time helps your child settle in, hear important announcements and instructions, and start the day ready to learn. Late arrivals can mean missed learning time and interruptions for classmates. Please help your child arrive on time each day with the supplies they need to be successful.

Starting next week, we will be emailing notices home when students arrive late, so parents/guardians are aware and can help address any challenges. We understand that unexpected delays happen, and we appreciate communication with the office via the Absence Report (found on our school website) when students have excused planned lates or absences. If getting to school on time is an ongoing concern, please contact your child's teacher or Mrs. Ross so we can work together. Thank you for your support!

Morning Bell Schedule:

Mon/Tues/Thurs/Fri
8:33 am Bell

Wednesday
8:53 am Bell



DUE

EMERGENCY RELEASE FORMS

The **Student Emergency Release Form** is a mandatory form that must be completed by the parent/ guardian and sent to the school at the beginning of every school year. The emergency contacts on the Emergency Release Form may be different than the emergency contacts on the verification form on MyEd BC. For example, an aunt who lives in Burnaby may be a day-to-day emergency contact, however, a neighbour who is walking distance from the school will be your Alternate Emergency Release contact. Contacts from the Emergency Release Forms are NOT entered into MyEd BC. Please follow the instructions below on how to complete your Student Emergency Release Form:

1) **Download and complete the Student Emergency Release Form (fillable PDF form)**.

2) Save the form to your computer. NOTE: Saving this form to your computer will make it easier to update this form each year. How to save the form using Adobe Acrobat:

3) Send the completed form directly to your **078-HeadSecretary@sd43.bc.ca** or print it and send it with your child to the school office.

Halloween is Coming to Como Lake!

Friday, October 30

Get ready for a spook-tacular day of fun, creativity, music, and school spirit! Our Special Events Leadership Crew has been hard at work planning a Halloween celebration packed with activities for students.

Costume Contest: Students can show off their Halloween creativity in categories including Group, Scary, D.I.Y., Inflatable, and Funny. Homerooms will also compete to see which class can get the highest percentage of students dressed up!

Halloween Pictionary: Leadership students will bring some friendly competition to the hallways with a school-wide Pictionary challenge.

Costume Contest Assembly: We'll come together to celebrate our costume finalists and see who takes home the honours in each category.

Movie or Dance: In the afternoon, students can choose their Halloween adventure: kick back with a movie or hit the dance floor. And we're VERY excited to welcome DJ Vice back behind the decks to bring the music and energy to this year's Halloween dance!

Snack Shack: Of course, it wouldn't be a Como Lake celebration without some treats! The Snack Shack will be open during the afternoon thanks to the Ambassador Leadership team.

What makes the day even better is that it is being organized by our student leaders. They've been putting their ideas, creativity, and energy into creating a Halloween celebration for their fellow students, we currently have 16 student Leadership managers organizing and scheduling more than 60 students who have signed up for different jobs to make the entire day happen for the school.

We can't wait to see the costumes, hear the music, and watch our school come together for another fantastic event.

Happy Halloween, Como Lake!



Grade 6 Stay Active Pass

The Cities of Coquitlam, Port Coquitlam and Port Moody are once again offering the Get Active! And Stay Active! Program for Grade 5 and 6 students. The Grade 5 Get Active! pass provides free access to all drop-in activities throughout the school year while the Grade 6 Stay Active! pass offers 12 free admissions to drop-in swimming, skating, and gym activities. Passes are valid from Sept. 8, 2026, to Sept. 7, 2027.

A verification letter from the school office is required for registration. Grade 5 and 6 students must take this letter to the recreation services location that serves their home address, with their birth certificate and proof of residency (phone, hydro, cable or gas bill or Property Tax Notice. Driver's license and PO Boxes are not acceptable).

