

# Pitt Meadows Secondary School

## Ecole Secondaire Pitt Meadows

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December 19, 2025

December 2025 Newsletter

Dear PMSS Students, Parents & Guardians:

As the Christmas season approaches and we near the end of another calendar year, I want to take a moment to reflect on the many successes and positive moments that have shaped our school community over the past few months.

December is always a special time in our school. Our halls have been filled with energy and excitement through concerts, spirit days, classroom activities, and opportunities to give back to others. I am continually impressed by the kindness, creativity, and leadership our students demonstrate—whether through charitable initiatives, performances, academic achievements, or simply by supporting one another each day.

I would like to thank our dedicated staff for their continued commitment to student learning and well-being. Their professionalism, care, and passion for education make a lasting difference in the lives of our students. I am also grateful to our families for your ongoing partnership and support. Working together is what allows our students to thrive.

As we prepare for the winter break, I encourage everyone to take time to rest, reconnect with family and friends, and enjoy the season in ways that are meaningful to you. Whether you celebrate Christmas or another tradition at this time of year, I hope the coming weeks bring you peace, joy, and moments of reflection.

School will resume after the break with renewed focus and enthusiasm as we continue the academic year together. Important reminders and upcoming dates will be shared in January.

On behalf of the *entire* PMSS staff, I wish you a safe, restful, and joyful holiday season. May the New Year bring health, happiness, and continued success for you and your family.

Be well and take care,

***Colin Sharpe***

Principal



## PMSS 2026 Grad Parent Pub Night (sharing on behalf of your Parent Grad Committee):

Join us on **Friday, February 6<sup>th</sup>** to celebrate our 2026 Grads and raise some money for them to have the best Grad Night possible! This event, which sells out every year, starts at **6:00 p.m.**

Where? **The Cat & Fiddle Pub** - 1979 Brown Street in Port Coquitlam.

Tickets are **\$25.00** each and *include* a burger (beef/chicken/veggie), fries/salad, and a drink (sleeve of beer/highball/pop/glass of wine). **\*\*There is no reserved seating so first come, first served\*\***

### **IMPORTANT INFO ON PURCHASING TICKETS:**

This is the NEW and very important part... We can no longer run money through the school's bank account and it must all go through PAC (those wonderful souls).

#### **So, in order to get tickets, you must:**

1. Etransfer the ticket payment to [pmss\\_pac@mrpm.sd42.ca](mailto:pmss_pac@mrpm.sd42.ca)
2. State the following in the notes of your e-transfer:
  - (a) number of tickets being purchased
  - (b) your name (one contact name for your 'group' will suffice)
  - (c) your cell number
  - (d) your email address

**\*\*\* Please give ALL the above details when ordering.**

**\*\*\*NOTE: Tickets will NOT be sold through the school.**

We will then have your tickets at the door when you check in on Pub Night! (Unless you want to pick them up from Cheri Hamm prior – if so, contact Cheri below).

We are also looking for silent auction donations as well as bottles of 'spirits' for the Toonie Toss. Please reach out to Organizer Cheri Hamm at 604-715-7942 or [cheri@mortgagewithcheri.ca](mailto:cheri@mortgagewithcheri.ca) to donate.

BRING CASH!! There will also be a 50/50 Draw 😊 as well as a Silent Auction with some great items!

## **School District News...**

### **KEEP YOUR CHILD HEALTHY DURING WINTER**

As the chilly winter season approaches, there are things you can do to help keep your children healthy and well.

#### **Get ready for winter at home and in the community**

Winter can bring extreme weather and it's important to have plans to be safe during cold weather, storms and power outages, including staying warm, having a carbon monoxide detector and planning for emergencies. Learn about programs that can support your family:

- [Get ready for winter: Snow and cold safety for you and your home - Fraser Health Authority](#)
- [Indoor air quality - Fraser Health Authority](#)

### **Bundle up for the cold**

Dressing appropriately for cold weather keeps your child comfortable and protected. Wearing multiple layers is a great way to trap body heat and provide insulation against the cold.

