



COMO LAKE MIDDLE SCHOOL NEWSLETTER

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PRINCIPAL'S MESSAGE

BY MRS. DEVON ROSS

Dear Como Lake Families,

As September comes to a close, I would like to thank our students, staff, and families for helping us start another outstanding school year. The energy in our hallways, classrooms, and common spaces has been incredible. It has been wonderful to see students reconnect with friends, welcome new classmates, and embrace the many opportunities that make Como Lake Middle such a vibrant learning community.

We extend a special welcome to the many new students and families who joined our school community this month. We are proud of the way our students have demonstrated kindness, inclusion, and respect as they helped new learners find their place in Laker Nation. Building strong relationships and a sense of belonging continues to be at the heart of everything we do.

It was also really nice to see so many students and families attend our Open House last Tuesday. The turnout was excellent, and it was great to see families learning more about our school, connecting with staff, and visiting classrooms. Events like these remind us how important strong school-home partnerships are in supporting student success. As we shared during the Open House, we are all here to support your children. Education is most successful when schools and families work together as a team. Our goal is to help every student experience success academically while also developing the skills, character, and decision-making needed to become positive and contributing citizens.

One way families can support this work at home is by using the language of our school Credo:

We belong
We shine
We contribute
We are passionate
We are valued



Principal's message continued...

We encourage you to ask your children how they are working toward their own goals within the Credo and how they are demonstrating these values in their daily lives.

Families can also support learning at home by encouraging students to read for at least 15–20 minutes each evening using books from our school library or the Coquitlam Public Library. Students also have access to the IXL Math program from home, which provides opportunities to strengthen mathematical skills and problem-solving strategies. Simple conversations about what students are learning, what they are proud of, what challenges they are facing, and what they are curious about can have a significant impact on their growth and confidence.

September is always a month focused on establishing routines, expectations, and relationships. Students have spent time getting to know their teachers and classmates, building classroom communities, and setting goals for the year ahead. We are already seeing curiosity, perseverance, and a strong commitment to learning throughout the school.

As students have likely shared, many classes participated in team-building activities during the first weeks of school before transitioning into deeper academic learning. Science classes have already begun hands-on investigations, with some students working with microscopes while others are exploring molecules and matter. Planning is also underway for our annual Genius Hour All Play (Passion Projects). During Thursday afternoons in November, students will have the opportunity to design and pursue projects based on their own interests, passions, and questions. We look forward to seeing the creativity and innovation that emerge from these experiences.

September 30 marked the National Day for Truth and Reconciliation. Throughout the month, students engaged in learning that deepened their understanding of Indigenous histories, cultures, perspectives, and experiences. As a school community, we recognize that truth and reconciliation require ongoing learning, reflection, and action. Como Lake Middle is committed to learning from and alongside Indigenous communities. Our renovations in our new Nest learning space will also support these goals and connections to First Peoples' Principles of Learning.

One of the highlights of September has been the exceptional student participation in extracurricular activities. Volleyball season is underway, and students are becoming involved in a variety of clubs, leadership opportunities, and lunchtime activities. These experiences help students develop teamwork, confidence, friendships, and a deeper sense of connection to our school community. We encourage all families to visit our school website and select the Clubs and Athletics tab to learn more about the many opportunities available to students. It would be great if every student could become involved in at least one activity outside of the classroom. Participation in school life is one of the best ways for students to build relationships and create lasting memories.

We would also like to extend a sincere thank you to our Parent Advisory Council (PAC) for their ongoing support of our school community. Many thanks to our families for supporting our local Domino's Pizza and helping us fundraise \$250. All parents and guardians are automatically members of PAC, and we encourage you to become involved. The PAC also offers a donation option through [School Cash Online](https://schoolcashonline.com/) for families who wish to support PAC initiatives and student opportunities. Our next PAC meeting will be held on Tuesday, October 13 at 7:00 p.m. Families are welcome to attend either in person at the school or virtually through Microsoft Teams:

<https://teams.microsoft.com/join/237765026247692?p=W0SB6Gt4G7HSYWA7w5>

Thank you for your continued support, encouragement, and partnership. Together, we are creating a community where every student feels valued, connected, and inspired to learn.