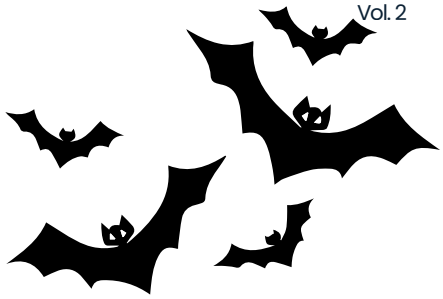
- Coquitlam residents register at Coquitlam Recreation locations
- Families can find more details or apply for the passes based on their municipality:
    - Coquitlam:
        - Learn more | Apply here

Vibrant Photos

Need another retake day? There is one final attempt for retakes that will be held at Vibrant Photo's studio on Sunday, November 15.

Please contact Dawn at dawn@vibrantphotos.ca to make the required arrangements for retakes..

A Message to SD43 Families: Ensuring a Safe and Respectful Halloween



Dear SD43 Families,

Halloween is a fun and festive tradition in our schools and communities. Each year, students look forward to celebrating with their classmates, and our schools are typically filled with creativity, school spirit, and positive experiences. We appreciate the role families play in helping make this a safe and enjoyable time for everyone.

To ensure that all students feel safe, respected, and included, we ask families to review the following expectations with their children:

Recognizable Costumes: Students who choose to wear costumes should be easily recognizable and able to identify themselves to staff when requested. While dressing up can be fun, students are expected to always conduct themselves respectfully. Intimidating, harassing, humiliating, or disruptive behaviour is not consistent with creating a positive school environment.

Appropriate Costumes: Costumes must be suitable for a school setting. Replica weapons, including imitation guns, knives, swords, or other weapons, are not permitted. Costumes that are overly provocative, sexualized, or depict elements of sexual exploitation are also inappropriate for school.

Respectful Costumes: Costumes should not reinforce stereotypes, demean others, or make light of a person's religion, culture, ethnicity, race, gender identity, disability, or any other aspect of their identity. We encourage students to celebrate Halloween in ways that demonstrate respect, inclusion, and kindness toward all members of our community.

As a reminder, the possession or use of fireworks, firecrackers, smoke devices, or similar items on school property is strictly prohibited by law and by School District expectations. This applies before, during, and after school hours, whether students are on or near school sites.

By treating one another with respect and making thoughtful choices, we can help prevent disruptions such as vandalism, property damage, unsafe behaviour, or actions that negatively impact others. Students and families should be aware that inappropriate conduct will be addressed by school administration in accordance with the BC School Act and District policies and may involve police participation where warranted.

Thank you for your ongoing support in helping us maintain safe, caring, and inclusive learning environments. We wish all SD43 students and families a safe, enjoyable, and memorable Halloween.

Sincerely,

Nadine Tambellini
Superintendent/CEO
School District No. 43 (Coquitlam)





COOKIE SALE

Cookies will be on sale for $2 per cookie during the Triad Conferences on **Tuesday, November 3** and **Wednesday, November 4**. Please stop by the Foods Room (Room 114). There will be limited cookies available. Money raised will go towards our Holiday Hampers Fundraising efforts.



Pasta Polo Lunch Fundraiser

Como Lake has planned a Pasta Polo Fundraiser for **Thursday, November 19**. Ordering will be open on School Cash Online on Monday, November 2 and will be closing on Sunday, November 15 at 11:59 p.m.

The following items will be available for order:

Pasta - all served on Penne
Vegetarian Butter and Parm
Vegetarian Marinara/Tomato Sauce
Meatball Marinara (contains pork)
Chicken Alfredo

Additional Items:
Side Ceasar Salad
Hawaiian Garlic Bun
Crush Drinks
Chocolate Chip Cookie
Chips

Pasta Polo orders will help support our fundraising efforts towards our Holiday Hampers.

Como Lake is on Instagram!
CLICK HERE

COMO LAKE MIDDLE SCHOOL PAC

comolakemiddlepac@gmail.com

PLEASE JOIN US FOR OUR NEXT PAC MEETING ON TUESDAY, NOVEMBER 17 @ 7 P.M.

Meeting will be held in person at the school Library and via Teams online.