Keep a warm hat, gloves, scarves and warm, waterproof boots handy. Remind your child to wear these items before heading outside to play or going to school.

Learn about [hypothermia](#) and [frostbite](#) as children can be more susceptible.

### **Protect against winter illnesses**

Winter brings an increased risk of colds and flu. Ensure your child receives their annual flu vaccine and talk to a health care provider about any additional vaccines that may be recommended. Teach your child good respiratory etiquette such as regular hand washing, covering their coughs and sneezes and staying home when sick. If they are sick and cannot stay away from others, masks can help to reduce the risk of spreading illness. Learn more about masks [here](#).

### **Keep their bodies moving**

It is important to keep your child active during winter as regular physical activity is important for good health. Outdoor activities such as skating, sledding and going for walks as a family are all great ways to keep active. On colder days, indoor play and activities such as dancing, yoga or sports are great ways to promote movement. Look for drop-in programs at local community centres or indoor sports facilities.

If you play on frozen lakes or ponds, be sure that the ice has been tested for strength and safety. Learn more on the [Lifesaving Society's website](#).

Find more tips for a healthy winter on Fraser Health's [Winter Health](#) page.





# Brave New You!

Join us for this 20hr course is for Women as well as anyone identifying as female to learn to create and keep their boundaries, healthy communication, conflict resolution skills, managing challenging conversations, expressing feelings and identifying your needs. This course helps individuals to explore a new way of thinking for themselves.

In this workshop, you will learn:

- **Understanding Anger:** Discover the root causes of anger, its impact on your relationships, and how to break the cycle of anger.
- **Setting Boundaries:** Learn practical strategies for setting and maintaining healthy boundaries, even in difficult situations.
- **Dealing with Controlling People:** Gain tools and techniques to address controlling individuals in your life while preserving your own well-being.
- **Self-Care and Emotional Safety:** Explore the importance of self-care and discover practical self-care techniques to reduce stress and promote emotional resilience.

**DATES: SATURDAY AND SUNDAYS**

**JAN 17TH-18TH/ JAN 31ST-FEB 1 2026**

**TIME: 10AM-3PM**

**COST: \$90**

**FOR MORE INFORMATION PLEASE CONTACT**

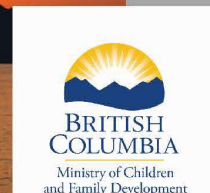
The Family Education & Support Centre

22554 lougheed hwy

Maple Ridge

[www.familyed.bc.ca](http://www.familyed.bc.ca) or call **(604) 467-6055**

Please note the location of this program is subject to change as per the BC Provincial Health guidelines regarding Covid-19



🎤💡 Calling all young entrepreneurs! Got a big idea that could make a difference? 🌍

**uPlan's Youth Tank** is back — and we're looking for youth with bold business ideas, creative projects, or inventions ready to pitch for a chance to win up to \$5,000 to bring them to life!

🔔 Submissions are **open now through December 31.**

A promotional poster for the uPlan Youth Tank competition. The background is a blue gradient with a wavy line separating the sky from an underwater scene. In the sky, the word "YOUTH" is written in large, white, block letters. In the underwater scene, a large, brown money bag with a black dollar sign (\$) is suspended in the center. Several green dollar bills are floating around the bag, and four sharks are swimming towards it. The word "TANK" is written in large, white, block letters at the bottom of the underwater scene. Below the word "TANK", the text "DO YOU HAVE THE NEXT MILLION DOLLAR IDEA?" is written in white, bold, capital letters. At the bottom left, there is a blue rounded square logo with the text "uPlan" in white. At the bottom right, there is a white rounded square containing a QR code. Below the QR code, the text "Submit At uPlanrm@gmail.com" is written in white, bold, capital letters.

uPlan Presents

# YOUTH

# TANK

**DO YOU HAVE THE NEXT  
MILLION DOLLAR IDEA?**

**MORE THAN \$5000 IS  
UP FOR GRABS!**

**Submit At uPlanrm@gmail.com**

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