We are excited about all that lies ahead this year and look forward to sharing many successes with you in the months to come.

Sincerely,
Devon Ross





POPSICLE SALE

Our We Club will sell rainbow popsicles for \$3 at the Snack Shack by the cafeteria during the first part of lunch on **Tuesday, October 13**. Proceeds go to a local small animal rescue charity.

Me-n-Ed's PIZZA FUNDRAISER

In support of our community, Como Lake Middle School has planned a Me-n-Ed's Pizza Lunch Fundraiser for **Thursday, October 22nd**. *Pizza orders will end on **School Cash Online** on Sunday, October 18th at 11:59 p.m.*

There are 3 options of Pizza available: Pepperoni, Ham and Pineapple, and Cheese. Gluten Free options are also available.

Each individual pizza box will contain a ¼ of a medium pizza. Soda Pop, Freezie, and Chip flavours will be randomly selected for each order.

There is an option to order more below!

All money raised will go to our Como Lake Fundraising fund which supports field trips, supplies for students, and seasonal hampers.

ITEMS FROM HOME

Please remind students to have all items needed to have a successful day at school:



- forks/spoons needed for lunches/snacks
- water bottle
- rain gear
- label all items with student's name

IMPORTANT DATES: OCTOBER



Wednesday, October 7

- Mountain Rider Sign Up begins at 7 am



Thursday, October 8

- Swimming Field Trip for Team Sky (Div 1, 2, 3 and 4) to Poirier Rec Centre



Monday, October 12

- Thanksgiving Day – School Closed



Tuesday, October 13

- We Club Fundraiser: Rainbow Popsicles at Lunch
- Beginner Band Instrument Trials in Band Room at 6:00 pm
- PAC Meeting at 7:00 pm (in person and on TEAMS)



Thursday, October 15

- Grade 6 Immunizations with Fraser Health
- FCLS Presentation: Healthy Habits for High Tech Generation



Sunday, October 18

- Orders close on KEV for Me-n-Eds Pizza Fundraiser at 11:59 pm



Wednesday, October 21

- Orders close on KEV for TCBY Frozen Yogurt at 11:59 pm



Thursday, October 22

- Me-n-Eds Lunch Fundraiser
- Photo Re-take Day



Friday, October 23

- Pro-D Day (District wide) – Schools Closed



Wednesday, October 28

- TCBY Frozen Yogurt PAC Fundraiser

Calendar is available on our website under the heading 'On the Calendar'

Como Lake Website



STUDENT ATTENDANCE

The morning bell rings at 8:33 am Monday, Tuesday, Thursday and Friday and on Wednesdays at 8:53 am. Students are expected to arrive to school on time, giving them the opportunity to prepare for learning (getting their materials organized, removing outdoor wear, going to lockers, etc.). When students arrive late for school, not only is the classroom disrupted, but also the student misses out on receiving important classroom instruction and information shared from our morning announcements.

Reporting Late, Absent, and/or Early Dismissal:

If students will be late, absent, and/or leaving early, please submit an **Absence Report** on our school website by 8:30 am and leave a comment as to the expected time of drop off or pick up as well as whether your child will be walking on their own or will be picked up from the school for their safety.

At Como Lake, we are unable to call into the classrooms and we cannot page outside during lunch, making it difficult to locate a student without prior notice. It is most helpful to plan accordingly with our school schedule for early dismissals (please see our Bell Schedule on the school website <https://www.sd43.bc.ca/comolake>).