Click here to join the meeting now on TEAMS
Meeting ID: 216 468 059 810 825
Passcode: Bh3De6Ts

Dial in by phone
+1 647-794-6047,,264425001# Canada, Toronto
Find a local number
Phone conference ID: 264 425 001#

PAC DONATION PROGRAM 2026-2027

Every year, our Parent Advisory Council (PAC) raises funds for learning materials, based on school goals; sports equipment for classrooms, intramurals, and extra-curricular activities; library materials; emergency preparedness supplies; technology equipment and many other "extras". These items are all made available for use by our children, as a result of PAC fundraising initiatives.

PAC Donations can be made on **School Cash Online**.

100% of your donation goes directly to the school for items your child will use. You may choose to donate any amount. Business donations are also welcome.

Please note that only donations of $25.00 or more, will receive an income tax receipt from the school district, which are provided early in the new year.



Indigenous Verterans Day in Canada is observed on Sunday, November 8 to recognize and honour the military contributions and sacrifices of Indigenous Veterans.



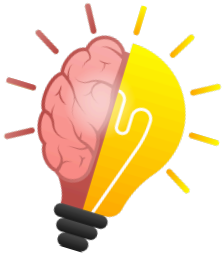
On Wednesday, November 11, we honour those who gave their lives to serve our country. *School is closed on this day*. From the last Friday in October to Remembrance Day, Canadians wear a Poppy to honour and remember Canada's Veterans. Our Remembrance Day Assembly will begin just after our nutrition break in the gym on ***Tuesday, November 10 at 10:45 am.***



POPPY DONATIONS

Como Lake is collecting donations for poppies this Remembrance Day! If you're able, please send a small donation with your child to be collected on ***November 6, 9, and 10.***

Every little bit helps support veterans and their families while helping us recognize the importance of remembering those who served. Each student will be given a poppy on ***Tuesday, November 10th*** for our Remembrance Day assembly. Thank you for your support!



GENIUS HOUR ALL PLAY

Every Thursday during the month of November is Genius Hour All Play! The opportunity for our students to engage in personal passion projects, with the support of our teachers, is very special. It is always amazing to see the level of engagement our students have in the work that they are doing when the work is a project of their choosing. Please encourage children to be prepared with all the items required for Genius Hour All Play on **Thursdays** to ensure the activity is a success.



Your stuff misses you too

Small and valuable items lost such as earbuds, jewelry, etc, are kept in the office. We have a small collection of items waiting for their rightful owner. All other items such as clothing, waterbottles, containers, etc, can be found in the "Lost & Found" located in the hallway near the office. Items are collected frequently as we accumulate lost items quickly. Please remind students to check for items lost regularly and please LABEL all items with your student's name!

Unclaimed items will be donated to Big Brother & Sister on Wednesday, December 16.

SCHOLASTIC
Book Fair

We are excited to announce that our school will be hosting a Scholastic Book Fair, which will take place **early December** in the Library. For students, it's one of the most anticipated events of the school year! Dates and times will be determined soon and more information will be shared in the upcoming days! Every purchase at the Book Fair directly benefits our school.





Como Lake swag is now available! There are a number of Youth and Adult options in a variety of colours. We are offering clothing embroidered with the CL logo. All sales are final. A portion of the proceeds will go to the school for student activities. Orders will be delivered in two to three weeks to your student's school.

The sale closes on **Sunday, November 13** at 11:59 pm. No late orders will be accepted after the store closes.

Order Como Lake Spirit Wear Here



HOLIDAY HAMPER DONATIONS

Como Lake Middle School will be supporting our local families in need with our Holiday Hampers. Last year, we were able to help a number of families. Thank you! We are requesting for your help in making an online donation to help build these hampers. Donations of $25 and above will be issued a tax receipt by our school district. We thank you for your generosity. Your support is appreciated and goes a long way to make a difference in our community.

To make a donation towards our Holiday Hampers, please log on School Cash Online or click on the following link:

DONATE TO HOLIDAY HAMPERS HERE

Holiday Hamper money donations will be accepted until 11:59 pm on Sunday, December 6.

fraserhealth
Better health. Best in health care.