If your child is experiencing challenges attending school, please reach out. In addition to classroom teachers and administrators, we have youth workers and a school counsellor available to support students and families. Teachers will also be connecting with families regarding concerns related to attendance and punctuality. We want to work collaboratively with you to ensure every student is successful and feels connected to school.



SCHOOL FORMS & FEES



To be completed for each student - available on your School Cash Online account at <https://sd43.schoolcashonline.com/>

FEES:

- **School Activity Fee \$35**
- **Annual Athletic Fee \$15**

FORMS:

- **School District Policy Form (required)**
- **School Volunteer Form (optional)**
- **Driver Volunteer Form (optional)**
- **Medical Alert (optional)**

Student Emergency Release Form - Please return to the office if you haven't done so yet. To complete this form, visit the link here: [Emergency Release Form](#)



Como Lake Middle PAC invites students to enjoy TCBY Frozen Yogurt during lunch on **Wednesday, October 28!** Each frozen yogurt is \$5.25.

The flavours available will be Cookies'n'Cream, Salted Caramel, Hot Chocolate, Pineapple Coconut and Strawberry Kiwi Sorbet.

For your convenience, please place your order through **School Cash Online by 11:59 p.m. Wednesday, October 21.** If your child(ren) brings cash on Wednesday, October 28 to purchase Frozen Yogurt, it MUST be the exact amount of \$5.25 as there will be no change available.

Money raised from this PAC fundraiser will be going towards learning resources to the school.

YOUR SCHOOL PHOTOS^{1/} ARE READY!



SCHOOL:

 ComoLakeMiddle

^{1/}
Your photos
are online
and ready
to view!



VIEW & ORDER YOUR PHOTOS

Your gallery is now live –
choose your favourites and
place your order online.

CLICK HERE
TO VIEW YOUR PHOTOS



 ORDER BEFORE **October 8th** TO RECEIVE **FREE SHIPPING** TO THE SCHOOL!

IT'S EASY! VIEW YOUR PHOTOS NOW.

①



VISIT WEBSITE
Goto
www.vibrantprostudios.ca

②



Scan QR Code
Or use the unique code
provided on photo day

③



VIEW & ORDER
Choose your favourite
photos and order online



Thank you for helping us capture your memories!


vibrantprostudios.ca

info@vibrantprostudios.ca


604-380-3388

SCHOOL:

Como Lake Middle

RETAKE DATE:

Thursday, October 22nd



PHOTO RE-TAKE DAY

There is no sign up for retakes. All students that were absent from the original photo day will be on the photographers list and will have a photo QR sheet to take home with them the same as on original photo day. Anyone who wishes to have a retake photo taken may do so. Vibrant Photos will not be issuing a second student ID card to those students that have retakes taken; however, only the absent students will receive them.

Retake Photo Day is scheduled for
Thursday October 22.

AUTUMN
is here.





**ABBOTSFORD TRADITIONAL
SCHOOL**
Abbotsford, B.C.
Principal • Brent Schroeder



Jasmin I
Student Num
ade: 12

To better assist your students and parents, we have now included their unique QR code on their ID cards to make ordering their photos easier.

1579111935





CLUBS & SPORTS TEAMS



We are excited to offer a wide variety of sports teams and clubs for students throughout the school year. Information about upcoming team practices, club meetings, and activities is shared during our daily announcements, which take place shortly after the morning bell. For this reason, it is important that students arrive at school on time so they can hear about the many opportunities available to them.

We encourage families to talk with their child(ren) about the different extracurricular activities being offered and to support them in joining at least one club, team, or activity. Our staff will also encourage students to get involved and explore opportunities that match their interests.

Participation in extracurricular activities is an important part of the middle school experience. Getting involved helps students build friendships and develop a stronger sense of belonging within the school community. It also provides opportunities to develop leadership skills, improve academic engagement, support physical and mental well-being, and discover new interests and talents. We look forward to seeing our students take advantage of the many exciting opportunities available this year. Whether trying something new or pursuing a passion, getting involved is one of the best ways for students to learn, grow, and thrive during their middle school years.

Ambassadors Leadership

Art Club

Badminton Team

Band

Basketball Team

Book Club

Camping

Chess

Choir

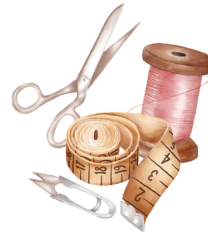
Cooking Club

Cross Country

Guitar/Rock Band

Intramurals

Math Lab



Mountain Riders (Ski & Snowboarding)

Lirbary Leadership

Multicultural Club

News Crew

Q.C.C.

Running Club

S.L.C.

Sewing Club

Special Events Leadership

STEAM Club

Swimming

Volleyball Teams

We Club

Wrestling



COMO LAKE MIDDLE SCHOOL PAC



comolakemiddlepac@gmail.com

PLEASE JOIN US FOR OUR FIRST PAC MEETING

TUESDAY, OCTOBER 13 @ 7 P.M.

Meeting will be held In Person at the School Library and via Teams.

Join the meeting now

Meeting ID: 237 765 026 247 692

Passcode: 5as35rM7

Dial in by phone: +1-647-794-6047

Phone conference ID: 874 927 696#



WHY JOIN PAC?

- A seat at the table
- Your voice matters
- Get connected with the Como Lake Middle School Community (Parents and staff)
- Your contribution makes a difference
- You get to hang out with Mrs. Ross and Mrs. Brant!

LOST AND FOUND



Lost & Found is GROWING!

Jackets, lunch boxes, water bottles, and more are waiting to be reunited with their owners. Please stop by to check the Lost and Found located near the office. Please label all items so they can be returned to their rightful owner!

Containers with food will be removed every Friday after school.

All unclaimed items will be donated on **Thursday, October 15.**

On-Going Fundraisers

All proceeds go towards events/items for the students & teachers!



Big Brothers
OF GREATER VANCOUVER

15 Braid St, Unit 221, New West

Drive to the end of the commercial unit, on the NW side.
Reference Como Lake Middle PAC when dropping off clothing, bedding, linens, shoes, bags.



Any Return-It Express location
Reference **647-828-3404**
when printing label



**Como Lake is on
Instagram!**

CLICK HERE



Thank you

Thank you to our amazing Como Lake community for helping raise more than \$500 through our recent cookie fundraiser! A special thank you goes to our Cooking Club students, who baked over 200 cookies and contributed so much of their time and effort to make the event a success. The funds raised have been used to purchase school supplies that directly support students in our community.

We were also fortunate to receive a generous discount from Surplus Sam's (many thanks and kudos to them), which had recently received a large shipment of school supplies. Their support allowed us to stretch our fundraising dollars even further and maximize the impact of every contribution.

Our next fundraiser will be a **Me-n-Ed's Pizza Lunch** on **October 22nd**.

Thank you for continuing to support our students and school. We are fortunate to be part of such a generous and caring community!

Sarah Boudreau

Feeding Futures Department Head

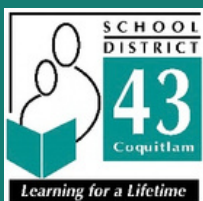
ATHLETICS

Not sure when athletic practices or games are? Visit our school website to see all things Athletics at **COMO ATHLETICS** for Game schedules and practice times.

Athletic Programs for **FALL** are:

Volleyball
Cross Country
Swimming





District Emergency Procedure Information for Parents

Serving the communities of Anmore, Belcarra, Coquitlam, Port Coquitlam and Port Moody

During an emergency five key responses can be implemented based on situation and context.

Regular school safety drills are conducted throughout the year.

DROP, COVER & HOLD ON

Used in the event of an earthquake or explosion.

Procedures:

- DROP to the ground.
- Take COVER under a sturdy desk or table, and
- HOLD ON until the shaking stops.
- Wait 60 seconds and then EVACUATE (see Evacuation Procedures).