Re: Permanent daylight saving time in British Columbia

Dear school partners,

Earlier this year, British Columbia adopted permanent daylight saving time, with the final clock change taking place on March 8, 2026. As a result, the province now observes Pacific Time (PCT) year-round, eliminating the twice-yearly switch between Pacific Standard Time (PST) and Pacific Daylight Time (PDT).

During parts of the winter, particularly between late November and early February, many children will travel to school before sunrise. Fraser Health is sharing this information to support students, schools and families as they adapt to year-round Pacific Time and maintain healthy sleep habits and safe travel to and from school.

As a Medical Health Officer with Fraser Health, I am committed to supporting the health and well-being of children, youth and the communities in which they live, learn and play. While darker mornings may present some challenges, there are practical steps schools and families can take to support healthy sleep habits and safe travel. This letter provides information, considerations and resources to help support student well-being throughout the year.

Please share this information with your administrative and staff teams, as appropriate.

Health and well-being considerations

Permanent daylight saving time will provide an extra hour of daylight in the afternoon, creating additional opportunities for outdoor activity, recreation and social connection.

Many of us will start our mornings with darker skies. Reduced morning light can affect sleep, alertness and mood, particularly among adolescents, whose biological clocks naturally favour later sleep and wake times. Encouraging healthy sleep habits, such as maintaining consistent bedtimes and wake-up times, will remain important to support learning, mental well-being, and healthy development.

During winter months, some students who walk, bike or take transit may travel in lower- light conditions. Taking steps to improve visibility and road safety can help support safer travel to school. However, students will benefit from more daylight during after-school travel and extracurricular activities.

How schools can help

Schools may wish to:

- Work with municipalities and community partners to identify and address potential safety concerns along routes to school, including visibility, crossings, signage and traffic- calming measures.
- Consider scheduling extracurricular activities after school rather than before school, where feasible.
- Continue supporting active school travel initiatives such as walking school buses, bike buses and Drive-to-5 programs.
- Share information and resources with families about healthy sleep habits and safe travel during darker mornings.

If you have questions about active school travel initiatives or how to identify potential safety concerns, please contact your Fraser Health Healthy Schools Public Health Nurse or email

healthyschoolsprogram@fraserhealth.ca

What families can do

Support healthy sleep and well-being by:

- Spending time outdoors during daylight hours whenever possible.
- Encouraging physical activity and social connection through after-school programs and activities.
- Maintaining consistent bedtimes and wake-up times.
- Turning off screens at least one hour before bedtime, as evening screen use can make it harder to fall asleep.
- Helping children choose well-lit routes with sidewalks and designated crossings.
- Encouraging children to wear reflective or high-visibility clothing and use a flashlight when travelling during darker morning hours.
- Reminding children to use designated crossings, scan traffic, and make sure vehicles have stopped before crossing.

continued on next page...

fraserhealth
Better health. Best in health care.

continued from previous page...

Support safe travel to and from school by:

If driving:

- Use extra caution when driving near schools, crosswalks, intersections and shared pathways.
- Be aware of one's surroundings and refraining from cell phone use, make eye contact, and shoulder check before turning or changing direction.
- Travel at slow speeds and stop completely at stop signs and crosswalks.

School health resources

Additional school health resources can be found on our website at fraserhealth.ca/schoolhealth.

Please share these resources through newsletters, websites and other family communication channels.

Thank you for your continued partnership in supporting the health, safety and well-being of children and youth across our communities.

If you or your staff have questions about the information in this letter, please contact your local public health unit.

Warm regards,

Carolyn Wonneck, MD, MSPH, CCFP, FRCPC
Medical Health Officer – Medical Director
Fraser Health Authority





Win big. Support SD43 students!

The SD43 Education Foundation's 50/50 raffle is now live! Purchase tickets for a chance to win half the prize pot while supporting nutritious meals, music and arts, athletics, and extraordinary learning opportunities for students across our district.

Purchase tickets at **sd43foundation.rafflenexus.com**. Please share with family and friends. Every ticket helps grow the prize pot and supports opportunities for SD43 students!

Visit the **SD43 Education Foundation** to learn more.

COMMUNITY NEWS

Community Bulletin Board for Families