EVACUATE

Used when a building or area becomes unsafe due to: fire, flood, chemical accident or following an earthquake.

Procedures:

- Exit the building via the pre-planned shortest safe route.
- Report to designated assembly area.

SHELTER IN PLACE

Used when personal safety is in danger if anyone leaves the building. Usually associated with an environmental hazard outside such as a gas leak, chemical spill, or wild animal near the building (e.g. cougar or bear).

Procedures:

- Return to building from outside and stay indoors.
- Continue normal activities within building.
- Close exterior doors and windows.
- Turn off ventilation and heat, tape window seams if applicable.
- DO NOT approach the site until clearance has been given by school district or emergency personnel.

HOLD AND SECURE

Used to secure building because of an emergency situation outside such as a police incident (e.g. suspect pursued by police near building). Allows building to continue with the normal day but forbids outside activity and unnecessary room-to-room transit.

Procedures:

- Close and lock exterior doors and windows—monitor main entrance.
- DO NOT allow unauthorized personnel into building.
- Continue activities inside as per usual; limit internal movement if necessary.
- DO NOT approach the site until clearance has been given by school district or emergency personnel.

LOCKDOWN

Used when there is an immediate and imminent threat to the building population. Most commonly implemented when the building has an active intruder.

Procedures:

- Close and lock exterior doors and windows, secure and barricade doors.
- Stay or gather into a secure room as quickly as possible.
- Turn out lights, pull shades.
- Get out of line of sight of doors and windows, hide, don't talk.
- Turn off and do not use cell phones.
- Normal activity ceases. Await police response.
- DO NOT approach the site until clearance has been given by school district or emergency personnel.

During an emergency we ask parents not to call the school as telephone lines may be needed for emergency communications. Please monitor school email and school or district websites for official information and updates.

STUDENT RELEASE

In case of an incident at the school or in the community, it may be required to release students to parents/guardians from the school or school grounds or move students from the school area to an alternate location for release. For more information, please refer to your **School Emergency Preparedness Information** flyer.



SD43 Emergency Preparedness Information

Serving the communities of Anmore, Belcarra, Coquitlam, Port Coquitlam and Port Moody

School District No. 43 (Coquitlam) is committed to student safety and has established emergency procedures to support a coordinated response during emergencies. Please review the information below to help ensure a safe and efficient process during a school emergency.



WHAT IS A STUDENT RELEASE?

In the event of an earthquake or another serious emergency, the school will implement a controlled release of students for their safety and well-being.

The **Student Emergency Release Form** is a mandatory form to be completed by parents/guardians at the beginning of every school year and provides the school with the necessary information for student release.

The school will respond as follows:

- Students will be released **to a Parent/ Guardian or an Alternate Emergency Contact** as listed on the **Student Emergency Release Form** when it is deemed safe to do so.

Designated Alternate Emergency Contacts should live within walking distance of the school, if possible.

- When Emergency Responders and the School Board Emergency Operations Centre (EOC) have given clearance for student pick up, parents/ guardians will be notified and allowed to pick up their child.

TALK TO YOUR CHILD

You need to be ready to care for your family and respond effectively after an emergency or disaster, whether at home, school or work. Preparing ahead can reduce the fear and anxiety that can accompany an emergency event.

We strongly recommend that you speak to your child about the following:

- That **their school has emergency plans** in place to ensure student safety immediately following an emergency or disaster event.
- The **importance of remaining at the school** and following instructions by authorized school staff. Students will NOT be permitted to leave to pick up younger siblings at nearby schools.
- The **importance of following the student release procedures** at the school



SD43 Emergency Preparedness Information

Serving the communities of Anmore, Belcarra, Coquitlam, Port Coquitlam and Port Moody

DO'S & DON'TS IN AN EMERGENCY

- **DO** check the school or district website (www.sd43.bc.ca) for information and updates
- **DON'T** trust or share unofficial information on non-SD43 websites or social media channels, which can be inaccurate and lead to misinformation and anxiety.
- **DON'T** phone the school following an emergency or disaster event. Telephone lines may be needed for emergency communications.
- **DO** walk to the school if possible or necessary once authorization to pick up your child has been given.
- **DON'T drive!** Streets may be littered with debris. School access routes and street entrances must remain clear for emergency vehicles.



COMPLETING THE STUDENT EMERGENCY RELEASE FORM

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:

By selecting the "Print Icon" on the top right section of the page, your printer options window will open up.
Select the Printer to "Save as PDF" and save it to the desired location on your computer.

- 3) Send the completed form directly to your school's email address or print it and send it with your child.

Community Bulletin Board for Families



SD43 FAMILY AND COMMUNITY LEARNING SERIES 2026-27

"Healthy Habits for a High-Tech Generation"
with Dr Orion Kalaci, MD, FRCPC
Pediatrician





Thursday, October 15, 2026 / 6:30 pm - 8:00 pm
Virtual on Microsoft Teams

Technology is part of daily life, but healthy habits help children and youth use it in ways that support their physical, mental, social, and emotional wellbeing.

- Balancing screen time with physical activity and outdoor play
- Healthy sleep habits and reducing screen use before bed
- Managing stress, anxiety, and mental wellness in a connected world

Dr. Kalaci is a highly trained, board-certified general pediatrician and serves as a Clinical Instructor with the UBC Department of Medicine, where he teaches medical students and resident physicians.

REGISTER NOW

Click here to register or visit:
www.sd43.bc.ca/familyseries

SCAN



TALONS TUTORING

The Gleneagle Con X Leadership program is excited to be running Talons Tutoring again this school year. It is an after-school program that aims to assist with and enhance learning, by providing free after school tutoring for students grades 4-8. Our tutoring program is volunteer-based, empowering students in our school community to connect with and support the learning process of students enrolled in the program. During the tutoring sessions there will always be at least two ConX leadership students in the room, and a staff member from Gleneagle is always on hand to support the program and assist the tutors, should the need arise.

Talons Tutoring is an opportunity for students to seek support with English, Math, Science, Social Studies, and Languages from high school students, giving them a safe space to ask questions and help them learn in a one-on-one environment.

Please share the Microsoft Form noted below with your school community so they can sign up for the program.

Talons Tutoring "Tutee" Student Signup – **Fill out form.**

If you have any questions, please feel free to reach out to our leadership teacher, Mr. Adam Hayes at 125-AHayes@sd43.bc.ca, our principal, Mr. Mark Clay at 125-MClay@sd43.bc.ca, or one of our committee members:

Kelsie Plank 125-kplank@sd43.bc.ca
 Justin Schuett 125-jschuett@sd43.bc.ca
 Maha Pour Mohammad 125-mpourmohammad@sd43.bc.ca
 Aditya Deb 125-adeb@sd43.bc.ca
 Nathan Ruggeri 125-nruggeri@sd43.bc.ca
 Justin Mitchell 125-jmitchell@sd43.bc.ca

Sincerely,
 The Talons Tutoring Committee
 Gleneagle Secondary School





CAPRICE

ARTISTIC SWIMMING

LOVE THE WATER?



JOIN OUR RECREATIONAL PROGRAM
 OCTOBER 2026 TO MAY 2027
 AGES 8+ | ABLE TO SWIM 50M UNASSISTED

SATURDAY AM	SUNDAY PM
temasewtx Aquatic and Community Centre* New Westminster 10 - 11 am OR 11 am - 12 pm *DEEP-END POOL- CONFIDENT SWIMMERS ONLY	Edmonds Community Centre Burnaby 6 - 7 pm OR 7 - 8 pm

MAKE A SPLASH WITH CAPRICE

Email for more info:
registration@capricewim.ca

